

# CHAMELEONS NEWS

The monthly newsletter of  
the Cardiff Chameleons  
Swimming & Bowls Club

**VOLUME 33**

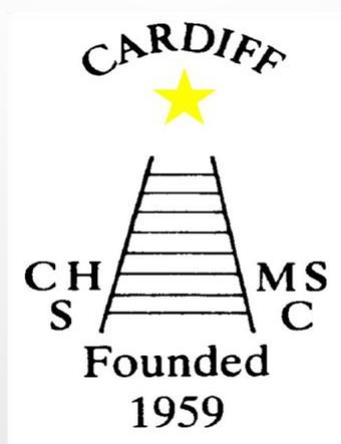
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## Swimmers on tour 2026

We have our first gala of the year details for you. It is the North West SO Regional Gala hosted by the Cheshire Penguins. It is held in Liverpool and is on Saturday 9<sup>th</sup> May. We go up to the hotel on the Friday and return home on the Sunday. If any swimmer is interested in attending, please can you let Pamela know as soon as possible but no later than the end of March.

### SWIM SESSIONS

**STAR HUB - Muirton Road -**  
Friday's from 7:30pm - 8:15pm.  
Swim subs are £5.00 per  
session.

**HOWELLS SCHOOL-  
Cardiff Road, Llandaff -**  
Sunday's from 6:00pm - 6:45pm.  
Swim subs are £4.00 per  
session.

### BOWLS SESSIONS

**CARDIFF  
INDOOR  
BOWLS  
CLUB,  
Sophia  
Gardens -**  
Friday's  
from  
4:00pm -  
6:00pm

I am introducing a new feature from this month for the year. It may not be in every month because there may not have been a death. This idea came to me as I was browsing through past editions of the newsletter and thought about remembering our members and supporters who have passed away but were an integral part of the Club's history and success.

### This month we remember

*Janet Broomfield, 2015  
Swimmer & bowler*

*Harry Chandler, 2006  
Coach*

*Jonathan Robinson, 2002  
Son of Joyce Robinson*

I also came across a lot of silly jokes that I put in the newsletter as space fillers, so I may resurrect them as well!

This is my 33<sup>rd</sup> year of producing the newsletter and looking back over the years the things we used to do and the events we took part in, many of which no longer exist,

and how I started doing it with a humble typewriter, (remember them, if you don't ask an older person), to the computer designs I can do today.

There have been many designs, from booklet style, tri-fold and just play A4. Yes, you may have realised that I have done a new layout. Hope you like it!

### FIRST AID COURSE

Last month, Myself, Pamela, Barrie, Delyth and Wendy Thackwray did a basic First Aid Course. A member of St. John, well she is the Commissioner actually, Tricia went through CPR, Recovery Position, Bleeding and Choking. I'm glad to say we all passed and have received our certificates.

How to contact us	
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Chair & Newsletter Editor	Steve - 029 2025 7314 / 07791 759360 or e-mail <a href="mailto:stevebailey438@gmail.com">stevebailey438@gmail.com</a> <b>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</b>
Other contact - Ian - 029 2023 3065	