

# Up Hill & Down Vale

AUGUST 2018 NEWSLETTER

## PRESIDENT'S PROSE JULY 2018

We are now half way through the year and whilst July produced some very cold and wet evenings many swimmers were not deterred and training evenings were fairly well attended, particularly Wednesday nights. Pizza Tuesday is always a challenge finding able bodied swimmers to help with covering the pool. We might have to make it compulsory to swim before eating in the future!

We have had two new prospective members at training and welcome Stratton and Glen to our ranks. Ray Adams has returned after some ill health and Ian Stewart has also promised to jump back into the pool to train. Ian has been suffering from a very virulent flu for weeks but is finally on the mend. Dorothy and Ian will be moving down to Fremantle to live but intend remaining in touch with the club. Gwyn is back into training (2km legs only with snorkel and flippers) and Lesley is taking her shoulder recovery seriously with gentle sessions.

In early July the club was invited to participate in the Eastern Regions Carnival conducted by Swan Hills Swimming Club and whilst we were only represented by a small contingent of swimmers we managed to finish second to a much bigger group from Belmont. Most of our swimmers got maximum points for their events. Quality over quantity!! Russel Fowler said he won everything he entered, even the raffle! It was terrific to welcome Helen Jones and Ceinwen Roberts to our team as we normally only have the pleasure of their company at open water swims. They both managed to juggle their swims between playing with their little girls in the hot pool. Through no fault of Captain Brian, my entry times were spectacularly incorrect and I was listed in the fastest heats for all my events. Needless to say I came well and truly last and was lapped even in a 100mtr event!

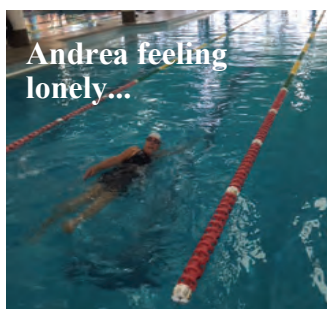
Glad suffered an equipment malfunction as she had placed her microfiber towel into the microwave to dry which resulted in the towel igniting and burning some very interesting holes in each folded section. As it was a Sunday we deemed it to be Glad's Hol{e}y Shroud..



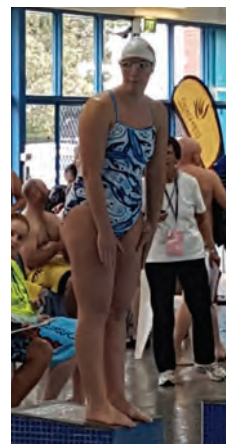
Russel looking pleased with himself after winning all his events and then a winning raffle ticket!



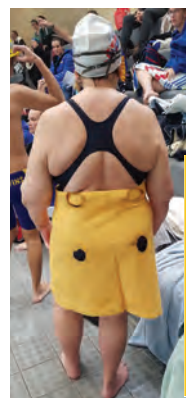
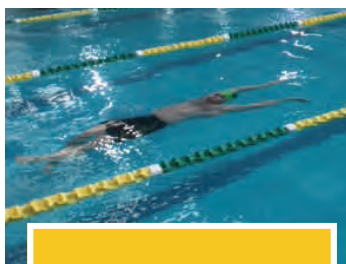
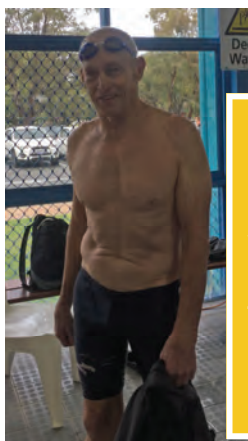
Stuart stretched out!



Andrea feeling lonely...

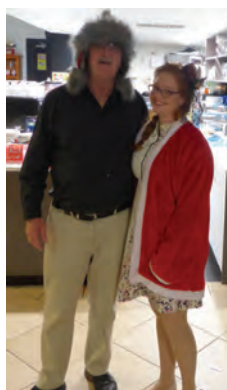


Glad with her 'Holy' towel.



Garry Lymn was very competitive in several events and a relay but is now out of the water as he underwent a complete knee replacement at the end of the month. He has recovered remarkably well and, once the stitches have healed will be back entertaining everyone in Lane 5.

The highlight of the month was our Christmas in July, organised by Brian and Kathy and held at Gracie's Café in Forrestfield. The theme for the evening was "Hats" and everyone managed to wear something entertaining. Kathy ran a fun quiz asking questions from the "Titanic" and it was obvious from the answers that some people had never watched the movie! The food was delicious and plentiful and the atmosphere very pleasant. Marilyn Potter and Dianne Cockman were issued with badges and certificates as 25 Year Life Members, whilst Norma Jack, Kim Bingham, Garry Lymn, and Martin Byrnes received 30 Year Badges. Kate Elliott has been a member for 10 years, Tammy and Jamie Bounsell for 5 years. The usual array of Flippers were issued and Christmas presents were distributed by Santa (Stuart) and his helper Sarah. If you were expecting a Flipper and missed out – we forgot some so there is always the real Christmas Party!!



Time to start looking for real Christmas presents now, nearly the end of the year!!

**FROM THE HILL.....ANDREA.**



## CLUB NIGHT PROGRAM FOR AUGUST 2018

<b>6TH AUGUST</b>	<b>50 BREAST</b>	<b>STUBBY STAKES</b>	<b>100 BACK</b>
<b>13TH AUGUST</b>	<b>200 FLY</b>		<b>25 BREAST</b>
<b>20TH AUGUST</b>	<b>COMMITTEE MEETING</b>		
<b>27TH AUGUST</b>	<b>HANDICAP</b>		
<b>3RD SEPTEMBER</b>	<b>25 FLY</b>		<b>100 IM</b>

### CONGRATULATIONS TO PATRICIA DALLE NOGARE

Patricia swam closest to her nominated time for July Stubby Stakes. 50 Backstroke.  
Won by 4 100ths of a second!!

Come down on Monday 2nd July and swim closest to your nominated time for the 50 metres 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.

Monday 13th August could be an interesting night 200 Fly!!



**HAPPY BIRTHDAY ON 20TH AUGUST TO  
LYNNE DUNCAN**

LEO Woman (July 23-August 22)  
: Most intelligent woman you'll  
ever meet: Will Kick your ass:  
: Born Leader: Adventurous yet  
Down-to-earth: Romantic  
: Only real men can handle  
: Biggest heart: Freakiest in Bed  
: Loyal: Generous: Funny:

## CLUB RECORDS

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. Lots more records tumbling down!

## Club Records July 2018

Name	Age Group	Course	Event	Time
Glad McGough	85-89	Short	400m Individual Medley	18.28.12
Claire Ware	45-49	Short	100m Freestyle	1.18.03
		Long	100m Freestyle	1.19.47
Russel Fowler	70-74	Short	50m Backstroke	46.56
			100m Backstroke	1.44.91
Brian Brady	65-69	Short	1500m Breaststroke	44.42.64
Stuart Anderson	30-34	Short	50m Breaststroke	36.78

### A FEW DATES FOR YOU TO PUT A BIG CIRCLE AROUND ON YOUR CALENDAR!

- Brian and Kathy are organising a wild flower walk and breakfast in the hills on Sunday 30th September for club members.
- The club's open water swim at Lake Leschenaultia will be held on the second Sunday in November, 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 will be more about this event in Dolphin Dots and the newsletter, but put a big circle round the 11th November on your calendar and keep it free.
- The Noughties Night, held to celebrate all those people with an O in their age will be held on Saturday 27th October.

More details will follow in Dolphin Dots about these events.





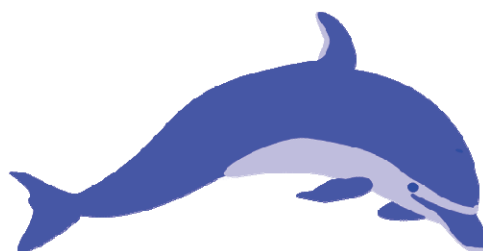
Don't forget to check out our Facebook web page with more photos and videos .Just click on the link below.

[Maida Vale Masters Swimming Club](#)

Swimming. It's good for you, but I expect all of you who swim already know how good you feel after a session in the pool! In fact, it turns out that swimming is better than good, it's awesome, and not just because it's an amazing low-impact, fun [way to lose weight](#) and get fit. Swimming has a plethora of benefits, which is why it is one of the most recommended cardio workouts in the world today. So embrace your inner dolphin and get ready to enjoy all the benefits which swimming can bring.

Click [here](#) to check out the 8 Awesome Health Benefits.

Endurance swimming at Darling Range College Pool is a good way to embrace your inner dolphin on a Saturday afternoon. Hopefully it won't be too long before the Boiler that heats the water is mended and we can have a few sessions of Endurance swimming at Darling Range College in Forrestfield on a Saturday afternoon.



WATCH OUT FOR THE NEXT ENDURANCE SWIM IN Dolphin Dots (could be next week!).



### BEWARE!

If you have any old pairs of Speedo bathers in your drawers dispose of them carefully you don't want [this](#) to happen.  
Just click on the link!



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

## MEMBERSHIP FEES FOR 2018



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 Dolphin dots if you have forgotten how to do this.

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 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 and they are ready for collection.....just in time for the Nationals. The shirts will 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 Nationals – and that includes anyone who is attending but not necessarily swimming.

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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