Arlington Update

October 2023

General Manager Update

Staff members Paul and Robert have recently left their positions, moving to Australia and London respectively. Both were very popular members of staff and leave with our thanks and best wishes. A recruitment process is currently being carried out to identify their replacements, with appointments expected in the coming days.

In-house Trainer Assessor Susanne Clarke held a RLSS Pool Lifeguard Course during the recent October break. Demand was high, with 10 candidates signing up for the 5-day course. Independently assessed on day 6, all candidates were successful and are now fully qualified lifeguards. Well done to all involved! A big thank you also goes to club member Tom Scott for his recent donation of CPR manikins, for use during these courses and our regular monthly staff training sessions.

As the darker nights approach, daily attendance figures traditionally rise within the club. Members are reminded to be considerate towards fellow members and staff at all times. Hanging clothes on hooks provided, placing used towels in laundry bins, and returning bath plugs after use are just a few ways in which you can help keep the club running smoothly.

To comply with fire regulations and ensure the safety of those within the club, it is essential that staff are aware of those within the building at all times. Please ensure you tap your door entry card on arrival to the club, even when entering alongside another member or as someone is leaving. In addition, all guests must be signed into the club by a member of staff in the poolside office immediately on arrival.

A small number of private lockers have recently become available to rent within the slipper room and 1st floor gym corridor. If you are interested in hiring a locker for personal use, please get in touch.

Weekly walk rounds continue, to remain proactive in identifying issues and minimising facility downtime. If you notice anything that needs attended to, please speak with a member of staff who will take relevant action. As always, my door is open if you wish to come speak with me anytime I'm on shift, you can find my monthly rota on display on the slipper room notice board.

Board and Office Bearers

Following the AGM, the Board is confirmed for 2023-24 as:

Fiona Macdonald (Chair)
Alistair Macnaughton (Treasurer)
Will Jess (Secretary)
Lynn Henderson
Val Kaye
Brendon McIlroy
Ruby Gibson

Towards Net Zero

The Board met with architects Page\\Park and have a agreed to undertake a new building fabric survey. The survey will also identify areas where we can improve the thermal efficiency of the building as we undertake routine maintenance and restoration.

The Net Zero report prepared by Harley Haddow can be downloaded here.

3 things you can do now to help us reduce our energy use

- *Ensure showers are turned off when not in use*
- *Turn off reading lights in the Turkish Suite when not in use*
- *Consider using only one towel and sheet per visit*

Members views - Review of Constitution

The Board is currently in the process of gathering members' views relating to the current Rules and Regulations of the Club and on their impact in facilitating the successful running of the Club.

A big thank you to those members who have already contributed views by completing either the short survey and /or participating in recent engagement sessions.

The members engagement process will conclude on 4th November. Any members who would wish to contribute views, following reading of the current rules and regulations please use the following dedicated email address: Arlington@Kinharvie.org.uk

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More Members!

We remain in a very strong position with **1344 members** and a waiting list of 111.

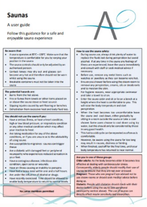
Junior Members Christmas Party Volunteers Needed

Before the Covid 19 pandemic, the Club regularly held a Christmas Party for the Junior members and friends. Usually this consisted of some exclusive fun time in the pond, something to eat and if they had been very good, a visit from you know who! This year we hope to reinstate the party and include a screening of the Muppet Christmas Carol.

The proposed date is **Saturday 16 December**. Any member, particularly if you have a young family, willing to help organise this special event, please email the General Manager: info@arlingtonbaths.co.uk as soon as possible.

Staying Safe

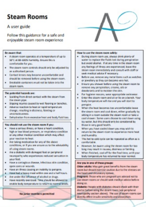
Remember to follow these rules when using the saunas and steam rooms.



Saunas

A user guide

Follow this guidance for a safe and enjoyable sauna experience



Steam Rooms

A user guide

Follow this guidance for a safe and enjoyable steam room experience

18TH
November
• 6.30 • 7.30 • 8.30 •
Swimming with Gravitational Waves
Underwater Sounds at Arlington Baths

Swimming with Gravitational Waves

Saturday 18 November 2023

6.30pm (family friendly session), 7.30pm & 8.30pm

In a very special one-off collaboration between the Arlington Baths Club, the University of Glasgow's Institute of Gravitational Research and modular synth aficionado Leon Trimble we are proud to present *Swimming with Gravitational Waves*!

Swimming with Gravitational Waves is an audio-visual performance with a difference.

First, it's happening in our swimming pond with both underwater and overwater speakers to convey the musical performance to you, in the water!

Second, it uses the same technology that detects gravitational waves! The Gravity Synth makes music using Laser Interferometry – you'll find out from a Glasgow University astrophysicist just how that works before you get into the pool.

Get all the details and book your place on Eventbrite £12.89 (special Arlington Member discount

Please note: The pond hall will be closed between **5pm - 9.30pm**, to enable the set-up and performance. Some set up may also be completed from 3pm but swimming should not be interrupted.

Book Here

History Group

Photograph of Alexander Soga. University of Glasgow Archives & Special Collections,

Final Year Dinner Book collection, GB248 DC225/1/10

BHM & Alexander Soga

There's still time to catch some of the fascinating events taking place for Black History Month Scotland. Rooted in the solidarity of the anti-racist movement, Black History Month encompasses the histories of African, Caribbean and Asian people in Scotland, people who often have a direct link with Scotland through slavery, colonialism and migration.

Historical research is now uncovering hidden stories which give new insights into the past, stories such as the Arlington Baths Club's connection with a family prominent in the struggle for freedom in South Africa. Read about the Soga family on the Arlington History website

From the Archive

Another dive into the recent find of photographs uncovered these two. The Lounge and the Gym (in the Reading Room). If any members have any old photographs of the club please share them with us.

Book Week Scotland
Book Launch

Tuesday 14th November

5.30pm - 7pm

But see there, out on the horizon,
there's a storm brewing.
It'll be here before the night is out.

Ringwood Publishing is delighted to invite Arlington members to celebrate our latest launch, *The Bone on the Beach*, with an exciting event held at the Baths during Book Week Scotland.

Fiona Gillan Kerr's ***the Bone on the Beach*** is a contemporary mystery and ghost story that draws from the Celtic legend of Deirdre of the Sorrows, and the setting is inspired by the small village where the author calls home, nearby to Thurso. Its narrative weaves together the story of Deirdre, the young woman whose death in 2002 is shrouded in mystery, and Meghan, a lawyer on sabbatical, who is drawn into the dark and twisted story surrounding the death some fifteen years later. The complex and dynamic Highland community, which seeks to protect its traditions and secrets as it struggles to come to terms with its history, ties the two narrative strands together. Meghan feels tied to, intrigued and haunted by Deirdre – will she be able to lay old ghosts to rest?

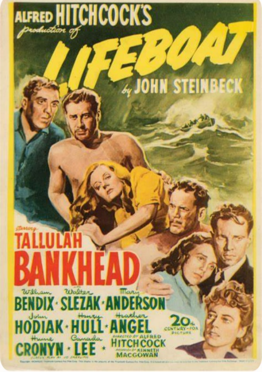
After a series of fantastic events in Inverness, Thurso and Edinburgh, we are delighted to bring *the Bone on the Beach* to the Arlington Baths for an evening of readings, Q&A's, discussion and book signings. If you are a fan of Scottish history, Highlands culture, storytelling, myth and magic, please come along for what is due to be a fantastic evening.

Book a space (free)

Book Week Scotland

Film Club

Upcoming features from the film club for October & November.

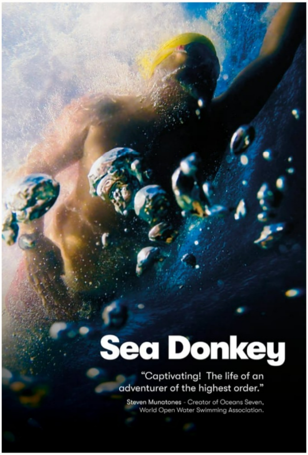

ALFRED HITCHCOCK'S
production of
LIFEBOAT
by JOHN STEINBECK
starring
TALLULAH BANKHEAD
William BENDIX · Walter SLEZAK · Mary ANDERSON
John HODIAK · Henry HULL · Heather ANGEL
Hume CRONYN · Canada LEE ·
DIRECTED BY ALFRED HITCHCOCK
PRODUCED BY KENNETH MACGOWAN
20th CENTURY-FOX PICTURE

Saturday 28 October 6.00pm

One of Alfred HItchcock's lesser-known films, and based on an unpublished short novel by John Steinbeck, this is the story of a group of survivors from a torpedoed ship in the Atlantic during the Second World War. A cynical journalist, Connie (Tallulah Bankhead), is pleased with the photographs she has taken during the sinking, but as more people board the lifeboat she is in, the less her work seems to matter.

The group, of rich and poor, male and female, black and white, British and American, find themselves with a dilemma when they are joined by a Nazi (Walter Slezak) from the u-boat that sank their ship. They debate whether to throw him overboard or let him stay, and their decision brings tremendous consequences as they struggle with the cold, the heat, the lack of provisions, the stormy weather, one man's badly damaged leg and the uncertainty of where they are heading and who should be in charge.

Tickets £5


Sea Donkey
"Captivating! The life of an adventurer of the highest order."
Steven Munatones - Creator of Oceans Seven, World Open Water Swimming Association.

Saturday 25 November 6.00pm

The inspirational story of an ordinary man's attempt to swim from Northern Ireland to Scotland – probably the most brutal open water swimming challenge in the world. Taking on sea temperatures at the limit of human endurance and braving the sting of the formidable Lion's Mane jellyfish, forty something Adrian Sarchet faces the 19 miles of misery that is the North Channel.

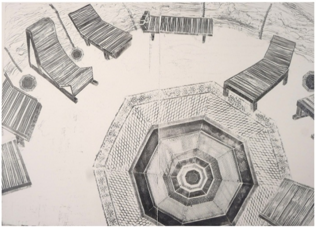
This documentary stalks the beautiful, funny and harrowing boundary between ambition and folly in extreme sport.

Tickets £5

Reading Room Exhibition

September 2023 - January 2024

Oasis - Fouzia Zafar



The latest exhibition in the Reading Room is Oasis by Fouzia Zafar.

Fouzia Zafar has exhibited in the Royal Scottish Academy and the recent retrospective of the Glasgow Print Studio in the Kelvingrove Art Galleries. In this exhibition you will find many works inspired by the Club and the West End.

As a child, Fouzia was born just around the corner from the Baths and it remained an inaccessible curiosity throughout her childhood. Having 'grown up', and become a member of the Baths she was inspired by the quirkiness of the objects, spaces and histories that lie behind the walls of the Arlington. Like many of the inhabitants of the city it provided an oasis from everyday life.

Bike Repair

Many members and staff cycle to the club. Nothing is more irritating that having an enjoyable visit/shift ruined by finding your bike has developed a puncture. The club has purchased a small set of tools and patches to allow you to get on your way if you have forgotten your own. The tools will be kept in the lockers in the office and the track pump will be available. Ask a staff member if you require access to them.

DOORS OPEN DAYS 2023

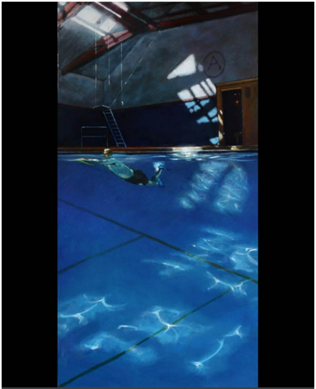
11 - 17 September 2023

The Club welcomed over 350 visitors during Doors Open weekend. There is still considerable interest in membership and applicants are not being put off by the waiting list.

Thank you to all volunteers and staff for their time and members for their patience.

Diary Dates

September 2023 - January 2024 Oasis Exhibition
28 October Film Night - Lifeboat
14 November Bone on the Beach Book Launch
18 November Swimming with Gravitational Waves
25 November Film Night - Seadonkey
16 December Film Matinee - The Muppet Christmas Carol



Art work by Bryan Evans as featured on the cover of his 2024 Calendar

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