

Hill & Down Up Vale



AUGUST 2015 NEWSLETTER

PRESIDENT'S PROSE

We are now over halfway through the year and I still haven't sorted my New Year's Eve's resolution of learning to tumble turn properly! Must get the coaches organised. Both Lesley and Claire have their hands full with coaching new swimmers and tweaking existing members with bad habits and we are never too old to learn new tricks. Training evenings and club nights are traditionally a bit light on with participants at this time of the year but it is always warm in the building and the water is not too warm to train in so make the effort and don't light the fire at home until you have done a few laps. Let's face it - no point staying home to watch the cricket!

Our club is hosting a LiveLighter LiveLonger Endurance 400/800/1500 event at the Darling Range Sports College on Saturday 17th October so we need all hands on deck to compete and to help officiate. October sounds a long way off but time flies when you're having fun.

The committee is working on the Lake Leschenaultia Swim on Sunday 8th November and Lynne Duncan has spent weeks putting together the sanctioning paperwork and is now in the process of obtaining some sponsorship funding. We are still seeking a major sponsor for the event, so if you know anyone who would be able to part with \$500 to have the naming rights, please let me know so that we can get the t-shirts organised.

Now...on to the social side of the club. For those who were not able to attend the Christmas in July I am sorry to say you missed a terrific night. The venue was perfect, the food was tasty and the company - as always - was great fun. We have one new Life Member and it was a privilege to present Lesley Hart with her badge recognizing 25 years with the club. There were the usual well deserved Flipper Awards handed out (mainly to repeat offenders) and Open Water Age Group Winners' Certificates were presented to Claire Ware, Alan Friday and Glad McGough. Congratulations to Ren Jakovich for winning the Endurance (Aerobics) Trophy for working hard every Monday night over in Lane 6.

It was great to see Elspeth and Geoff Binckes who had travelled up from their new home in Bunbury to share the evening with us. Lesley made a lovely album for them which included many terrific photos of swimming and social events that they have been involved in over their 10+ years with our club. Bunbury Masters are now the lucky new club to keep them involved with swimming. I made an "interesting" table cloth for them which everyone signed and they can enjoy the messages when they have casual picnics. (See photos for a chuckle). The theme was From the Waves of the Hills to the Waves of the Sea. Sounds very arty but was a bit of a pigs whisker in the end - and I have a blue driveway now (paint doesn't wash off!). We also had a fun musical event with everyone playing a Kazoo to the tune of "Delilah". A truly terrible noise! Delilah is sung at Rugby matches in the UK and the theme of the evening was "Sports".

I mentioned last month that Lynne Duncan is officiating at the FINA World Championships in Kazan, Russia and she and Andrew are leaving on Monday evening. Lynne and Ken Philips from Mandurah Masters are the only officials attending from Australia. The World Championships are currently being held in the same pool and the venue looks amazing. Hopefully Lynne and Phil Leap will have a wonderful experience and send home some great photos.

There are so many of our members currently travelling away to escape the winter weather. Caroline and family finally returned from Bali. Norma and John are in Germany, Steve, Dianne, Kim and Shelley are heading off to the Rugby in the UK, and Kate Elliott - our newsletter Editor - is driving around in the North West and keeps extending her holiday. Thank you to Lesley who has stepped in to edit this month's newsletter.

Welcome to all our new members - the latest is Rikki Stewert. I would encourage them to make the effort to share an evening at the Pizza Kitchen in Sanderson Rd, Lesmurdie, on the last Tuesday of every month *after training*. The food is extremely good and the company is great fun. Stubby Stakes are always a good way of meeting your fellow swimmers too.

Thankfully there are no serious injuries or health matters to report on, Glad will be back in the water very soon and Garry is about to receive his bionic new limb. Stuart should get his fibreglass cast off in a couple of weeks and can stop his one arm training. (100 butterfly last week - one arm - very impressive - Lesley only just beat him!) **Ed.Note-she is old enough to be his mother!**

FROM THE HILL.....ANDREA

CLUB NIGHT PROGRAM FOR AUGUST 2015

| | | | |
|---------------|----------------------------------|---------------|------------------|
| 3rd August | 50m Butterfly | STUBBY STAKES | 200m Backstroke |
| 10th August | 100m Breaststroke | | 100m Ind. Medley |
| 17th August | 50m Backstroke | HANDICAP | |
| 24th August | ENDURANCE ONLY—COMMITTEE MEETING | | |
| 31st August | 25m Breaststroke | | 200m Butterfly |
| 7th September | 100m Freestyle | STUBBY STAKES | 50m Butterfly |

CONGRATULATIONS TO STUART ANDERSON

Stuart swam closest to his nominated time for 50m Backstroke (only 3 one hundredths of a second too slow) despite finding out afterwards that his wrist had been broken for a couple of weeks!! Can he rise to the challenge and make it two in a row?

Come to the pool on Monday 3rd August and nominate your time for 50 metres Butterfly.

Swim closest to your nominated time and you will win a bottle of wine specially selected by our Refreshment/Safety officer Russel Fowler.

Don't forget to bring a plate of food to share.



HAPPY AUGUST BIRTHDAY TO:

LYNNE DUNCAN 20TH

(LYNNE WILL BE IN ST PETERSBURG, RUSSIA...HOPE YOU STAY WARM!!)

ROZ HUMPHREYS 23RD (THE BIG 5....OH!!)

KELLIE ANDERSEN 24TH

LEO
THEZODIACCITY.COM

A Leo's personality is
often that ray of sunshine
that can fill the room and
then some....

when they're in a good
mood.

THEZODIACCITY.COM

virgo
thezodiaccity.com

When you really get to know
a Virgo, you'll see how
territorial & protective they
can be of their things.
What's theirs is theirs, so
you better ask before you
touch.

THEZODIACCITY.COM

CLUB RECORDS TO DATE

This [link](#) will (Ed. Note: maybe-I have no idea how this works!) take you to the Results and Records on the Maida Vale Masters website where you can find all club records and results. Congratulations to everyone making our Club even faster than it already was!

New Club Records July 2015

| Name | Age Group | Course | Event | Time |
|----------------------|-----------|--------|----------------------|------------------|
| Ceinwen Roberts | 35-39 | Short | 50m Breast | 43.14 |
| Claire Ware | 40-44 | Short | 200m Free | 2.46.34 |
| Liz Bettridge | 54-59 | Short | 100m Free | 1.28.39 |
| Maggie Read | 60-64 | Short | 50m Fly 100m Fly | 53.27 2.08.77 |
| Barbara Hart | 80-84 | Short | 50m Back 25m Back | 1.11.41 31.40 |
| Stuart Anderson | 25-29 | Short | 25m Back | 17.53 |
| Ren Jakovich | 45-49 | Short | 25m Back | 19.49 |
| Richard Mazzucchelli | 75-79 | Short | 50m Back | 51.15 |
| Ian Stewart | 80-84 | Short | 25m Breast | 25.33 |
| Terry McKie | 80-84 | Short | 25m Back | 27.85 |

Kate's excuse for not producing this month's newsletter is fairly valid! She and Kim are currently touring the North West including adventures at Broome, The Gibb River Road, Derby, Cape Leveque, Beagle Bay and Useless Loop. I was lucky enough to have a day trip to Broome in the holidays as well and met Kate and Kim at Matsos Brewery where they were settling nicely into a relaxed holiday mode. Needless to say, they weren't so impressed that they had taken two days to get there and I'd taken two and a half hours courtesy of Network Aviation!



Swan Hills Live Lighter Club Challenge — 5th July 2015

| | |
|------------------------|-----|
| 1 Maida Vale Masters | 299 |
| 2 Riverton Masters | 158 |
| 3 Stadium Masters | 97 |
| 4 Leeming Masters | 84 |
| 5 Belmont Masters | 83 |
| 6 Superfins WA Masters | 74 |
| 7 Swan Hills Masters | 71 |
| 8 Whitford Masters | 36 |
| 9 Perth City | 30 |
| 10 Rockingham Masters | 23 |
| 11 Fremantle Masters | 12 |

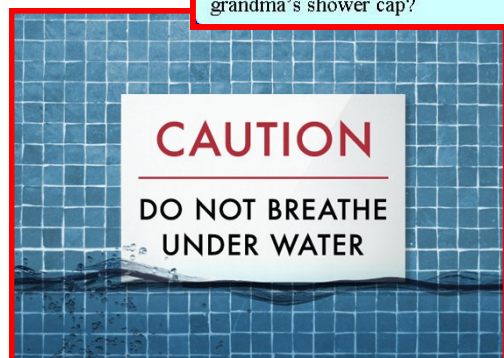
Congratulations to our team who dragged themselves out of bed on a chilly Sunday morning to take on the other competing

Masters Clubs at the Swan Hills Live Lighter Club Challenge. It was awesome to have such a strong representation who pulled their weight in the pool, as officials and helping with catering for the yummy lunch. Kellie seemed to really enjoy her first competition in the pool! A number of club records were broken and special mention to Rachael, Claire, Stuart and Jamie who were the only entry for the 4 x 100m Individual Medley Relay! Well done one and all!

We especially loved seeing three generations of the Williams Family competing together....Andrea, Gwyn, Ceinwen and her 'Baby Bump'.

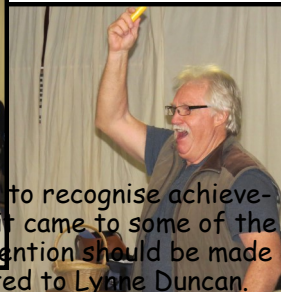


Swimmers are Sexy. What woman can resist a man in goggles with shaved legs wearing his grandma's shower cap?



Christmas in July

This fun evening was held at the Kalamunda Club on July 18th. Many members and their partners made the effort to interpret the SPORT theme and muddled their way through a tricky quiz set by Kathy and Brian Brady. Fair to say after the 'kazoo' accompanied, group rendition of the Tom Jones classic 'Delilah', that we should stick to swimming!



Many awards were presented to recognise achievements, or lack thereof when it came to some of the Flipper recipients. Special mention should be made of the Flipper Award presented to Lynne Duncan.

No one was more surprised than her to hear that she had unknowingly locked Maggie in the pool one evening after training. All was well as Maggie had her mobile with her and was able to 'phone a friend' and escape the darkness!



Year badges were awarded to those whose membership has endured time...

5 years—Brian Brady, Liz Bettridge and Benjamin Roberts

10 years—Claire Ware and Ian Stewart

25 years—Lesley Hart (Life Membership)

30 years—Richard Mazzucchelli and Glad McGough

35 years—Lynne Duncan, Barbara van der Leest (belatedly) and Lyn Orohoe



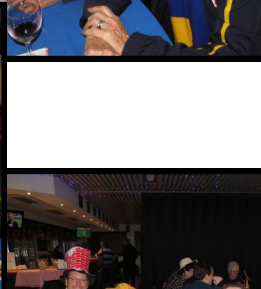
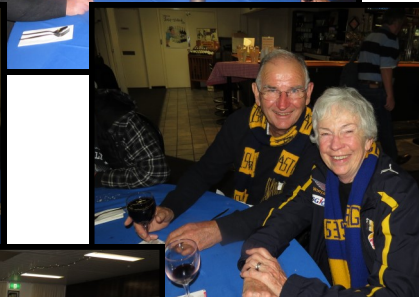
Christmas in July

CONTINUED...

It was a special time to recognise the contribution that Elspeth and Geoffrey Binckes have made to Maida Vale in and out of the pool over many years, especially in collated our super impressive archives! Andrea used her creative talents to create a tablecloth for them and this and an album of photos over the years were gratefully received by this wonderful couple. Our loss is Bunbury Masters' gain!



Many thanks to all involved in making the evening a success...



BLAST FROM THE PAST!!

Who can you recognise in this flashback?



Maida Vale is never this cold!!

Phil Leap our little Club mascot has been on many adventures overseas in recent years and is now heading to Kazan, Russia with Lynne. Rumour has it that he has a love interest.....stay tuned for more in this exciting news!



~Upcoming Events for your Diary~

- 26th September: 'Noughties Night'
In celebration of all those enduring significant birthdays this year!
- 17th October: Maida Vale 400/800/1500 metre event
Darling Range Pool
- 18th October: 'Bowls Day'
Kalamunda Club
- 8th November: Lake Leschenaultia Swim
- 18th November: 'KADS' Night
- 29th November: Beatty Park LLCC
Tuart College

The Satnav - by Pam Ayres

I have a little Satnav,
It sits there in my car
A Satnav is a driver's friend,
It tells you where you are.
I have a little Satnav,
I've had it all my life
It's better than the normal ones,
My Satnav is my wife.
It gives me full instructions,
Especially how to drive
"It's sixty miles an hour", it says,
"You're doing sixty five".
It tells me when to stop and start,
And when to use the brake
And tells me that it's never ever,
Safe to overtake.
It tells me when a light is red,
And when it goes to green
It seems to know instinctively,
Just when to intervene.

It lists the vehicles just in front,
And all those to the rear
And taking this into account,
It specifies my gear.
I'm sure no other driver,
Has so helpful a device
For when we leave and lock the car,
It still gives its advice.
It fills me up with counselling,
Each journey's pretty fraught
So why don't I exchange it,
And get a quieter sort?
Ah well, you see, it cleans the house,
Makes sure I'm properly fed
It washes all my shirts and things,
And keeps me warm in bed!
Despite all these advantages,
And my tendency to scoff,
I only wish that now and then,
I could turn the bugger off.

Contributed by Brian Risbey



Elspeth Binckes has asked me to let our club members know that on Saturday 5th September Bunbury Stingers are having an afternoon fun Skins LLCC where you have to swim closest to your nominated times.

She was of the thought that there may be some people in the club who'd like to go down to Bunbury for the event and maybe even make a weekend away of it. It's certainly an easy drive now with the Forrest Highway.

<http://www.secretbeach.com.au> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. It is open on line 24 hours a day. CLUB MEMBERS wishing to purchase any products Liz offers a 10% discount and will deliver to you at the pool. Just order online enter the coupon code of WMV and the discount and free shipping will be applied. Liz contact details: Telephone-0415112432 or Email-liz.bettridge@secretbeach.com.au



CLUB BATHERS

The cost for the new Club bathers is \$52 for men's jammers (long leg): \$72 for ladies regular and \$82 for ladies long leg

Please remember if you have received your new bathers that they have to be paid for as soon as possible. Cash to the treasurer at the pool on club night, or straight into our account on line.

| | | | |
|--------------|--------------------|------------------------|-------------------------------------|
| Bank: | Westpac, Kalamunda | Account Name: | Maida Vale Masters Swimming (Inc.). |
| BSB: | 036-065 | Account Number: | 28-5603 |

Deposit Reference: Please insert a brief description of what the payment is for and from whom. This is to enable the Treasurer to identify who the payment is from and what for.

The committee is hoping to source a supplier for an order of Club t-shirts soon. Please see Marilyn if there are any uniform items you are looking for.

Contact Details:

| | |
|------------------|-----------------|
| President: | Andrea Williams |
| Secretary: | Lynne Duncan |
| Coaching panel : | Lesley Hart |
| | Claire Ware |
| | Liz Bettridge |
| Editor: | Kate Elliott |

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

