

Turtles Newsletter

April 2010 Newsletter

Newsletter for the members of the Ruislip Turtles Swimming Club



So Boris, how about some money for the Turtles?

Boris Johnson, Mayor of London, said he had resisted the temptation to wear his swimming shorts when opening the new Uxbridge Leisure Centre on the 23rd March.

The Mayor said 'This outstanding sports complex is a real boost for everyone in the area, whether you're striving to be the next Mark Spitz or just trying to shift a few pounds and get healthier. It's sure to play a crucial role in the future success of the British swimming team'.

Hillingdon Council invested £26m to build the complex, which includes an indoor sports centre, restored 1930's outdoor pool and athletics stadium. A further £5m was raised from grants.



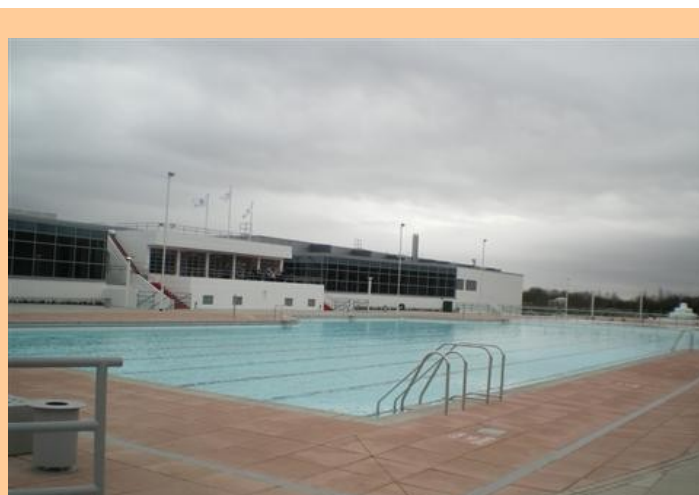
The new indoor 50 metre pool is the first to built since 1964—the year Boris was born apparently.

Sylvia Smith OBE and Dave Lee represented the Turtles at the opening ceremony.

More pictures of the event can be viewed on the Turtles website:
<http://www.ruislipturtles.org.uk/>



Leader of the Council Ray Puddifoot presented Boris with a named Hillingdon tracksuit



The newly refurbished Lido





Forthcoming Events—Your support is required

Club Gala - Saturday 8th May at 6pm

Please stay after the swimming session and support your Club Gala Team,

Your help with the supply of sandwiches, biscuits or cakes for the Gala would be very much appreciated.

Volunteers are also needed to help at the Gala, please contact Sylvia.

Annual General Meeting - Saturday 15th May from 7pm

All members are invited to attend the AGM that is held at 7pm at the Workshop Centre, Wiltshire Lane.

The Officers report back to the membership about the events of the last year and the plans for the next 12 months including a run through of the financial situation of the club.

The Officers and Committee elections are then held, followed by a general discussion.

The club's annual awards are then presented by the Chairman

The AGM is followed by a Fish and Chip Supper - place your orders with Marion at the poolside or call her on 0208 866 8606

The Current Officers & Committee

The Turtles Club Officers

| | |
|------------------|------------------------|
| David Lee | Chairman |
| Rosemary Noyes | Vice Chair & Treasurer |
| Marion Beckwith | Secretary |
| Linda Clarke | Chief Instructor |
| Anne Rourke | Assistant Secretary |
| Sylvia Smith OBE | Competition Organiser |

Committee Members

Pauline Dew (Youth Development)
Ann Chivers, Erica Beckwith,
Malcolm Yates, Elisabeth Richards &
Lyn Thomson.

Club Swimming Session - Saturday 15th May from 5pm until 5.30pm

Club Championship follows at 5.30 until 6pm

We would like all disabled members to participate in the Club Championships if possible.

The Championship races consist of one length of the pool and a handicap system of timing is used so that everyone starts with an equal opportunity to win.

We are also hoping to have a fun event in the small pool so that members who don't yet swim a length can participate in the Championships.

The Club Champions and Runners-Ups will be presented with their cups, medals and certificates at the AGM.

Please contact Sylvia or Peter Jones as soon as possible if you would like to participate.

Would you like to join the Committee?

Can you spare one evening a month to discuss and plan the Turtles forthcoming events and the general running of the club?

Meetings, with refreshments, last for about 2 hours and are held at those members' houses that have wheelchair access (usually Sylvia's house in Ickenham).

The majority of the officers and committee are prepared to stand for re-election for another year, however we do have a vacancy for a committee member.

If you are interested in taking a more active interest in your club please ask one of the existing committee members for more details ahead of the AGM.

Turtles website :

<http://www.ruislipturtles.org.uk/>

Turtles email:

turtlesswimming@yahoo.co.uk

Contacts:

Chair (Dave):
07730047500

Sec. (Marion):
0208 866 8606





Tribute to Sue Bedford (1951-2010)

by Sylvia Smith OBE

Sue was a founder member of the Turtles—she took part in the opening Gala at Highgrove in 1964, and later became one of our Gala team, winning lots of medals. She had Polio as a baby, but never let her disability hold her back, taking part in swimming, guiding, camping and other activities. After leaving school, she worked for Social Services, drove around in her little car, and lived by herself in an adapted flat. Sadly, as she got older, her disability worsened, and eventually she was unable to get around at all, and moved into a nursing home. Sue was one of the most cheerful people I have ever met—I always think of her smiling, even when she was bedridden. The last time I saw her, she was planning her 60th birthday party—sadly this will not now take place. Those of us who knew her will remember her with love.



Introducing Ricky & Pippa

Ricky James & Pippa Haggitt are the two trainers from Hillingdon Swimming Club helping Linda Clarke out with training and development at our Saturday swimming sessions

Hillingdon Swimming Club



If you would like some coaching on a Saturday please let Linda know. The training Lane is used for the first 35 minutes followed at 5.45 by 15 minutes of diving coaching at the deep end.



Grass Roots confirm Year 2 funding for outings

Great news! Grass Roots (Managed locally by North West London Community Foundation) has confirmed that we will received the second and final year's funding to help with the transport cost of our outings. The grant for £950 brings the total to £1900 over the two year period. We are extremely grateful for this support as it enables us to hire vehicles with electronic lifts for the wheelchairs.



Managed by the Community Development Foundation
Funded by the Office of the Third Sector

Gala Season to start at long last.....

After 2 cancellations and one postponement, the gala season is due to start on the 8th May with our own gala.

If you would like to participate in our home gala or the Club Championships the following week (see page 2) please let Sylvia know. We now know that the date for the Hatfield Gala is set for the 5th June and the 'double header' gala at Watford to include the NASCH Region One Finals will be held on Saturday 5th September.





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The Black Horse, Iver Heath Outing



Diary Dates

Committee Meeting

Wednesday 14th
April

Committee Meeting

Wed. 5th May

Turtles Gala

Sat. 8th May

Turtles
Championship

Sat. 15th May

Annual General
Meeting

Sat. 15th May

Hatfield Gala

Sat. 5th June

Turtles Annual
Outing

Sun. 5th September

Watford & NASCH
Region I Gala

Sat. 11th
September

NASCH Gala
Championship

Sat. 6th November

**And so to the next
outing.....**

The 2010 outing has been scheduled for Sunday 5th September.

Come along to the AGM on the 15th May and have your say on where we should go this year.

We are a swimming club for anyone with a physical, mental health or learning difficulty.

The Turtles Swimming Club is a registered charity: Number 1055585

Thank you to all of our sponsors listed below:



