



AMAKHOSI MASTERS SWIMMING CLUB
IN ASSOCIATION WITH BUFFALO CITY
AQUATICS

PRESIDENTS MESSAGE



As we approach the end of 2016, it is a time to look back on what Amakhosi Masters Swimming Club has achieved so far towards the hosting of next year's Nationals.

This year in-between AGM's, president meetings, Club awards night, Winter challenge, Short course gala and numerous socials, we have also managed to update SAMS, Swim SA and Buffalo City Aquatics on our progress towards hosting the SA Masters National Championship Gala.

We have managed to get the Gala program as well as the entries out to everyone in October (thanks to Karen Kennedy and SAMS Committee), official invites have also been extended to overseas Clubs and the Buffalo City Metropolitan Municipality and Tourism, are sponsoring and working hard to ensure that this event will be "Turning Moments into Memories".

Our very special Joan Harrison Swimming Pool Complex is looking neat, clean and ready for all Masters Swimmers, having undergone a mini-face lift, with new pipes installed and the complex has been re-painted.

All that is left to do is for you to register as soon as possible so as to be legible to enter next year's Nationals. Do not miss this opportunity to experience true Eastern Cape Hospitality and a wonderful open Swimming Pool Complex with plenty of entertainment, food stalls, daily lucky prize give-a-ways, fun filled evening events and finishing off on Sunday at Wriggleswade dam near Sutterheim, one of the Eastern Cape's best hidden treasures.

Do not forget, entries close on the 15th January 2017 and we look forward to hosting you!

Here to fun, friendship and fitness

Kerry Skidmore

PRESIDENT AMAKHOSI MASTERS SWIMMING CLUB

REASONS WHY YOU SHOULD NEVER VISIT EAST LONDON

Republished with kind permission from ShowMe™ East London

Some people believe that East London is a beautiful place



Nahoon Early Sunrise – Simon Comley

They make ridiculous claims about it being the Adventure Capital of South Africa



Half Iron Man – Harewood Lodge

It is off the beaten track and hard to get to



The award winning East London Airport – Where to Stay

And no-one ever comes to visit.



Cruise Liner 'Silver Wind' in EL Harbour – Rod Bally

Besides which, if they did ... what is there here for them



Areena Riverside Resort (Jikeleza Route) – Karen Herman

There is literally nowhere to watch sport



Buffalo Park Cricket Grounds

And you are out of luck if you want a quick round ...



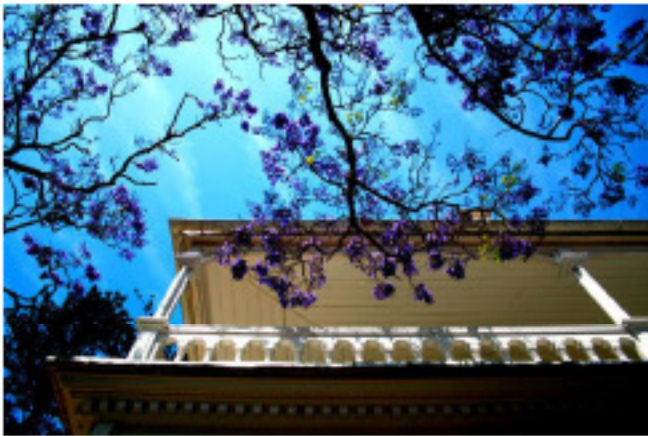
East London Golf Club – Sandy Loppnow

It is a gastronomical wasteland



Grazia Fine Food & Wine – The Esplanade

Full of heathens ... with no appreciation of the arts!



The Anne Bryant Art Gallery – Karen Herman

The hotels are really run down



Hemingways Hotel – Karen Herman

And the Spa's are hardly about to win any 'World Luxury Awards'



Prana Lodge – Chintsa East



River Mouth in Gonubie – Karen Herman

Tell us again - whatever would make you want to come to visit East London?

<http://showme.co.za/east-london/lifestyle/30-reasons-why-you-should-never-visit-east-london/#.WCL8Nbsp07w.facebook>



MUGG & BEAN

GIVING YOU MORE AND MORE



Simple California
OMELETTE



UNDER NEW
MANAGEMENT
**EXCITING
RENOVATIONS
UNDERWAY!**

We are proud to announce that the Highgate Hotel is under new management and undergoing exciting renovations to reinstate its traditional and renowned offering of value-based accommodation, great food and two well supported bars.

So why not get over to the "Gato" and relax and enjoy a meal at D's Pub & Grub or the "Pie Shop" - where friends meet for a quick pint after work to unwind, to discuss the latest sporting developments or just for the good old fashioned camaraderie. The austere exterior of the Highgate Hotel hides the warm welcome of the staff and the great pub fare that its much loved restaurant is well known for.



+27 43 726 7085

facebook.com/highgateHotel
www.highgatehotel.co.za



SESETHU LODGE

B&B ACCOMMODATION

TEL: 079 065 1324



Welcome to Sesethu Lodge.
Your home away from home. A warm, cosy, relaxed atmosphere, situated near the beach-front.

Sesethu means "Ours" in Xhosa., the native language of the Eastern Cape.

We believe in partnership and building a lasting business that benefits all people concerned - Guests, employees and owners.



Sesethu Lodge , 37 Fitzpatrick Road , 5201 East London , 043 722 1127 , 079 065 1324

 <p>Mountain Getaways Family Fun!</p>	<p>Arminel HOGSBACK FOREST COTTAGES FROM R1500 PER NIGHT*</p>	<p>HOGSBACK ARMINEL FOREST COTTAGES SELF CATERING</p>	<p>KATBERG ECO GOLF ESTATE GOLF VILLAS FROM R1000 PER NIGHT*</p>	<p>KATBERG ECO GOLF ESTATE VILLAS SELF CATERING</p>	<p>SPECIAL OFFER <i>School Breaks</i> PAY FOR 3 NIGHTS & GET 1 FREE! *T&C's Apply. Valid for school term holidays. Hotel & self catering options.</p>
<p>CENTRAL RESERVATIONS - Tel: 043 743 3433 Toll Free: 0800 422 433 Email: reservations@katleisure.co.za</p>					<p>FOLLOW US ON FACEBOOK</p>

*Terms & conditions apply. Booking essential. High season rates apply. Total of 4 night booking to qualify. Accom only on "FREE" night. E&OE.

Welcome to Coral Reef Lodge

Coral Reef Lodge offers a convenient "home away from home" atmosphere for business travellers and holiday makers alike. Situated on the East London Esplanade adjacent to the new International Convention Centre, Coral Reef Lodge is 15 minutes drive from the local airport and within walking distance to both the Orient and Eastern Beach. Coral Reef Lodge boasts 13 elegant and well maintained en-suite guest rooms. Each guest room has a tea and coffee station, a work station and DSTV.

Secure parking is available to our guests and airport transfers can be arranged.


Coral Reef
LODGE

Coral Reef Lodge, 22 Clifford Street, Quigney, East-London. 5201

Your home away from home

Tel: 043-743-3647

Cell: 071-1204 266

Turning Moments into Memories
IN BUFFALO CITY

Come make yours.

