

Hill & Down Up Vale



NOVEMBER 2017 NEWSLETTER

PRESIDENT'S PROSE OCTOBER

October epitomized the Fitness and Fun ethos that Maida Vale embraces. Our social event for the month was the Noughties Party celebrating three seventy year old competitive members and one very social member. Lynne Duncan, David Pether, Russel Fowler and Andrew Duncan all turned 70 earlier this year and received their congratulatory letters from MLA Ken Wyatt. (much to Russel's bewilderment.)

Over 30 members and family turned up to celebrate the 1970's theme and some excellent outfits were on display. The photos show Lynne as a pregnant Mum during the 70s, David Pether as a born again Elvis, Russel as... (well Russel!) and Andrew resplendent with black hair and moustache. He wasn't quite so debonair when the spray paint started to melt! They all gave a little illuminating talk about how and why they had become members of the club.



With training nights resuming on Tuesdays and also the added Wednesday evening on offer, attendances at the pool have increased. Thursday evenings are now free to stay home on the couch *OR* you could join some of the swimmers and travel up to the Bilgoman pool during the summer months. These sessions are not organised or booked by the club, but gives swimmers a chance to swim in a 50 metre pool for extra fitness!

Saturday aerobics continue to only attract a very small group of swimmers, even with the water temperature and conditions offering a very pleasant atmosphere for distance swims.

The first of the Open Water Events was held at North Cottesloe Beach on 22nd October and Stuart, Gwyn, Tammy, Ben, Claire W. and I enjoyed a very pleasant 1.6km swim in fairly cool water. The event is organised by club member Ceinwen Roberts and is a fund raising effort for the Leukaemia Foundation. Over the first 3 years they have raised over \$120,000 for research.



The Fremantle Fins LiveLighter Club Challenge was held on a perfect day – once the breeze died down – and Claire D even got sunburnt! With 10 swimmers, we finished second to the might of Freo and only one point ahead of Melville. Congratulations to everyone for putting in a solid effort. A special mention must go to young Glad who was unfortunately disqualified because her bathers were fastened at the back with a clasp- allegedly providing compression and support. Not to be deterred and with the help of Dorothy Glad cut the offending clasp off and risked a possible “costume malfunction” when she dived in for her next races. Everything stayed in place as she powered down the lane in backstroke but there was general mirth amongst the clubs. Ian was lucky enough to win a massive hamper in the raffle.



A group of swimmers travelled up to Lake Leschenaultia to promote our upcoming event and there was a terrific photo and article printed in The Gazette. The water was very pleasant once we got out of the wind. The water is still overflowing and our swim on the 12th November promises to be one of our best ever. We have engaged the services of Blue Chip Timing for the first time. **We would like all our club members to rally on the day up at the lake to help out with the running of this event as well as swimming either in the 400 metre or the 1600 metre distances.** Some of the committee will arrive just before 7 am to start setting up and we would appreciate all the help we can muster. We will be running our raffle on the day. Donations are being collected by Elaine Bourne and can be left at the pool on Monday, Tuesday or Wednesday night.

Lastly, the club is providing volunteers for the Ocean Ride for the Multiple Sclerosis Society on Sunday 26th November. We are rostered on at 7.15 am at the Whitfords Node near Hillarys Marina. The plan is to volunteer until around 11.30 am then stay and have a picnic in the park nearby. The club is sponsoring Paul Waters and his partner Lisa who will compete in the 75km ride and they would appreciate any [donations](#) (click on donations to donate).



The Pizza night last week coincided with Halloween and a few members got into the ‘spirit’ of the evening whilst enjoyed a terrific meal.



From the HillAndrea

Club Aerobics and Pool Records to end of
October 2017
None that I could find....

Christmas is coming!



The club holds a Christmas Party and a Sausage Sizzle in the month of December. The party is held on a Saturday night, and the sausage sizzle is the Monday before Christmas (18th December no swimming that night).

The club's Christmas party will be held on Saturday the 9th December. We hope all club members will come and party on this night. Come dressed in your favourite Christmas outfit. Lots of glitter and tinsel.

As yet we do not have a venue for either the Party or the sausage sizzle.

Lesley Hart hosted our last Christmas party just before she left for her amazing holiday driving around Australia in the good bus Mary with William.

Please contact Andrea if you are willing to host either of these events.



Sharing a Hills Christmas

Christmas is fast approaching—I've seen a Nativity in the Kalamunda shopping Centre—at least it depicts what Christmas is about!!

Jill McClelland is helping to coordinate the Sharing a Hills Christmas. Jill is asking club members to donate non-perishable food and gifts to go into Christmas parcels for disadvantaged families in the Shire (should this now read CITY)

Money can also be donated and is used to buy items to top up the hampers.

If you have **time** to donate on Wednesday 13th December or Thursday 14th December when the donations are sorted and packed. or Friday 15th December when the hampers are delivered. All donation of time is gratefully received.

Donations (except your time) can be left at the pool on club or training nights.



Sunday 26th November

The Multiple Sclerosis 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 am until around 11 am. We could perhaps have lunch somewhere at the boat harbour if that would work. Please give this some consideration and save the date.

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



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

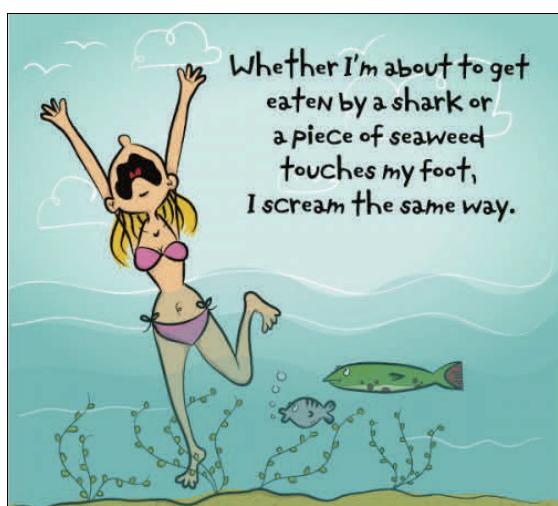
The committee will investigate travelling to Alice Springs by coach but, if you might be considering this event, you could start checking discount airfares.

Start planning your trip now!!

The open water season has started.....



SWIM FASTER !
I don't have to swim faster than the shark ... I just need to swim faster than you.



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.

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 **NORMA** 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.**We Know Where You Live.....**

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