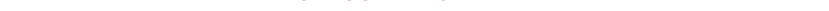


Hill & Down



MARCH 2014 NEWSLETTER

PRESIDENTS REPORT – February 2014 I'M BACK!!!

For whatever reason, I have been voted in as President again for the coming year and, as I actually do enjoy the position, I didn't have to have my arm twisted to carry on for another term. Next year may be another matter though as we do need new input on the committee. Welcome back to the rest of the committee members who have volunteered to serve the club, some in different positions to last year. New swimming member, Kathy Brady has joined the committee as Social Director and is already planning our first event of the year. As most of you are aware, our long-standing Treasurer, Alan Ware, has put his pencil and abacus down and handed the job over to Sandra Thompson and I know she will be a wonderful addition to the committee and a great protégé of Alan's. Thanks to Kathy and Brian Brady for hosting the AGM. The list of the new committee and their details is on the following page and has been sent out in Dolphin dots.

We had a very busy time in February with the first of our *Live Lighter Live Longer* events at Newman Churchlands College. In preparation for the fact that we would be competing in a 50 metre pool at that event, 30 members headed up the hill to Darlington and the Bilgoman Pool on a beautiful Thursday evening and trained under the lights in the open air venue. Geoffrey Binckes even turned up and swam 1 km and it was great to see long lost past member Carol Bathols getting back in the water.

Secretly, Lesley had arranged a surprise presentation to Liz Bettridge, followed by a sausages sizzle around the pool. Lesley had organised for a large banner to be printed and for everyone to sign a good luck message for Liz to keep her entertained during her upcoming solo Rottnest crossing. (Lynne Duncan had provided the pen for the signing - not realising it was a white board marker – so she had to spend a few hours {helped by her fluffy cat} going over everyone's messages with permanent marker)

Buoyed by the knowledge we could all manage the full 50 metres without hitting the wall – we were confident we could take out bragging rights at Newman Churchlands, but, alas, it wasn't to be. We had led all morning but only by around 5 points and Claremont managed one more relay team than us so we finished second by 8 points! If only....anyway, we had a great morning and it was wonderful to see 2 of our newest members, Kerry Hutchinson and John Reid, representing Maida Vale so enthusiastically. [Many thanks to Joachim Eifler and Geoffrey Binckes for timekeeping the whole morning.](#)

Of course, the highlight of February is always the Rottnest Channel swim and our club was well represented with competitors, paddlers, skippers and support crews and amazingly enthusiastic supporters who climbed out of bed in the early hours of the morning and were on the beach at Cottesloe to cheer everyone off. I am so proud of the wonderful camaraderie within our ranks.

Liz brilliantly completed her first solo - as we all knew she would - with Russel paddling alongside her the whole way and Ceinwen swam with her hubby Andy in a duo. Rachael also competed in a duo and Caroline, Helen and Jamie were in a team. It really was a superb extended club event.

Back to the mainland and into training for more open water swims which will continue every weekend until Easter. Good luck to all those competing. Good luck to a small group of swimmers who will be competing in the Beatty Park Twilight Sprint Event in early March.

Garry Lynn is currently in Hollywood Hospital receiving treatment for a very severely infected left leg. Garry has had 3 knee reconstructions over the past 30 years and this current infection is extremely painful and is proving difficult to treat. Barbara is spending every day with him and keeping his spirits up. I believe he is now welcoming visitors bearing grapes and hopes to be heading home soon. We miss his repartee in Lane 5.

Also on the sick list is coach Lesley who was attacked by shingles in January and, although she was treated straight away, is suffering uncomfortable after effects. Lesley still intends to participate in a 60km fundraising walk in March Personally I will still donate if the dear girl stays home and rests up in her hammock in her lovely garden!

See you all in training!

FROM THE HILL.....ANDREA

Maida Vale Masters Swimming (Inc.)

CLUB COMMITTEE 2014

Postal Address **PO Box 683 Kalamunda WA 6926**
Website **<http://maidavalemastersswimming.com/>**
Facebook **<https://www.facebook.com/MaidaValeMastersSwimming>**

Committee Positions	Name	Tel (Hm)	Tel (Mob)	Email
President	Andrea Williams	9293 2318	0403 210 096	andreaswilliams12@hotmail.com
Vice President	Brian Brady	9454 3329	0419 843 381	kathybrady@bigpond.com
Secretary & Club Contact	Lynne Duncan	9293 3041	0417 997 556	duncan1320@bigpond.com
Treasurer	Sandra Thompson	9291 8719	0412 165 163	sandracht@iinet.net.au
Registrar	Lynne Duncan	9293 3041	0417 997 556	duncan1320@bigpond.com
Recorder	Liz Bettridge	9379 3334	0404 849 656	effies_emporium@iinet.net.au
Assistant Recorder	Sandra Thompson	9291 8719	0412 165 163	sandracht@iinet.net.au
Endurance 1000 Recorder (E1000 Aerobics)	Barbara Hart	9293 2691	0409 902 692	bhswim@hotmail.com
E1000 Assistant Recorder	1. Claire Ware	9291 0773	0428 695 427	claireware@aapt.net.au
E1000 Assistant Recorder	2. Liz Bettridge	9379 3334	0404 849 656	effies_emporium@iinet.net.au
Coach/s	1. Lesley Hart		0419 961 729	lesleyjane62@hotmail.com
	2. Claire Ware	9291 0773	0428 695 427	claireware@aapt.net.au
	3. Liz Bettridge	9379 3334	0404 849 656	effies_emporium@iinet.net.au
Captain	Ren Jakovich	9291 3496	0402 563 841	alua_design@yahoo.com.au
Vice-Captain	John Reid	9296 9618	0424 483 649	jreid530@gmail.com
Safety Officer	Russel Fowler	9454 6426		russelfowler@hotmail.com
PR/Publicity Officer	Kate Elliott		0400 450 770	kelliott@iinet.net.au
Social Coordinator	Kathy Brady	9454 3329		kathybrady@bigpond.com
Appointments	Name	Tel (Hm)	Tel (Mob)	Email
Auditor	Julie Beus			
Lake Leschenaultia OWS Coordinator	Claire Ware	9291 0773	0428 695 427	claireware@aapt.net.au
Technical Officer	Brian Harper	9293 3907	0416 030 031	brian22@hotmail.com
Refreshment Officer	Russel Fowler	9454 6426		russelfowler@hotmail.com
Archivist	Lesley Hart		0419 961 729	lesleyjane62@hotmail.com
Uniform Officer	Marilyn Potter	9454 5497		malgra@astro.com.au
Website Manager	Alan Ware	9291 0773		alan_ware@aapt.net.au
Facebook Manager	Liz Bettridge	9379 3334	0404 849 656	effies_emporium@iinet.net.au

Maida Vale MS Bank Details:

Bank: Westpac, Kalamunda
Account Name: Maida Vale Masters Swimming (Inc.)
BSB: 036-085
Account Number: 28-5803

Maida Vale Pool:

221 Gooseberry Hill Rd
Maida Vale....WA 6057
9454 5440
www.maidavaleheatedpool.com.au

CLUB NIGHT PROGRAM FOR MARCH 2014

3rd March	PUBLIC HOLIDAY NO SWIMMING		
10th March	50 FREE	Stubby Stakes	200 Back
17th March	COMMITTEE MEETING AEROBICS ONLY		
24th March	50 BREAST HANDICAP		
31st March	25 FREE		200 BREAST

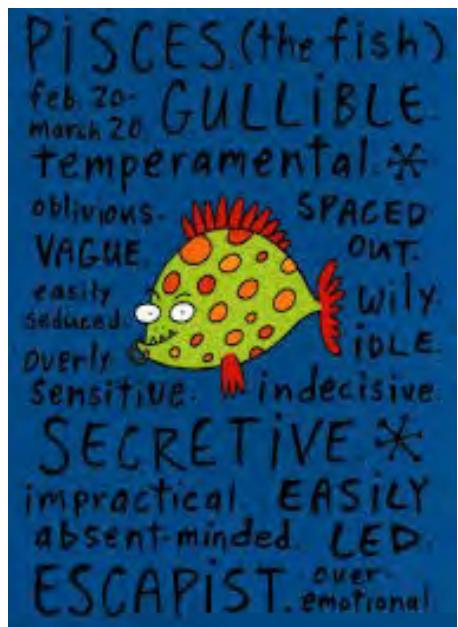
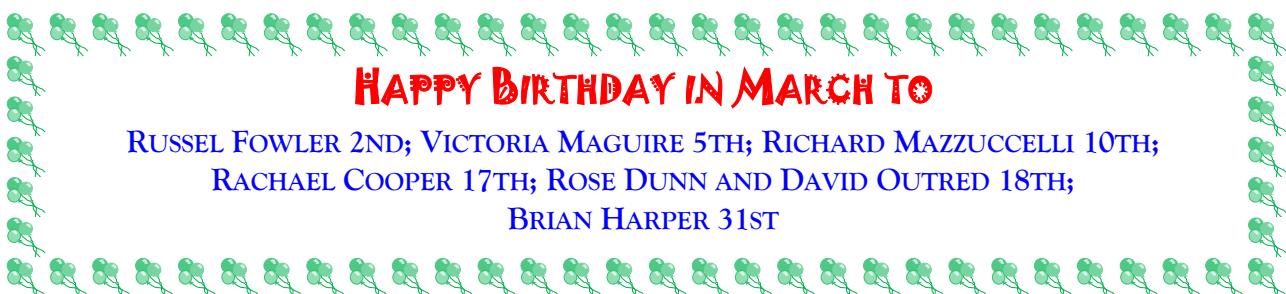


AND ANOTHER WIN FOR CAROLINE!

CONGRATULATIONS TO CAROLINE DYER WHO SWAM CLOSEST TO HER NOMINATED TIME FOR 50 M BREAST STROKE.

The Stubby stakes challenge for March is 50 metres of freestyle Time to challenge both Caroline and Ren, who are both building up wine cellars with all their stubby stakes wins.

Come to the pool on Monday 10th March and see if you can be the next stubby stakes winner and take home a bottle of wine to either start or add to your wine cellar!



CLUB RECORDS

You can check out all club records by clicking on the link below which will take you to the records page on our website. A few club records were broken at the recent Newman Churchlands LLCC.

Congratulations to Norma Jack, Andrea Williams and Terry McKie

<http://maidavaleaussi.files.wordpress.com/2013/09/club-records-to-2nd-september-2013.pdf>

FRIENDSHIP AND FUN

Once again we enjoyed a 'rehydration' night at the Village Pizza Kitchen in Sanderson Road, Lesmurdie. There was a good turn out (the word about the yummy pizzas was out) and some members got in a swim before 'rehydrating'!
WELL DONE TO THEM!



Fitness, friendship and fun! we had it all in February

Training at Bilgoman for the Newman Churchlands LLCC with a sausage sizzle and banner presentation for Liz Bettridge who had been preparing all summer for a solo swim to Rottnest.



Sunday 16th February was the Newman Churchlands LLCC. A good day, which could have been better if only we had managed to get those extra 9 points we needed to beat Claremont. Maybe next year?

We did however win a number of raffle prizes to make up for the disappointment of the 8 point loss!



Elaine and Andrea showing us how it is done. The only two in their 50 metre butterfly heat. An exhibition swim!



Kerry and Elspeth taking off in the breast stroke.

Thanks again to our two timekeepers. The swimmers greatly appreciated your work.



SUNSMART®

Busselton Jetty Swim 2014

Saturday 8th and Sunday 9th February

Some of the club's open water swimmers ventured down to Busselton for the annual swim around the Busselton Jetty. Alan Friday has been a regular at this event for a number of years, and has finally persuaded more club members to attempt this swim. All club members did well, with lots of solo swimmers, Alan Friday, Andrea, Gwyn, Russel Fowler (not to be confused with Russell Bourne), Caroline, Tammy, Jason and Richard Mazzucchelli swimming in a team with members of his family. The weather was nearly perfect for the swim, although Gwyn did say he surfed around the end of the jetty as it became quite 'swelly' and 'choppy'.



Not as far as Rottnest
but far enough for some of us!!

Congratulations to Andrea who took out line honours for her age group. She was thrilled with her trophy.



It was a little on the chilly side when swimmers came out of the water.

All swimmers were wrapped in a Busselton Jetty Towel to help warm themselves up as they came out of the water.

A lovely 'gift' from the organisers.



Our club was very well represented in the HBF Rottnest Channel Swim this year.

We had a solo swimmer, Liz Bettridge, No. 062; fundraising for the Esther Foundation.

Two swimmers in duos, Ceinwen Roberts, swimming with her husband Andy, Duo No. 364 Chinny and Skinny.

Rachael Cooper swimming with Sarah Thomason, Duo No. 345 Swim to Breathe; and Caroline Dyer swam in a Team 100+ Elliots Navy, with her sister Helen, daughter Jamie and friend Marissa (Fund raising for Elliot's Army). Thank you to all the club members who kindly donated to their charities.

We also had club members supporting the swimmers . Paddler for Liz, Russel Fowler. Russel was a great support to Liz and he only fell in once.

It's all in the preparation! Getting well greased up by a good friend, or getting cuddled by a lucky leprechaun for a good swim and safe crossing. (actually a not so lucky leprechaun—he fell in and was quite unwell by the end of the day).



Words of encouragement and advice for Ceinwen from family and friends.



Then there were the spectators. Lots of them from Maida Vale Masters



David Pether having a chat with Gerd Von Dindage-Schulenburg, the first person to complete a recorded crossing to Rottnest on the 24th January 1956.



It's an amazing scene and it is well worth getting up early and driving down to Cottesloe to see the start of this huge event. There are so many lovely cafes to go and have breakfast in after all the swimmers have gone!



Wave Number 8 waiting for Colin to blow his horn



From 750 metres breast stroke (with head out of water) four years ago to swimming the Rottnest Channel Swim solo in 2014. You are one amazing lady Lizzie Bettridge and we are all very proud of you.



Team 1274 Elliot's Navy happy and pleased with their swim



RESULTS FOR OUR SWIMMERS IN THE ROTTNEST CHANNEL SWIM

			TIME
Solo Swimmer 062	Liz Bettridge	Liz Bettridge	07.08.04
Duo 345	Swim to Breathe 4th in their category	Rachael Cooper and Sarah Thomason	05.24.07
Duo 364	Chinny and Skinny 1st in their category	Ceinwen and Andy Roberts	04.55.17
Team 1274	Elliot's Navy 6th in their category	Caroline and Jamie Dyer Helen Wilson and Marissa Pidgeon	06.06.20
Team 1234, Skinny Burnt Willies—two team members who are members of our president's family, came 2nd in their category			05.30.43

Three very proud mummies



There should be a medal for the paddlers!



Exhausted!



32nd Barrett Bunbury Swim thru 1st March saw a band of Maida Vale Masters open water swimmers line up to swim the 1600 metre course in the Leschenault Inlet.

Andrea, Gwyn, Ceinwen, Glad, Alan, Elspeth and Jason represented the club with Andy and Bob there to support their swimming wives!!

All swimmers swam better than their nominated times—something to do with the tides. Ceinwen came in 4th overall and Glad was first in her age group. Finishing 8 minutes faster than her nominated time.

It was a great event, enjoyed by all!



This is what happens to your photo when the photographer has enjoyed one too many glasses of wine. (and no, it was not your editor!)



SUPA GOLF

**Sunday 16th March 2014
SWAN VALLEY OASIS**

10250 West Swan Rd Henley Brook

What about a mid morning game of Supa Golf?

Come and enjoy a mid morning game of Supa Golf, at the Swan Valley Oasis Resort, located in the beautiful Swan Valley.

Arrival 9:45 a.m. for a 10:00 a.m. sharp! tee off

Supa Golf is a real golf game everyone can play. You play with very oversized clubs and equally oversized balls that are very easy to hit and do not travel too far! The course layout is much the same as you would find at any golf club, with obstacles like water traps, bunkers and trees. The course is 900 metres long and usually takes an hour and twenty minutes to complete the round. All clubs and equipment are provided.

A booking has been made at Mash Brewing Restaurant for lunch following the golf. This will be at the Member's expense and payable on the day. Please indicate below if you will be staying on for lunch.

Bring the family or friends along and make up a Team of 4 or 5, or we can organise you in a Team.

Please complete and return the following tear off section with your payment by Friday 7th March 2014: (Note we need to give numbers by this date) Costs for Golf only are shown below.

We look forward to seeing you for a fun morning!

xx

RSVP by Friday 7th March 2014 by either of the following:

**Fill out form and leave with payment
at Pool on Mondays for collection**

or

EFT to Club's Bank A/c

Bank: Westpac

A/c Name: Maida Vale Masters Swimming (Inc)

BSB: 036 065

A/c 285603

Deposit Reference: (Your Name) Golf

If using the EFT option, please confirm your attendance and payment via e-mail to Kathy Brady as below.

Yes, I will be attending the Supa Golf on Sunday 16th March 2014:

NAME:

Please include names of all attending (continue on back of form if not enough space)

Golf

Adults x \$13.50 each = \$ _____

Children x \$11.00 each = \$ _____

REMITTANCE ENCLOSED:

\$ _____

Children < 15 years of age.

YES/NO We will be staying on for lunch

**PLEASE CALL KATHY BRADY ON (08) 9454 3329, OR E-MAIL kathybrady@bigpond.com SHOULD YOU
REQUIRE FURTHER INFORMATION**

Mash Brewing Menu

BEER BITES

MASH PLATE To Share – Stuffed mushrooms, prawn twisters, chorizo, olives, house made dip, warm turkish bread \$38

TRIO OF DIPS 3 vegetarian house made dips served with warm turkish bread \$14

BRUCHETTA Roma tomatoes, pesto and red onion topped with bocconcini \$14

CRISPY SZECHUAN CALAMARI salad drizzled with sweet chilli sauce \$15

BUFFALO WINGS tossed in a sticky BBQ sauce topped with toasted sesame seeds \$15

PRawn AND CHORIZO SKEWERS with crisp salad and piri piri sauce \$18

WHEAT BEER CHILLI MUSSELS in a rich tomato sauce with warm Turkish bread \$18

MAINS

250GM RIB EYE oven roasted steak with porcini and port butter served with colcannon mash and roasted baby carrots \$39

LAMB RACK with sticky balsamic fig jam, crispy parsnip, garlic mash, seasonal vegetables and rosemary jus \$33

SESAME CRUSTED ATLANTIC SALMON with herb infused gourmet potatoes, grilled asparagus, preserved lemon and zucchini salad \$32

GRILLED CHICKEN SALAD mixed leaf, cherry tomatoes, cucumber, capsicum and avocado drizzled with ranch dressing \$28

BEEF PAN PIE slow braised beef and mushroom cooked in "rye the hoe not" ale served with hand cut, twice cooked wedges \$25

SEAFOOD FETTUCCINI, seared scallops prawns, calamari, fish and mussels in a Mediterranean tomato sauce \$28

VEGETARIAN options

VEGETARIAN FETTUCCINI mushroom, olives, char grilled capsicum, tomato, onions zucchini and garlic \$24

MUSHROOM AND TRUFFLE RISOTTO mixed mushrooms, spinach with parmesan and sweet potato crisps \$24

MAINS cont'd

STEAK SANDWICH beef rump, caramelised onions, bacon, cheddar cheese, salad and "crush" cider chutney served with fries and aioli \$25

BEER BATTERED PEARL SNAPPER "free doctor" beer battered snapper served with fries and garnish salad, tartar sauce and lemon \$24

CHICKEN PARMA served with fries and salad \$26

PORTUGUESE CHICKEN Grilled chicken thigh on the bone served with fries and salad \$30

ROASTED FIVE SPICE PORK BELLY served with creamy mash potato, steamed greens, with pumpkin puree topped with roasted apple fritters \$30

SIDES

CREAMY MASH POTATO \$5

STEAMED VEG \$5

CHIPS W AIOLI \$8

GARDEN SALAD \$7

GARLIC TURKISH BREAD \$5

EXTRA SAUCE \$0.50

DESSERT

Ask our friendly staff for today's specials

KIDS CORNER

All meals served as entree (or with mains if you desire)
For children under 12yrs and come with a complimentary drink

Beer battered fish 'n' chips \$13

Chicken nuggets 'n' chips \$13

Kids cheese and ham pizza 'n' chips \$13

KIDS EAT FREE FRIDAY NIGHTS!

Conditions: 1 Child Per Adult. With a Main Meal Ordered



Please note: Public Holidays incur 15% surcharge applied to final bill.

All payments made via eftpos are subject to 2% surcharge.

Due to food safety legislation, we do not offer "doggy bags" or allow food to be removed from the premises. Please choose your meal accordingly.



Masters Swimming WA
TECHNICAL OFFICIATING COURSE
Date: Saturday 15th March 2014 Venue: Claremont Masters
Club Rooms Challenge Stadium, Mt Claremont
Course Fee: FREE

MISSION:

To promote a professional approach to identification, training and ongoing development of technical officials at all levels of swimming, conducted under National Masters Australia Swimming rules and guidelines.

AIMS:

To cater for the needs of Masters Swimming WA through a volunteer program and team of people who perform duties in all aspects of officiating at all levels.

COURSES OFFERED:

1. Timekeeper & Chief Timekeeper	10:00 am to Midday
2. Clerk of Course/ Check Starter & Marshal	12:30 to 5:00 pm

ENROLMENT: Please complete the enrolment form below and return by midnight, **Monday 10th March** by email kandgphillips@jprimus.com.au or by mail : 6 Coral Court, Halls Head WA 6210 or ring Ken Phillips on 9581 4213 or mob. 0416 824 667

Please note: • Officiating Courses are subject to minimum and maximum numbers. Early response will avoid disappointment.

.....

Application for Officiating Courses - Saturday 15th March 2014

Name			
Address			Post-code
Date of Birth		Phone #	
Email			
Club		MSWA Membership #	

I wish to enroll for: Course 1 Course 2

Tick one or both boxes

SHARING A HILLS CHRISTMAS HAMPERS

Jill McClelland would like to thank everyone who contributed items for the hampers which were donated to families in need just before Christmas.

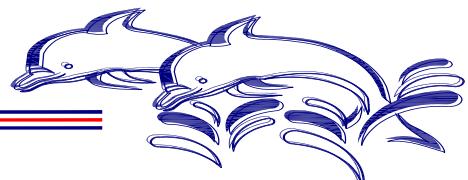
This is a wonderful initiative and community based activity and I must point out the very generous involvement of large companies like Woolworths, Coles, IGA and the Bendigo Bank, to name a few.

Jill is in charge of making the gift hampers for the local residents in nursing homes and she does a great job. Several club members helped out over the 3 days of the sorting, packing and delivering nearly 300 hampers. I can thoroughly recommend the involvement as it does bring home the reality of people less fortunate than most of our club members. Put it on your calendar for later this year.

From Andrea on behalf of Jill McClelland



If you are looking for new swimwear and haven't got time to visit the shops this website has some different and well priced bathers and other items for the keen swimmer! <http://www.wiggle.com.au/swim/>



Contact Details:

President:	Andrea Williams	Ph: 9293 2318	andreawilliams12@hotmail.com
Secretary:	Lynne Duncan	Ph: 9293 3041	duncan1320@bigpond.com
Coaching panel :	Lesley Hart Claire Ware Liz Bettridge	Ph: 0419 961 729 Ph: 0428 695 427 Ph: 0404 849 656	lesleyjane62@hotmail.com claireware@aapt.net.au effies_emporium@iinet.net.au
Editor:	Kate Elliott	Ph: 0400450 770	kelliott@iinet.net.au

Don't forget to visit our club's web page at <http://maidavalemastersswimming.com/>

