



Swimming

for people with a disability

Newsletter 2011



Welcome to our newsletter, The activities in the sports hall have proven to be very popular. Do give it a try. There is a new notice board by the welcome desk which will give you information of

all our activities.

I am pleased to welcome Nabs Lilley (Officer Without Portfolio) and Vanessa Mackay (Fundraising Officer) to the committee, they are both working very hard on behalf of the club. I am sorry to report that Ben Stratton has had to resign from his post as Chief Instructor due to other commitments, however, he will still be coming along to our sessions to help when time allows. This leaves the Gala Organiser and Chief Instructor's post vacant. If you are interested in either of these vacancies, please let me know.

SPORTS HALL NEWS

We have been very lucky in securing funding for Lizzie to come back and run the games sessions in the sports hall. She will be with us every other week until the end of March, so please join in and have some fun.

Jane Stonelake—Chairman

Our last swimming session for this year will be on 17th December. We will have the use of the sports hall until 7pm and are going to have an hour of games along with mince pies and refreshments. We hope you can all join in the fun.



A huge thank you to Councillor Alan Burtenshaw and his consort his wife for supporting Sea Lion S.C. during his year as Chairman of Watford Borough Council. Councillor Burtenshaw and President of Sea Lion S.C. Councillor Burtenshaw kindly nominated Sea Lion S.C. as one of his two charities and raised £1,033.60.00, which we are very grateful for. Now his term of office as Chairman of Watford Borough Council has come to an end we wish to welcome our new President, Chairman of Watford Borough Council, Councillor Lindsey Scudder.



There will be no swimming session on Saturday 24th & 31st December.

GALA NEWS

Results of our in-house gala which took place on 4th June 2011.

Junior 1 length - 1) Geraden Turner 2) Andrew Mackay 3) Elysia Kirkham

Ladies 1 Length - 1) Jaskawal Seyan 2) Lizzie Dorsett 3) Hilary Comber

Family Ladies 1 Length - 1) Jo Turner 2) Nabs Lilley 3) Steph Ward

Helpers Ladies 1 Length - 1) Allison Comber 2) Puja Patel 3) Hortencia McKechnie

Mens 1 Length - 1) Robert Thomson 2) Liam Behan 3) Stuart Catton

Family & Helpers Mens 1 length -

1) Gareth Dobson 2) Alec Turner 3) Andrew Sturgess

Adult 2 Lengths - 1) Lizzie Dorsett 2) Robert Thomson 3) David Gasper

Relay - 1) Robert Thomson, David Gasper, Stuart Catton, Andrew Mackay

2) Felix Gluck, Tim Gluck, Reuben Gluck, Alec Turner

3) Lizzie Dorsett, Hilary Comber, April Turner, Hortencia McKechnie

The John Rutherford Trophy was awarded to Lizzie Dorsett as winner of the Adults 2 lengths,



Extraordinary service to a volunteer first aid organisation was celebrated at an award presentation event. Volunteers for St John Ambulance Hertfordshire, a charity which provides training and support for first aiders across the country, attended the ceremony in Knebworth. Among the honours given out were the Service Medal, awarded to members who have given 12 years of service, and a “bar” for each additional five years. The ceremony was hosted by the Countess of Verulam, the Lord Lieutenant of Hertfordshire, who presented the awards.

Colin West of Watford division and committee member for **Sea Lion Swimming Club**, was awarded his fourth bar for 32 years continual service. County Commander, Dr Chris Lund said “Every year up to 150,000 people die in situations where first aid could have given them the chance to live. It is our aim to ensure that no-one suffers for the lack of trained first aiders and as an organisation we are striving to teach as many more people as we can to be the difference between a life lost and a life saved.”

In May 2007 the wife of a referee who had a heart attack and was resuscitated in the middle of a football pitch praised St John Ambulance staff for saving her husband's life. Hundreds of shocked spectators looked on as medics had to treat Dave Atkinson with a defibrillator three times after he collapsed in the centre circle during the match.

Two St John Ambulance members rushed onto the pitch, found he had gone into cardiac arrest and that his heart had stopped. The two medics, Colin West and Clive Gay, both from Watford, began to administer CPR and eventually managed to resuscitate Dave and keep him alive until an ambulance arrived.

The following trophies were awarded at our AGM in February 2011.

Endeavour Cup



This was awarded to Aisha Lilley who took part in galas throughout the year, including the Region 1 Gala, where she qualified for the NASCH

Finals. Although she was repositioned in her first race because she swam faster than her predicted time this was a massive achievement for her as she swam 4 lengths in 7min 30sec. Her next race was the relay although the team was repositioned they came in 3rd and awarded bronze.

Raphael Tuck – Personality Award

This year we are awarding this trophy to someone who has supported the club for many years, she has always helped provide wonderful food at our camps including last years, also the Activity day we held at Phasels Wood to celebrate the Club's 50th Anniversary. She does not live locally so has quite a journey to get to our events. Tracy Sodeau

The Founders Trophy

One of the aims of our Summer Camp 2010 was to encourage new members to join the club, with this in mind we asked the PHAB club if any of their members would be interested in coming to our camp. Each person that attended camp had to be a member of Sea Lions for insurance purposes, which they did but we were assured that none of them would want to come to the swimming sessions. I think the camp organisers and the PHAB club organisers were wondering how the camp would go, but the experience was great for all, following camp 6 of the PHAB club members have been regular swimmers.

This award is going to one of the PHAB club members, Lizzie Dorset. Although her swimming has improved we are making this award for the encouragement, support and care she has given to the other PHAB members.



Once again thank you to Clive Goodchild for organising the venue for our AGM earlier this year., and providing refreshments.

Our AGM will be held on the 25th February 2012 after the swimming session in the Staff Amenities Area, Town Hall, Watford - same venue as this year. Details to follow. We will be having a fish and chip supper and we need your support to vote on your committee for the next year. Please give it some thought as to who you would like to be on the committee. It may be that you have certain skills to offer and would like to give it a go. After Christmas we will be sending out further information and the nomination form. Please remember if there is no committee there is no club!.

Congratulations to Beryl and Norman Cook who celebrated their 52nd Anniversary in February, and happy birthday to their daughter, Jackie, who recently celebrated her 50th



A warm welcome to all our new helpers:

Jane Castelott, Alison Comber
Robert Hanchard, Andrew Mackay
Vanessa Mackay, Aimee Read
Ben Robinson, Parnam Seyan
April Turner, Stephanie Ward, Katherine
Griffiths and Robert Thomson. **We would also**

like to welcome all our new members:

Hanna Coker, Russell Lowe, Liam Behan,
Kim Conquest, Rosie Bonard, Roy Townsend,
Maryloy Amos, Henrietta Spetch, Kai Green,
Liam Murphy, Cat Dorset, Kevin Atkins and
Viral Lakha.

Please Note:

**All swimmers MUST be accompanied by a
Sea Lion Swimming Club member.**

**Ways you can help raise funds for Sea
Lion S.C.**

If shopping on-line, go to
www.easyfundraising.org.uk.
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 includ-
ing 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
searcher then you will also be raising funds
for the club without even having to buy any-
thing!

**If you have changed your address, email or
phone number would you please let Linda
Wood know. Thank you.**



A huge thank you to Veolia Water for their generous donation of £1,000. Members of Sea Lion S.C. enjoy their weekly water session, watched in the background by aerobic instructor Nabs Lilley, Veolia Water's David Washbrook, Vanessa Mackay and Joy Thomson. Veolia Water Central Managing Director, Richard Bienfait, said: "Veolia Water is delighted to support local groups through our Community Investment Fund. Veolia Water cares for its local community and we hope the Community Investment Fund will make a difference to the groups that have been selected this year," he added.

Thank you also to Swimathon for their donation of £600.

After parking 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 in exchange 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. If you have a disability parking permit and there are no disability bays available you will have to park in the main car park and obtain a parking ticket to put on your dashboard.

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