



CHAMELEONS NEWS



The newsletter for the Cardiff Chameleons Swimming and Bowls Club

Affiliated to Special Olympics GB / Special Olympics Wales / Mencap / Welsh Sports Association for People with a Learning Disability.

www.cardiffchameleons.co.uk Registered charity number 1103879

Volume 29 – Issue 09 – September 2022

POSITION OF TREASURER

At a committee meeting last month to discuss this important post within the Club, Barrie Jenkins, put himself forward to take on the role. This was accepted by the committee. We are now in the process of getting the detail of this change at the bank.

ANNUAL GENERAL MEETING

This is going to be held on **TUESDAY 18th October** at Howells School starting at **7.00pm**. Hopefully our finances will have been sorted and accounts audited by this time.

We also will be requesting for volunteers to become committee members and try to inject some new ideas into the Club. The role as a committee member is to help out in the running of events that we put on. As Barrie is now the treasurer we also want elect a vice-chairperson. If anyone is interested please let me (Steve) know by the 1st October.

DENISE PEARSON

Denise has now been discharged from hospital and is now back in her home.

CLUB BARBECUE

This is being held on **Sunday 4th September** at Howells School starting from **2.30pm**. It will be where we had the afternoon tea. Please can we have names if you are attending so that we know how many we are catering for!

The **pool is not available** to have a swim session before. Our usual chefs, *Sandi & Carson*, will provide the food and as usual please bring your own drink. A raffle will be held.

Due to building restoration at Howells school there is a lot of scaffolding around the buildings. Please use the CAR PARK and then walk around to back of the school.

TERESA POPE

Last month I mentioned that Teresa was going to climb **Mount Snowdon** to raise money for MENCAP as well as a personal challenge. Well I am pleased to let you know that Teresa completed the climb on Sunday 28th August along with her support team.

CONGRATULATIONS!!

WELL DONE...

..to the three swimmers, who attended a gala in Leeds at the beginning of last month. John had 2 bronze, Richard had a silver, bronze and a 4th and James had 2 gold and a silver.

GOOD LUCK...

..to the team attending the Bridgend Sharks gala on Saturday 17th September.

50+ Club

I have temporarily suspended this until the financial arrangements with the bank have been sorted and/or we have a new treasurer. I will catch up on all missed draws.

SWIM SESSIONS

You will need to book your place if you are attending for the first time, after that you will be put on the list that you will be attending regularly. However, if you **are not** going to attend a session please can you let Pamela know; this is so that she can arrange how many sessions to hold at Howells school or the number of lanes required at the CMC S&S Club.

HOWELLS SCHOOL sessions will restart on Sunday 11th September and then on the **18th** and the **25th**.

There is now only one session and that is from 6.15pm to 7.00pm.

For our beginners their session will be for a half hour from 5.45pm – 6.15pm

CMC S&S Club - the sessions for **September** are the **1st, 8th, 15th, 22nd and 29th** from 8pm until 8:45pm.

BOWLS SESSIONS

This just a reminder as Barrie has probably informed most bowlers that the rink fee will now be **£3.50** from **1st September**.

Welsh Disability Pairs Championship

Thursday 18th August saw the pairing of Naomi Baelz and Millie Campbell take the Welsh Disability Pairs Title at Llandrindod Wells. The girls won 15:10 beating Gordon Llewellyn and Chris Spriggs.

Both the opposition bowlers recently competed at the Commonwealth Games in Leamington Spa, Gordon taking the silver medal along with his partner Julie Thomas in the visually impaired mixed pairs.

CHRISTMAS BUFFET & DISCO

Pamela has booked the Sports and Social Club at the Heath Hospital and we are opening this event **to ALL members**.

The evening will consist of a buffet, bar, **a strip raffle tickets for one special prize** and the music provided by our usual *DJ Nick Palmer*.

All this at **£10.00 per person** and ***tickets will be on sale soon!*** The date for your diary, or whatever device you use to remind yourself with, is **Thursday 15th December** starting from **7.30pm**. There will also be our normal raffle should you be unlucky not to win the special prize!

SPECIAL OLYMPICS GB FEES

These are due soon and will be £20.00. This is for both swimmers and bowlers, but more towards the swimmers. This is because the swimmers attend more events which come under the Special Olympics GB organisation. If you pay this you would be eligible to attend, for example, the NW Regional Gala (Cheshire Penguins) and any National Games. If you don't pay then you would only be able to attend our Club Gala, Bridgend Sharks and Pembrokeshire Puffins galas.

If you (bowlers & swimmers) decide to "opt out" of Special Olympics and in the future you would like to resume, this is not an easy process. As their criteria is more complicated and can take a few years to be re-affiliated.

The bowlers are different as they attend mostly non SOGB events unless they attend a National Games or a Special Olympics Regional event to qualify for the National Games.

Could the bowlers let Barrie know their decision and swimmers please let Pamela know.

Bank Transfers

To avoid paying bank charges on cash and cheques when paying any monies to the Club please try and do it by bank transfer, the details are...

Bank: HSBC – Account name – Cardiff Chameleons – Sort Code 40-16-30 – Account Number 01431285

It would also be helpful if you could add your surname and reason for payment e.g. Membership.

Many thanks for your help.

How to contact us	
Coaches	Pamela - 029 2025 7314 / 07817 380355 pamela.bailey6@virginmedia.com
	Robin - 029 2021 6008
	Barrie - 029 2075 3038 / barriejenkins50@live.com
Treasurer	Barrie Jenkins - Details as above.
Newsletter & Chair	Steve - 029 2025 7314 / 07791 759360 / stephen.bailey497@ntlworld.com 33 Ty Cerrig, Pentwyn, Cardiff. CF23 7DP Items for the newsletter to be in 5 days prior to the end of the month. Please put it as a Word attachment if on e-mail
Other contacts	Denise - 029 2075 2909 Ian - 029 2023 3065
Club sessions	
<p>Swimming - Howells School - Sunday 6.00-6.45pm & 6.45 - 7.30pm (Booking required) Cardiff Medical Centre Sports & Social Club (UHW site) - Thursday 8.00pm - 8.45pm (Booking required)</p> <p>Bowls - Cardiff Indoor Bowls Club - Friday 4.00 - 6.00pm</p>	