



## Betty's Newsletter

Having nabbed the oldest trophy going, Clarky said winning this cup was sweeter than celebrating a Champions League title!

Oct, Nov, and Dec 2012 (quarterly slack edition)

## Splashing into the magic

Jeanne-Marie Aerts

'You leave everything behind when you walk through those gates' says Terry from the 'cupboard club/ lunchtime swimmers.

'It sets you up for the day, you feel you can do anything' says Kevin also Cupboard Club Crew. Both true and there's so much more to the magic of the Lido.

The acceptance for me is one of the biggest things. ...you can be who you are because all are welcome, however wacky, whatever shape size, age, level of intelligence, etc. we all mix.

The warmth, the encouragement—everyone supports and looks out for one another. The trust—you forget your costume shower gel etc. It'll be

there months later

How blessed I feel to have discovered the Lido. The exhilaration of getting into that wonderfully refreshing life giving water, the reincarnation when I get out, it feels like it's possible that I do actually die and get re born!? Stepping then into the bliss of the sauna. Then the light heartedness of the atmosphere and the joke telling that takes place. Sometimes my sides ache from laughing. Not so funny the day I realised I'd forgotten my underwear, laughing though, I told another member, who promptly said "*I've got a pair of drawers in my bag if you want them?*" needless to say she is now my dear friend :-D

And I've made many new and lovely dear friends, what a special community.

There's so much magic and so much more I could say, and I'm very slow on the key board—The beauty of the trees the sky, the sun, the rain and it's all fun! Whatever the weather it's fun to swim outside...