



# RUISLIP TURTLES SWIMMING CLUB

SUMMER 2020 ISSUE 131

## More Summer Fun & Puzzles!

### Ten on the Spin for Don!



Our congratulations go to Don, Momoka and Dave who all won British Long Distance Swimming Gold Medals for 2020.

It is a tremendous achievement to win a BLDSA Gold Medal by swimming the furthest distance of anyone else in the country within the age group and disability classification.

Praise indeed, when we step back and consider that Don Lamb, one of our most regular pool teachers, has won a BLDSA Gold Medal for each of the last TEN years since he first competed in 2011. An amazing Turtles record as can be seen in the chart below covering the last 11 BLDSA events.

The Turtles first started competing in the BLDSA back in 1993, but our octogenarian swim teacher holds the record for most Gold Medals won and also the most consecutive wins overtaking Gyllian Lucas and her superb record of 8 consecutive Gold Medals.

Brilliant Don! Well done to all the Turtles competitors and medal winners.



	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	Total
<b>Don L.</b>	Gold		10									
<b>Gyllian L.</b>			Gold		8							
<b>Karen H.</b>		Gold	Gold	Gold	Gold	Gold					Gold	6
<b>Dave L.</b>	Gold	Gold	Gold	Gold	Gold							5
<b>Jeannette P.</b>						Gold		Gold	Gold		Gold	4
<b>Erica B.</b>							Gold	Gold	Gold			3
<b>Shaida G.</b>		Gold					Gold					2
<b>Tillie H.</b>			Gold		Gold							2
<b>Sohpie G.</b>				Gold					Gold			2
<b>Momoka</b>	Gold											1
<b>Fiona W.</b>								Gold				1
<b>Gary L.</b>										Gold		1
<b>Vida C.</b>											Gold	1
<b>Total</b>	3	4	5	5	5	4	4	5	5	3	3	46



## **YET ANOTHER NEWSLETTER!**

**Well we may not be swimming, but the Newsletters keep coming thick and fast!**

**It is always a busy time of year for Newsletters due to our Club Championships, Annual Presentations, AGM Meeting and the usual busy gala period.**

**But none of that to report this year, although the AGM will be taking place, albeit via video conferencing links.**

**But we hope that you are keeping fit and healthy and that you find our new (temporary) style of quizzes and puzzles useful and engaging.**

**In this edition, we include a couple of trickier quizzes courtesy of our erstwhile Treasurer, Rosemary, together with a few more puzzles and activities for our younger members.**

**As ever, we appreciate your feedback!**

**Stay safe and hope to see you all back at the pool as soon as it is safe...**

## **WE ARE CHANGING OUR REGISTERED NAME!**

**Our club was formed in 1964 as an offshoot of the 'Ruislip & Northwood Swim Squad'. Within a year, the disability swim club had evolved to become the 'Turtles Swimming Club' and from 1968 entered competitive events as 'The Ruislip Turtles'.**

**In 1995, the Club became a registered charity in the name of 'The Turtles Swimming Club', but throughout our 56 year existence, we have continued to be recognised by other clubs and organisations as the Ruislip Turtles.**

**When dealing with event organisers and corporate or governing bodies, we are often required to state our location within our club name, so we have taken the decision to standardise all our identities as 'Ruislip Turtles Swimming Club'. We have applied and received permission from The Charity Commission and now need to ratify the decision at the Virtual AGM on June 30th.**



**STAY SAFE!!!!!!!!!!**

## RIP MARION BECKWITH



We were saddened to learn of the passing in April of Marion Beckwith who for many years was our Turtles Club Secretary.

Marion joined the Turtles back in 1982 along with her daughter Erica who was just 10 years old at the time.

Erica went on to be a regular gala team member for the next 30 years representing the

Ruislip Turtles and winning countless medals at numerous galas. Marion was often a time judge at these events.

Marion devoted so much time to caring for Erica and the two were inseparable. Marion's career as district nurse meant she was well equipped to give Erica the love and support and Erica blossomed as a Turtle, even becoming a Committee Member herself.

But after 22 years of handling the club's secretarial duties, Marion stepped down and handed over to Alison Grey, but stayed on in the role of Assistant Secretary for a further handover year.

In 2013, Marion left Pinner for the countryside of Wiltshire, something that her husband Jack wanted very much.

For Marion, it was a terrible stretch, leaving Erica behind in a Harrow apartment with supported living.

It was on one of her trips back to Harrow to see Erica that Marion suffered a serious fall that left her with severe mobility and memory issues and that meant she was unable to drive anymore. This caused Marion even more distress and her country 7 year retirement did not quite turn out to be how she and her husband had envisaged.

After an association of 31 years with the Turtles, Marion would frequently say how much she missed the club. She particularly enjoyed the social evenings and outings, usually the first names down for every trip.

Thank you Marion for all the years of hard work and dedication.

Marion was 88 and is survived by her husband Jack and daughters Yvonne and Erica.

R.I.P.Marion



Marion with Erica and her friend James at Leeds Castle in 2011



**This year we will be holding a Virtual Annual General Meeting in line with Charity Commission Guidelines. Social distancing as a consequence of Covid-19 pandemic means that we are unable to meet up but instead need to conduct the necessary Turtles business by video conferencing.**

**Newsletter Edition 130 contained the full AGM reports and documentation. However, should you wish to receive the full set of financial accounts, please email your request to the email address on the final page of this Newsletter.**

**The paperwork covers all matters that need to be considered so please email any questions, concerns or issues you may have regarding any of the proposed actions detailed below. The closing date for any communications is Friday 26th June 2020. The Virtual AGM will take place on Tuesday 30th June @ 8pm. If you wish to participate in the virtual AGM, please send an email by 23rd June and we will send you a Zoom invitation to the meeting.**

## **Virtual AGM Agenda**

- 1. To Approve the 2019 AGM Minutes**
- 2. Any Matters Arising**
- 3. Report from the Chair**
- 4. To Receive & Approve the Annual Accounts and Treasurer's Report**
- 5. Secretary's Report**
- 6. Election of Officers & Committee: Chair, Vice Chair, Treasurer, Chief Instructor, Secretary / Child Protection Officer, Assistant Secretary, Competition Secretary, and 6 Committee Members**
- 7 Appointment of Auditors**
- 8 Any Other Business**
- 9 Proposed Changes to the Constitution / Revised Constitution**



**Hello There!**

**I am missing so much my Turtles Saturday afternoons, even though if all I do is collect your money and never remember your names. I also donate the raffle, then have a shower and wait to be driven home.**



**Other than that, in my life, every morning, rain or shine, I force myself to go walking with my frame for up to one and a half hours; no more buses or shopping and even the church is closed. It is difficult to find a new road to walk that does not have a hill, but Cavendish Park is pleasant and has seats.**

**In the afternoons I rest, do crosswords and puzzles, watch TV quizzes and the news, usually dropping off to sleep just before the end of the show. Then there is food and drink to prepare, letters to write and gradually prepare a food list for the Hillingdon volunteers to buy for me once a week.**

**The cleaner does not come of course so I must at least keep the house hygienic and tidy.**

**In the evenings I phone some of the family to see how they are fairing and they tell me any special news because there is apparently a Family App – whatever that is! I have special concern for 2 of my granddaughters, one is a doctor working with Covid 19 patients in Brighton Hospital who is very poorly herself as she has recently tested positive for the virus. The other granddaughter is a senior nurse. Also, I have a granddaughter in law who is an A&E nurse in St. Thomas's Hospital.**

**A disappointment for us all was that my second daughter Jill, and her daughter Georgina who lives in Canada, had their 60<sup>th</sup> and 30<sup>th</sup> birthdays in April and we had long planned a large family party (20 plus of us) at my house. But of course, Georgina and her Canadian boyfriend were not allowed to fly here and in any case by then we were in lockdown.**

**But then one of the family organized a link up via Zoom for Jill's actual birthday evening. Well, with me never having dealt with a computer I was resigned to missing it, but at the last minute my son Mike found me an old tablet which he rigged up in my kitchen and then told me later what I needed to do. Then there was a try-out for me with him instructing from the other side of a closed kitchen window. On the birthday night he checked me in again and I saw almost all the large family, even with Georgina in Canada, which was lovely. We sang and lit candles on our cakes – all I could find was a little Sainsbury's jam tart, but it held the candle well.**

**They later did a family quiz on-line but I had to give up after that, phoning to ask what to do when the screen went blank. Phew! Never again.**

**So as you see, I keep quite busy but, like everyone else, I long for this difficult time to be over, so KEEP SAFE everybody until we meet again.**

**Patricia xx**

## QUIZ ONE—a tough one for adults!

1. a. In a pack of cards **what** does the QUEEN hold in her hand  
b. Which of the Queens holds it in her **left** hand
2. Name the **2** Gemini twins
3. Name the **3** Bronte sisters
4. Name the first **4** books of the **OLD TESTAMENT** in the correct order
5. What are the **5** colours of the rings on the OLYMPIC FLAG
6. In the game of Monopoly name the **4** Stations
7. Name the **7** Dwarfs that befriended SNOW WHITE
8. In **ascending order** list the **8** x RANKS OF HAND in the game of POKER DICE (i.e. start with the lowest rank and work up to the highest rank)
9. In CLUEDO. Name the **9** areas in the house where the murder may have been committed.
10. Name the **10** plagues of Egypt

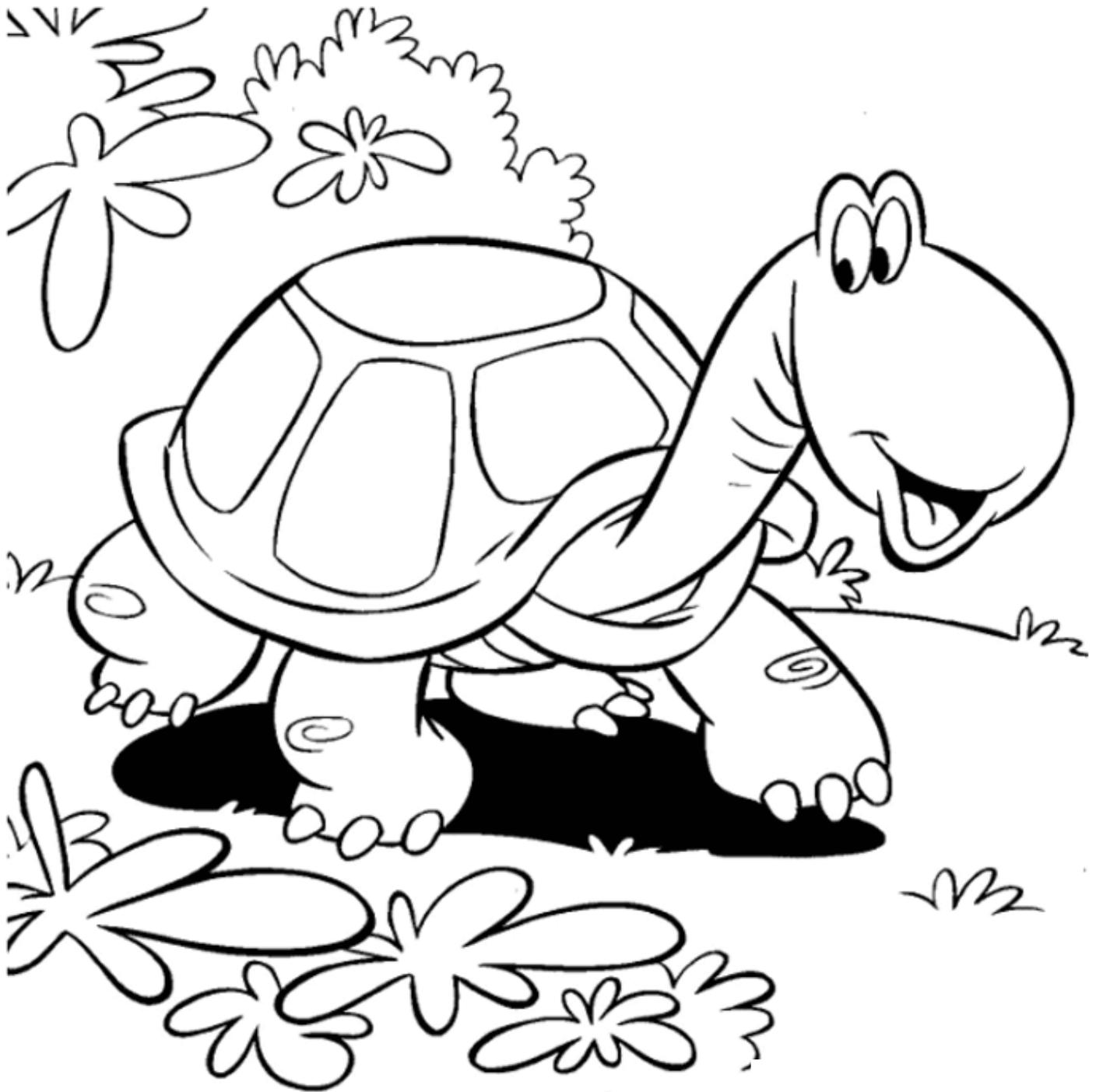


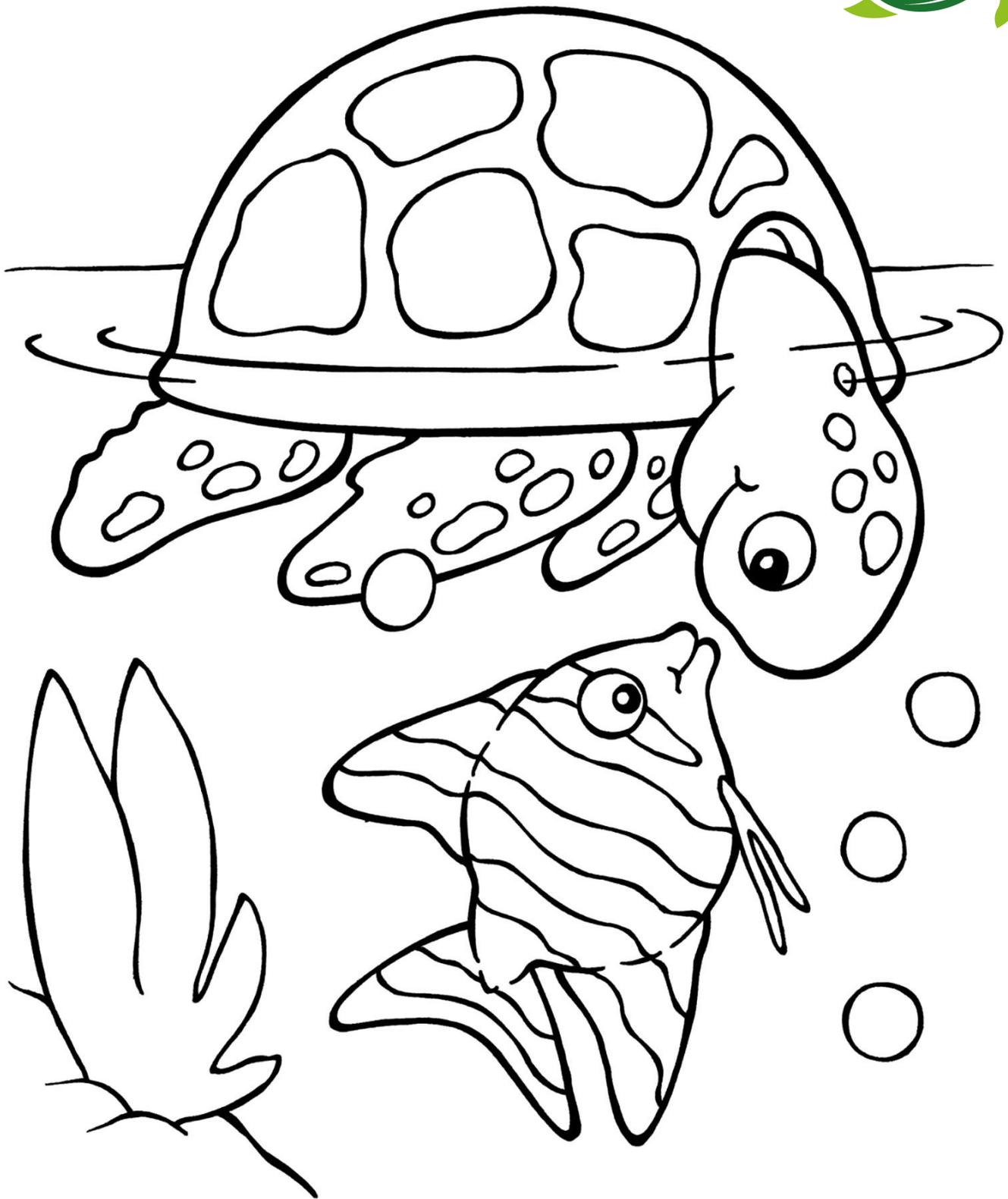
## QUIZ TWO      'Think Sweet Thoughts'

Each answer is a popular sweet – eg: Wise Guys = SMARTIES

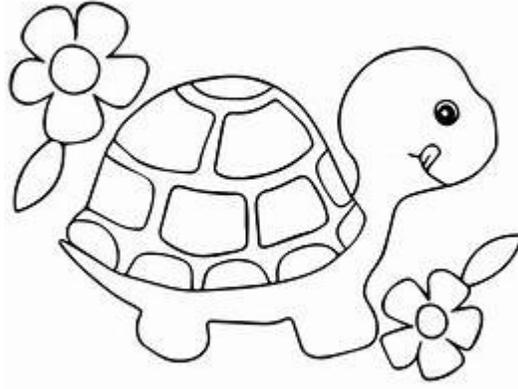
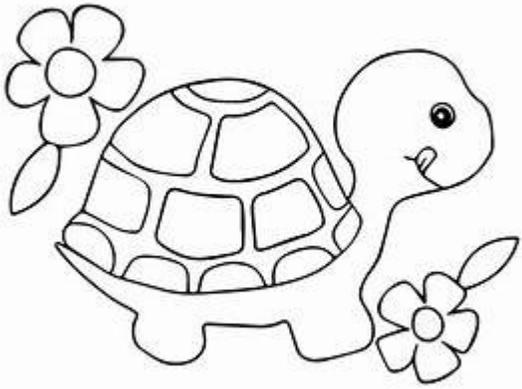
- |                               |                                    |
|-------------------------------|------------------------------------|
| 1. 9s, 10s, 11s               | 11 Tartan Granite                  |
| 2. Carrier for Dairy Products | 12 Aromatic Spheres                |
| 3. Mother's Local             | 13 Island Inhabitants              |
| 4. Bovine Peepers             | 14 Occult perhaps                  |
| 5. Prince's Sport             | 15 Lake District Herbal Confection |
| 6. Seen at the Races          | 16 Upmarket Address                |
| 7. Home for Alcoholic Teeth   | 17 Wobbly Infants                  |
| 8. Speaks Quietly             | 18 Windfalls                       |
| 9. Pirate's Loot              | 19 Watering hole for felines       |
| 10 Edible Fasteners           | 20 The sound of trodden Snow       |







# Colour the Turtles



# Can You Spot The Dangers?



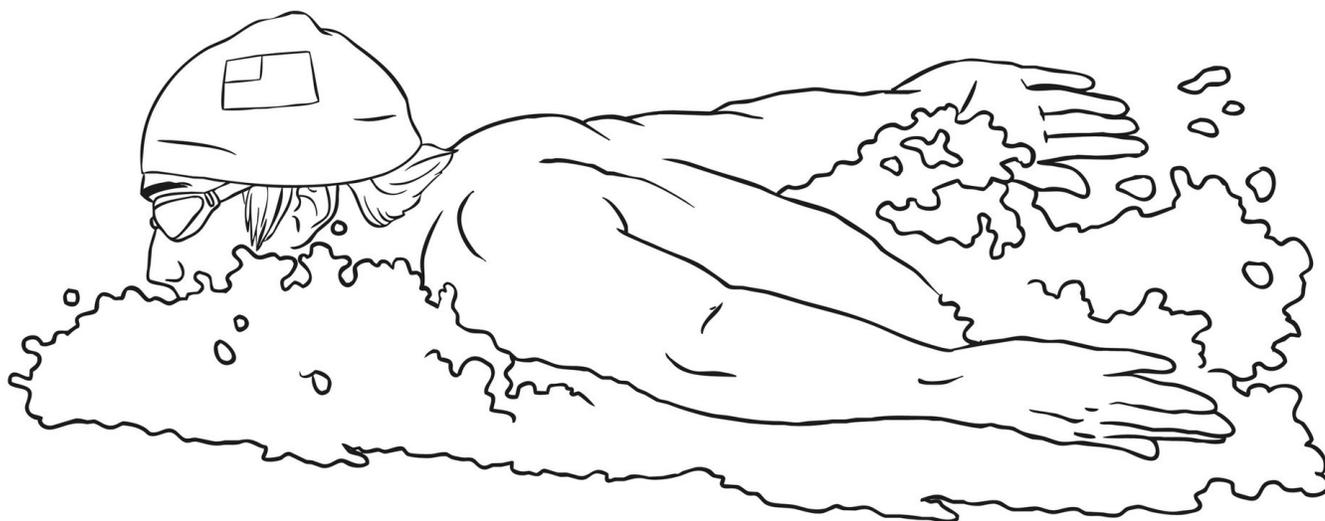
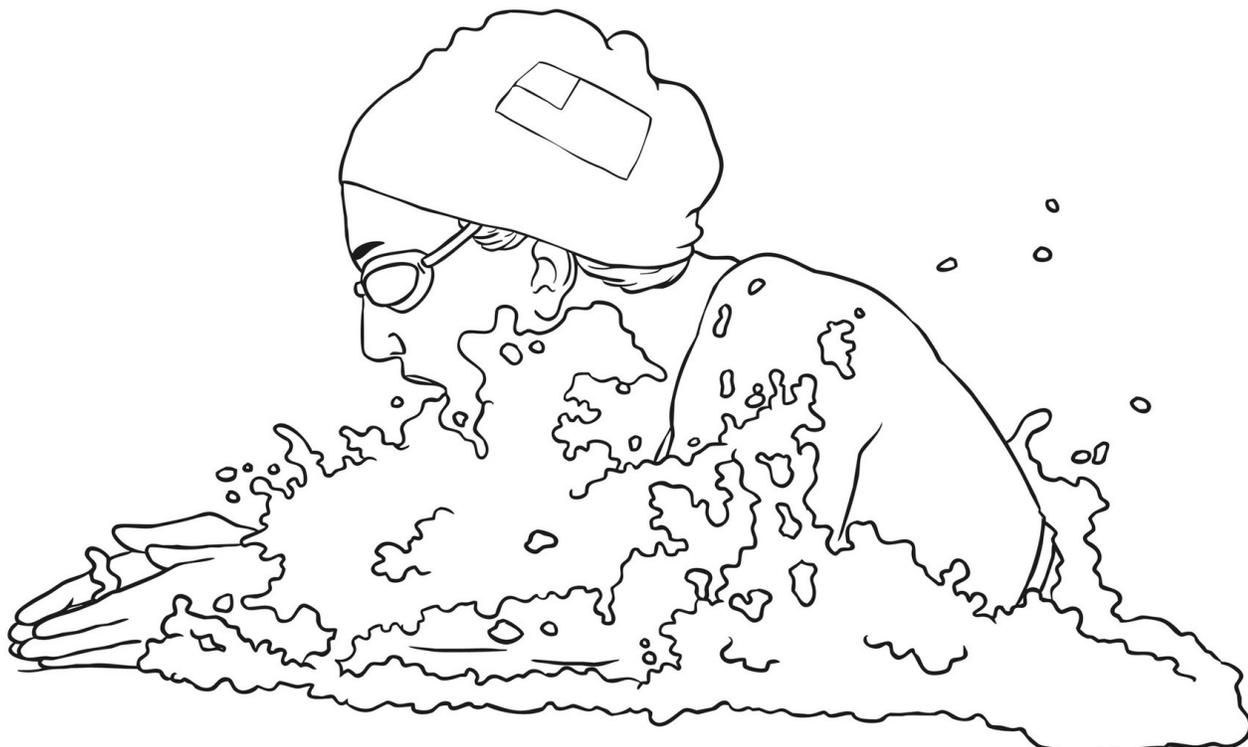
# Spot The Differences!



There are 8 differences in the pictures below. Can you find them? Circle them in red.



# Fun to Colour!





## Word Search

a d s i t f w p s d f l  
s w i m m i n g a i l e  
h a o w p d i l f x o d  
a p o o l r u l e s a a  
l f e l k h d a t f t n  
l e x o i n o t y e a g  
o n u i o m e n g a t e  
w c r k b l s e o y i r  
i e c d e e p i x g o u  
g f t h y j k t m t n s  
n p l i f e g u a r d b  
c h e m i c a l s l k n

swimming

lifeguard

pool rules

floatation

shallow

danger

gate

deep

chemicals

fence

obey

safety

**THANK YOU TO THE ORGANISATIONS AND INDIVIDUALS WHO SUPPORT THE TURTLES**

**Waitrose**

**Tesco**

**ASDA**

**Hillingdon Council**



**Eastcote Methodist Church**

**IBB Charitable Trust**

**Ruislip Combined Charity**

*The Turtles Swimming Club is for anyone with a physical, mental health or learning difficulty. Based at Highgrove Pool in Ruislip, the club is run by a group of dedicated volunteers and meets every Saturday between 5pm and 6pm*

**Turtles Swimming Club  
Established 1964**

**Turtles Website:**

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

**Turtles email:**

**[turtlesswimming@yahoo.co.uk](mailto:turtlesswimming@yahoo.co.uk)**

**Chair:  
Alison Grey**

**Gala Team  
Manager:  
Dave Lee**

**Secretary:  
Heather Johnston**

**Deputy Secretary :  
(reception desk)  
Bijan Ghorbanian**

**Club President:  
Dave Lee**

**Treasurer:  
Rosemary Noyes**

## **QUIZ ONE ANSWERS**



- 1a. A flower
- 1b. Queen of Hearts
2. Castor & Pollux
3. Charlotte, Emily, Anne
4. Genesis, Exodus, Leviticus and Numbers
5. Blue, Yellow (Gold) Black, Green, Red
6. Marylebone, King's Cross, Liverpool Street & Fenchurch Street
7. Happy, Dopey, Grumpy, Doc, Bashful, Sleepy, Sneezzy
8. High dice, 1 pair, 2 pairs, 3 of a kind, Full House, Straight (flush), 4 of a kind, 5 of a kind
9. Kitchen, Ballroom, Conservatory, Dining Room, Billiard Room, Library, Study, Hall, Lounge
10. (Water turned to) Blood, Frogs, Gnats (Lice), Flies, Pestilence (Livestock disease), Boils, Hail and Thunder, Locusts, Darkness, Death of First born

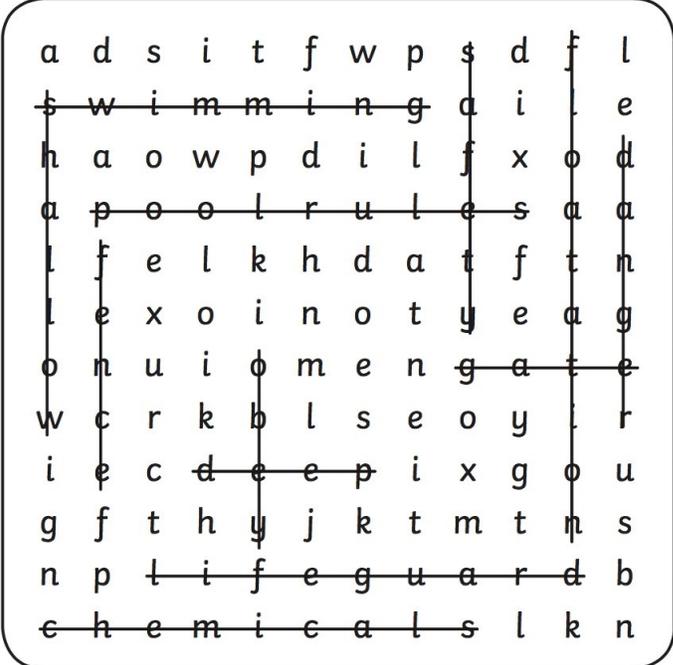
## **QUIZ TWO (The Sweets) ANSWERS**

- |                                    |                     |
|------------------------------------|---------------------|
| 1. 9s, 10s, 11s                    | AFTER EIGHTS        |
| 2. Carrier for Dairy Products      | CADBURY'S MILK TRAY |
| 3. Mother's Local                  | MARS BAR            |
| 4. Bovine Peepers                  | BULLSEYES           |
| 5. Prince's Sport                  | POLO                |
| 6. Seen at the Races               | TIC TAC             |
| 7. Home for Alcoholic Teeth        | WINE GUMS           |
| 8. Speaks Quietly                  | WHISPERS            |
| 9. Pirates Loot                    | BOUNTY              |
| 10 Edible Fasteners                | CHOCOLATE BUTTONS   |
| 11 Tartan Granite                  | EDINBURGH ROCK      |
| 12 Aromatic Spheres                | ANISEED BALLS       |
| 13 Island Inhabitants              | MALTESERS           |
| 14 Occult perhaps                  | BLACK MAGIC         |
| 15 Lake District Herbal Confection | KENDAL MINT CAKE    |
| 16 Upmarket Address                | QUALITY STREET      |
| 17 Wobbly Infants                  | JELLY BABIES        |
| 18 Windfalls                       | FRUIT DROPS         |
| 19 Watering hole for felines       | LION BAR            |
| 20 The sound of trodden Snow       | CRUNCHIE            |

## Spot The Differences! Answers



## Word Search Answers



swimming	lifeguard	pool rules
floatation	shallow	danger
gate	deep	chemicals
fence	obey	safety

## Spot the Dangers Answers

- Kayaking – The person has no lifejacket and is on the... ..
- Pushing –The person being pushed may not know how to swim; the depth of the water is unknown; there may be unseen hazards under the water and they could hit their head/injure themselves.
- Swimming – Away from the shore- unseen rip currents/hazards/reefs.
- Boating – The woman is not in the boat safely. She is at risk of falling out. She is also not wearing a lifejacket.
- Diving – The person diving into shallow water (note the marking on the side of the pool). So there is a risk of impact with bottom of the pool
- Water butt – The person who is on their own could fall in head first and there would be no way to climb out, so there is high risk of drowning.

