

Hill & Down Up Vale



FEBRUARY 2015 NEWSLETTER

President's Prose January 2015

Happy New Year and welcome to 2015 – the start of a new year of swimming and socializing with great friends in our little pool at the bottom of the escarpment. It has been a tad warm on some of the evenings but that doesn't seem to have fazed our die-hard members as the numbers at training have been fantastic. Considering January is a holiday month with tennis, cycling, big bash cricket and Asian cup soccer to watch, 28 swimmers at training must be a record!

We began the season with our first Stubby Stakes of the year and welcomed one of our newest members to the serious challenge of the event. Stuart passed with flying colours - by bringing along fresh fruit kebabs (albeit covered in Ice Magic) – and he swam well, but too fast.

Whilst everyone is training for sprints in preparation for the first LiveLighter Challenge of the year at Newman Churchlands on 15th February, there is a strong group of open water swimmers focussing on distance work. Every weekend there are events on offer up and down the coast and they are great fun. Some of our members are competing in the 3.6 km Busselton Jetty swim in early February and then we have a team and two duos in the Rottnest Channel swim at the end of the month. Good luck to all of those swimmers. It's good to see Jason swimming in some of these events as he has been plagued with bad health for a few months but his infectious enthusiasm is still strong.

Sadly, a member of Beatty Park Masters, John Fussell, passed away last weekend after he suffered a heart attack during the Australia Day swim at Mandurah. John was a stalwart of Masters swimming and Surf Lifesaving and will be sadly missed by all his friends and team mates.

Our first social pizza night was our best ever with 33 hungry people enjoying a delightful evening. At least 8 of us had been to training first!



The last weekend of this month has been a feast of water sports with the Aquatic Super Series being held at the HBF Stadium and I know Lesley and Ceinwen were lucky enough to attend the opening night of the swimming. There will be 3 Maida Vale Teams competing against each other in the "Swim the Swan" event on Sunday so there will be a full report and photos in next month's newsletter.

Best wishes to John Hoffman who - rumour has it - is having a bionic hip operation so that he can beat Norma at breaststroke!

One month down and another Stubby Stakes prize on offer already! See you on Monday!

FROM THE HILL.....ANDREA.



Happy Open Water Swimmers.
They like getting up early and
swimming a long way.....

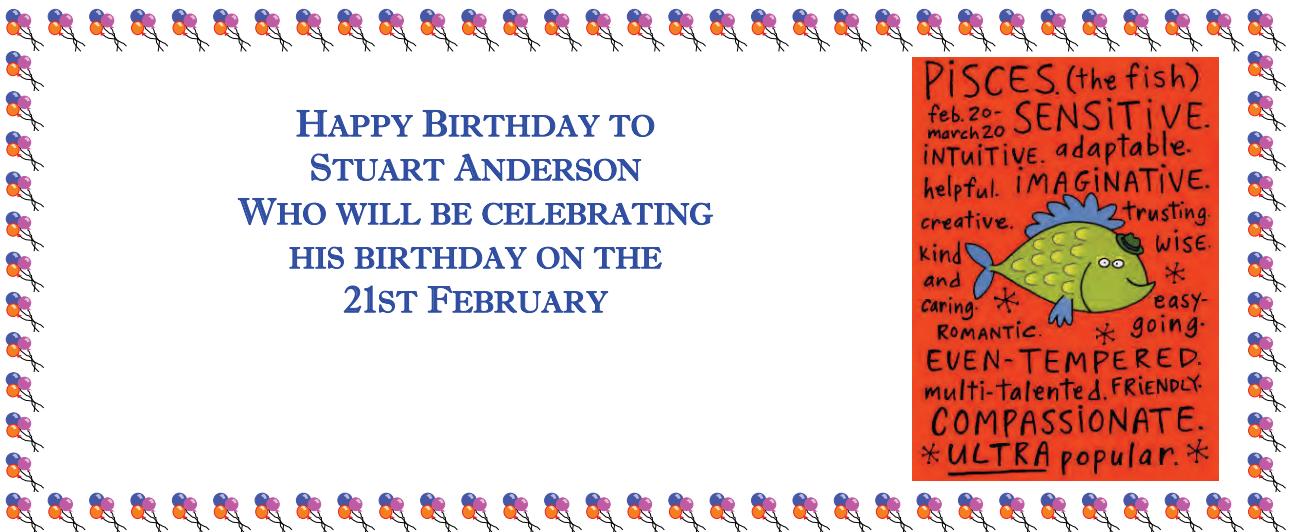
CLUB NIGHT PROGRAM FOR FEBRUARY 2015

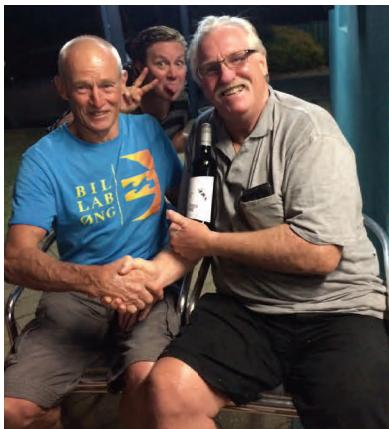
2nd February	50 BREAST	STUBBY STAKES	200 FREE
9th February	50 FLY		100 IM
16th February	NO SWIMMING ANNUAL GENERAL MEETING		
23rd February	50 BACK		200 IM
2nd March	NO SWIMMING—PUBLIC HOLIDAY		



AGM

ANNUAL GENERAL MEETING





CONGRATULATIONS TO GARRY LYNN

(Lesley still not happy with the stubby stakes winner,
I think she wanted to be the winner)

GARRY SWAM CLOSEST TO HIS NOMINATED TIME
FOR 50 METRES FREESTYLE (THAT'S 2 STUBBY STAKES WINS FOR
GARRY OUT OF 4 ATTEMPTS)

Stubby Stakes on Monday is 50 Metres Breast stroke
Come to the pool with a plate of food to share and nominate your
time to have a go at winning the wine.

No, they are not our new club bathers.....



CLUB RECORDS TO DATE

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.

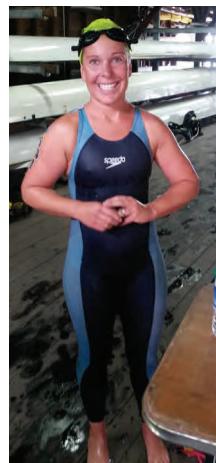
Name	Age Group	Course	Event	Time
Norma Jack	80-84	Short	100m Breast	3.09.71
Ian Stewart	80-84	Short	50m Free 100m Breast	46.95 2.22.05
Terry McKie	80-84	Short	100m Back 50m Breast	2.13.49 1.02.06

Looks like our new octogenarians are up and record breaking already!

A few of our Rottnest Swim Thru swimmers, soaking up bit of Rottnest sunshine! Well done to Ceinwen and Andrea who both won their age group.



Liz and Ben with their 'feeder' Russel.



Gwyn showing Alan where he has to swim.....



Andrea being a good wife



Ceinwen who finished first female in the recreational 10km. Liz and Ben competed in the 10 km swim with Russel keeping them fed from the Pontoon.



A fine looking group of Maida Vale Masters swimmers. Alan Friday, Liz Bettridge, Maggie Read, Alan Ware, Andrea Williams, Gwyn Williams, Claire Ware, Caroline Dyer, Lesley Hart, Tammy Norregaard, Russel Fowler, Jamie Bounsell, Jason Taafe. Missing from this photo are Ben Humphreys and Ceinwen Roberts. Stuart Anderson and Helen Fisher were our official towel holders and cheer squad.

Our club entered 3 teams of 4, at time of writing we are still waiting to see if any of our teams won the \$6,000 prize. (this money is to be donated to a charity of the winning teams choice). Three members, Ben, Ceinwen and Liz swam the 10 kms. We are a quality club!

Make sure you put in your entry for the Newman Churchlands Masters Live Lighter Club Challenge. The red book will be down at the pool this week, and if you can't make it, give Lesley or Ren a call. It is always a good Club Challenge, the more club members we have competing the more chance we have of coming home with a trophy as well as lots of raffle prizes (we always do well with them!)



**Newman Churchlands Masters invite your members to a
LiveLighter Club Challenge Series Event**

to be held at
Newman College Pool
Empire Avenue, Churchlands on
Sunday 15 February 2015

Warm up 8.15am for a 9.00am Start
Venue is an outdoor, long course pool

EVENTS

1. 200 Freestyle
2. 100 Breaststroke
3. 50 Butterfly
4. 50 Freestyle
5. 50 Backstroke
6. 100 Butterfly
7. 4 X 50 Women's Freestyle Relay
8. 4 X 50 Men's Freestyle Relay

The following Clubs will be participating: Carine, Claremont, Inglewood, Leisurepark, Maida Vale, Melville, Riverton, Stadium, Superfins, Whitford

Swimmers may participate in 3 individual events and in the appropriate Relay. MSA Swimming Rules apply.

Can all participating clubs please provide timekeepers on the day.

Cost of entry to pool is \$7 payable on the day. A free sausage sizzle will be provided afterwards. Free tea and coffee will be provided during the day.

Please put entries in via Team Manager emailed to frankmaloney@optusnet.com.au
Please ensure that all participants are registered prior to putting in their entry.
If there are any problems, please ring **Frank Maloney on 9349 5009**
Entries close – 8 February 2015



**Get your deck chairs dusted off
come out to the Kookaburra Outdoor cinema
to watch "Hector and the Search for Happiness"**



MAIDA VALE MASTERS

PRESENTS

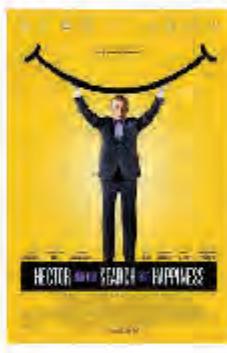
Kookaburra Outdoor Cinema



A NIGHT AT THE KOOKABURRA OUTDOOR CINEMA

MOVIE: "HECTOR & THE SEARCH FOR HAPPINESS"

RATED 'M'



After a career of years of sorting out other people's problems a London psychiatrist realises that he has no idea of what happiness **REALLY** means. With no real life experiences himself, he sets out on a worldwide journey asking of others what it is that makes them happy with some hilarious discoveries along the way. His wife is less than impressed being left on her own while he wanders about the world. A quaint & quirky UK comedy Directed by Peter Chelsom and starring Simon Pegg & Rosamund Pike.

WHEN: Friday 13th February 2015

TIME: Gates open: 6:30 p.m.
Movie Starts: 8:00 p.m.

COST: Adults: \$15.00 Children: \$10.00 (NO eFTPOS or Credit Card facilities available)

WHERE: Allen Road, MUNDARING WEIR

BRING: Why not arrive early and bring along a picnic dinner to eat prior to the movie starting. Note that the Kookaburra Outdoor Cinema is a BYO venue.

ABOUT: The cinema seats 310 in traditional steel framed and canvas slung deckchairs with ample room to the sides and rear for patrons to bring their own chairs if they desire. The auditorium is completely grassed with 12 picnic tables scattered about. Parking is alongside the cinema with overflow parking behind the screen with the main parking area being floodlit. There is a small kiosk selling tea & coffee, a range of confectionary, cold drinks and choc tops. Aside from the above, NO food or drink is sold at the cinema. More information is available at <http://www.kookaburracinema.com.au>





RED VELVET TRUFFLES



Ingredients:

425 g packet White Wings Devilish Red Velvet cake mix
1 tablespoon of brandy
500 g dark chocolate, coarsely chopped and melted

Prepare the cake following packet directions. Cool completely. Break the cake into fine crumbs in a large bowl.

Prepare the frosting mix following the packet directions.

Add the frosting and brandy to the cake crumbs. Use your hands to bring together. Roll tablespoonful's into balls. Place on a lined tray. Cover and chill for 1 to 2 hours or until firm.

Use a fork or truffle dipper (what is that?) to dip the truffles, one at a time into the melted chocolate to coat.

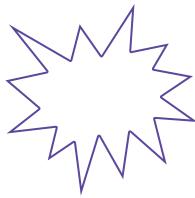
Tap the fork or dipper on the edge of the bowl to shake off the excess chocolate.

Place on a lined tray. Set aside to set. Drizzle the truffles with the remaining chocolate.

Set aside to set.

THEN ENJOY!





<http://www.missionbay.com.au/> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. Check it out! It is open on line 24 hours a day, the shop (which is next door to Effie's Emporium in Guildford) hours are Friday and Saturday 10am to 5 pm and Sunday 12 noon to 5 pm. If you buy on line you can collect by typing 'collecting' in the promo code or Liz will bring to the pool.



The first day of the 2015 Chinese New Year is on **February 19, 2015** in China's time zone. This day is a new moon day, and is the first day of [the first Chinese lunar month](#) in the Chinese Lunar Calendar system. [The exact new moon time is at 07:48 a.m. on 19-Feb-2015 in China's time zone.](#)

If your age this year is divisible by 12 then this is your year! Happy New Year to all the goats out there!



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

