

Hill & Down Up Vale



AUGUST 2016 NEWSLETTER

PRESIDENT'S PROSE: JULY 2016

To quote The Wizard of Oz – “There’s No Place Like Home” and it is great to be back from our travels. Needless to say -we had a great time, especially as part of the trip was participating in a fantastic swimming adventure.

We nearly crossed paths (or rivers) with Barbara and Garry Lynn and Norma and John on the second stage of our holiday as we were all enjoying cruising along the Rhine River. Norma and John have yet to return to the fold after travelling for over 3 months and I hope they have some entertaining stories to tell.

July was a very quiet month in the pool as the club and training sessions have been light on with swimmers. Perhaps the Antarctic weather might be to blame. The water is still nice and warm and our coaching staff will welcome your company so hopefully you will brave the elements in August.

The club is hosting a 400/800/1500 metre swimming event on Saturday 27th August at the Darling Range pool and we need club members to turn out in force to swim, officiate and socialize with afternoon tea. See the flyer in the newsletter for more details.

The cold weather did not deter a good crowd of members and family who enjoyed our Christmas in winter celebrations at Hawk Valley Golf Course. Kathy and Brian arranged a delicious meal in very pleasant surroundings. The club recognized four new Life Members who have been with the club for 25 years. Sandra Thompson, Stephen Cockman, Alan Friday and David Pether all joined back in 1991 – Sandra before babies, Steve when he had a full head of hair, Alan encouraged to join by Anita Eifler (an offer he couldn’t refuse) and David to keep his mate Russel company. As has become a tradition, they shared some wonderful memories -outlining their reasons for joining the club and their highlights over the years. Sandie Schroeder received her 10-year badge and Chris Bagshaw his 5-year badge.

Congratulations to Lesley Hart for winning (**earning**) the Endurance Trophy for all her aerobic swims over the past 12 months. Ren was very close in second place. Awards and Flippers were presented and then a very buff Santa arrived straight from the North Pole – still in his winter coat!

The safety steps might have to be installed into lane 6 over the next few weeks as both Marilyn Potter and Russel Fowler have had hip replacements and will be recuperating in the hospital lane. I believe both are recovering well – thanks largely to their fitness before their operations and great surgeons. Brian Brady survived a terrible bout of gastro enteritis and an ambulance trip to the hospital at the start of their holiday in Queensland but rallied to enjoy their time in the sun.

The last week of the month included a fun evening at the Village Pizza , where we all wore “interesting” hats to keep the cold out much to the amusement of the staff and Kate’s Japanese student. The dessert pizzas to celebrate the birthdays of Lesley and Barbara Lynn were delicious as usual.



The final social night of the month was another pleasant evening at the KADS theatre, watching a terrific performance of “Shirley Valentine”. Thank heavens they decided to exclude the nude scene (made famous by Amanda Muggleton) – perhaps the weather was a factor or the close proximity of the audience!

Congratulations to Rachael Cooper, one of our younger club members, who had her first baby, a girl Alexandra, last month. We look forward to meeting her soon. Perhaps Rachel could get some distance swimming in at our event at Darling Range this month!

See you all in the pool – you need to train for the club distance meet!

FROM THE PERTH HILLSANDREA



CLUB NIGHT PROGRAM FOR AUGUST 2016

1ST AUGUST	50 BREAST	STUBBY STAKES	100 FREESTYLE
8	50 FLY		100 IM
15	AEROBICS ONLY—COMMITTEE MEETING		
22	100 BREAST		100 FLY
29TH AUGUST	50 FREE		100 BACK

CONGRATULATIONS TO CAROLINE DYER

For swimming closest to her nominated time for 50 Metres Butterfly

Come to the pool on Monday 1st August and nominate your time for 50 Breast-stroke. Swim closest to your nominated time and you will win a bottle of wine specially selected by our Refreshments Director, Russel Fowler.

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



Congratulations to Claire Ware who won the Freestyle Handicap on the 11th! I had earmarked that one for me to win!!



Showing our support for Sids and Kids.

We were promised a visit from Eamon Sullivan but he got a better offer!!

Now, what could have been better than a photo shoot with Maida Vale Masters??



2016 LiveLighter Club Challenge

Congratulations to us for once again winning the Swan Hills Masters LiveLighter Club Challenge 2016!

We had fewer swimmers than usual, but what we lacked in quantity we made up for in quality!! 13 clubs were represented at the meet with over 100 swimmers. We finished with 247 points—46 points ahead of 2nd place Armadale!

Two swimmers, Lesley Hart and Stuart Anderson did 200 metres of butterfly!! That was impressive!! Not too many had put their names down for that event!

Thanks to everyone for taking a plate for the lunch. We also had lots of club members winning raffle prizes. Elaine Bourne's ticket came out first and she went home with a coffee making machine!!

Thanks again to Dorothy Stewart for time keeping, Russel Fowler (waiting for his new hip) and Alan Friday, who unfortunately was not well enough to swim, but did a sterling job of time keeping! Brian and Barbara were kept busy with their official duties and Lynne had an officials hat and her bathers on!



Swimming—it keeps you young!!



**The Bourne Legacy!!
Or should that be
Dynasty!**





FLIPPER AND AWARD RECIPIENTS!!



EVERYONE HAD FUN ON SANTA'S LAP!
SOME MAY HAVE MORE THAN OTHERS





Maida Vale Masters
invites you to join us for our
**LiveLighter 400m/800m/1500m
Distance Swim**

Saturday 27th August 2016
1.00 – 5.00pm

**Darling Range Sports College
Berkshire Rd, Forrestfield**
(Indoor, Heated, 25m Pool)

400m/800m/1500m Choice of Stroke
(First swims before 2nd, dependent on time)

Entry Fee \$6.00 (includes refreshments)
Swimmers may be asked to swim 2 to a lane

Swimmers are to enter via Clubs and using Team Manager entry files. Masters Australia Swim Rules apply. Please indicate Medical Disabilities and Record Attempts if applicable. Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swum to Masters Swimming Australia rules and in a pool of meet distance (25m). Postal entry results must be submitted using the Team Manager file(s) and received by 6.00 pm on the 23rd August (4 days before the event date).

Postal entries will not be eligible for records. Time Recording Sheets downloaded from the MSWA Website - V1.Mar2016, Under Information/Forms should be used.

Postal Entries close: Tuesday 23rd August 2016. (Late postal entries will not be accepted)

Clubs - please bring stopwatches and if a swimmer is attempting a record please bring at least one timekeeper and watch. Swimmers - be prepared to time before and after your swim.

Please email entries to Ren Jakovich alua_design@yahoo.com.au by Thursday 25th August 2016

Refreshments will be served throughout the duration of the swim meet

Meet Organiser: Name .Lynne Duncan duncan1320@bigpond.com

Contact Number 0417 997 556



<http://www.secretbeach.com.au> is the link to Liz Bettridge's website where you can buy swimwear and sports related goods. You can buy on line 24 hours a day. Maida Vale Masters Swimming club members get 15% discount, just put in the code WMV. The shop, located at 141 James Street, Guildford is now open 5 days a week (closed Wednesday and Thursday) Club members also get 15% discount in the store! If you are looking for something a bit funky—get down to the store in Guildford!

Liz will deliver orders to the pool. You can contact Liz on Telephone-0415112432 or Email-liz.bettridge@secretbeach.com.au



**Our new CLUB bathers have arrived.
Lynne will have some at the pool tomorrow
If you are desperate for a new pair of club bathers!**



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

