

# Hill & Down Up Vale



SEPTEMBER 2017 NEWSLETTER

## PRESIDENT'S PROSE AUGUST

In last months newsletter I broached the idea from the committee to temporarily trial conducting only one training session per week on Wednesday evenings. This is an attempt to have one well attended session with more atmosphere and make it worthwhile for the coaches and committee members who are responsible for attending every session. Tuesday and Thursday sessions have been very poorly attended with some evenings having only 4 swimmers left to pull the covers on. As a flow on from this we are hoping the Saturday fortnightly aerobic session at Darling Range pool will increase in numbers. Again those swims are only attracting a handful of people and yet the committee is required to be there. We did have six swimmers and Barbara and Claire D. timekeeping.

## **COMMENCING THE BEGINNING OF SEPTEMBER THERE WILL BE NO SWIMMING ON TUESDAY AND THURSDAYS ONLY WEDNESDAY 6 TO 7.30. THE FIRST WEDNESDAY IS 6TH SEPTEMBER.**

In August we had 8 swimmers competing at the Gropers State Relays meet and managed to finish 8th from 11 clubs. It was a busy afternoon with a very quick and efficient programme and the club should support the event again next year. It was the first competition for newbie Rosie Smith and with her help we had enough swimmers to enter a couple of ladies events. We had a crack at the Dash for Cash 6x25mtr relay but there were some seriously fast swimmers so finished 4th (from 4 ).



Stuart Anderson is the only swimmer to travel to compete at the Bunbury Skins; he had an enjoyable day and caught up with Elspeth who said to say Hello!!

We were all relieved to hear from Elaine and Russell Bourne who had been strolling down Las Ramblas in Barcelona the day of the tragic terrorist attack but were heading to Valencia that day.

Huge congratulations to very proud Dad Mark Baker. Mark is revelling in his new career as a male midwife after helping to deliver his baby girl on their bathroom floor. His wife, Ilona had experienced a few quick pains but suddenly went into labour and 30 minutes later baby Adele made her dramatic entry into the world on the bathroom floor!. The official midwife arrived shortly afterwards and pronounced that everything was perfect. Mark already has 3 boys so a little girl was a dream come true.

Ceinwen is having another baby, due on the 29th January and has conceded that she probably won't be competing in the Rottnest swim on the 18th February!



The Club Handicap Event had a new format this year with all 4x50 metre swims being held on the one evening. We had a good turn out and the evening was a success. The happy winners were Jamie Dyer - 50 Backstroke: Claire Ware - 50 Butterfly: Stuart Anderson - 50 Breast stroke and Kirsten Mitchell - 50 Freestyle. I won the Bridesmaid award for coming second in three events. Thank you to our officials - Starter Brian Risbey (seriously - who starts with "On your marks, get set, go!" anymore?) Timer Patricia for keeping us all on our toes: Marilyn and Barbara for judging some very close finishes and Claire Ware who set some terrific handicaps.



Backstroking  
Jamie



Butterfly Claire!



Freestyle Kirsten



Breast stroking Stuart

Who is that sulking in the background?



Cheers to Lynne  
for a very happy  
70th Birthday

There were several dead heats and very close finishes across the pool. The enticement of free pizzas at the end might have encouraged more swimmers to attend. It was great to have a visit from Kate who managed to hobble in and enjoy the entertainment. A group of us shared a bottle of bubbly to toast Lynne's birthday and she will have to buy the dessert pizzas when she returns in September.

Lynne has celebrated her 70th birthday in style, enjoying cucumber gin and tonics in beautiful Prague after sharing husband Andrew's 70th in Salzburg. Someone has to help the flagging Euro economy now that Barbara and Garry are back from their river cruise. Kim, Shelley, Steve and Dianne are tasting the delights of Mauritius and we will soon be in South America. Jamie Bounsell has returned to the pool sporting an 100mm scar on his wrist but Kate is still a long way from recovering fully from her foot surgery.

Marilyn has had to have her hip replacement operated on again as the first implant wasn't accepted by her bones and was still moving within the hip socket. It was a set back for Marilyn but, with her usual positive attitude, she is looking forward to a successful result and will soon be back in the pool. **Update:** Marilyn is now home with her new hip and is very happy with it!

On a more sombre note Joachim Eifler has moved into the Osborne Nursing Home as his deteriorating health made it impossible for him to continue living at home. His family will keep me informed of his progress and I hope to pop in and visit him from time to time.

It was terrific to welcome back into the pool Jane and Chris Potter who travelled to Switzerland for their 3rd daughter's wedding. Maybe their friend and our latest new club member June Howard will come down for a swim with them now.

Good luck to club members Caroline Dyer and sister Helen Wilson with their challenge of completing a gruelling 3 days Cape to Cape trek in support of the Fragile X Foundation. They have been generously sponsored by club member Phil Duffy.

**The next Saturday aerobics will be at Darling Range pool on September 2nd at 2.45. You are welcome to just have a swim and not record an aerobic time. Drop in for a swim and bring some afternoon tea.**

***From the Hills (of Macchu Picchu) Andrea :***

## CLUB NIGHT PROGRAM FOR SEPTEMBER 2017

4TH SEPTEMBER	50 FREE	STUBBY STAKES	50 FLY
11TH SEPTEMBER	100 FREE		25 FLY
18TH SEPTEMBER	200 FREE		100 BREAST
25TH SEPTEMBER	PUBLIC HOLIDAY—NO SWIMMING		
2ND OCTOBER	TO BE ADVISED	STUBBY STAKES	

### WELL DONE TO PAUL WATERS

Paul won August's stubby stakes by swimming closest to his nominated time.



Come down on Monday 4th September and swim closest to your nominated time for 50 Metres freestyle and win the bottle of wine selected for you by Russel Fowler. Don't let the rubbish weather keep you out of the pool!! Spring is just around the corner!!

Remember a plate of food to share.

**Come down to Darling Range Pool  
on Saturday 2nd at 2.45 pm  
have a timed aerobics swim  
or just enjoy a swim!**



Pizza Night Tuesday 26th September





# ALICE SPRINGS Masters Games

13 - 20 October 2018  
*The Friendly Games*

The club has booked a bunkhouse at the Big4 MacDonnell Range Tourist Park for the Masters Games. The dates are 12<sup>th</sup> to 21<sup>st</sup> October, 2018.

The price will work out approximately as follow: These are 2017 prices so may increase slightly.

2 people in a 4 bed room -	\$40 per person per night.
3 people	- \$33 per person per night
4 people	- \$29 per person per night

The committee will investigate travelling to Alice Springs by coach but, if you might be considering this event, you could start checking discount airfares.



**Coming events. Mark your calendars and join in!  
MASTERS IS ALL ABOUT FITNESS, FRIENDSHIP AND FUN.**

**Alice Springs Masters Games on 12th to 21st October 2018  
Start planning your trip now!!**



Spring is just  
around the  
corner!!  
Time to get  
your bathers  
out of  
Mothballs!!

# Cape to Cape



Once again club members Caroline Dyer and Helen Wilson are walking for a charity. (they walk in winter instead of open water swimming)

This year their team are hoping to raise funds for the Fragile X Foundation .

FXS is a genetic condition causing intellectual disability, behavioural and learning challenges and various physical characteristics. Each week in Australia one child is born who is fully affected by FXS and 20 children are born who are carriers of the Fragile X gene. Fragile X is a life-long condition but early intervention by health and educational professionals can help people living with FXS reach their full potential.

If you would like to support them in their quest, please click on this [link](#) to make a donation .

The MS Society are conducting a fundraising bike race along the coast from Fremantle to Hillarys on November 26th and need volunteers.

Our committee felt we could probably provide around 20 people to help out. Rather than have a few here and there along the coast we would choose to have our whole group at the finishing line.

We would have to be there from 6.30 until around 11 am. We could perhaps have lunch somewhere at the boat harbour if that would work. If anyone feels inclined to actually take part in the ride the Club may consider donating some funding. Please give this some consideration and save the date.



Masters Swimming WA Website—well worth a visit. Click [here](#)

<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](mailto: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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