



TURTLES SWIMMING CLUB NEWSLETTER

Issue 63
February &
March 2015

Registered Charity
Number 105585

Established 1964
Established 1964

March Evening Meal



Turn to Page 4 to find out the details of the March evening meal outing.

Book your place on the mini-bus ASAP please.

Diary Dates

Saturday 21st February

Long Distance Swim
(6pm) Highgrove

Tuesday 24th February

Committee Meeting

Tuesday 10th March

Evening Meal

Saturday 14th March

Hitchin Gala

Saturday 11th April

Hatfield Gala

Saturday 18th April

Harrow Gala

Congratulations to the following distance badge winners:

Jennifer Ward 50 Metres

Michael Ward 10 Metres

Saahidya Ludhani 10 Metres

If you are interested in trying for a distance badge, please speak to Peter Horne at poolside



We have recently been approached by the local (Highgrove based) sub aqua club. The club is trying to attract more members with disabilities who can go on to learn to scuba dive (i.e. not diving from the side of the pool). We are in discussions with the club's trainers to see if we can arrange a taster session for some of our members during our Saturday regular time slot.

Watch this space for more details!

The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. The club is based at Highgrove Pool, Ruislip and meets every Saturday between 5pm and 6pm.

British Long Distance Swimming Association



This year we will be completing the Long Distance Swim in one evening session.

We will be hiring Highgrove for an extra hour following our

regular Saturday swim session and we will then utilise all 6 lanes.

The date for the event has been booked for 6pm on Saturday 21st February and so if you

would like to take part please register with Alison. Peter Jones will be running the event as usual, but we will need extra help to manage the counting of the lengths swum.

Swim Teaching



We need more Level One and Level 2 swim Teachers to help with the Saturday Pool sessions. If you know of any qualified Level 2 swim teachers who would like to volunteer to help the Turtles please put them in contact with Linda Clarke or Dave Lee.

If any member is interested in taking the Level 1 qualification please approach Linda or Dave. Part funding support is likely to be available. Details of the next local course is shown opposite. Applicants must be at least 16 years of age.

ASA Level 1 Award for Teaching Aquatics

Reference: L1T0315-2
Cost: £375

Dates:
Sunday 29 March – Thursday 2 April 2015

Times: 09:30 – 18:00

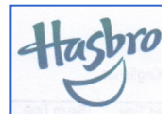
Venue:
St Helens School Sports Centre, Northwood

Thank you to all the organisations and individuals who support the Turtles



The United Reformed Church of Eastcote & Northwood

Young People's Fund



Combined Charities of Ruislip

Trefoil

Alison Grey
(Secretary)
07900 118812

Turtles email:
turtlesswimming@yahoo.co.uk

Dave Lee
(Chair)
07730 047500

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

Tuesday March 10th Evening Meal Outing

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This year we will be returning to the Blue Check Restaurant in Bushey.

The 3 course meal will cost £16 per person (inc. 10% service). Alcohol and beverages are payable as extras.

We will also be running a mini-bus (with numerous collection points tbc.) for an extra cost of £4 per person.

The £16 (and mini bus fee, if required) is payable in advance (Alison will collect on Saturdays).

So please book asap to guarantee your place at the table!

Visit their website@

<http://www.bluecheck.co.uk/>



The March 2014 Blue Check Evening Meal was very popular and so we are returning again this year.

Example Menu

Starter

Soup of the Day (v)

Stuffed Mushrooms (v)

(With cheese and garlic butter)

Goats Cheese in Filo Pastry (v)

Melting Mozzarella Parcels

(Parma Ham stuffed with Mozzarella & Sundried Tomatoes on a bed of mixed leaf with Pesto dressing)

Chicken Yakitori

(Chicken Kebab in a sweet chili sauce)

Prawn Cocktail

Melon & Mixed Berries (v)

Main

Chicken Marsala

(Sauteed with Mushrooms Marsala & cream)

Confit of Duck

(Served with an orange sauce)

Peppered Steak or Plain

(Sauteed with green peppercorns, chili in a white wine cream sauce)

Lamb Mediterranean Style

(Knuckle of Lamb baked with Rosemary, Tomatoes & Red Wine)

Cajun Salmon

(Cooked in Cajun spices & served with spicy tomato salsa)

Fillets of Seabass

(Grilled in Lemon Juice & Olive Oil)

Cannelloni (v)

(Pancakes filled with Ricotta cheese & Spinach)

Sweets.....from the Trolley

144-146 High Street, Bushey,
Hertfordshire, WD23 3DH

Lions Hanworth Airparc Gala - Sunday 8th February

The first gala of the 2015 season turned into something of a marathon event.

Scheduled for a 3pm start, proceedings were finally brought to an end at 8pm.

It usually takes some time for the official results to come through from this gala but the unofficial timings can now be viewed on the Turtles Website.



The Turtles won the Junior Trophy ahead of Ealing SC (2nd) and Barking Beavers (3rd).

The Turtles finished 3rd in the Senior Event on 31 points behind Harrow Kingfishers (39 points) and Ealing (32 points).

Medals / Certificates were awarded to the following:

Gold - Junior Relay Team - Jamie Woodbridge, Charlie Laws, Antony Laws & Oliver Regan

Gold - Mens 1 Length backstroke — Carl Richards

Silver - Junior 1 Length Freestyle - Oliver Regan

Silver - Junior 1 Length Backstroke - Charlie Laws

Silver - Junior 2 Lengths Freestyle - Oliver Regan

Silver - Ladies 1 Length Backstroke- Shaida Ghorbanian

Bronze - Mens 1 Length Backstroke — Neil Dew

Bronze - Senior Relay Team - Ian Andrew Horne, Gary Lee, Don Lamb & Neil Dew

Turtles Hanworth
Gala Team

Charlie Laws

Oliver Regan

Antony Laws

Jamie Woodbridge

Karen Hoffmann

Sophie Grey

Jeannette Prentice

Shaida Ghorbanian

Gary Lee

Ian Andrew Horne

Neil Dew

Don Lamb

Call Richards

James Lesnek



Turtles
Gala
Team

Competing Clubs

Spartan New Malden

Ealing S.C.

Harrow Kingfishers

Barking Beavers

Wandsworth Dolphins

Hogarth Gateway Chiswick

Ruislip Turtles

Hitchin Lions Gala — Saturday 14th March
Hatfield Platypus Gala — Saturday 11th April
Harrow Kingfishers Gala — Saturday 18th April

If you would like to take part in any or all of the above 3 galas, please make Dave Lee aware. We will be hiring a mini-bus for Hitchin and Hatfield but not for Harrow.

