



ANNUAL BAZAAR is being held on Saturday 15th November at St. Paul's Hall, Mill Road, Northumberland Heath at 2.00 p.m. So far, only a few members have offered help or gifts for this occasion. We are hoping that now summer holidays are over, more people will start to think about Christmas and perhaps we will be offered more help and gifts as it gets nearer the time. If any members or parents would like to help run a stall, or can offer definite items, will they please let any Club official know as soon as possible. The most popular gifts are home-made cakes, preserves, groceries, knitted and sewn garments, toys, dolls clothes. We guarantee that whatever is offered, we will sell at the Bazaar. So please Mums, help us by turning out your unwanted holiday souvenirs or if your children have finished with toys, books or games, or even good quality second-hand clothes, these will all be acceptable.

Mr. Mount has the Webb Ivory Christmas catalogues available but we advise you to get your orders for cards in early as there has already been a heavy demand on the warehouse.

### SURVIVAL SWIMMING

It is essential to be able to swim long distances (1,000 yards at least) using a number of strokes, with one arm or a leg immobilized, this would be necessary if a limb were injured. Treading water is the most usual form of survival in a real situation when help may be readily to hand. A vital practice is swimming in clothes, this could commence by wearing pyjamas, progressing to being fully clothed.

The essential practices are swimming and treading water in clothes and dressing in the water. Clothes can be easily inflated to make floats, trousers can be inflated whilst treading water. The leg ends are tied, the trousers are held by the waist band behind the head then flung forward and over the head into the water in front.

Dresses can be used as a float, by the swimmer lying well back in a horizontal floating position and then holding the hem of the dress to scoop, in a semi-circular manner, away from the body to trap air in the resultant 'belly'. If the air escapes the process can be repeated indefinitely.

Another survival skill is the ability to enter the water from a height. It is always safer to jump than to dive, but care must be taken so as not to lean on taking off.

T. A. Davison

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### SOCIAL SECTION

We are holding a Buffet Dance on Saturday 27th September at St. Michael's School Hall, Wrotham Road, Welling. Dancing will be to The Glenwood Dance Band. Tickets are 75p. Commencing 7.15 p.m. to 11.00 p.m. There will be no bar so please bring your own bottles.

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### ACHIEVEMENTS

<u>1 Width</u>	Jacqueline Elliott	Sandra Brown	Julie Delaney
	John Cable	Michael Beagley	Judith Burcham
	Robin Fry	Andrew Lynch	Susan Field
	Angela Sartain	Philip Delaney	Sian Miller
			Michelle Martin

## ACHIEVEMENTS - Continued

<u>1 Length</u>	John Cable	Philip Delaney	Andrew Lynch	Andrew Callard
<u>1/4 Mile</u>	Andrew Abbott Martin Parratt Yvonne Leach	Christine Ryan Jane Hancock	Gary Roose Shelley Jones	
<u>1/2 Mile</u>	Karen Bragg Billy Geapin Graham Cordell Wendy Dent Kenneth Collinge	Sandra Dent Sean Williams Kevin Hurley Alison Sutton Carole Martin	Pat Topp Andrew Sutton Kim Jarvis Joanne Oliver Jane Burrton	
<u>1 Mile</u>	Alison Fox Christopher Foster James Geapin Billy Geapin Alison Sutton Andrew Sutton Lisa Jones Karen Pallett	Suzanne Fitnum Michael Dent Lesley Rushe Chantel Preece Neil Lattimore Francis Lattimore Elizabeth Worman Tracey Dixon	Nicholas Singh Patricia Mount Sarah-Jane Denslow Wendy Dent Robert Downes Julie McDonald	

At School Duncan Frost - Gold Personal Survival Award.  
Julie McDonald - Gold Personal Survival Award.

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## FORTHCOMING EVENTS

Saturday 7th September	BUFFET DANCE at St. Michael's School Hall, Wrotham Road, Welling to The Glenwood Dance Band. 7.15 - 11 p.m. There is no bar so please bring your own drinks and glasses. Refreshments provided.
Saturday 4th October	SPONSORED SWIM by British Heart Foundation at Riverside Baths commencing 6.30 p.m. Forms available from Club officials or Cash Desk at Pool.
Saturday 18th October	INTER CLUB MATCH 'A' Team at Eltham Baths commencing 6.00 p.m.
Friday 31st October	DIVING AND BREASTSTROKE STYLE FINALS of Annual Gala at Riverside Baths commencing 8.30 p.m. Group 1 as usual in lower half of Pool.
Saturday 8th November	ANNUAL GALA at Riverside Baths commencing 6.00 p.m. for all members of the Club.
Saturday 15th November	ANNUAL BAZAAR at St. Paul's Hall, Mill Road, Northumberland Heath commencing at 2.00 p.m.
Friday 21st November	INTER CLUB Match 'A' Team at Down Baths, Bromley
Saturday 29th November	INTER CLUB MATCH 'A' Team at West Wickham Baths at 6.30 p.m.
Saturday 13th December	INTER CLUB MATCH at Riverside Baths commencing 7.00 p.m.