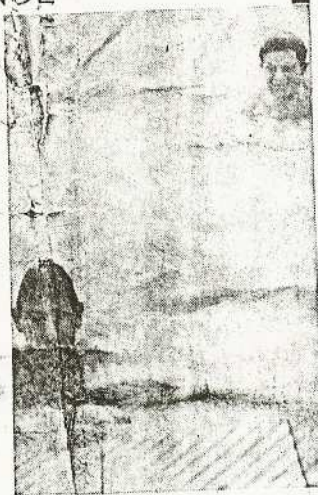


EARLY MORNING SWIMMERS TAKE THE PLUNGE

# Going in off the deep end about their hobby

Story by JEFF COMPTON. Pictures by CHRIS EDWARDS.



● What better way of starting off the day than a swim before most people are even up and about?

## THE CANE STAY BUT NOT ALL TEACHERS LIKE

WHACK!! A sudden sting makes a face grimace as the headmaster. There's a sore backside and a mark recorded in the book. It's a centuries-old scene gradually on the way out as bridge teachers have no intention of punishment yet. Through the Redbridge Teachers' Association the Education Committee that they want to keep it its present rules. Even though the association have said they don't the cane, not all the teachers favour a wall buttocks or palm for punishment. Sandra Flatt, who teaches in Barking, told me: who get the cane are the ones in trouble all the time has no effect. They think it's a bit of a laugh. Councillor John Westbury, who teaches locally, thought caning was unnecessary. "The mystique of the stick has gone. I know proudly recollected 24 strokes in two weeks," Canadian teacher in Ilford, David Hutchings, form of punishment that is repugnant to the "Some children will only respect some kind of punishment. But, unless the teacher knows the child be harmful." JEL

IT was a few minutes past 6 a.m. Translucent mist still shrouded the park. First to arrive was 20-year-old student Geoff Fieff. By half-past, the whole group had assembled . . . a violinist, a doctor, a tax inspector, an invalid and several others.

Easter Monday saw the start of the open-air swimming season, and the Redbridge keep-fit brigade were there to celebrate in traditional fashion.

Half an hour in the water to get the circulation going followed by a series of abrasive physical jerks at the poolside.

"I don't feel alive until I've had that dip," said Geoff, of Montreal-road, Ilford.

"Whatever the physical benefits may be an early morning swim certainly makes me feel really fit—and that's the important thing as far as I'm concerned."

### Beginner

Geoff first took a post-breakfast dip three years ago and looks upon himself as a mere beginner. Some of the older members of the group—were a sort of "honorary club"—have been wading the birds for thirty years or more. Their interests and occupations vary, but most are desk-bound during the day. They seldom if ever see each other away from the pool.

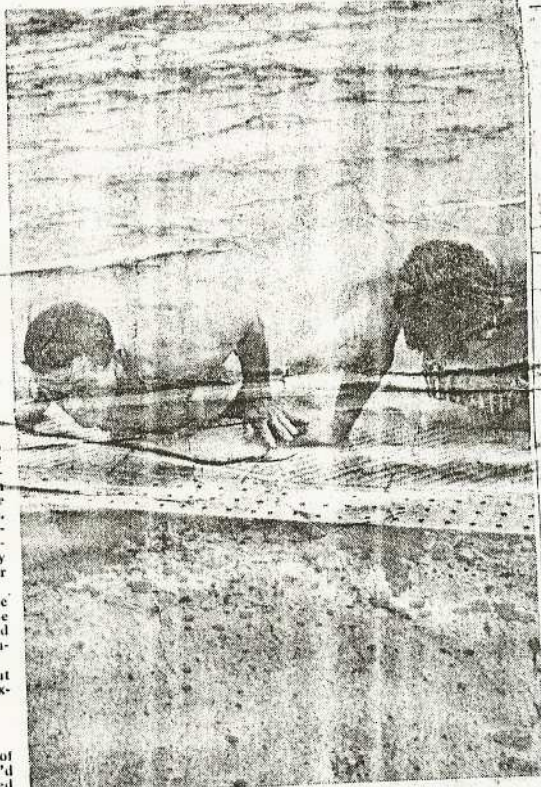
A former member of the spartan band who fell by the wayside last year is articulated clerk Paul Trevor, of Lincoln-gardens, Ilford.

"I thoroughly enjoyed it but studies got in the way," he explained.

### Back to bed

"We'd frequently be out of the pool by seven and I'd sometimes go back to bed afterwards. I wouldn't think this was general practice, however."

"If you have a penchant for cold water and would like to see Valentines Park before 7 p.m., join the keep-fit brigade. They're an amiable bunch—and there's no membership fee."



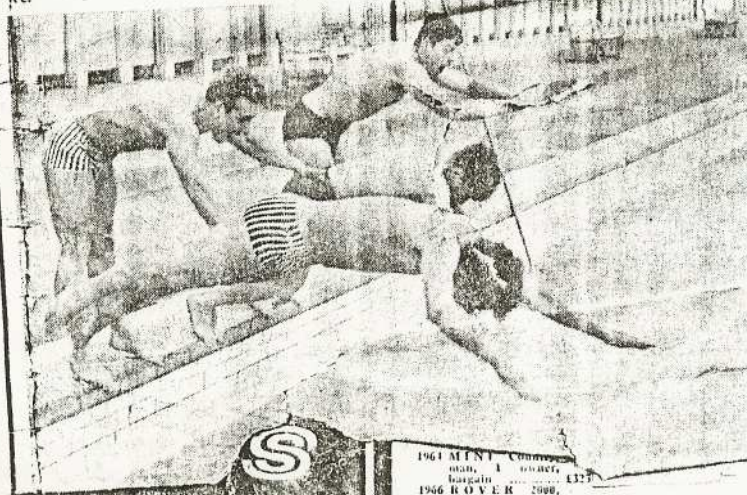
● There's nothing like a series of physical jerks to get the blood racing after a dip at dawn.

● The early morning swimming brigade take the plunge — and new members are welcome any time.

● It really doesn't look like it, but these early-morning bathers are enjoying this chilly dip.

## me a both

ed out with his fist and I found bloody tooth between my lips. to social life in the borough. pubs revealed some other black atmosphere. Each pub appears its of customers—the weekday wars and the rag tag and hobnob en the liveliest. Counters are usually unbewildered by canned but there is always the chance me native who can talk nostalgic now buried under concrete, arding of all. A noisy bustle, at the counter and part-time ntatively at the cash register, me back with the wrong change. here is this to say. . . . But, no, a half of bitter last Christmas. g Redbridge publicans. My lips



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