



OCTOBER 2015 NEWSLETTER

PRESIDENT'S PROSE

I have officially given up on the tumble turns! (Ed: That's what she thinks!) Training has been well attended over the past month and I hope everyone is gearing up to swim at the club's Live Lighter Club Challenge 400/800/1500 m event at the Darling Range Pool on Saturday afternoon, 17th October. We need swimmers and helpers from 12.30pm until around 5pm. We will also be chasing some light refreshments for the afternoon.

That weekend will be a busy one with those members who have volunteered to help, heading to Rottnest the next morning – 18th October – for the inaugural Tri-Event. We have 40 people helping out and also supporting member Kelly Andersen and Paul Water's friend Lisa who are both competing. They will have their very own cheer squads around the course. The event will be a small fundraiser for the club plus an enjoyable exercise - we hope. Anyone interested can contact me and I will include you on our reserve list.

There is more swimming and competing on offer the following weekend with the first of the open water events on Saturday 24th October. The Euroz Cold Water Classic is co-ordinated by club member Ceinwen Roberts and was a very exhilarating event last year. All profits go to the Leukaemia Foundation.

The Fremantle Masters Live Lighter Club Challenge is on Sunday 25th October at the Fremantle Leisure Centre. Ren is now taking names of interested swimmers... Hopefully the weather will be nicer than last year!

Of course, two weeks later is our very own Lake Leschenaultia swim and the planning and organisation is well under way for our 29th year of running this great event. As usual, we are chasing paddlers for the morning so if you know anyone who would like to help out, please let me know. We always give them a small gift and apparently it is good fun to paddle leisurely around the lake on a nice Sunday morning. Brian and Kathy Brady are co-ordinating the raffle this year so any donations will be greatly appreciated. Our entries will open next week and we are expecting a record year so get in early.

Ren is also co-ordinating another Friday night swim with the Lesmurdie Legends little tackers so watch the Dolphin Dots for updates on this event.

Now – enough of swimming – our social prowess was in full swing with our “Noughties” Birthday party/ Eagles final match last Saturday. The terrific win from the Eagles set the mood for the party and around 40 people enjoyed reminiscing about the swimming history of our special club members, Paul (50); Kathy (60) Lynn (70) Gwyn (70) Norma (80) Jill (80) Barbara (80) Ian (80) and Terry (80). A few diehards stayed late and watched some World Cup rugby. It's a great advertisement for the benefits of swimming to see our senior members in such good health.

KADS Theatre booking this year is on Wednesday 18th November and the production is called “Quartet”. Some of you may have seen the movie and it is a good story line so get in early and book your tickets. We have 55 to sell to fill the theatre. Pre-show dinner will be arranged at the Kalamunda Club again as the timing works well. Please let me know how many tickets you would like.

Welcome back to travellers Lynne and Andrew (Russia, Scandinavia, France and Belgium), Lesley and Barbara (Sth Africa) Barbara and Bill (UK, USA and Canada) Claire and Alan (Thailand) Gwyn and me (Bali). We seem more like a travel club with the occasional swimming event!

FROM THE HILLS OF KALAMUNDA.....ANDREA

CLUB NIGHT PROGRAM FOR OCTOBER 2015

| | | | |
|--------------|----------------------------------|---------------|----------|
| 5th October | 50 BREAST | STUBBY STAKES | 100 FREE |
| 12th October | 50 Butterfly Handicap | | |
| 19th October | Endurance only—Committee Meeting | | |
| 26th October | 25 FREE | | 200 IM |
| 2nd November | 100 IM | STUBBY STAKES | 100 FREE |

CONGRATULATIONS TO SANDRA THOMPSON

Sandra swam closest to her nominated time for 100 metres Freestyle.

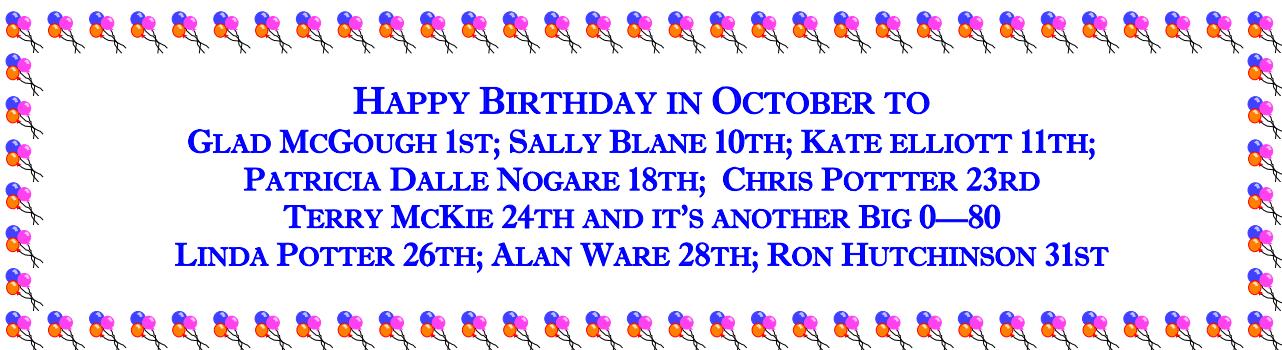
Come to the pool on Monday 5th October and nominate your time for 50 Metres Breaststroke.

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 BIRTHDAY IN OCTOBER TO
GLAD McGOUGH 1ST; SALLY BLANE 10TH; KATE ELLIOTT 11TH;
PATRICIA DALLE NOGARE 18TH; CHRIS POTTER 23RD
TERRY MCKIE 24TH AND IT'S ANOTHER BIG 0—80
LINDA POTTER 26TH; ALAN WARE 28TH; RON HUTCHINSON 31ST



Libra

September 24 to October 23

SYMBOL - The Scales

ELEMENT - Air

PLANET - Venus



Qualities Of Libra

Charismatic, Gentle, Good-Looking, Kind, Stylish, Romantic, Easygoing & Intuitive

Lucky Color - Blue & Pink

Lucky Stone - Opal

Lucky Day - Friday

Lucky Number - Six

Scorpio

October 24 to November 22

SYMBOL - The Scorpion

ELEMENT - Water

PLANET - Mars & Pluto



Qualities of Scorpio

Passionate, Protective, Magnetic, Energetic, Emotional, Exciting, Intense & Tenacious

Lucky Color - Burgundy

Lucky Stone - Topaz

Lucky Day - Tuesday

Lucky Number - Two

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. After last months record breaking record breaking there were only two new records recorded in August.



No new Club Records for September
Lots of swims in October should remedy that!

Good luck to Sandra, Jess and Caroline who are taking part in the OXFAM TRAILWALKER 100km adventure next weekend!! There's still time to donate to help them meet their fundraising targets...
Follow the link- <https://trailwalker.oxfam.org.au> , click on 'Find a Team or Walker' and search for 'Here We Go Again' or 'High Kicks and Cunning Stunts' .



Masters Swimming Australia celebrated its 40th Birthday last month and Clubs were asked to send a celebratory photo for the album. Here's our effort from training last week. Andrea once again displaying her creative talents!

Noughtie Celebrations 80's Style



Our annual recognition of all those members celebrating 'significant' birthdays in the year was held at Andrea and Gwyn's on Saturday, 26th September. The night started with enthusiastic watching of the Eagles vs Kangaroos AFL Preliminary Final followed by a pleasant evening of catching up, drinking and eating.

Andrea made an impressive Swimming Pool cake with 'swimmers' in each lane to represent our guests of honour:

Lane 5(0) Paul Waters and Roz Humphreys

Lane 6(0) Kathy Brady and Alan Friday

Lane 7(0) Gwyn Williams and Lynn Orohoe

...and the overcrowded

Lane 8(0) Norma Jack, Jill McClelland,

Barbara Hart, Ian Stewart, Terry McKie and

Brian Harper

After cutting the cake, they shared their memories of getting into swimming and highlights of their aquatic experiences.

Thanks to everyone who made the effort with dressing up and providing food to make a fun night. Special thanks to Andrea, Gwyn, Kathy and Brian for their organisation.



LAKE SWIM RAFFLE

Not long until our annual Open Water Swim taking place at Lake Leschenaultia on Sunday 8th November.

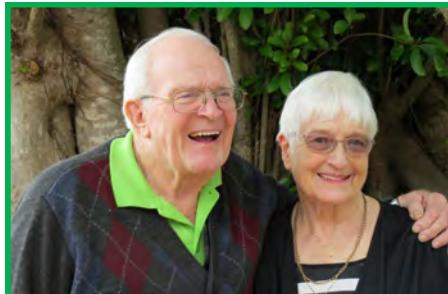
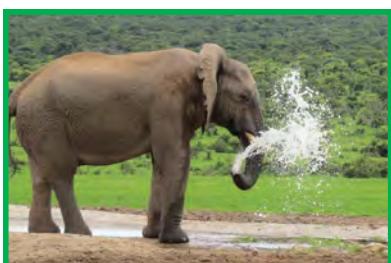
Brian and Kathy Brady have offered to put together the raffle prizes, but first they need some prizes!!

If you have anything to donate, (an unwanted or unused gift at the back of the cupboard) you can pass it on to Brian and Kathy at the pool on club or training nights.



Introducing Anna Phibian....our newest member. With so many club members trekking the world and so many amazing opportunities to travel being missed by our old friend Phil Leap with coinciding bookings, it was decided to introduce a new (and way less fragile) 'travel buddy' for members to take away with them.

So far she has been to South Africa with Barbara and Lesley, to help celebrate Barbara's 80th Birthday with her twin brother Roger. The intrepid frog visited a game reserve, Table Mountain and a few schools where she was almost held captive as well as trying her hand at whale-watching!



Maida Vale Masters Swimming
invites you to a
Live Lighter 400/800/1500m (SC) Distance Event

17th October, 2015

1:00pm to 5:00pm

25m Indoor Heated Pool

Darling Range Sports College

Berkshire Rd, Forrestfield.

EVENT DETAILS:

- * Swimmers may participate in one event with additional swims possible if time permits
- * Swimmers may be asked to swim two to a lane.
- * All "Record Attempts" should be clearly marked

Refreshments, tea & coffee will be served throughout the swim meet.

Entries close Tuesday 13th October, 2015



We will be fielding a team ready to make a splash at the Fremantle Live Lighter Club Challenge at Fremantle Leisure Centre on Sunday, 25th October. Please email Ren (alua_design@yahoo.com) or fill in your details on the form at the pool on Mondays, Tuesdays or Thursdays.

The events are: (max. 3 per swimmer-excluding relays

200 (Choice of FS, BRS or BK)
50 Butterfly
50 Backstroke
50 Breaststroke
50 Freestyle
4 x 50 Mixed Freestyle Relay
4 x 50 Mixed Medley Relay



"What do you mean you're whale watching?"

Come along and have a go. If you're a new member or not sure what these days involve, please ask someone at the pool.

Don't miss member Sandie Schroder's exhibition coming up at the Zig Zag Gallery



Here is a preview from the website:

Burnt Offerings

The latest stunning exhibition at the Zig Zag Gallery, "Burnt Offerings", is sure to set your imaginations alight with all pieces having been created using fire.

The joint exhibition by local Perth Hills artists Sandie Schroder and Barbara George officially opens on Friday 9 October at 6:30pm and continues until Sunday 1 November 2015.

Sandie and Barbara have been drawn together by their appreciation of living in the hills which is reflected in their beautiful art.

CEO Rhonda Hardy said, "Once again the Zig Zag Gallery is host to a marvellous exhibition which reflects some of the beauty and tranquility, as well as vibrancy, of living in the Perth Hills."

"Both Sandie and Barbara are successful artists in their own right with many exhibitions between them, and it is a delight to see them collaborating for their aptly named 'Burnt Offerings' exhibition."

The ever-present threat of a bushfire has influenced Sandie's latest work and makes her appreciate the vulnerability of her life and the bushland in which she lives. Her pieces reflect both the beauty of fire and the beauty of works created by fire in different forms.

Ms Schroder said, "Living in the hills you become aware of the fire risks that come with a bushland environment, and the threat of an uncontrolled fire is always in the back of our minds, particularly during the warmer months. This theme has inspired some of my latest works which I've created by burning archival cotton paper and wood."

Barbara's pottery is both kiln fired and pit fired using an ancient primitive firing technique, and while she has been working with clay for many years she still gets excited by its versatility.

"Pottery is a limitless medium which allows me to express and explore my ideas in many ways."

We look forward to seeing you at the Gallery.



We hope you have been saving the dates for up and coming club events
Some of them look a long way off, but they will be here before you know it!!

17th October, our club is hosting a 400/800/1500 metre event at the Darling Range Pool. More information has been sent out about this in Dolphin Dots! We will need help on the day from 12.30 pm until about 5.00 pm.

We would like as many members as possible to compete in at least one distance on the day, and to help out with timekeeping and the afternoon tea.

**18th October—Volunteer day on Rottnest
(the day after our 400/800/1500 metre event)**

8TH NOVEMBER OUR LAKE LESCHENAULTIA SWIM

18th November KADS night.

Those of you who have been 'saving the dates' will notice that there has been a change!! Sunday October the 18th has now been changed from Bowls Day at Kalamunda Club to Volunteer day on Rottnest! It is a great fundraising opportunity and too good to pass up.

VOLUNTEERS WANTED – ROTTNEST ISLAND TRIATHLON. SUNDAY 18TH OCTOBER. - THIS IS SPECIAL!

Our club has been given the first option to help out with the triathlon on the 18th October and, in return, we will be given a free ferry trip over to the island (7am ferry) and food and drinks - **PLUS a \$50 per person donation to the club!** All we need to do is to help out over about 4 hours with registration, marshalling in transition areas and provide drink stations over the island. After that we can relax for a couple of hours (maybe do a mini ows) then head home.

There will be a couple of spots for people to travel over on the Saturday and stay overnight with accommodation provided.

Please let me know if you can help out. We need 40 people. At the time of going to press we had 34 volunteers—only 6 more needed to make up the 40. Please get in touch with Andrea if you would like to volunteer

Jobs Required

- Aid Station (4 of them) (est 16 required)
- Run Course Marshalls (Est 8-10 required) This team will help with swim start as well
- Bike Course Marshalls (Est 13-15 Required)
- Registration
 - o Saturday (2 or 3 required)
 - o Sunday (5-6 required then this crew will head to finish line to manage this)
- Lead Bike on run course (2 required)





The cost for the new 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.



Contact Details:

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|------------------|-----------------|------------------|--|
| President: | Andrea Williams | Ph:9293 2318 | andrewilliams12@hotmail.com |
| Secretary: | Lynne Duncan | Ph: 0417 997 556 | duncan1320@bigpond.com |
| Coaching panel : | Lesley Hart | Ph: 0419 961 729 | lesleyjane62@hotmail.com |
| | Claire Ware | Ph: 0428 695 427 | claireware@aapt.net.au |
| | Liz Bettridge | Ph: 0404 849 656 | 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/>

