

PRESIDENT'S PROSE – OCTOBER 2018

Whilst October was a wonderful month for a group of members, as you will see by the article on our campaign at the Alice Springs Games, it was also a very sad month as we lost one of our “swimming family” members with the passing of Peter Hart. Peter was Barbara’s husband, Lesley, Jonathan (dec) and Simon’s dad, and Rachael and Megan’s grandpa and whilst he was never an actual swimming member of our club he was always a stalwart at events, social functions at both Maida Vale, and Kalamunda swimming clubs. Peter had been suffering from Alzheimer’s disease for quite some time and had been in a nursing home for the past eight years of his life. Several club members attended Peter’s funeral wearing club shirts and Lynne placed a notice in the newspaper on behalf of the club. Peter will always be remembered for his sartorial elegance with his trademark safari suits, short shorts and long socks!

Our club hosted a very successful distance meet at Darling Range pool on the first Saturday in October. The afternoon ran smoothly with some very impressive swimming during which several new state and national records were set. In keeping with our reputation, the visiting swimmers were treated to a sumptuous afternoon tea. Thanks to all our club members and in particular to Lynne for organising the sanctioning of the event.

Whilst some of us were enjoying the warmth of the Alice Springs Games, another small group of dedicated open water swimmers took to the waters at North Cottesloe for the Euroz Cold Water Classic fundraising event for Leukaemia. I believe the conditions were challenging and the weather less than spectacular, however Stuart, Greg, Helen Wilson and Helen Jones were not deterred by the forecast and all finished the 1,500 metre event.



The final swim for the month was the Fremantle Fins long course swim and we were represented by Brian B, Kirsten, Gwyn, Ian, Greg and me. With just six swimmers, we managed to finish eleventh overall out of eighteen clubs.

Perhaps our lack of numbers at Fremantle was due to the “Noughties” birthday party the night before. Chris Bagshaw and Pamela hosted the party in Chris’s delightful garden and the theme was “National Dress”. There were a couple of interesting outfits and a delicious evening meal. Jamie Dyer turned 20 this year, Tammy is 40; Chris is 60 and John Hofmann 80!



The monthly pizza night coincided with Halloween again this year but there were no spiders or cobwebs in the delightful food.

Looking forward to a very busy November!!

FROM THE HILL.....ANDREA.



CLUB NIGHT PROGRAM FOR NOVEMBER 2018

5TH NOVEMBER	100 INDIVIDUAL MEDLEY	STUBBY STAKES	25 BREASTSTROKE
12TH NOVEMBER	50 FREE		100 BACKSTROKE
19TH NOVEMBER	COMMITTEE MEETING		
26TH NOVEMBER	200 BREAST		25 FREE
3RD DECEMBER	25 BACK	STUBBY STAKES	100 BREAST

STUBBY STAKES OCTOBER CONGRATULATIONS TO BRIAN BRADY

Who swam closest to his nominated times for October Stubby Stakes which was 100 Free

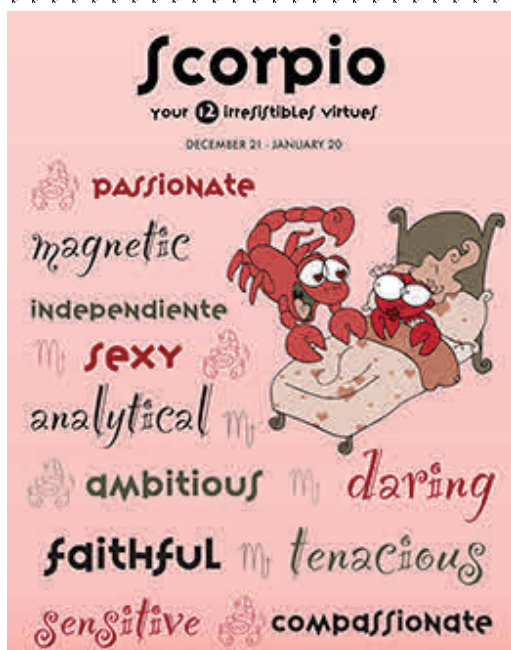
Come down on Monday 5th November and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Remember to bring a plate of food to share.

Monday Stubby Stakes night is a night to catch up with other club members and to check out how well you know your swimming time.



HAPPY BIRTHDAY IN NOVEMBER TO

Chris who was 60 on the 1st November
(thanks for hosting the noughties night Chris!)
Dianne 7th; Maggie 10th; Simone 11th;
Gwyn 22nd and Jane 23rd.



SAGITTARIUS

NOVEMBER 22 - DECEMBER 21
WTFZODIACSIGNS.COM

Sagittarius is the
most free spirited.
You can't never hold
them down, but go
along for the ride and
you'll have the MOST
FUN in your LIFE.

The club's open water swim at Lake Leschenaultia will be held on the 11th November. (this year is the 100th anniversary of Armistice day). And a day which it is hoped as many club members as possible will keep free, if not to swim, but to help out with all the jobs that go into making this a successful fund raising event for the club. This year there are a few changes to the event. 4 distances to choose from being the main change!

THERE IS MORE ABOUT THIS EVENT IN DOLPHIN DOTS BUT WE HOPE THAT YOU HAVE ALL PUT A BIG CIRCLE ROUND THE 11TH NOVEMBER ON YOUR CALENDAR AND KEPT IT FREE TO HELP MAKE THIS A SUCCESSFUL FUNDRAISING EVENT FOR THE CLUB. MANY HANDS MAKE LIGHT WORK!



**32nd Lake Leschenaultia
Open Water Swim
Sunday 11th November 2018
400m , 800m, 1600m & 3200m Swim**

Lake Leschenaultia, Chidlow

45 minutes' drive from Perth, Rosedale Road, Chidlow, is a man-made lake constructed in 1897 for the WA Government Railway to water Steam Engines at the Chidlow Well Station. 600 acres of Parkland is now a recreation area ideal for family and group outings, plenty of BBQs, sandy beaches, grassed areas and pleasant and easy walks.

Reflections Café on lakeside, is open for breakfast, lunch, coffee & refreshments

Please Note: Entry to the Lake is FREE
Pets are not allowed at the Lake!

EVENT INFORMATION

This event will be conducted according to the MSAWA Local OWS Rules 2018/2019

8:00am - 9:00am	Registrations
9:10am	Event Briefing - All Events
9:20am	1 Min Silence—Remembrance Day
9:30am	400m Swim—Start
9:50m	3200m Swim—Start
9:52m	800m Swim—Start
9:55am	1600m Event—Wave1 Start
9:57am	1600m Event—Wave2 Start
9:59am	1600m Event—Wave3 Start

<https://www.registermaw.com.au/secure/Register.aspx?F=27573>

Cancellation: The Race Director & Event Coordinator, in conjunction with the Race Referee, has the right to cancel the event due to unfavourable conditions or circumstances that could compromise the safety of participants.

In the event of the swim being cancelled, every attempt will be made to notify competitors in advance.
Entry fees will NOT be refunded.



Department of
Local Government, Sport
and Cultural Industries



Our Sponsors

Thank you to our Sponsors whose support is acknowledged and very much appreciated



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Village Pizza
Lesmurdie. 9291 4444

221 Gooseberry Hill Rd,
Maida Vale. 9454 5440



ELIGIBILITY 400m—Go Jump in the Lake Non-competitive event is open to swimmers 9 years of age (on the day) and over
800m event is open to swimmers 11 years of age (on the day) and over.
1600m Signature event is open to swimmers 11 years of age (on the day) and over.
(Closest to Nominated Time)
3200m event is open to swimmers 12 years of age (on the day) and over

ENTRY FEE:	400m event	\$10.00
	800m event	\$35.00
	1600m event	\$40.00
	3200m event	\$45.00

LATE ENTRY: \$50.00—ALL events except the 400m.



ALICE SPRINGS Masters Games

13 - 20 October 2018

The Friendly Games

A small group of Maida Vale Masters swimmers went to Alice Springs for the Masters Games this month. For those of you who do not follow the Maida Vale Masters Facebook page—here are a few highlights from the week. **Day One:** Medals for everyone who swam, including some records. Let's hope we haven't peaked too early. Go Team Maida Vale!



Day 2: a few more medals and lots sunshine and smiles.



Day 3: More medals and records, but most memorably a war cry that would have made you all proud (or cringe). Note our honorary member in the middle of the group pic! Do you recognise him? (Hint: he used to be thinner and funnier). 5 relay teams. 2 Silvers and 3 fourth places.



Maggie kept up the MV tradition and won a prize in the raffle!



Day 4: What a day! Everyone in the team won an individual medal and the club, 3 in relays! 800 metre event tomorrow. Maybe 'Our Dawnie' will make an appearance. Our war cry and fruit salad hats are wearing thin with the rest of the crowd but we think we were amazing!!



Day 5: Our final day in the pool, 800 metres freestyle and MORE medals with 'Our Dawnie' finally making an appearance. Congratulations to undoubtedly the noisiest team at the pool, we were amazing. Huge thanks to our supporters, photographers and everyone that took turns time keeping. Day 6 we turn into athletes for the masters mile.



Lesley —Best in her age group!! 12 medals all gold!



Dawn turned up!!!



Support Crew—thank you!!

As athletes we make better swimmers, the Masters Mile was our last event and whilst we made our presence felt with an interview and a quiz win on ABC radio whilst eating ice cream pre-race, the stroll around the course with Gwyn wearing thongs was unlikely to win us medals. Even 90 year old Glad (not our Glad) beat most of us (all the girls!!), Ian, on the other hand, took it more seriously and was rewarded with a bronze medal in the 80 to 84 age group. It was a great way to finish an awesome meet for us all!

We also managed to have some very nice social get togethers. A memorable one being the night we came up with the Maida Vale Masters 'war cry'. COME AND SWIM, COME AND WIN, MAIDA VALE!!!

A pizza night at the Big 4 Macdonald Park where most of the club members stayed. A Sunday morning pancake breakfast courtesy of the Big 4 was a highlight. Brian was disappointed not to be able to attempt the record for eating the most pancakes!!

We also had a 'posh night' out at the Mercure Hotel organised by Ian and Dorothy Stewart. We were all sitting outside enjoying the balmy evening when the heavens opened and 100 mm of rain dropped in about 20 minutes!!

Pancakes



Pizza



Before the rain!!

After the rain!



It was fabulous fun. There was lots of time to check out the sights of Alice Springs and surrounds. Elaine and Claire managed a day trip to Uluru after the swimming was over.

**Four years till the next one! Start saving.
It was a Fantastic week of Fitness, Friendship and Fun.**



Ian Stewart Masters
Mile bronze medalist!



The ladies—not sure if they should have been swimming or walking. They finished last behind Glad who is ninety!

DATES TO PUT INTO YOUR DIARY:

SUNDAY 25TH NOVEMBER

SATURDAY 8TH DECEMBER

MONDAY 17TH DECEMBER

SUNDAY 25TH NOVEMBER:

The Multiple Sclerosis Society's annual fundraising bike race is being held on 25th November and once again volunteers are needed.

Last year we were able to provide 20 volunteers who helped with handing out drinks and medals at the end of the race in Hillarys.

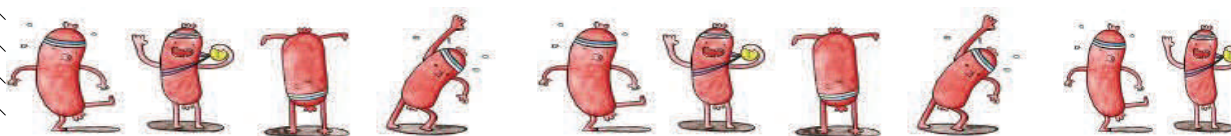
We are helping out again in 2018. If you are able to donate a morning of your time on the 25th November please put your name down on the list at the pool. We do not have to be there quite as early as we

were last year!! Marilyn Potter's son and grandson are coming over from Melbourne to ride in this event.



SATURDAY 8TH DECEMBER:

The club Christmas party will be held on Saturday 8th December at the home of John Hofmann.



MONDAY 17TH DECEMBER:

The club's annual sausage sizzle will be held at the home of Sandra and Jess on Monday 17th December. There will be no swimming on the 24th December (Christmas Eve)

There will be more details about all these events in either Dolphin Dots or next month's newsletter.

In the meantime save the dates. Remember—Fitness, Friendship and Fun.



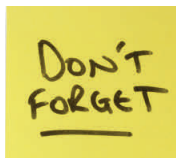
Donations to Sharing a Hills Christmas can be left at the pool on club or training nights.

All donations are distributed to disadvantaged families in the City of Kalamunda a week before Christmas.

If you have time to donate when donations are sorted, packed and delivered watch this space for details of where and when.

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

MEMBERSHIP FEES FOR 2019



Fees for 2019 **\$104.00** are not open yet unless you are a new member. Lynne will advise when they open on the 1st December, not before. Fees 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 will send out instructions on how to register in Dolphin Dots if you have forgotten how to do this and when Registrations for 2019 are open.

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](#)

New Club bathers and club shirts 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.

New Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Get your shirt in time to wear at the Lake Swim if you don't already have one. Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots



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