

Hill & Down Up Vale



NOVEMBER 2016 NEWSLETTER

PRESIDENT'S PROSE – OCTOBER

Welcome to November - and finally some warm weather. Hopefully the next 2 weeks will bring more warm breezes to heat up Lake Leschenaultia for our 30th swim.

October proved to be an unpopular time of year to run the All Club Challenge and the number of competitors was down across all the clubs, making the weekend event a little lacking in atmosphere. However, the 6 swimmers from Maida Vale performed extremely well and finished a very credible 10th club overall.

Gwyn, Ren, Stuart, Phil, Lesley and I were very competitive in our individual events and together managed some very exciting relay results. Gwyn swam extremely well and finished in first place as equal Age Group winner with 58 out of a possible 60 points. Captain Ren will be a recipient of a Flipper Award for his 200 breaststroke! Say no more!!

Thank you to Lynne, Barbara and Brian for officiating all weekend. I was let loose on the microphone again to commentate and to act as MC at the presentations. I believe the event will revert to the old title of the State Championships and plans are underway to hold the swim in March next year.

Six hardy swimmers competed in the seasons first local open water swim at North Cottesloe in fairly good conditions, considering the weather leading up to the event. The Euroz Cold Water Classic is a fundraising event for Leukaemia research and is organised by club member Ceinwen Roberts. Liz Bettridge's business Secret Beach was a major sponsor and Liz also sponsored a Breast Cancer Care morning tea the day before in her great store in Guildford.

The following weekend seven club members were not as fortunate with the conditions for the SWA Cottesloe event. The rain and strong winds whipped up a 1.5mtr swell and forced the events cancellation. I must congratulate those club members who braved the conditions and the possible threat of a shark presence that had closed the beach the previous afternoon. Our disappointment was short lived as we enjoyed a great breakfast and watched the squalls sweep across the deserted beach.

The last swim of the month was a LiveLighter carnival at Fremantle that was not on our club calendar list. Lesley, Stuart and Ian entered the swim to record some personal results and all placed extremely well in their events. I believe they enjoyed an amazing lunch that was worth the drive. Thank you to Barbara Hart and Alan Friday for timekeeping all morning.

The monthly Village Pizza dinner was up to it's usual amazing standard. Thank you to Jen Cook, Dorothy and Ian and Lesley for ordering the delicious dessert pizzas.

We finished October with a wonderful Noughties Birthday Bash and I know Kate will be including some great photos of all the witches, warlocks, Draculas, and various mad characters who helped celebrate with special birthday folk Patricia, Barbara, Caroline, Stuart and Marilyn.

Russel Fowler was a bit of a concern at the start of the month with a late night trip to hospital and an emergency appendectomy and hernia repair. It could be said he might have overdone his rapid recovery from his hip replacement and jumped into heavy training too soon – but I wouldn't dare suggest that!

The countdown is on now to our 30th Lake Leschenaultia swim on the 13th and we need all of our club members to assist on the day to make this special event a great success. There will be a list down at the pool for positions and as usual we are asking for small donations towards our legendary raffle.

It would be wonderful to see more members at our Stubby Stakes on Monday, competing for the honour and the bottle of wine.

FROM THE HILL.....ANDREA.

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. Check the link to see what records you could break this year.



Club Records October 2016

Name	Age Group	Course	Event	Time
Gwyn Williams	70-74	Long	100m Breaststroke	1.45.12
		Long	200m Ind. Medley	3.35.05
		Long	100m Freestyle	1.26.89
		Long	200m Breaststroke	3.49.74
		Long	50m Breaststroke	44.07
Andrea Williams	65-69	Long	200m Ind. Medley	4.25.02
		Long	200m Breaststroke	4.51.24
Lesley Hart	50-54	Long	100m Backstroke	1.31.50
		Long	200m Butterfly	3.42.43
		Long	200m Backstroke	3.15.01

September Backstroke Handicap – Andrea Williams

October Butterfly Handicap – Brian Risbey



CLUB NIGHT PROGRAM FOR NOVEMBER 2016

7TH NOVEMBER	100 BREAST	STUBBY STAKES	100 Fly
14TH	100 IM		100 FREE
21ST	25 BREAST		200 IM
28TH	AEROBICS ONLY—COMMITTEE MEETING		
5TH DECEMBER	25 Free	STUBBY STAKES	
12TH	50 Breast		200 FREE
19TH	SAUSAGE SIZZLE NO SWIMMING		

CONGRATULATIONS TO LESLEY HART

For swimming closest to her nominated time for 25 metres backstroke. Very close to her nominated time –0.04 seconds! Come to the pool on Monday 7th November and nominate your time for 100 Metres Breaststroke. 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.



SCORPIO
the scorpion PLUTO
passionate!
emotional Magnetic
Sensual Sexy
moody inspirational
WISE stubborn
Loyal Complex
DRAMA INTENSE
POWERFUL STRONG
Intuitive PSYCHIC
Self-reliant
HYPNOTIC

Sagittarius

Their Love
is one of a kind.
Rare to find.
Great when found.
Loves being in long
relationships.

Not the kind of person you want to mess with:
you might end up crying.

Nice to everyone they meet.

Gets offended easily and
remembers the offense forever.

One of the most
caring people
you will ever meet!

Very Silly, fun & sweet.
Pretty.

A loner
most of the time.
High appeal.

Incredibly
Romantic.

Amazing in bed!

Loves deeply but at times
seems like it's better to be
weakness.

So much love to give.

Defends loved ones
with all
their abilities.

Not one to mess with.

Loses patience easily and
will not take crap.

Has many
fears
but will not show it.
Spontaneous.

OCTOGENARIAN STRIKES GOLD

Powerhouse, 81 years old Ian Stewart of Gooseberry Hill recently returned home from the Alice Springs Masters Games laden down with a swag of 13 gold and silver medals which he won across swimming and track and field events.

Ian broke seven Games records in the pool, swimming breast, back and freestyle over distances ranging from 25m to 100m but had to withdraw from the 1500m in the pool and the Masters Mile road race after pulling a muscle whilst competing in the triple jump.

His prowess in track and field extended to a gold medal for shot put and silver medals in long jump, triple jump, discus and javelin throw.

Ian began swimming with Masters in the early 90's and his first major competition was at the World Masters Games in 1994 in Brisbane where he won silver and bronze.

The Alice Springs Masters Games first caught his attention in 1996 and Ian has been a regular competitor ever since only missing one year since then. He fully intends to head back for the next games in 2018. Ian was very proud to have his swimming medals presented to him by legend and Games Patron, Dawn Fraser.

When Ian moved to Western Australia he looked for a hills based Masters swimming club to join and was attracted to Maida Vale by the club's friendly but competitive reputation. Ian's individual terrific results placed Maida Vale Club 14th out of over 40 clubs. Pity there wasn't a Handicap Award.



FREMANTLE LIVE LIGHTER CLUB CHALLENGE SUNDAY 30TH OCTOBER 2016

Ian, Stuart and Lesley survived the Halloween Party and managed to rise early the next morning to make it to Fremantle to compete (though not for points) at their Carnival. The sun was shining and the water a pleasant temperature as long as you could stay protected from the chilly wind. The 200m events seemed to take a while but then the program sped up as they raced through the 50m events which kept the heart rates up. Being only 3, they couldn't field a relay team but Stuart managed to disguise himself as a 60 year old and fill in for Rockingham for two of their relays. The raffle prizes were terrific but sadly we failed to live up to the Maida Vale tradition and had to settle for the delicious lunch.

Many thanks to Barbara Hart and Alan Friday for volunteering to time keep for the morning.



THE EUROZ NORTH COTTESLOE COLD WATER CLASSIC FOR THE LEUKAEMIA FOUNDATION



Congratulations to all who swam in this cold water classic!

A very fast Stuart Anderson who came in 38th overall. Stuart Anderson 27:29; Steve Norregaard 30:08; Gwyn Williams 33:31; Greg Bourne 36:42; Andrea Williams 36.59

Thank you Tammy Norregaard who forfeited her event swim to bring in a distressed swimmer. Tammy bought the swimmer to shore safely! You are amazing ... Thank goodness you were there to help !

Club member, Rachael Cooper, with her baby Alexandria. The first few weeks of being a new mum were a bit tuff—but now all going as it should with a new baby!

Rachael is back swimming and in training for the Port to Pub in March next year when she will take to the water in a duo with Claire Ware.



The theme for this party started off as Disney, but due to circumstances beyond the control of the organisers the date had to be changed to the 29th October which coincided (nearly) with Halloween. There were a lot of Disney witches who came out to play, as well as other ghouls and creepy people!!

When shall we ~~three~~-TEN meet again, in thunder
lightning or in rain, when the hurly-burly's done,
when the battle's lost and won...



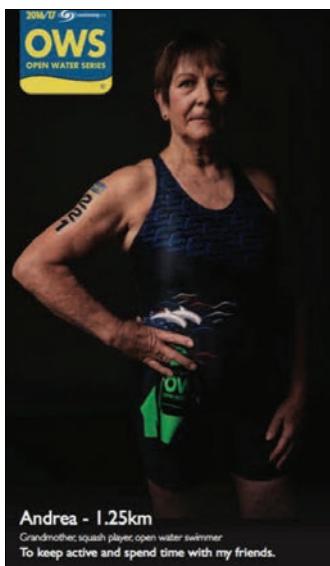
A very spooky bunch of people



All the birthday people were asked to tell us why they joined Maida Vale Masters Swimming Club. They all said that they had been swimmers at some stage in their earlier years and had decided to 'come back' to swimming as a means of keeping fit, having fun and making new friendships with like minded people. Fitness, Friendship and Fun. All available in abundance at Maida Vale!



**Fitness
Friendship
Fun**



Just in case you missed this on the Masters Swimming website just click [here](#) to see Andrea and her thoughts about open water swimming.

30th LAKE LESCHENAUTIA OWS

Sunday 13th November

Entries opened on the 3rd October via Register Now, which will be the only way entries will be excepted. (Unless you discover on the day that you really do want to participate and swim either 400 metres or 1600 metres and are a late entry at the Lake).

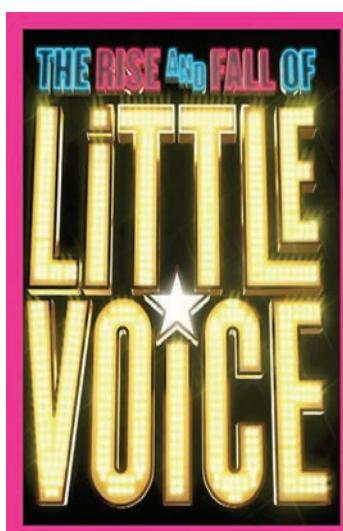
We will need volunteers from within the club together with any family or friends who would like to help, to cover the many roles and positions required on the day. Many hands make light work.

Any one who has something to donate to the raffle please bring to the pool on any of the swimming nights next week. Alternatively, we are happy to accept cash donations and will purchase goods on your behalf, to place into the hamper(s).

Hopefully the water will have warmed up after the late start to the warmer weather!



Club Fundraising Night



The club has 41 tickets to sell for a night at KADS to see "The Rise and Fall of Little Voice" the tickets are \$18 each. Friday 25th November. Starts at 7.45 for sherry. If you want a ticket or two please let Andrea or Lynne know.

The play tells the story of a shy, reclusive girl named Little Voice and her larger than life, out of control mother Mari. Desperately missing her dead father, Little Voice spends her time locked in her bedroom listening to his old record collection and perfecting astonishing impersonations of famous divas including Shirley Bassey, Marilyn Monroe, Judy Garland and Dusty Springfield.

When Mari starts dating small-time club agent Ray Say, she thinks he's her last chance for a better life. When Ray Say hears Little Voice sing, he thinks she's his ticket to the big time. Little Voice just wants a normal life and to be loved. Not everyone is going to get what they want.

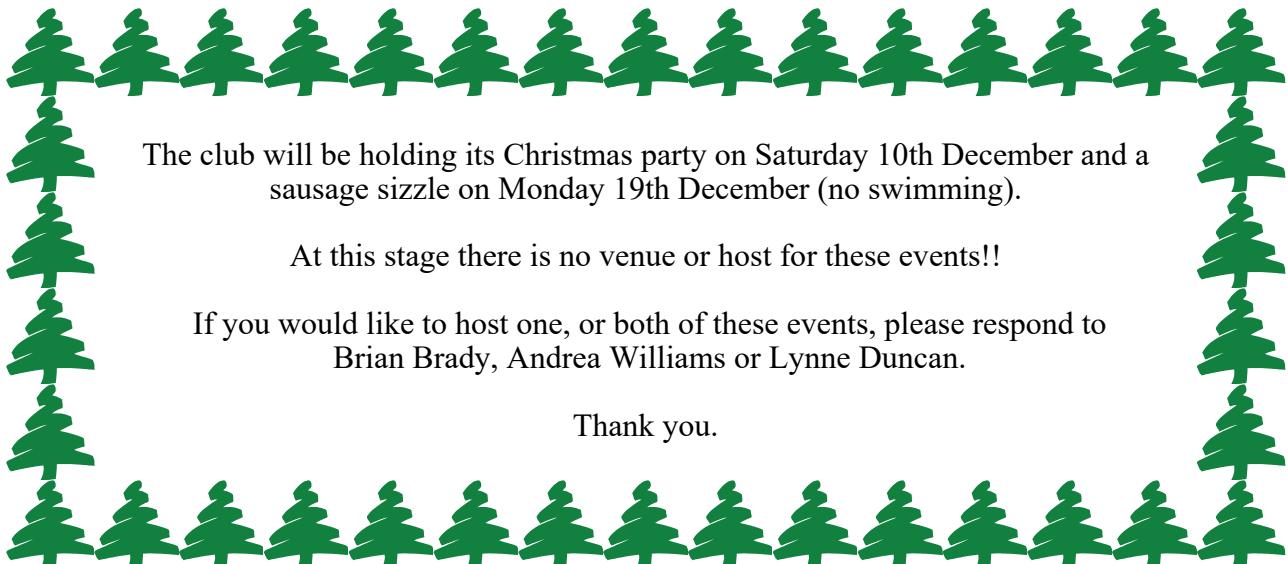


Christmas is fast approaching (I heard them playing carols on the radio last Friday!!).

Once again Jill McClelland is helping to coordinate the Sharing a Hills Christmas. She is asking club members to donate non-perishable food and gifts to go into Christmas parcels for disadvantaged families in the shire. Money can also be donated and is used to buy items to top up the hampers.

If you have time to donate on Wednesday 14th December, when the donations are counted and sorted, Thursday 15th December when the hampers are packed, or Friday 16th December when the hampers are delivered. All donation of time is gratefully received.

Donations can be left at the pool on club or training nights.



The club will be holding its Christmas party on Saturday 10th December and a sausage sizzle on Monday 19th December (no swimming).

At this stage there is no venue or host for these events!!

If you would like to host one, or both of these events, please respond to Brian Brady, Andrea Williams or Lynne Duncan.

Thank you.

<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



New Club bathers are available. Please see Lynne Duncan—she has them in the boot of her car which looks like a travelling bather's shop!!.

Ladies' Long Leg \$82.00 – Sizes 8 > 18 **Ladies' Regular** \$72.00 – Sizes 8 > 20

Men's Jammers (Long Leg) \$52.00 – Sizes 14 > 26

Silicon Caps \$10.00 **Regular Caps** \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool. Then contact Lynne and she will arrange to bring them to the pool BUT you MUST pay for them first. For those members who have already taken a pair of the new bathers, can you please transfer the money into the club's bank account asap.*Lynne Knows Where You Live*.....



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Don't forget to visit our club's web page at <http://maidavalemastersswimming.com/>
For all the latest results of events our club members have entered and anything else members have been up to!

