

Up Hill & Down Vale



OCTOBER 2014 NEWSLETTER

President's Prose September 2014

September proved to be another hectic month in the pool with several new swimmers checking out the club and, as usual, we welcome everyone and hope they elect to join our terrific club. Training nights are hitting an almost record high and lane allocation is always interesting. I must congratulate swimmers on their lane etiquette and the great way more experienced members and "lane leaders" help out the newcomers. That makes the job of the coaches so much easier. On that note, thankfully Claire is back on pool deck after her holiday, as coach Lesley Hart has been afflicted with severe and debilitating shoulder pain. Lesley is on very strong painkillers and can hardly lift her arms up. Swimmers have been behaving themselves and training to the programmes and Lesley is slowly on the mend but won't be swimming for some time.

On the subject of swimming, I would like to congratulate the 5 members who competed at the Stadium Snappers LiveLighter Club Challenge. Kate, Terry, Ren, Brian Brady and Ian Stewart, finished a creditable 5th overall with a point tally of 54. Well done! Hopefully, we will have more swimmers at the Freo Fins meet on 19th October. The red book is down at the pool on club and training nights.

Don't forget our club is hosting a 1500 metre swim on 25th October at the Darling Range Sports Academy pool (Forrestfield) and we need as many members on pool deck as possible – swimming and assisting. More details to follow.

As we are fast approaching the Open Water Series for 2014/2015, work is well under way for our Lake Leschenaultia swim on 9th November and I know Claire has sent you all an email requesting volunteers to help out on the day. This does not mean you are excused from swimming in the event! For new members who have never competed in an open water swim, our 400 metre Novice swim is a perfect way to "test the waters". If those swimmers feel really fit and confident, they can enter into both events as the 400 metre event is held first and there will be time enough to get to shore and change caps before the 1600 metre swim starts. Just putting the challenge out there! Registrations are now open on line.

The committee have been working hard obtaining sponsors and designing polo shirts and towels this year and we are introducing a rather splendid engraved stainless steel hot drink travel mug for prizes and for purchasing.

Following the completion of a huge amount of paper work and mountains of official forms, Lynne Duncan successfully submitted Grant applications to both the Bendigo Bank and The Shire of Mundaring and, because the submissions were so professionally completed, the club has been granted funding from both institutions. For the first time in 28 years, we will have the benefit of large inflated marker buoys in the lake to guide the swimmers around the course.

One stipulation from the Bank was that the club opened a bank account with the High Wycombe Branch (which has been done) and they are happy to offer any members banking information if anyone is interested in opening a private account with them. We have been given a supply of information packs so please ask a member of the committee if you are interested in the bank's competitive rates.

The annual "special" Noughties birthday party was held last Saturday night and I am sure Kate will include some great photos of some of the members who joined in the theme of "New Age" and dressed appropriately. Ian Stewart entertained us with his magic card tricks and his great piano playing prowess and Kathy delighted us with a quiz which gave the old 'grey cells' a nudge. It was wonderful to welcome new members Amber and Brian (B2) – and his family – along.

Three of our girls are competing in the Oxfam 100km Trail Walk/Run on the weekend of 10th and 11th October and I would like to wish Sandra, Caroline and Ceinwen all the very best of luck in their challenge. They have all been training diligently for several months, day and night, in rain, hail and sunshine and hopefully it will be a wonderful, memorable experience for them.

There aren't many members away travelling at the moment however, Scott and Patricia are still in northern Italy but I have no news to report on Scott's cycling results. Lynne and Andrew Duncan have taken off on a wonderful 6 week holiday in Italy and Spain and after the past few months of post house fire renovations and several weeks of grant application paperwork and lake and the 1500mtr sanctioning formalities, I think Lynne will probably sleep well on the flight.

I am pretty certain that, with the exception of Lesley's terribly painful shoulder problems, there are no candidates for the "Medical Matters – News from the Hospital Lane" segment and I hope it stays that way.

Good luck to the hardy swimmers who intend competing in the Cold Water Classic on the 5th October at North Cottesloe Beach. It promises to be a great fundraising and awareness event for Childhood Leukaemia.

Started the Christmas shopping yet?????

FROM THE HILL.....ANDREA

CLUB NIGHT PROGRAM FOR OCTOBER 2014

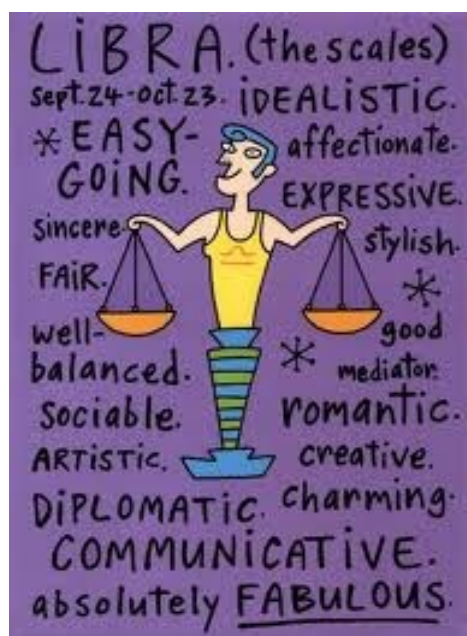
6th October	50 BREAST	STUBBY STAKES	100 FREE
13th October	50 FLY HANDICAP (THIS COULD BE FUN!)		
20th October	AEROBICS ONLY COMMITTEE MEETING		
27th October	25 FREE		100 BREAST



See you down at the
Darling Range Sports College for the
next Aerobics sessions.
Watch Dolphin Dots for the date.

HAPPY BIRTHDAY IN OCTOBER TO

Glad McGough 1st; Tammy Norregaard 4th; Sally Blane 10th;
Kate Elliott 11th; Patricia Dalle Nogare 18th; Chris Potter 23rd;
Terry McKie 24th; Alan Ware 28th; Ron Hutchinson 31st October





A

CONGRATULATIONS TO BRIAN RISEBY
WHO SWAM CLOSEST TO HIS NOMINATED TIME
FOR 50 METRES FREESTYLE
PRETTY GOOD EFFORT FOR A NEW CLUB MEMBER.

Stubby Stakes on Monday 6th October is 50 metres breaststroke
Come down with a plate of food to share and nominate
your time and have a go at winning the wine!!

CLUB RECORDS

This [link](#) will take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results.

Only five club members were able to turn out for the Stadium Snappers LLCC held on the 14th September.

We managed 54 points between us, which we thought was pretty good for only 5 swimmers. Ian DID NOT get disqualified for his 200 back stroke and gained maximum points for his effort!!

A big THANK YOU to the Stewart family who were our club time keepers. Thank you to Dorothy and the grandchildren. You all did a magnificent job for the club!



Jamie and Russel showing the coach that they have remembered that stretching limbs (as well as the jaw) are an important part of their training regime. Well done boys!




Lynne looking for a bottle of wine after yet again not winning one for her nominated time for stubby stakes.

She lives in hope, but in the mean time—she can always find something to buy if she digs deep enough into Russel's Monday night well stocked esky!

If you don't get closest to your nominated time you can always buy a drink on Stubby Stakes night.





FOR ALL OUR OPEN WATER SWIMMERS
 OCTOBER 5TH 2014
 THE NORTH COTTESLOE COLD WATER CLASSIC
 TO RAISE AWARENESS AND FUNDS FOR CHILDHOOD LEUKAEMIA.
 1.8km swim from North Cottesloe to the Cottesloe Pylon and back, hosted by the
 North Cottesloe Surf life Saving Club and part of the SLSWA Ocean Series.

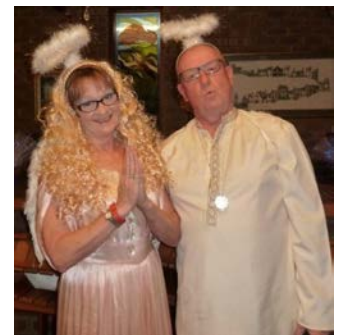


Led by Swim dynamo [Ceinwen Roberts](#), the open water swimming fraternity are extremely
 excited to introduce what will be an annual and hopefully iconic event.

P.S. there is a separate category for wetsuits and fins so no excuses!



Saturday 20th September was the night we celebrated the birthdays of all the club members with an 0 in their birthday. Andrea, our president, once again hosted this event. A fun night with many members dressing with the 'new age' theme in mind. Some very interesting outfits were brought out of the back of the wardrobe for the night. Some members had to have a quick check to make sure they had everything covered!



Five year membership badges for husband and wife team
Elaine and Russell .





Heads down to answer the questions in the party quiz.

The Fire Team were very concentrated.

The Water team looking very confident!



No 'air heads' here!



Our Quiz Masters Brian and Kathy enjoying watching everyone trying to answer the 20 questions quiz.



The winning team (EARTH) - you will notice that this team had the most members, which gave them a distinct advantage over the rest of the teams

It was nothing to do with having a broader general knowledge than the other teams.

It was just that they were a broader team!

Our next Club Challenge is on the 19th October at the Fremantle Leisure Centre. The big red book will be at the pool on Monday night and training nights for you to put your entries in. Entries close Monday 13th October. Hopefully more members will be able to make it to this challenge than were available for the Stadium Snappers LLCC in September. If you are a new member, this is a great opportunity to experience a Club Challenge.



Fremantle Masters Swimming Club invites your members to a **LiveLighter Club Challenge Series Event**

Sunday 19th October 2014

Fremantle Leisure Centre, 10 Shuffrey St, Fremantle. Outdoor 50m Pool

8am warm up, Race starts 8.45am

EVENTS

Event 1a	200 metres Freestyle	}	Please choose <u>only one</u> of these events
Event 1b	200 metres Backstroke		
Event 1c	200 metres Breaststroke		
Event 2	50 metres Freestyle		
Event 3	50 metres Backstroke		
Event 4	50 metres Butterfly		
Event 5	50 metres Breaststroke		
Event 6	4 x 50 metres Mixed Freestyle Relay		
Event 7	4 x 50 metres Mixed Medley Relay		

The following Clubs will be participating: Bay View Saints, Beatty Park, Claremont, Kwinana, Leeming, Leisurepark, Maida Vale, Mandurah and Somerset

- Swimmers may participate in 3 events and in an appropriate Relay.
- All participating Clubs must provide timekeepers on the day.
- Cost of event entry is \$2 per swimmer and entry to the pool is \$5.60 adult or &4.60 concession, \$2.20 for spectators payable on the day.
- A free lunch will be provided after the meet.

Please process entries via Team Manager and email to registrations-officer@freofins.com and ensure that all participants are financial members of your Club prior to accepting their entry.

If you have any problems or queries, please contact the Event Coordinator, Robert Buetler on 0410 419 558.

Entries close Wednesday 15th October 2014



Don't forget our 28th Lake Leschenaultia Open Water Swim on Sunday 9th November. Even if you are not swimming we hope that all club members will come along and help assist on the day. We will need paddlers, time keepers, help with late registrations, raffle ticket sellers. You won't be bored!



*28th Lake Leschenaultia
Open Water Swim
Sunday 9th November 2014
LiveLighter Novice 400m Swim & 1600m Swim*

Lake Leschenaultia, Chidlow

45 minutes' drive from Perth, Rosedale Road, Chidlow, is a man-made lake constructed in 1897 for the WA Government Railway to water Steam Engines at the Chidlow Well Station. 600 acres of Parkland is now a recreation area ideal for family and group outings, plenty of BBQs, sandy beaches, grassed areas and pleasant and easy walks.

Please Note: Entry to the Lake is **FREE**
Pets are not allowed at the Lake!

EVENT INFORMATION

This event will be conducted according to the MSWA Local OWS Rules 2014/2015

8:30am - 9:15am	Registrations
9:30	Event Briefing (400m & 1600m)
9:45am	Start—LiveLighter Novice 400m Swim
10:15am	Start—1600m Event

ELIGIBILITY 1600m—Open to persons 12 years and over
LiveLighter Novice 400m—Non-competitive Novice event is open to swimmers 12 years and over who are new to Open Water Swimming

ENTRY FEE:	LiveLighter Novice 400m Swim	\$15.00
	1600m	\$32.00

LATE ENTRY FEE:	1600m	\$37.00
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T-SHIRTS: \$20.00—Order via Register On-Line

[Click on this Link to go Register On-line](#)

Our Sponsors

Thank you to all our Sponsors whose support is acknowledged and very much appreciated



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complete wellness
physiotherapy 61 Canning Rd,
Kalamunda 9293 4527

221 Gooseberry Hill
Rd, Maida Vale
9454 5440



This event is part of the **2014/15 HBF Masters Open Water Swim Series.**

HBF Members receive discounted entry to this event, as well as a range of other healthy events. Visit hbf.com.au/events for more information.



OXFAM TRAILWALKER

100KM | TEAMS OF 4 | 48HRS

The original Oxfam Trailwalker began in 1981 as a training exercise for the elite Queen's Gurkha Signals Regiment in Hong Kong. It has since grown into one of the world's ultimate team events with almost 200,000 people taking part and \$140 million raised in support of Oxfam's work. Oxfam Trailwalker takes place in India, New Zealand, Spain, Japan, France, UK, Ireland, Belgium, Germany, Hong Kong and Australia, and our club has three members taking part, in three separate teams. Ceinwen Roberts, Caroline Dyer and Sandra Thompson. Sandra has written a bit about her challenge and is hoping to encourage you to sponsor one of the teams.



Upon hearing about Caroline's adventures and hard work in the 100km Oxfam Walk Trail last year, I was inspired to attempt to tackle it this year - for both personal reasons and the great cause Oxfam.

I put a team together from work, and then we started training and experiencing the trail. Starting small and easy, we graduated to hard and enduring and have trekked and tramped our way around the hills.

Each walk provides another piece of information about us, our shoes, socks and sustenance intake. How we work as a team and how we tackle the good with the bad. Our primary aim is to finish Trailwalker as a team, but if all else fails, the team will stay as a team, even to support those continuing. Alana and Elliott and another team member's family have been coerced into supporting us along our journey.

Sometimes when I'm tramping along feeling tired and sore and wondering why I'm doing this, I hear birds chirping or see a perfect tiny wildflower and can't help thinking how lucky we are to be able to walk freely in such a beautiful country.

If you are keen to support the team, donate to Oxfam, or track their progress, visit [link](#)

I set off at 7am from Darlington Oval on Friday the 10th October. Please feel free to cheer us along the trail I'll attempt to update Facebook as to where I am over the 24-30hour jaunt..

Follow this [link](#) to the Oxfam Trailwalker page. And this link to Caroline's [Team](#), and this link for Ceinwen's [team](#)

Caroline is hoping that she will not get sick this year and will go more than **ONE STEP BEYOND (CHECKPOINT 6)**



LAKE LESCHENAULTIA OPEN WATER SWIM RAFFLE AND HELP ON THE DAY

Once again Elaine Bourne has kindly offered to coordinate the raffle for the club. If you have anything you wish to donate, money or items, please see Elaine at the pool.

Please let the committee know if you are able to help out on the day, there are always tasks to be done. Time keeping, selling raffle tickets, taking late registrations, handing out caps and t-shirts, and writing entry numbers on arms.

For those who couldn't make it to the Mazenod Art Exhibition 2014, and view Sandie Schroder's work you have another opportunity as she is one of the artists opening their studio on Sunday October 12th.

Sandie is taking part in the **Kalamunda Open Studios** which gives people the opportunity to look inside professional artist studios up here in the hills. 10 studios will be open on the day. Please see [blog](#) for maps and more information.

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/>

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

