



THE TUMBLE TURN TRIBUNE

*President: Richard Vander Reyden
Secretary: David Hawkins*

*Treasurer: Sandy Tarrant
www.avalonbilgolaswimming.asn.au*

SWIM MEET NO 20

Saturday 28 February 2015
Season 2014/2015

Congratulations to all the swimmers who competed in the WASA Jenny Oates Meet. Sorry I couldn't be there but I heard it was heaps of fun and looking at the results ABASC did pretty darn good! Results should be on the WASA website pretty soon!

As you all know school carnivals are currently in full swing and I know some of our young swimmers are doing fantastic! Congratulations to Emily Weeks who recently took part in a HUGE number of events at her carnival and did extremely well. Emily came 1st in the 50m Breaststroke, 2nd in the 50m Freestyle, 2nd in the 50m Backstroke, 2nd in the 50m Butterfly, 2nd in the 100m Freestyle & 2nd in the senior girls relay! Well done Emily!

This Week's Events

Distance- 100m Back/Fly/Med or Open
100m Breast Championship

Handicap- 15m/25m/50m
Free/Back/Fly in that order

Next weeks Events

Distance- 100m choice

Handicap- 15m/25m/50m
Free/Fly/Relay in that order

Remember younger swimmers, if you're swimming in the 15m races as soon as you break 16 seconds you move up to 25m. For those already swimming 25m as soon as you break 32 seconds then you move up to 50m.

Weather

Mostly sunny and 27 degrees! Woohoo, going to be a great day for swimming!

Water temperature & Tides

STILL 22.2 degrees. Low Tide (0.57at 12:11am.

Canteen - Last Week

HUGE thanks to the Davenport & Masters families for running the canteen last week!!!

Canteen – This Week

Thus week the Upton family is rostered on. Karen Davenport will also be cooking pancakes which sound delicious. If we could please get someone else to help Karen out with the cooking that would be great! Thank-you!!

Canteen next week

Next week the McCauley & Dixon families are rostered on. Thank-you!!

Canteen Position Vacant Season 2015-2016

We are looking for someone or some group to take over the running of our canteen in the 2015-2016 season. This position is a vital one in that the profits from the canteen help to pay for the trophies that are handed out at the presentation night.

Duties include:-

- Ordering and delivery of food, drinks and treats;
- liaising with those rostered on for each week to ensure that any special ideas for the canteen are accommodated;

- assistance with set-up and return of canteen items to storeroom;
- creating and maintaining a Roster for the weekly canteen to ensure that every member family contributes;
- banking of takings.

If you are interested in obtaining further information you can call Bob Kellick on 99180089 or see Bob at the pool on Saturday mornings.

Point Score Details - just in case you are not aware, Richard posts the Point score details on the website. And I'm not sure but I think he takes bribes.

www.avalonbilgolaswimming.asn.au

Check out our Facebook for pictures and updates about the club. If you could give us a like  that would be greatly appreciated!

<http://www.facebook.com/avalonbilgolaswimming>

WASA STUFF

Entries close this weekend for the second 14 & Under Peninsula Challenge meet.

When: 14th March @ 5pm

Where: Warringah Aquatic Centre

How much: \$4 per event

What:

http://www.warringahswimming.asn.au/carnivals/2014-15/14_junior_2_program.shtml

We will have programs at the pool to complete your entries on.

Please see Annabelle Odell tomorrow to enter or if you are not at the pool tomorrow email us your entries.

Bumbalino Prize

Congratulations to Jodie Anderson for winning last week and Lexi Harrison the week before! Remember you have to be at the pool at the end of the 2nd handicap race to win!

SENIORS SWIM & FITNESS PROGRAM

We're back again this season for a short, sharp fitness hit for the Seniors in our community. Thanks to funding from Avalon Bilgola Swimming Club and our very generous sponsors, and thanks to Pittwater Council, we are able to again provide time and energy for this very popular program.

Dates:

Wednesdays 11, 18 & 25 March

Fridays 13, 20 & 27 March

Time: 10am to 11am

Where: Bilgola Ocean Pool

Cost: \$50 includes membership, insurance and coaching fees

Plus: You get 3 x \$20 Vision Personal Training vouchers free

Bookings are essential; places are limited especially as most of last year's crew have already booked

Contact:

avalonbilgolaswimming@gmail.com

Mobile 0419 410 103 (David)

SPONSOR'S CORNER WITH DAVID HAWKINS

Thanks to all our wonderful sponsors for their continued financial support, because without this support we would not function as well as a Club because it costs a lot of money to make sure that we are able to swim each week, and run the swim programs that we have initiated as a Club. A lot of other swim clubs now follow our initiatives but they struggle because they do not have the same level of financial support that we enjoy.

So please guys, when you next think about buying or selling a house, car, household goods or when you just feel hungry, consider our Sponsors!!!

NEWPORT ARMS HOTEL - guess you have seen the advertisement in the paper regarding the sale of the Hotel, well before it is sold to some eastern Suburbs Trendy or an overseas investor, I suggest you get the family down to the pub and take some irreplaceable photos with Pittwater as a back drop. While you are there why not recreate The Last Supper and join other families for a meal and one or two lemonades. Still reckon the \$5 Thursday pizza is the GO.

ANDREW BLAKE REAL ESTATE - Andrew gets some great listings, and this week's New Listing is a cracker at 3 Loombah Street Bilgola Plateau and it is Open For Inspection Saturday between 1pm and 1.40 so drop in for a squiz. The beautifully renovated home has VIEWS over Pittwater, not glimpses but ACTUAL VIEWS OF THE WATER plus 4 bedrooms all with built-ins, 3 terrific bathrooms and space for 2 cars. Forget everything you have heard about the Plateau being "A Long Way Up The Hill" because that keeps the riffraff out. Have a look & be surprised.

JOHNSON BROS MITRE 10 - did the Johnson Bros test again this week, dropped in to Mona Vale to see about a new trolley for the Club and next thing you know I have talked turkey on a new whipper snipper at a very nice little price just quietly. You see if the thing breaks down they take it back during warranty without 3 statutory declarations and an inquisition. Good old-fashioned service, good people, try it and tell me I am right.

YELLOW BRICK ROAD - got a feeling that with the Kiwi Dollar almost at parity that things are going to be a bit hectic for our Beautiful Aussie Dollar; and that finance will start to tighten up in the next few months, making it just a little tougher to do the business on a new amalgamated home loan. Give John Cross a call and talk about your requirements OVER THE PHONE and then decide if he can help

you. You have not lost anything, and you MAY just come out streets ahead, so give John a call.

WARATAH PHARMACY - time that you looked at the body and gave it a road test too. Time you looked at the diet and worked out what you need to boost that feeling of 'wellness', then go and talk to Rebecca and she will put you on the right path with vitamins and supplements with a professionally managed package. That's the thing about Waratah Pharmacy, they actually have qualified people who live and breath a healthy lifestyle, and they do it at a great price. You be the judge, and tell me I am right!

WINNING APPLIANCES ONLINE - only a few more weeks left before the Tradie To The Stars goes offline as he will be busy with his own new project, so now is the time to get Aaron on to the job. First of all go Online and look at the Winnings Brochure, then do a comparison with other retailers and get the price comparisons, and then head down to Brookie and talk turkey with the staff. Once you have the purchase ask them to get The Avalon Bilgola Swim Club Tradie around to install your purchase. Now that's service!

G BROTHERS MERCEDES BENZ - the position of the Aussie Dollar means that cars imported last year (when the Aussie/Euro were closer) do not have the same price tag as the new ones coming, sooooooo sports fans go down to Narrabeen and have a sit in a Pre-Owned Benz and get the feel. Here is my tip, go and see the people at G Bros and tell them the car you want if it is not on the floor, because they will call you when one comes in, because most Benz owners recycle after two years, and let's face it, most have done bugger all kilometres, so effectively you are buying a new car that has been road tested thus eliminating all the bugs.

CHILL OUT BAR - apologies but I needed to rename the joint because it is that kind of venue where all the Avalonians go to hang out after a quick therapy session in Woolworths (can never find anything in Woolies, their shelving is all over the place) but I digress. Last week the gelato went gang-busters, this week it is the wraps and baguettes plus coffee that have caught the eye. So on Sunday go for a walk at AV, kick the footie in the park then chill out at Chill Out Bar and find your inner self.

WILD NATURE NATURAL PRODUCTS - bet you did not know that there are over 200 species of Aloe Vera? And that researchers agree that Aloe Vera works SYNERGISTICALLY to stimulate natural healing mechanisms of the human body? Well now you do, so that is another reason to give Justine a call and talk skin care products because Wild Nature uses Aloe Vera that is only grown ORGANICALLY in Byron Bay and not Colombo. Just try the stuff and tell me I am right.

SILICON BEACH COMPUTERS - when everything works well in Computer Land that is good, but when it goes pear-shaped on a weekend when the school assignments are due, that is the stuff of a Greek Tragedy. So why wait until the old clacker breaks down, close enough is not good enough, and you really do need a new computer. So go and talk to Prasad, he knows what is inside his computers and he stands behind his warranties and service. Plus he installs them and makes sure you are right to go.

AVALON APPLIANCES - have not seen the Big Fella in the pool lately, probably saw the competition in the Veterans Age Champs and backed off. Anyway, Dave is on duty at Bilgola and ready to help you with any problems you have with any household appliance that has stopped working. Dave has a hammer that fixes everything!!! Apart from being able to respond quickly when the machine breaks down, Dave sources parts at less cost than the Brand Aligned

Repairs from out West. Give Dave a call, he will turn up on time too!!!

DMC SWIM - the worst thing that can happen is to buy some new goggles and find they don't work or leak, but you can't return them because they are used. With Big Don McCredie you get to talk about goggles, fins and lots of good swim stuff and work out what you need before you buy, and if you are not happy then take them back and Don will replace them with something that works for you. Try doing that in a big department store?

BUMBALINO CAFE - last week after swim club we had Karen and Olivia stop by for a coffee and chat at the Table of Knowledge which makes our Sponsor Anthony happy. The President buys this slice thing with more nuts and stuff on top than inside it, but it apparently tastes good. Me, I am a pie man and they are good pies. So this week instead of rushing off home for a nanna nap why not treat the family to a coffee and cake moment and grab someone from the swim club for a chat. Life is too precious to be precious!!!

OFFICEWORKS - told youse didn't I that last week they were doing a deal on printers. Well this week is the start of the third month so big shops like Officeworks have to shift stuff before the end of the quarter, which is 31 March, so expect to see some good bargains like the iPad cases I purchased for 50 cents (yep, got four of them) without my Seniors Card. I like to wander and look at the shelves, and sometimes lurking on one of the shelves is a real bargain, so take time out and have a wander.

Here are our sponsors and their contact details – please support them as they support your Club!

Houses & Apartments

Andrew Blake Real Estate
20 Avalon Parade Avalon Beach
www.andrewblake.com.au
9973 4444

Beer Wine & Functions

Newport Arms Hotel

Kalinya Road Newport Beach

www.newportarms.com.au

9997 4900

Motor Vehicles

G Brothers Mercedes Benz & Volvo

Bassett Street Mona Vale

www.mbgbrothers.com.au

9999 5111

Chemist

Waratah Pharmacy Mona Vale

11 Waratah Street Mona Vale

9997 5337

Body Lotions & Products

Wild Nature Australia

www.wildnature.com.au

6680 7220

Computers

Silicon Beach Computers

2313/4 Daydream Street Warriewood

9997 8277

Home Appliances

Winning Appliances

www.winningappliances.com.au

9694 0000

Home Loans & Financial Advice

Yellow Brick Road Mona Vale

John.cross@ybr.com.au

8411 2456

Ice Creams & Food – Avalon

Chill Bar

74 Old Barrenjoey Road Avalon Beach

9918 4445

Car Repairs

Scratch & Ding King

Jamie@scratchking.com.au

0452 203 502

Restaurant & Café

Bumbalino At Bilgola Kiosk

9973 1988

Swim Gear

DMC Swim

www.dmcswim.com

0415 464 123

Fitness

Vision Personal Training Mona Vale

9 Waratah Street Mona Vale

www.visionpt.com.au

Steve Grant 0404 002 370

Office Supplies

Officeworks Mona Vale

47-51 Barrenjoey Rd, Mona Vale

9998 4300

