



Swimming for people with a disability

Summer 2009 Newsletter



As newly appointed Chairman of Sea Lion S.C. I am looking forward to seeing the club develop and grow and to ensure all our members enjoy the swimming sessions. I became involved with Sea Lion S.C. whilst working at

the old Central Baths swimming pool and have been a helper, as well as holding various roles as a member of the committee, for the last 26 years. I am qualified to teach people with disabilities to swim. My teaching experience has spanned 28 years, along with various management roles, and am presently a part time swimming teacher at both Watford Leisure Centre Central and Watford Woodside Leisure Centre.

Jane Stonelake.



A huge Thank you to **Jane Ashley** for all the hard work and dedication over the last 3 years as Chairman of Sea Lion S.C. Jane was presented with flowers at the A.G.M.

Sea Lion S.C. A.G.M. took place on 28th February, 2009. Trophies were awarded to members for their achievements by Councillor Elle Burtenshaw,

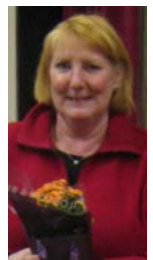


Dave Sturgess, Sea Lion S.C. Treasurer, was presented with the Ralph Tucker Cup for all his hard work and support throughout the year.

Kreettibasa Luintil was presented with the Endeavour Cup for representing Sea Lion S.C. in galas over the past year.



Mark Brooks was presented with the Harry Collier Cup for best adult learner.



Joy Thomson, was presented with flowers for producing Sea Lion S.C. newsletter.



Sea Lion S.C. was one of three charities nominated by Community Matters at Waitrose in Rickmansworth

as their chosen charity within the community project for November 2008. As a result we were presented with a cheque for £188.00. A big **THANK YOU** to Waitrose and to everyone who voted for us.



Thank you to Lynda Rutherford for a donation to S.L.S.C. in memory of her husband John.

GALA NEWS

The first gala of the year was our In-House gala at Watford Leisure Centre, Central on 7th March.

Shallow end:

- 1stPardis Shayan
- 2nd.....Amber Parsons-Bailey
- 3rd.....Elysia Kirkhan

Adults 2 lengths

- 1st.....Alison McBride
- 2nd.....David Gasper
- 3rd.....Cliff Berry

Junior 2 lengths

- 1st.....Bryce Parsons-Bailey
- 2nd.....Kreetibasa Luintel
- 3rd.....Rhiannon Parsons-Bailey

Adults 1 length

- 1st.....Andrew Green
- 2nd.....Alison McBride
- 3rd.....Cliff Berry

Junior 1 length

- 1st.....Anmol Johar
- 2nd.....Mary Kelly
- 3rd.....Bryce Parsons-Bailey

Family & Helpers—Mens 1 length

- 1st.....Inder Johar
- 2nd.....Tony Parsons-Bailey
- 3rd.....Dave Sturgess

Family & Helpers—Ladies 1 length

- 1st.....Sophie Gibbs
- 2nd.....Jo Turner
- 3rd.....Karen Kirkham

Family Junior

- 1st.....Meheq Johar
- 2nd.....Reuben Gluck
- 3rd.....April Turner

Relay

- 1st.....Meheq Johar,
Sophie Gibbs
Inder Johar
David Gasper
- 2nd.....Mary Kelly,
Sean Kelly
Andrew Sturgess
- 3rd.....Baz Luintel
Kreetibasa Luintel
Andrew Green
Cliff Berry

Thank you to Councillor Jan Brown and her Consort
Councillor Ian Brown for presenting the medals.





Results of our Invitation Gala at Watford Leisure Centre, Woodside on 9th May, 2009 were:

- Mens 1 Length**2nd.....Cliff Berry
- Junior 4 lengths**...1st.....Andrew Green
- Mens 4 lengths**....2nd.....David Wood
- Junior 2 lengths**...1st.....Kreettibasa Luintel
- Mens 2 lengths**....2nd.....David Gasper
- Junior Relay**.....1st.....Andrew Green
Taylor Gass
Kreettibasa Luintel

Thank you to Councillors Ellie and Alan Burtenshaw for presenting the medals. We would also like to thank The Watford Round Table for a donation to run the gala and also Waitrose for providing the food.

Activity Weekend 2010
Phasels Wood Scout Camp Site (Kings Langley)
Friday 2nd July to Sunday 4th July 2010

As some of you may have heard, we are organising another Activity Weekend for the Club. We've run several of these in the past, the last one being in August 2000, almost 10 years ago! They were all a great success and we're sure that this one will be too.

The weekend is again being held at Phasels Wood Scout Camp. For those of you that don't know it, it's a beautiful Scout site just north of Watford with great facilities. As before, there will be lots of activities over the weekend, such as climbing, abseiling, shooting, archery, treasure hunt, campfire, challenges, games, and much more - it's a weekend you won't want to miss! For those of you who like camping you will be able to sleep in tents, while for those of you who prefer a little more luxury there will also be indoor accommodation.

All you need to do now is put the weekend in your diaries (2nd - 4th July 2010) and start looking forward to it!
Dave Sturgess, Treasurer



3 members of Sea Lion S.C. represented the club at Platypus S.C. gala in Hatfield on 18th April.

They all won medals:

- Mens 1 lengths** 3rd..... David Gasper
- Mens 2 lengths** 2nd.....David Gasper
- Ladies 1 length** 3rd.....Jackie Cook
- Ladies 3 lengths** 1st Alison McBride

The next gala will be held at Kingfisher Swimming Club in Harrow on Saturday 18th July. We are looking for swimmers to join the gala team. If you are interested please speak to **Ian Ashley, Gala Organiser**.

DATE FOR YOUR DIARY

A day at Chessington World of Adventures has been organised for Sunday 6th September, 2009. Letter will be sent to all members with full information shortly.

Colin West, Social Secretary

50th ANNIVERSARY

Congratulations to Beryl & Norman Cook who celebrated their 50th Anniversary in February. Beryl & Norman have been members of Sea Lion S.C. for 32 years and have both served on the committee in vari-



HAPPY BIRTHDAY

To Kristien Bell who celebrated his 18th birthday in March.



Reminder to all members:

Sea Lion S.C. welcomes family and friends of members to the swimming session. There is a charge of £1 per person for those who are not immediate family and for friends.

We also wish to remind all members to register their attendance before entering the changing village as the pool and club need to monitor numbers attending for health and safety regulations.

When you have parked your car please remember to take a ticket from the ticket machine situated in the car park. The ticket is in 2 parts, the largest part must be put on your dashboard so that it is visible to the car park management team. The second part of the ticket, marked TOKEN, should be presented to Reception when you leave and exchanged for a token which you need in order to exit the car park at the barrier. Your stay in the car park MUST not exceed 3 hours or a fine of £20 will be imposed.

Jane Stonelake, Chairman

Ways you can help raise funds for Sea Lion Swimming Club.

If shopping on-line, go to:

www.easyfundraising.org.uk Please click on Sea Lion Swimming Club as your chosen charity and you will be helping to raise funds for the club. Choose from over 600 of the UK's best-known retailers including many popular names such as Amazon, Next, Argos, John Lewis and HMV, and when you shop using the links on the site up to **15%** from every purchase you make is donated to the club.

It doesn't cost a penny extra to shop and raise funds for our club using the site, and as many retailers now give extra discounts when you buy online, you can even **save money!**

Also, please use www.easysearch.org.uk If you use this to make your internet searches then you will also be raising funds for the club without even having to buy anything! **Aaron Darby, Fundraising Officer.**

Congratulations to Sylvia Smith who has been awarded an OBE (The Order of the British Empire) in the Queen's Birthday Honours List 2009. The award is for her 45 years of dedication and commitment to the development of swimming for those with disabilities, not just for the Turtles Swimming Club in Ruislip, where she is a committee member, but also at a national level through the NASCH organisation (National Association of Swimming Clubs for the Handicapped).

Sylvia was appointed to the position of President of NASCH in 2007. Prior to this time, Sylvia was the Vice President of NASCH (from 1999 to 2007) and Vice Chairman from 1991 to 1998. From 1976 to 1988 Sylvia was the NASCH Social Secretary.

Sylvia Smith has therefore become synonymous with the development of swimming for those with disabilities on a national level. Through NASCH, Woodlarks and the various swimming galas, Sylvia has worked tirelessly to ensure that everyone enjoys themselves, can participate in new opportunities and events and in doing so optimise their abilities in an equitable and challenging environment.

Sylvia's sustained work for NASCH together with her local work for the Turtles has encouraged a huge number of special needs swimmers to obtain achievements that many would not have thought possible.

Congratulations Sylvia from all at Sea Lion Swimming Club.

We were very sad to hear Reg Wilmot passed away recently. Our condolences go to Sylvia & Louise Wilmot from everyone at Sea Lion S.C.

Sea Lion Swimming Club's website is at present under construction. It will be up and running shortly. The address is:

www.sealionswimmingclub.org.uk

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