

Look out for our March 2011
Issue 19 Coming soon.....

What's coming up in our next issue...

Take a Look at the Photo's

More Questions and Answers...

Competition Winners Are You one of them

Enter Our Monthly Competition
(see inside in this issue for more details)..

Dates to Remember

Star Joke

Colour Me In ...

Who's wrote on our Blog Wall...

Visit our Website for downloads, information
and lots more....

PUZZLE PAGE - turn to our puzzle page to
Do our quizzes, Sudoku and much more

Anything to add.....

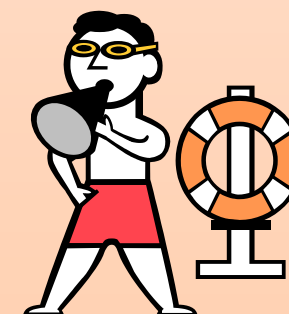
Contact us via Text message to 07989 475 498
email us on lifesaving.club@ntlworld.com or
www.broadwayandfailsworthlifesavingclub.co.uk



ISSUE 18
February 2011

Splash...

The
Lifesavers
Magazine





The Editor...

Splash magazine..
WELCOME splashers,

As we are celebrating 2011, please be aware of dangers in the Water as our waters are extremely cold and nights are dark.
Lets have everyone entering this months competition to **win** a fabulous prize. All you have to do is TEXT your Answer to Gaynor on [07989475498](tel:07989475498)...
If you have any news, photographs or information you would like to share. Contact me. We Aim to keep members **informed about What's On Next**, Competitions and Celebrations and more.....

Call or Text me on
My Mobile [07989 475 498](tel:07989475498)
Gaynor xx

Hot news

WELCOME Back everyone,
By now you should have competed your [2011 Membership forms....](#) **We need the forms** completing as soon as possible to enable us to get the Open Water papers out. Thank you

Have you visited our web site lately?
www.broadwayandfailsworthlifesavingclub.co.uk
We have a Membership Forms, A New Calendar of Events coming soon. Lists of our Opening Times. Photographs, Write-ups and lots more...

In this months **Online issue** we take a look back **at our photographs from 2005 ... come along** and check the website out. Can you spot a **younger you... There are All our past events on** the website too and we are looking forward to **creating more happy memories....**

Our **ONLINE** Issue of *Splash* is full of extra Information..... **Take a visit today...**

Please see Elaine if you require more information.

Colour me...



Debdale & Fleetwood Open Water 2010 Photographs available from **GAYNOR**
Please ask for details



Top Ten Lifesaving TIPS for Open Water

1. Always tell someone where you are going
2. Never take inflatable's into the sea
3. Be aware of Jellyfish
4. Know your Flags
5. Never Tombstone
6. Always wear some type of footwear in the sea
7. Check for dangers
8. Wear suitable clothing as the water can be colder than you think
9. Be aware of rip currants
10. Always wear Sun block

Joke
Where do vegetable go on a Friday night??
The Salad Bar



Joke..
Why do potatoes make good Detectives??
Cos they keep there eyes Peeled...



Club Chairman - Centre Co-ordinator

Danny Wood

Club Secretary, Treasurer, Int. Verifier -

Elaine Ratcliffe

Teachers -

Danny Wood—Pool/Beach TA
Paul—Beach TA
Jim —L/saving TA
Dave s—Pool TA

Assistant Teachers -

Nikita

Membership/Open Water Co-ordinator—Photographer

Gaynor Anderson

Committee -

Karen



Regular Spots

- Blog Page
- Pin Up
- Q & A
- Puzzle Page
- Birthdays
- Dates
- Did You Know??
- From Danny
- From Elaine



News From Danny

Hi, Sorry not been back.....

January the start of a New Year, New Open Water dates are just being finalised. Membership has come round again and we have tried to leave it as it is for this year, but a fee for Open Water will be implemented.

Have a great year

Danny Wood
Chairman
Broadway and Failsworth LSC

MEMBERSHIP 2011

YEARLY MEMBERSHIP FEES

£21.00 18 + years

£16.00 17 and under years

£25.00 Family

WEEKLY SESSION FEES

£4.00 18 + years

£3.50 16-17 years

£2.50 15 & under

years

News From Elaine

Hello, its that again, Splash time!

This month I want to remind everyone that they need to get a membership form from me and return in with your membership money fully completed. Thank you **to those who have already done this.** As it's the beginning of February any late membership returns may mean you wont be able to train. However there could be extenuating (get the dictionary out and let me know what extenuating means) circumstances so speak to me first.

Monday—you may have noticed that all the seating for mums and dads has been **moved down the side of the pool.** Don't really know why they have done it but Health & Safety was mentioned. Health & Safety still applies to where the seating has been moved to really!!

Once all the membership papers have been retrieved we can deal with Open Water 2011. We are awaiting confirmation from Debdale and Fleetwood centres whether the dates that we have provisionally picked are ok with them. Once we get the confirmation we can let you know the dates for your diaries.

Warm regards
Elaine

Questions & Answers

Answers to October 2010 Splash

Test your Knowledge...

- 1) What do your teeth help you do apart from eat? A) Talk
- 2) Which muscle is found in your digestive system? A) Smooth Muscle
- 3) What do the bumps on your tongue contain? B) Taste Buds
- 4) What do you call the wall, made out of this pieces of bone, which separates the nostrils? C) Septum
- 5) What is your skins natural oil called? C) Sebum

Learning a New language can help boost what?
Ans Brain Power

What is the recommended amount of salt per day? 6g

Cutting back your salt intake by 3g a day could prevent how many strokes a year.
70,000

Which song includes the lyrics...

"When I'm feelin blue, all I have to do, is take a look at you, then I'm not so blue...."

Phil Collins – a groovy kind of love

How many neurons are there in the brain?
100 billion

How many bones are we born with?
300

What do Americans call sweets ?
Candy

How many people in the UK suffer from Diabetes?
2.3 million

3 in a row
SYNDICATE PROXIMITY ASTROLOGY

Prize word – Tortoise

Missing letters – ELECTRIC
Women, Realm, Piece, Actor, Star, Mirror,
Lyrics, Stick

Crossword

Across

1. Restrict (5) Limit
3. Tether (3) Tie
4. Opposite of minor (5) Major
6. Possessed (5) Owned
7. Pistol (3) Gun
8. Bird of prey (5) Eagle

Down

1. Yellow citrus fruit (5) Lemon
2. Kilt pattern (6) Tartan
3. Royal seat (6) Throne
5. Professional who presides over a court (5) Judge

Prize answer - MAROON

SORRY NO WINNERS FOR THE
CROSSWORD—NO ENTRIES THIS MONTH

What have you got planned for the
RNLI's biggest fundraising day??

Why not sign up for **SOS Day**
2011 on **28th January**

Log on to sos@email.rnli.org.uk
or follow the RNLI on Facebook



Birthdays

Harrison (Droylsden Lsc)

Stephen (Droylsden Lsc)

Thomas (B&F Lsc)

Ashley (B&F Lsc)

Jade (B&F Lsc)

Nikita (B&F Lsc)

Lucy (B&F Lsc)

Emma (B&F Lsc)



Three foods that are GOOD for you....

Tofu — Made from Soya milk, tofu is jammed packed with protein. When Tofu is eaten on a regular basis it is known to reduce cholesterol by 30% and reduces heart disease, strokes and is great for those hot flushes.

Cucumber — Cucumber contains lots of *Silica*, which is an essential vitamin for maintaining tissue surrounding your Joints. Eating it will protect your muscles, ligaments and tendons.

Mustard — Has a chemical called Isothiocyanate which helps fight cancer. The chemical has been proven to stop the growth of cancer cells and protect against the growth of new ones. It has been proved to be especially good against intestine, colon and stomach cancer.

TOMBSTONING

Jumping from heights into water is *DANGEROUS* because:

Water depth alters with the tide— it might be shallower than you think...

Submerged objects like Rocks may not be visible...

It can be really cold and the shock makes it difficult To swim

There can be strong Currents that might sweep you away.

Many people have been seriously hurt or even killed due to

TOMBSTONING

Don't Do It

Water, Water everywhere A couple facts you may not know.....

Roughly 70 percent of an adults body is made up of water....

At birth, water accounts for approximately 80 percent of an infants body weight...

A healthy person can drink about 3 gallons of water per day....

Drinking too much water too quickly can lead to water intoxication....

Water intoxication occurs when water dilutes the sodium level in the bloodstream and causes an imbalance of water in the brain....

Appropriate Kit (strictly adhered to)

Kit for Club Night

Ladies

Full Swim Suit

Shorts (Black or Blue)

Yellow club T-shirt (1 free on joining the club)

No Jewellery at all (inc. earrings, belly rings, watches etc)

Men

Swim Shorts or Trunks

Shorts (Black or Blue)

Yellow club T-shirt (1 free on joining the club)

No jewellery at all (inc. earrings, watches etc)

Kit for Open Water Events

Ladies and Men

All of the above plus Wetsuit and suitable shoes



Star interview

Each month we do a Star Interview. We ask a Lifesaver/Lifeguard a series of questions and publish them in our magazine. If you want to be a **STAR** please contact **Gaynor** on Tel: 07989 475 498—Text Your Age, How long you have been a Lifesaver/Lifeguard for and anything else you can think of:

Can you, will you, could you answer ten questions.....

Q1. What do you do on a day off from School/College/Work?

Q2. What is your most treasured Possession?

Q3. What is your favourite animal?

Q4. What was your best holiday?

Q5. What was your most embarrassing moment ?

Q6. What was the last CD/DVD you bought?

Q7. What is your favourite colour?

Q8. Who or What drives you MAD?

Q9. Who is your inspiration?

Q10. If you had a power what would it be?.

Interview by Gaynor - *If you would like an interview TXT me on 07989 475 498*

Jokes and Blogs and stuff

Why not visit our Website for Updates,
Open water /pool details,
photos and downloads...

Joke
What vegetable lives in the
basement??
Cellar-y !

Joke
Q. What vegetables
are not allowed on a
boat??
A. Leeks!!!..

STAR JOKE...

Two blondes walk into
a building.
**You'd think one of
them would have seen
it.....**

Jokes
What does a vegetable pray
for???
Peas on Earth !!!

Joke
What's small red and whispers??
A hoarse radish....

Joke
What happened
when the cat
Swallowed a coin?
There was money in
the kitty...
My brother's on a
seafood diet.
Really?
Yes, the more he
sees food the more
he eats..
How are you doing
in arithmetic?
I've learned to add
up all the zeros, but
the numbers are still
giving me trouble ..

Joke
What do you get if
you cross a
Labrador and a
tortoise?
A dog that will run
to the shop to get
your paper and
bring back last
weeks paper!

Teacher: Class, we only
have half a day of school
this morning...
Class: Hooray!!
Teacher: We will have
the other half this
afternoon!!

Joke
Camper: Look at that bunch of cows.
Farmer: Not bunch, herd.
Camper: Heard what?
Farmer: Of cows.
Camper: Sure I've heard of cows.
Farmer: No, I mean a cowherd.
Camper: So what? I have no secrets
from cows!!

www.broadwayandfailsworthlifesavingclub.co.uk

Did you know?
The most eggs found in a single
chicken's egg is—nine

Send your Blogs via text message To Gaynor Direct on
07989 475 498

Please Note:

Membership forms will be given out soon..... If you want to download a copy, you can find it on our website www.broadwayandfailsworthlifesavingclub.co.uk
Thank you.

It is Important you bring your Full Kit with you to All training sessions, as failure to do so may result in **YOU NOT being able to Swim.**

Did you know you can now download this magazine and see lots more Photographs, information, Forms and the Calendar of Events from the club website
www.broadwayandfailsworthlifesavingclub.co.uk

INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET

Inkjet Cartridges

The Lifesaving club are Now collecting HP, Lexmark, Dell, Canon or Tesco Inkjet Cartridges. If you have any or these used cartridges to Donate, PLEASE forward them to Elaine or Gaynor. Thank you ..

INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET INKS INKJET

photographs

Over the Summer months Gaynor (our club Photographer) has taken a series of photographs during the Open Water/Pool Events. Photographs will be put on the website and can also be bought individually from Gaynor. There will also be a DVD available after the presentation Evening on the 16th October 2010. Please feel free to speak to Gaynor.. Tel no. 07989 475 498



Swim Nights are: -

Monday Evenings 8-9pm
Wednesday Evenings 7-9pm

If your friend can swim 50 meters or more, Why not bring them training. All are welcome

ADVERT

Did you know you can now download this magazine and see lots more Photographs, information, Forms and the Calendar of Events from the club website
www.broadwayandfailsworthlifesavingclub.co.uk

What did you plan for the RNLI's biggest fundraising day??



Ran on the 28th January 2011

Email what you did for your
RNLI's event to
Gaynor
On
starsk8er818@hotmail.com

TODAY.

For further information for this event
Log on to sos@email.rnli.org.uk or
follow the RNLI on Facebook

Appropriate Kit (strictly adhered to)

Kit for Club Night

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Full Swim Suit

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Kit for Open Water Events

Ladies and Men

All of the above plus Wetsuit and suitable shoes

Now for some more NEWS.....

On 18 April 2011 thousands of people in 48 cities across the world are expected to run 6km in order to raise funds for the charity [Pump Aid](http://www.pumpaids.org) which provides clean water in underprivileged countries

Kym marsh best known as corries barmaid Michelle Connor is encouraging the British public to participate in the UK events which will take place at Heaton park in Manchester and London 's Victoria park

Why not join the 6km run for water events on the 18th April 2011



To Help and support pump aid and sign up to www.pumpaids.org and get your running shoes on

PLEASE Note:

Over several issues of our *SPLASH Magazine* there has been little or **NO ENTERIES** to the crossword competition. All you have to do is solve the clues and TEXT—Gaynor on 07989 475 498 the answer.

Please take a look and give it a go
There is a prize for the WINNER



Check out our Splash Gallery 2005—2006 in this months magazine..... Have you found yourself

More to come in March issue of *SPLASH*.....

www.broadwayandfailsworthlifesavingc

Competition and puzzles

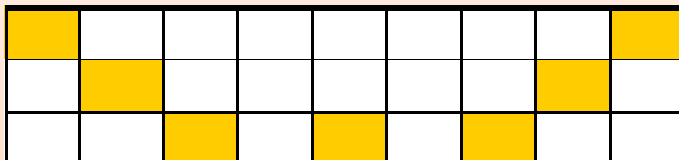
Test your Knowledge...

- What is COSHH?
 - Control Of Substances Hazardous to Health
 - Chemicals Of a Serious Health Hazard
- How long do you check a casualties breathing for?
 - 15 Seconds
 - 10 Seconds
- What is NOP?
 - Normal Operating Procedure
 - Normal Open Pool

- What is EAP?
 - Enlarged Appendix Procedure
 - Emergency Action Plan
- What is the minimum safe depth for diving from the pool edge?
 - 2 meters
 - 1.5 meters

Did you Know??
The Chinese will celebrate New Year on 3 February 2011, and it will be their year 'Year of the Rabbit'

3 In A Row



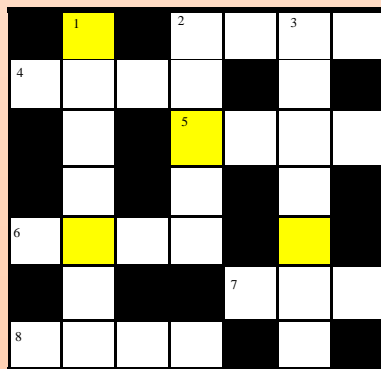
UOR DIN OOL LIQ ERP OSA LIV ICE URS

Make 3-nine letter words, using the 3 letter sections.

FOOD...

Ring shaped food is meant to be good luck, as it symbolises that the year has come full circle...

WIN WIN WIN a Fantastic Prize—a Head Rucksack



Find all the Answers in the NEXT ISSUE.....

Once the puzzle is solved the yellow letters spell your PRIZE word. Txt this word with your name to Text :07989 475 498 to Win a Prize....

Across

- Chimney dust (4)
- Clay oven (4)
- Greasy (4)
- Hair tangle (4)
- Garden of paradise where Adam and Eve lived (4)
- Nuisance plant (4)

Down

- Absolute quiet (7)
- Sniffed loudly (7)
- Duty bound (7)

More puzzles



How many words 3 or more letters can you make in 10min



Sudoku

	4		5			7	8	2
	9	8	7					6
	2		4	6				3
4		7		9		2		
		6	3	2	4	1		
5				4			7	
						3		
1		7			3			

The black rings around lemurs eyes act as what?

- a disguise
- As sunglasses
- For mating

Which song includes the lyrics...

"I Like it, I like it, I like it,
I li-li-li-like it, li-li-li-li,
Here we go-o...."??

What letters are missing to complete the word

Srap

Buit

Pecock

Tate

Stres

Bke

Sissors

Bby

Pay

MINI QUIZZZZZ

- Procession (6) -----
- Twelfth Month (8) -----
- French Cap (5) -----
- Go back (to a place, eg.) (6) -----
- Apprehensive, having butterflies in your Tummy (7) -----
- Dethrone, topple from a Position (4) -----
- Slow creature with a shell On its back (8) -----
- Large organised group looking for A missing person (6,5) ----- / -----
- Rubber wheel surrounds (5) -----
- Put your feet up and relax (4) -----

THE splash gallery



OPEN WATER 2005



THE splash gallery



Open water 2006

