

Turtles Newsletter

October 2010 Newsletter

Newsletter for the members of the Ruislip Turtles Swimming Club

The Turtles Swimming Club is a registered charity Number: 1055585



Turtles Romp to 4th Successive Gala Victory



The Turtles Gala Team won both the Watford Invitation Gala and the NASCH Region I Gala on the 11th September. The two victories followed our successes at Harrow and Potters Bar, so that is 4 gala victories on the spin! Our team won the Watford Invitation Gala by 30 clear points, a fantastic achievement. You can view the detailed results on the website and a list of medal winners on page 3, but congratulations go to our entire gala team who are enjoying a very successful season. Next stop is Stevenage on the 16th October and then it is on to the final event for 2010, The National Championships at Leamington Spa on the 6th November.

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

Turtles email: turtlesswimming@yahoo.co.uk

NASCH Region I
Champions



Watford Sea Lion
Invitation
Champions



Harrow
Kingfisher
Invitation Joint
Champions



Potters Bar
Barracuda
Invitation
Champions



Diary Dates

Committee Meeting

Wed. 13th October

Stevenage Gala

Sat. 16th October

NASCH
Championships
Leamington Spa

Sat. 6th November

Committee Meeting

Wed. 17th November

Cadbury World
Outing

Sun. 27th March 2011

Turtles Championships

Sat. 4th June 2011

Annual General
Meeting & Supper

Sat. 4th June 2011

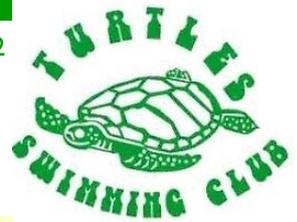
Turtles Gala &
NASCH Region I Gala

September 2011

We are disposing of our old white cotton dressing gowns (probably to a Charity shop). If you would like one for free, please ask Sylvia or Marion.



27th March 2011 — Cadbury World Outing!



14 zones, one fantastic day out. You will experience hands-on fun, interactive zones and the chance to get touchy feely with real liquid Cadbury chocolate.

Aztec Jungle - Travel 1000 years back in time to Mexico, where you'll walk through the tropical rainforest of the Mayan Indians. Discover how the cocoa tree was central to their culture, and see the Aztec Emperor Montezuma whose favourite drink was 'chocolat!'. And just who was the man who brought cocoa beans back to Europe?

Journey to Europe - In this section you will find out who brought back cocoa beans to Europe, and you'll also see in a special 3D story how cocoa beans crossed the ocean on a Spanish galleon and ended up as the drink of choice for high society.

Bull Street - Walk into Bull Street, a full-scale replica of the original street where John Cadbury opened his shop in 1824! See what's for sale in the shops and maybe take some photos before John Cadbury himself appears to introduce you on to the next part of the tour.

The Cadbury Story - John Cadbury tells you the inspiring story of his early struggles to establish the business and introduces his sons Richard and George. Together the Cadbury family explain how their Quaker beliefs led them to build a new and better kind of factory, in a green-field site away from the smoke and grime of the city.

Making Chocolate - Mmmm, liquid chocolate! Discover how it's made and hold on tight, you could be in for a few surprises! Learn about the most important ingredients of milk chocolate, and the way Cadbury combines them to create that unique Cadbury taste.

Manufacturing - Find out how chocolate is made with our interactive videos you'll learn all about different kinds of Cadbury chocolate including Buttons, Crunchie, Fry's Turkish Delight and Roses

Packaging - Although you can't walk through the whole factory, the good news is we CAN give you a sneak peek at some of it. Walk a special route through the factory to get an inside look at some of our famous products getting wrapped and packed. We can't guarantee it'll be running, but it's likely that there'll be something whizzing down the chutes that day it just depends what we're making!

Cadabra - Step into one of our Beanmobiles and enjoy a gentle ride through a chocolate wonderland full of familiar characters as you discover the magic of Cadbury. It's great fun - especially for kids - and one of the Beanmobiles has access for the disabled, so everyone can enjoy the ride.

Demonstration Area - Mmmm, what's that on the marble slabs? It's melted chocolate! Our friendly Demonstrators will show you by hand how they 'temper' chocolate and make it easier to work with. Try writing your name in chocolate.

Advertising - Always pioneers, Cadbury's advertising has been at the forefront over the years, generating awareness, innovation (and Gorillas!). How many great Cadbury ads will you remember.

Purple Planet - It's state-of-the-art, it's interactive - it's out of this world! Experience chocolate like you never have before. Chase a Cadbury Creme Egg, grow your own cocoa beans, see yourself made out of chocolate and wonder in amazement as it rains virtual chocolate.

World's Biggest Cadbury Shop - Fancy treating yourself to a memento of your visit? The World's Biggest Cadbury Shop is packed full of them! In the shop you will find all your favourite Cadbury chocolate products and gifts many of which you won't find anywhere else. Choose from a wide range of Cadbury branded merchandise through to unique handmade chocolate products. You will be sure to find something for everyone in here!

The Bournville Experience - Did you know that Richard and George Cadbury founded Bournville village? In this interactive exhibition you can discover how the village was created - and try designing your own village too! You can have a go at designing packaging, and even see the ghost of George Cadbury.

Essence & Children's Playground - Go back in time and discover the secret behind Cadbury Dairy Milk's unique taste. Now you're an expert, you can try creating your own Cadbury magic by choosing either popcorn, marshmallows, biscuit pieces or another treat. Then warm liquid milk chocolate is added to your cup of treats - and best of all, you can eat the results!

And children of all ages will love climbing and exploring in our outside playground. We've got slides, climbing frames and rockers, and there's equipment for wheelchair users too. Best of all there are plenty of seats around, so adults can relax and watch the kids having fun.



We will again be hiring a special 49 seat coach with wheelchair & scooter facilities. Thanks to the grant we received from Grass Roots we expect to keep the total cost for entrance and travel down to approx £11 for adults and £9 for children.

We will provide more details closer to the time.

Find out more by visiting: <http://www.cadburyworld.co.uk/>



Gala Results

NASCH Region I Championships Saturday 11th September

Congratulations to the team on winning the NASCH Region I Championships and the Invitation Gala. As a consequence, the 2011 event will take place at our pool next September, as will our Invitation Gala.

Medal Winners	Award	Event
Sophie Grey	Gold	Girls 1 Length
	Silver	Girls 2 Lengths
	Silver	Girls 4 Lengths
	Gold	Junior Relay
Tom Regan	Silver	Boys 1 Length
	Bronze	Boys 2 Lengths
	Bronze	Boys 4 Lengths
	Gold	Junior Relay
Karen Hoffmann	Gold	Ladies 1 Length
	Gold	Ladies Relay
Jeannette Prentice	Gold	Ladies 2 Lengths
	Gold	Ladies Relay

Medal Winners	Award	Event
Erica Beckwith	Silver	Ladies 4 Lengths
Anne Rourke	Gold	Ladies Relay team
James Lesnek	Gold	Mens 2 Lengths
	Gold	Mens Relay Team
Neil Dew	Gold	Mens 1 Length
Gary Lee	Gold	Mens Relay Team
	Bronze	Mens 4 Lengths
Carl Richards	Gold	Mens Relay Team

Overall Positions	
Ruislip Turtles	1st
Watford Sea Lions	2nd
Harrow Kingfishers	3rd

Follow the progress of the team by visiting the Turtles website @:

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

Watford Sea Lion Gala

Saturday 11th September

Medal Winners	Award	Event
Sophie Grey	Silver	Girls 1 Length
	Bronze	Girls 2 Lengths
	Bronze	Girls 4 Lengths
	Gold	Junior Relay
Tom Regan	Silver	Boys 1 Length
	Bronze	Boys 2 Lengths
	Bronze	Boys 4 Lengths
	Gold	Junior Relay
Karen Hoffmann	Gold	Ladies 1 Length
	Gold	Ladies Relay
Jeannette Prentice	Gold	Ladies 2 Lengths
	Gold	Ladies Relay
Anne Rourke	Gold	Ladies Relay Team
Neil Dew	Gold	Mens 1 Length

Medal Winners	Award	Event
James Lesnek	Gold	Mens 2 Lengths
	Gold	Mens Relay Team
Gary Lee	Gold	Mens Relay Team
Carl Richards	Gold	Mens Relay Team

Overall Team Scores	Pts.
Ruislip Turtles	73
Watford Sea Lions	43
Stevenage Dolphins	38
Harrow Kingfishers	37
Hatfield Platypus	30





October 2010 AGM Newsletter

Longleat Outing Sunday September 5th 2010



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

Chair (Dave): 07730 047500
Secretary (Marion): 0208 866 8606

Thank you to all of our sponsors listed below:



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



London Borough of Hillingdon Youth & Connexions Service

Longleat Outing Sunday September 5th 2010



More photos available on the website @ :
<http://www.ruislipturtles.org.uk/>

