

Hill & Down Up Vale



OCTOBER 2017 NEWSLETTER

PRESIDENT'S PROSE SEPTEMBER

The first day of spring should have heralded happy times, instead of which the 1st September proved to be anything but that with the sad passing of club member Joachim Eifler. Joachim would have turned 93 in November. Joachim was the husband of one of our founding members, and joined the club shortly afterwards as he had to drive his wife Anita everywhere and thought he might as well become a member! He was an important member of the club from 1979 and the archive photo albums are full of pictures of wife Anita and Joachim at every social and swimming competition we were involved in. I was disappointed to have missed his funeral and thank those club members who were able to attend, including ex members Pat and Terry McKie. Thank you also to Norma for placing a notice in the West Australian on behalf of the club.

As Gwyn and I were being chased by hurricanes, an earthquake and a tsunami around hot and steamy Cuba and the Caribbean, we were out of contact with news from Australia for a while but lamented the terrible weather you were experiencing. It was a shock to come home to such cold and miserable conditions. We had been swimming every day in the lovely clear warm waters of Mexico so I must admit to trepidation the first night we were home and to the thought of getting into bathers to head down to training. I was surprised and happy to see Glad back in the pool for a small session.



The Wednesday night training sessions appear to have only attracted a few more people than the normal Tuesday and Thursday evenings. You will have received a questionnaire about the future of Wednesday evenings and the committee urgently need a response from all club members who train in order to make an on-going decision. Saturday aerobics will remain as fortnightly at 2.45 at the Darling Range pool but will be subject to a show of hands on Monday nights and Dolphin Dots notifications.

I followed Caroline Dyer and her friends as they bravely trudged 135kms over 3 days along the Cape to Cape trail in the south west raising funds and awareness of a terrible syndrome known as Fragile X. The weather was truly abysmal but they persisted and finished. Kate was stoically supporting them through the ordeal, hobbling around on her reconstructed foot.

We appear to have most of our members back in the country now. Barbara and Garry enjoyed a beautiful river cruise from Budapest to Amsterdam; whilst Lynne and Andrew finished a holiday in Eastern Europe with the similar river cruise. Barbara and Bill are back from a great trip to Noumea and New Caledonia. Elaine and Russell had an extended 4 months holiday in Europe and survived the Barcelona terrorist attack. They were on Las Ramblas at the time and were ushered into a church and locked in for over an hour. Thankfully they were at the other end of the street. We began our holiday in Peru, visiting spectacular Machu Picchu.

The Binghamns, Cockmans and Pethers have all been out in the wheat fields chasing wildflowers and trying to keep warm – they could have just had a good long walk in Jorgensen Park! Of course, Lovely Lesley is still on the road in Mary The Bus but is gradually getting closer to home after an incredible circumnavigation of our amazing country.

Luckily we arrived home in time for the Tuesday night Pizza and, as usual, Brett and his chefs didn't disappoint and it was great to catch up with everyone.

Thank you to Brian and Kathy Brady for organising a fun evening at Ten Pin Bowling last Friday night. Some members enjoyed a cheap and cheerful Chinese meal before hitting the ally. (Bowling not street!) We had 17 avid bowlers and I am pleased to report that the girls won overall!! Brian Brady, Jess, Kathy and Sandra showed off some considerable talent and young Rory was hard to beat. Special mentions to Russell who managed to throw the ball backwards three times and to Gwyn for bowling the whole time using the wrong fingers and finding the gutters on a regular basis.

The first Open Water Swim is taking place on 22nd October with the Euroz Cold Water Classic at North Cottesloe, organised by Ceinwen Roberts. There is a new format this year with the inclusion of a Legend Category consisting of a SUP race, a beach run and the swim. I had a brief moment of madness and thought I might try it, but common-sense prevailed and I will just swim.

The committee is gearing up for the 31st Lake Leschenaultia swim on Sunday 12th November. On-line entries open on Monday 2nd October. Go to our Maida Vale Website for details. This year Swimming WA has included our event in their Open Water Series, which means their members can gain points by competing in our swim. This could be great and increase the participants in the swim or it could be a disaster. Only time will tell. We will be using the services of Blue Chip Timing for the first time. Assuming we have more entries this year, we will have to limit the field to 300 swimmers and conduct three waves with 5 minute intervals. If you are thinking of swimming on the day be sure to get your entries in early as it would be a shame to miss our own event. Of course, we will need as many members as possible to assist on the 12th and we will also be delighted to receive any donations towards our raffle prizes.

I was very pleased to see Marilyn Potter back in the water last week after her second hip replacement. Marilyn's first operation was not successful but this time she is already feeling the improvements in her mobility and looking forward to "maybe" tackling the Lake 400mtr swim.

The designs for the new club uniform polo shirts are under way and we will soon have a variety of sizes for members to try on at the pool and place an order. A slow process but we will look impressive at the Nationals here in Perth in April next year! (PS. I believe entries for that event are now open).

See you all in the pool!



BACK TO THE HILLS IN KALAMUNDA.....ANDREA



**Swimmers
go
Bowling**

CLUB NIGHT PROGRAM FOR OCTOBER 2017

| | | | |
|--------------|---------------------------------|-----------------------|-----------|
| 2ND OCTOBER | 50 BREAST | STUBBY STAKES | 25 BACK |
| 9TH OCTOBER | 200 BACK | | 25 BREAST |
| 16TH OCTOBER | AEROBICS ONLY COMMITTEE MEETING | | |
| 23RD OCTOBER | 25 FLY | 200 INDIVIDUAL MEDLEY | |
| 30TH OCTOBER | 50 FLY | | 100 BACK |

WELL DONE TO STUART ANDERSON

Stuart swam closest to his nominated time for September's stubby stakes—he was just 0.2 too slow. PS I think this is just about the same photo as the one in the July newsletter!!

Come down on Monday 2nd October and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. The forecast for Monday is warm and sunny!! A perfect night for a swim.

Remember a plate of food to share.



VALE JOACHIM EIFLER

Sadly, Joachim Eifler passed away on 1st September, aged 93. He was living in his High Wycombe home until five weeks prior to his passing, when his deteriorating health necessitated him moving to an aged care facility.

Within two weeks he was admitted to hospital where he passed away peacefully.



Joachim was the husband of one of our founding members, and joined the club shortly afterwards as he had to drive his wife Anita everywhere and thought he might as well become a member!



Since Anita passed in 2012, and due to poor health, we did not see much of Joachim but Andrea visited him regularly and he maintained an interest in the Club's activities.

Joachim's funeral was held at Karrakatta on the 12th September and 8 members of the club attended, as well as past members Pat and Terry McKie. His daughters thanked those who attended and commented that the Club had meant a lot to Joachim.

A gentleman who will always be remembered RIP Joachim.

31st LAKE LESCHENAUTIA OWS

LAKE LESCHENAUTIA OWS - Sunday 12th November, 2016

Entries will open on the Monday 2nd October via Register Now, which will be the only way entries will be accepted. Details of the link will be provided as soon as the site setup is complete.

Volunteers will be needed from within the club together with any family or friends that would like to help, to cover the many roles and positions required on the day. So watch Dolphin Dots so that you can put up your hand (s) to help out.

We will also be asking for donations for the raffle which is traditionally held on the day. Items to put into hampers will be most welcome....and I guess we will start collecting them as from 2nd October. Alternatively, we are happy to accept cash donations and will purchase goods on your behalf, to place into the hamper(s). I wonder how many barbecue tool sets there will be this year?

MORE TO COME FROM LYNNE VIA DOLPHIN DOTS



Riverton Masters Swimming Club held a LiveLighter 400m/800m swim meet on the 17th September.

Brian Brady was our club's representative!! Too many of us on holiday or in hospital !! Well done Brian. Looks like a very nice pool.



An invitation from our talented club member artist, Sandie Schroder

I am a participant in this year's Kalamunda Open Studio's in October For anyone that might be interested and free on Sunday October 8th 10am and 5pm (please see attached) Hopefully the sun will be shining and a great day to pop in and visit artists in their studios You will see me in action creating burnt works, so please feel free to pop in and maybe share a wine too!

I will bring down maps tonight for anyone that wants to grab one or [click here](#):



Open Studios
KALAMUNDA

Sunday 8 October, 2017
10.00am - 5.00pm

the artists

| | |
|----------------------------|-------------------|
| Cedric Baxter | Penny Maddison |
| Susan Carameli | Gordon Mitchell |
| Mikaela & Steve Castledine | Paul Moro |
| Moira Court | Christine Oxberry |
| Sandra Hall | Anita Phillips |
| George & Helen Hayward | Sandie Schroder |
| Gail Doust Keirle | Andrea Vinkovic |

EXPERIENCE
Perth Hills
supported by

city of
kalamunda

www.kalamundaopenstudios.wordpress.com



Cape to Cape



After completing the Oxfam walk a number of years in a row with my friends Trish, Stacey and sister Helen, we decided to tackle something a little different this year. We had all discussed walking the Cape to Cape in our south west at some point and decided that would be the challenge this year instead. We also wanted to walk for a reason and raise funds for a charity. My good friend Trish and fellow walker has had family members impacted by Fragile X, a genetic condition, hence this became our “reason”. For anyone that hasn’t done the Cape to Cape, I thoroughly recommend it. The coastline is spectacular, with the terrain, vegetation and coastline changing every 5kms or so. We spotted whales breaching and a shark in a feeding frenzy just off the coast. I’m fairly sure we spent more time taking photos than we did walking. We kept commenting how very lucky we are to have such breathtaking scenery so close to home. However there were a few 6km stretches of deep sand which weren’t so spectacular and more than a few other choice words than “wow” were muttered. We were lucky with the weather, we could see the fronts coming across the ocean towards us but they seemed to go around us and we only had one very bad afternoon of nonstop rain. Thank you so much to everyone that donated and sent words of encouragement. It made the sand and rain that much more bearable.

A big thanks to mum (Kate) for hobbling around after us, feeding and loving us.

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](#)

When you belong to a great club there are lots of social benefits as well.
It's the ABC of good health. ACT: BELONG: COMMIT

A gentle reminder about



THE BENEFITS of SWIMMING



It's time to go swimming!



- It works your body without having a harsh impact on your skeletal system, thus lowering your risk of injury.
- It improves your posture, balance, flexibility and cholesterol.
- Strengthens and tones nearly all the muscles in your body.
- Eases symptoms of asthma and lowers risk of diabetes.
- Because it's an aerobic sport, it will improve your heart's health.
- It also increases longevity and helps control appetite.



- It can significantly lower your stress.
- Causes your body to release endorphins making you happier.
- Boosts confidence and self discipline when made a routine.





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 12th to 21st 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.

Start planning your trip now!!



After 10 weeks of no swimming I
need to do 30 minutes of
butterfly everyday!!

I hope those pesky calories have
not got into all my bathers!!
I have a lot to burn off before
summer!



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!
Or you can visit our [Facebook](#) page.
Just click on the links!

<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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