

Up Hill & Down Vale

DECEMBER 2017 NEWSLETTER



PRESIDENT'S PROSE NOVEMBER

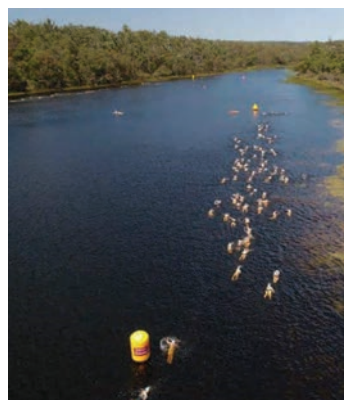
Congratulations to all our wonderful Maida Vale club members for proving once again that we are very capable of conducting one of the best open water swims of the Masters series. The 31st Lake Leschenaultia swim was our largest event on record with over 170 competitors entering into the 1.6 km course and 28 novices taking the challenge in the 400 metre course. Financially we managed to make a small profit with the generous assistance of the Blue Chip Timing Company, which discounted our charges considerably. The club traditionally asks for sponsorships from businesses – in particular, Gwyn Williams who has been donating for at least the past 20 years – however, the decision was made this year to rely solely on the anticipated funding from the Shire of Mundaring. Unfortunately, this was not forthcoming. There is a great deal of work involved in setting up the official paperwork and sanctions for the swim, a task that Lynne undertakes diligently over several months. There is also a huge amount of organising equipment before the event and I must admit that both Lynne and I were seriously discussing making this year our final event. However, after the terrific response from all the competitors and visitors on the day we feel we can rise to the occasion again next year but will definitely be delegating tasks before the event. Having said that, I know everyone works incredibly efficiently on the day to set up for the race and also to dismantle the infrastructure and that is where all our individual talents come together to create a brilliant event. For that amazing teamwork, I thank you all.



Claire D with her chaperone for the swim, Claire Ware. Well done to both the Claire's!!!



The first wave, yellow caps waiting for the siren. The second wave, blue caps waiting on the shore.



Love this photo! Taken with the drone that the Shire of Mundaring organized. Hope it won't be too long before we get all the drone footage so we can relive the swim!!

There were some amusing highlights during the day that I would like to share with you. The Shire of Mundaring organised a drone to fly over the event and record footage to make a video of the swim. One of our paddlers, Shelley Bingham was positioned about 100 metres out into the lake and was watching the drone filming the start of the first wave, leaning backwards to follow it's trajectory as it flew over her head. Needless to say, just as the horn blew for the start, Shelley lost her balance and fell in, with 100 very fast swimmers heading straight for her. If only the camera had recorded that!

The other amusing tales occurred due to the unfortunate fact that the water supply for the lake area had been switched off (a main pipe had broken about 500 m north of the lake and the Water Corporation had to turn it off to repair and stop creating another lake further up the road !) and the toilets and showers were only to be used for emergencies. One of our referees, Ron Gray, decided he needed to "spend a penny" before the long drive down the hill so hopped in for a swim only to be bitten on the tummy by a long necked turtle which obviously objected to having his home used as a loo! Finally, one lady decided to shower at home and when she took her bathers off in her bathroom, out popped a small fish!

Most of you may already know that our amazing club member, Marilyn Potter, has recently been diagnosed with Multiple Sclerosis and is coming to terms with the latest in a long line of challenges she has faced over the past 15 years. It was decided that we should volunteer and support the Ocean Ride for MS which was held last Sunday. Paul Waters' son also has a mild form of MS and Paul and partner Lisa were intending to compete in the 70km section of the event. The committee voted to donate the entry fee and a small amount of funding to them. We travelled up to Whitfords Node at the crack of dawn to assist at the finish line. I know that both Marilyn and Paul appreciated our involvement and I was proud of the results we achieved. We worked very efficiently for 6 hours, helping to set up, handing out medals and road marshalling then sat under a tree and enjoyed a very pleasant picnic lunch. Thank you to Lesley, Kate, Maggie, Russel, Lynne, Andrew, Sandra, Jess, Dorothy, Ian, Brian Risbey and Brian Brady for joining me at the event.

Open Water events continued throughout the month with varying results and swimmers experiencing the delightful 'stinger soup' at the ocean beaches. Whilst it is infinitely more inviting to participate in aerobics at Darling Range pool, the attendance rate is still underwhelming.

December is always a very social month and there are details later in the newsletter about our Christmas Party and the sausage sizzle (donated by Brian Brady) and I hope to see some of our newer members attending and sharing the spirit of the season.

Ian and Dorothy Stewart will be missing from the festivities as they are travelling to the UK to spend Christmas with Dorothy's sister in Broadstairs, Kent.

Good luck to Barbara Hart who is undergoing a knee replacement early in December .

I would like to extend our heartfelt sympathy to David and Jan Pether following the sad passing of David's brother last week

Stay safe everyone over the festive season and try to keep up the good work in the water!

From the HillAndrea

Vounteering is FUN!



CLUB NIGHT PROGRAM FOR DECEMBER 2017

4TH DECEMEBR	50 FREE	STUBBY STAKES	25 BACK
11TH DECEMBER	50 BACK		25 FLY
18TH DECEMBER	SAUSAGE SIZZLE WILL BE HELD AT THE HOME OF LYNNE AND ANDREW DUNCAN, 35 VALLEY ROAD KALAMUNDA		
25TH DECEMBER	CHRISTMAS DAY—POOL CLOSED		
1ST JANUARY	NEW YEARS DAY—POOL CLOSED		

CONGRATULATIONS TO NORMA JACK

Norma swam closest to her nominated time for November's Stubby Stakes, 25 freestyle. First time win for Norma in a long time, could have been her first time!!

Come down on Monday 4th December 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 still warm and sunny!! Another perfect night for a swim. The last Stubby Stakes for 2017.

Remember to bring a plate of food to share.



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.


Records will be coming your way at the beginning of next year. If you are in a new age group in 2018 check out the records for that age group and see if you can knock a few off! There are some records that go back to 1980.

Masters Swimming WA is hosting the Nationals in April and will be asking for volunteers to help over the championships. The National Championships is the premier event on the Masters Swimming Australia calendar. The 2018 MSA National Championships (N18) will be held in Perth from 18-21 April at HBF Stadium, Western Australia's leading aquatic facility. The focus of N18 is on participation and creating a supportive environment for swimmers to achieve their personal goals.

We hope that lots of our members will register and swim in this event. Go to the [link](#) for details about registering. There will be more information about this event at the beginning of the year.

SAGITTARIUS

November 23 to December 21



SYMBOL- The Archer

ELEMENT - Fire

PLANET - Jupiter

Love Life:
You are super kisser. You have a unique sex appeal and are a very romantic lover.

More Compatible with - Aries, Aquarius, Gemini, Leo

Less Compatible with - Cancer, Taurus, Virgo, Capricorn

Qualities Of Sagittarius
Enthusiatic,, Optimistic, Independent, Extrovert, Honest, Logical, Dynamic, Straight-forward, Good-Humored Generous, Athletic, Philanthropic & Nature-Loving.

Lucky Color - Blue or Purple

Lucky Stone - Turquoise

Lucky Day - Thursday

Lucky Number - Five

Lucky Metal - Tin

CAPRICORN

DECEMBER 22 * JANUARY 19



Leader ambitious
Patient clever
DEVOTED Cautious
confident Caring achiever
independent strong-willed
humorous CHARMING calm
organized determined
THOUGHTFUL down-to-earth
Affectionate responsible
TENACIOUS RESOURCEFUL

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.



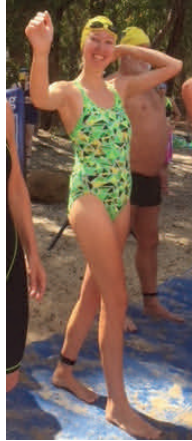
The Open Water Swimming Season has started

Stuart, Helen, Tammy and Steve swam in the Cottesloe Open Water swim . It was a beautiful day for the swim, with great conditions. Unfortunately the course was set too long, so everyone got the shock of their lives when they checked their times!!

Coogee OWS conditions were windy and rough, not the best day for it and the STINGERS were out in force! If not for those nasties it would have been a good swim even with the rough conditions.

The State Open Water Championships at Champion Lakes was another great day for swimming. Claire and Stuart both swam the 10kms. Rachael Cooper swam the 5kms. It was sunny, no wind and NO stingers! The water was it's usual murky, gross self. Caroline put aside her morning to do feeding, and showed Claire's friend Julie the ropes. Claire was second in her age group and Stuart was third in his age group.

And lastly but by no means least our club's Lake Leschenaultia swim was held on the 2nd Sunday in November. The conditions were perfect, no stingers, no wind and amazingly very few flies! A number of our members swam closest to their nominated times.





MEMBERSHIP FEES FOR 2018

12mth registration for 2018 is available now. However there is no rush to re-register as you are covered until the 31st December, HOWEVER if you are an OWS you must have registered by that date to qualify and gain points for the OWS series.

Fees for 2018 are **\$104.00** and can only be paid through the Membership Port on the MSWA website. As existing members, ensure you click on the **RE-REGISTRATION** button and not the REGISTER button – clicking this button will assign you a new membership number and will cause problems for the Director of Recording who will have to merge your old number & your new number – and that will make her grumpy!!!!


Remember – if you are not a financial member, you cannot swim at any club events including training, aerobics, club nights etc. as you, the coaches and the club are not covered by insurance.

Lynne has sent out instruction on how to register in last weeks Dolphin dots if you have forgotten how to do this (I know I have!).



There will be training at Maida Vale Pool on Tuesday 19th and Wednesday 20th at Maida Vale pool.

Thursday 21st, weather permitting, Bilgoman Pool will be the last chance for a get together before the Christmas break. Go for a swim and take a sausage or two for a quick bite to eat after all those 50 metre laps!



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!

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



ALICE SPRINGS Masters Games

13 - 20 October 2018
The Friendly Games

The schedule of events is now on the Alice Springs Masters Games website and registrations are being take, Click [here](#) for a quick link to the webpage .

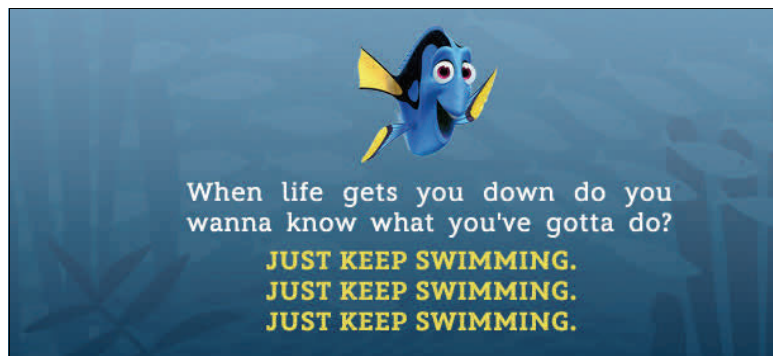
The club has booked a bunkhouse at the Big4 MacDonnell Range Tourist Park for the Masters Games. The dates are 12th to 21st October, 2018.

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.

**Now you can start planning what events you want to enter!!
(you can do more than swim if you are feeling energetic!)**



<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.....**



Contact Details:

President: Andrea Williams
Secretary: Lynne Duncan
Coaching panel : Stuart Anderson
Editor: Kate Elliott

Ph: 9293 2318
Ph: 0417 997 556
Ph: 04277 829 380
Ph: 0400450 770

andreawilliams12@hotmail.com
duncan1320@bigpond.com
kelliott@inet.net.au

