

Look out for our June 2010 Issue
.. **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 New Competition (see inside in this issue for more details)..

Fleetwood and Debdale dates to Remember

Star Joke By

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

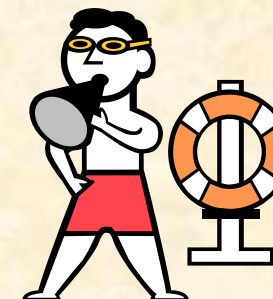
Anything to add.....

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



ISSUE 9
May 2010

The
Lifesavers



Splash...



The Editor...

Splash .. WELL we are all getting ready for our 1st open water.

Have you completed your forms and handed them in. What about entering the Competition in this months magazine. There is a fabulous prize on offer.

We Aim to keep members informed about What's On Next, Competitions and Celebrations. We want you to have your say and join in with the fun of this new Mag.

Call or Text me on My Mobile 07989 475 498

Gaynor xx

Hot news

NOT TO BE MISSED

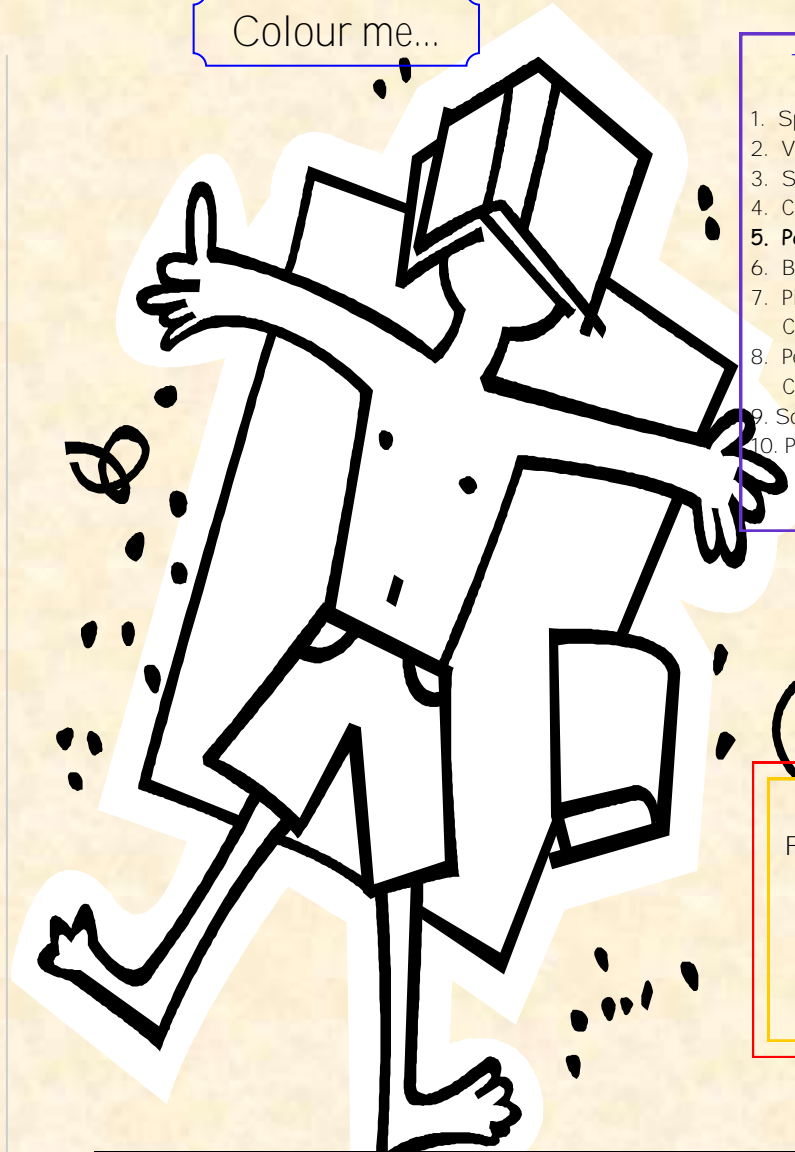
Open Water at Fleetwood and Debdale Park Papers have been issued. We are looking forward to our 1st open Water at Debdale Park on the 16th May 2010.

Changing facilities fees have now been confirmed. Please see Elaine or Gaynor for more information.

Have you visited our web site lately?

Did you know you can now download information such as forms and this magazine. We have plenty of photos for you to see, check out the past images and see yourselves five years ago.

Colour me...



Top Ten Dislikes

1. Spiders
2. Visiting the Dentist
3. Slugs
4. Cucumber
5. People who don't txt back
6. Beans with Gravy
7. Pickled onions and Chocolate
8. People who chew on Cotton
9. Scratching a chalk Board
10. People who are LATE

Club Chairman - Centre Co-ordinator

Danny Wood

Club Secretary, Treasurer, Int. Verifier -

Elaine Ratcliffe

Teachers -

Danny Wood—TA Pool
Paul —Probationary
Jim —L/saving TA
Dave —TA Pool

Assistant Teachers -

Nikita

Membership/Open Water Co-ordinator -

Gaynor Anderson

Committee -

Karen



Regular Spots

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

Debdale & Fleetwood Open Water 2010 Photographs available from GAYNOR



Questions & Answers

Answers to April's Issue

Phobias

Chionophobia - Snow

Geniophobia - Chins

Ophthalmophobia - Being stared at

Xanthophobia - the colour Yellow

Which James Bond actor was a Lifeguard – *SEAN CONNERY*

Test your knowledge
1B 2A 3C 4C 5A

Blackcurrants are full of *Vitamin C*

A right Pair – *MOPED*

Cross word puzzle – *Sister*

What is the speed of a ship measured in - *Knots*

True or False 1 in 5 children start school over weight *True*

Osteoporosis affects the *HEAD*

Name the song Leona - *I've got you*

David Hasselhoff starred in - *Baywatch*

Missing letters *LIFEBOAT*

Word Search - *ORANGES*

Oranges, pineapples, grapefruits and strawberries are all high In Vitamin C
True

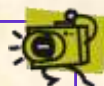
Does garlic ward off Vampires *NO*

NO WINNER FOR THE I-Phone Cover No-one entered

Dear Splash,
I ca only attend 5 open water events, is that enough to get an award??

Dear Swimmer
Yes, five events are fine to qualify for an award except if you are taking Beach Life-guard award. If in doubt **please speak to Danny...**

photographs



Over the Summer months Gaynor (our club Photographer) will be taking 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



From Elaine

Open Water Events May—September 2010

2010 Open water papers have now being Issued. And in the list we have Included a Water Festival on [Saturday 31st July 2010](#), You should have your papers signed and your money in by now to and we should have processed your forms accordingly.

You **MUST** attend at least **FIVE** dates if you are taking an **AWARD**. There is also a Changing Room Facility Fee which covers **ALL** eight events. Please contact us if you need to hire a wet suit, these are limited in stock, so it is a first come first serve basis.

We have costs, awards and directions available on request, Did you know you can now download Forms and Directions from the club website www.broadwayandfailsworthlifesavingclub.co.uk

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

Please see Elaine or Gaynor for any information or queries.
Thank you
Elaine :-)

Swim Nights are:-

Monday evenings 8-9pm
Wednesday evenings 7-9pm

Why not bring a friend
ALL are welcome

Did you Know?
Venus is the only Planet to rotate clockwise

Did you know?

If you shouted in space, even to **someone next to you, you wouldn't** be heard. As there is nothing for the sound waves to travel through.

ADVERT

You can HIRE Wet suits from the club for a Non-refundable fee of £5.00 for the season.

Wet shoes are available from Wynsors From £3.00 a pair (Look out for special offers)

Open water dates

16 th May 2010	Debdale	09.30am	Sunday
13 th June 2010	Fleetwood	11.10am	Sunday
27 th June 2010	Debdale	09.30am	Sunday
11 th July 2010	Fleetwood	10.00am	Sunday
31 st July 2010	Fleetwood	*14.00pm *	Saturday
22 nd August 2010	Debdale	09.30am	Sunday
12 th September 2010	Fleetwood	13.00pm	Sunday
26 th September 2010	Debdale	09.30am	Sunday

* Please note—This date is a SATURDAY Event

Full OPEN WATER KIT must be worn at all times.

Swim wear (Costume or Shorts), T-shirt, Wet Suit, Yellow Club T-shirt, A Quarter Hat (available at registration on instruction) and Wet shoes or Old trainers). NO JEWELLERY

Please note: No-one should enter the water until instructed to do so. Thank you

Wetsuits can be hired from the club (limited Sizes available) for the season with a Non-refundable deposit of £5.00

Wet shoes are available from Wynsors or any large shoe store.

Wet Suits—Full Length and 3/4 Length are available from TESCO Direct and have a large range of Children and Adult Sizes. (Check out there website)

Rash Vests/ Neoprene Gloves are also available from Tesco at reasonable prices



Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim



When you see black and white chequered flags, it means an area of water has been marked for use by craft. For your own safety, do not swim in these zones



The red flag indicates danger. Never enter the water when the red flag is flying



An orange windsock flying at the beach indicates that wind conditions are especially dangerous – so under no circumstances should you take an inflatable into the sea

Birthdays

May 2010
Alexander B&F Lsc

BANK HOLIDAYS

Please note the Closure Dates for Bank Holidays...

These affect the Monday Evening sessions at Broadway Baths

Monday 5th April 2010 CLOSED For Easter Celebrations

Monday 3rd May 2010 CLOSED For May Day Celebrations

Monday 31st May 2010 CLOSED For Spring Bank Celebrations

****PLEASE NOTE****

All who Train on a Monday are welcome to Train on a Wednesday Evening at North City Family Fitness centre, Harpurhey at 7—9pm

Star interview

This month we are interviewing Lifeguard who is 18yrs old and has been with the club for 4 years now. She drives a Nissan Micra and passed Her Driving test on 29th January 2010... And This Month's Star is Kirsty Of B&F Lsc.

- Q1. What do you do during the day? Ans. *I go to Sixth Form College*
 Q2. What is your most treasured Possessions? Ans. *My Ring*
 Q3. What is your favourite animal? Ans. *A Tiger*
 Q4. What was your best holiday? Ans. *New York*
 Q5. What was your most embarrassing moment ? Ans. *When my dress fell off whilst modelling*
 Q6. What was the last CD/DVD you bought? Ans. *Avatar*
 Q7. What is your favourite colour? Ans. *Gold*
 Q8. Who or What drives you MAD? Ans. *Not Knowing the answer to something*
 Q9. Who is your inspiration? Ans. *Friends inspire me*
 Q10. If you had a power what would it be? Ans. *To be invisible*

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

Blog page

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



What is the pink stuff between an Elephants toes... ..

SLOW Clowns

Did You Know?? The odds of being killed by space debris are about five billion to one against

Which James Bond Actor was once a Lifeguard
Answer.....

The First man on the MOON was Neil Armstrong, BUT do you know which foot he stepped onto the moon with?
His Left or his Right
Answer

www.broadwayandfailsworthlifesasa

I Luv Lifesaving xx

Get your chance to write a message on our wall, who do you want to share it with... txt me now..

Did You Know?? Sir Robert Peel Invented the Police Force, as there was so much crime in the Victorians age

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

News From Danny

OPEN WATER

Thank you for the high response of applications for this years 2010 open water events. All the applications have been Checked and Verified and you should be notified of the costs in due course. We have tried to keep our side of the costs down to a minimum, but unfortunately we do not have a say with any RLSS awards or Changing Room Facility Costs.

Please note, if you wish to take any Open Water Awards you MUST have completed an Open Water Application form and paid in full before you attend. These are available from Elaine or Gaynor.

We have joined in with Fleetwood Life saving club on the 31st July 2010 (Saturday) with their Water Festival. This will be an exciting and energetic day with lots to do and see. Be sure you take advantage, and make a full day of it.

Thank you
Danny :-)
Chairman B&F LSC



Road watch News



There are Road works at the M60—J21 (Near the Boat and Horses) travelling towards the M62. Please make sure you allow plenty of time if you are travelling on this stretch of road as it is down to 2 lanes only, and predicts slow moving traffic. There are Speed restrictions of 40mph/50mph with possibility of slip road closures in the evenings. This is from May through to September 2010

Competition and puzzles

Test your Knowledge...

- The part of the tooth above the gum is called what??
 - Crown
 - Pulp
 - Cap
- Where does the digestive process start ?
 - Stomach
 - Oesophagus
 - Mouth
- What does it mean if your wee is light yellow in colour?
 - Your hydrated
 - Your Dehydrated
 - Your not getting enough sun

4) Where in the brain are your emotions controlled?

- Amygdala
- Cerebellum
- Medulla oblongata

5) What do you call the bit that connects your tongue to the bottom of your mouth?

- Septum
- Frenulum
- Lingual Wall

Did you Know??

Your skin ages 8 times faster compared to the skin on your face..

A Right Pair

HOT	ER	HER	URE
CORN	FEAT	HOUSE	TRAIL
ER	POST	US	POP

Pair up the word to make 5 WORDS that are associated to the cinema. 2 words will be left over to make a type of Building.

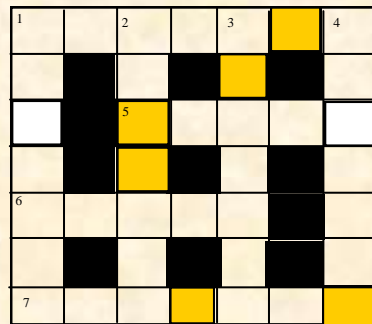
Once the puzzle is solved the yellow letters spell your PRIZE word. Txt this word with your name to Tel:07989 475 498 to Win a Prize....

Across

- Implement for giving injections, eg (7)
- Game where you roll a ball as near as you can to the jack (5)
- Bring together (5)
- Sprinter or Long jumper (7)

Down

- Tangerine like fruit (7)
- Garbage (7)
- Not any place (7)
- Trap (7)



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

Doing SUDOKU keeps your brain active and boosts your memory and talking to yourself is better than you think.....

WIN WIN WIN an i-Phone Leather Case worth £17.99

More puzzles



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



Sudoku

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

Name the Song...

Sometimes I feel like,
Throwing my hands up in
the air, I know I can
count on you

What letters are missing to complete the word

Tue

Trangle

Thon

Litle

Soe

Monay

Ornge

Ellow

True or False
How many number of microscopic neuron cells are there in your brain
A. 8 million
B. 10 million
C. 12 million

What is the international code for 'H', 'W' and 'Y'

What vitamin is Marmite high in?

- Vitamin A
- Or
- Vitamin B

How long is the entire length, in feet is an adult's small intestine when spread out
A) 40 feet
B) 32 feet
C) 22 feet

True or False
Your heart beats 120 times per minute

What is the capital of China?