

Hill & Down Up Vale



OCTOBER 2019 NEWSLETTER

PRESIDENT'S PROSE SEPTEMBER 2019

September was one of the quietest months for the club in a long time. A couple of our training nights recorded only 4 and 6 swimmers-so single lanes for everyone! Makes putting the pool covers on at the end of the session interesting!

There was a 1500 metre distance meet at HBF Stadium and Gwyn and I were the only club representatives, apart from Lynne who was refereeing. It was a lovely spring afternoon and a pleasure to swim in the newly revamped 10 lane pool. The same afternoon the Bourne family had the Darling Range pool to themselves for an endurance swim. Elaine, Russell, Jen, Greg and the boys had their own 25mtr pool to play in. I would encourage more swimmers to take part on Saturdays as the pool is in great condition now. A good place to start getting fitter for the open water season.

We do have another new member. Welcome to Ruth Gallagher who has participated at training and decided to make the right decision and joined our club.

October promises to be a busier month with the start of the open water swims. The Euroz Cold Water Classic will be held on Sunday 20th and offers a beach run, a stand up paddle board race, a Malibu board race and a swim. There is a prize for competing in all the events if you feel up to the challenge!



The club is targeting the Freo Club Challenge on **Sunday 27th** in the 50 metre pool in Fremantle and it would be great if some of our new members could consider competing. It's usually a wonderful morning followed by a nice lunch. The flyer is included in this newsletter and Brian Risbey will be taking names **so save the date!**

Now... the most important event of the month...**Saturday 19th October** is our yearly "Noughties" party where we celebrate members who have had significant birthdays during the year. The theme is Oktoberfest. Check out the flyer and again. Save the date!

Plans for our Lake swim on **10th November** are progressing well with the entries opening on October 1st. Brian Brady is looking for donations for the raffles and there will also be a list for volunteers at the pool. This is our biggest event of the year so please consider getting involved! If you don't want to swim there are lots of jobs!!

Another list will be circulated for volunteers needed at the MS Ocean Ride on Sunday morning, **24th November** at Whitfords Node. This will be the third time we have volunteered and it is a wonderful community event... plus we are supporting Marilyn Potter who has MS and who's son Jason (and friends) will be coming to Perth to ride in her honour.



"What's Occurring?"

Our wildflower wanderers have all returned home with glowing reports of the abundant displays. Plus some hay fever. The Pethers, the Lynn's, the Bingham's, the Cockmans and Lesley and William helped the economy of some outback towns and bizarrely Barbara and Garry Lynn bumped into Lesley and William in the bakery (of all places) in Mingenew.

Lynne and Andrew Duncan are experiencing the real Oktoberfest in Munich and enjoying Bavarian lager before driving in Italy and cruising around the Med. Meanwhile Elaine and Russell Bourne are soaking up the culture in Italy - even attending an opera at La Scala in Milan!

Brian and Kathy have returned from their epic travels in Canada, Alaska and San Francisco full of great stories and photos.

Scott Yaxley returned safe and sound from his bike ride in Tibet that culminated in reaching the Everest Base Camp.

Maggie is travelling to Germany and Scotland for a long holiday. Sandie Schroeder is enjoying the delights of Paris and Venice on long service leave. Barbara and Bill van der Leest have just returned from another European holiday.

Norma and John had a wonderful holiday touring and cruising in the Kimberley. They arrived back in Perth and John flew straight out to deepest darkest Peru for the opening of his new factory. Club member Paul Waters is his new Managing Director of that facility. What an adventure!

Gosh. We are more of a travel club than a swimming club! (*this could explain why the pool has been so quiet for the past weeks!! Time for everyone to get back into training!*)

Sandra Thompson completed the 35km "Bloody Big Walk" fundraising for the Mito Foundation. Well done Sandra!

Lesley and William survived the AFL Grand Final at The G - opting for GWS - and had a great birthday celebration.

Glad and Bob McGough celebrated their 67th wedding anniversary. What an amazing milestone. Glad is back in training for the lake 1600 swim.

Pizza night was a very pleasant evening with Barbara Hart, Caroline and Garry providing dessert pizzas.

And...Thomas Outred passed his driver's licence!

See you all at Stubby Stakes next Monday.

From Yallingup *ANDREA WILLIAMS.*

Maida Vale Masters 32nd Lake Leschenaultia Open Water Swim Sunday 10th November

The club's open water swim at Lake Leschenaultia will be held on the second Sunday in November, the 10th November. 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.

4 distances to choose from, something for everyone. 400 metre, 800 metres, 1600 metres and 3200 metres.

We will be running our raffle. If you have any donations for the raffle please bring them to the pool when you come for a swim.

There will be more about this event in Dolphin Dots and the newsletter, but put a big circle round the 10th November on your calendar and keep it free.





The Open Water Swimming Season is nearly upon us!!



32nd Lake Leschenaultia Open Water Swim Sunday 10th November 2019 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.

Visit Reflections Cafe at the lake—Breakfast, Lunches, Coffee & Refreshments.

EVENT INFORMATION

This event is part of the **WOW Masters Swimming Open Water Series**

The event will be conducted according to the **MSWA Local OWS Rules 2019/2020**

To stay plastic free, we will not be handing out bottled water.

Water will be available—Please bring your own water bottle to refill

8:00m - 9:00am	Registrations
9:10am	Event Briefing (all events)
9:30am	400m Event — Start
9:50am	3200m Event — Start
9:52am	800m Event — Start
9:55am	1600m Event — Wave 1 Start
9:57am	1600m Event — Wave 2 Start
9:59am	1600m Event — Wave 3 Start
12:00pm	Official Finish of the Lake OWS

ELIGIBILITY

400m—Non-competitive 'Go Jump in the Lake' event is open to swimmers 9 years & over on the day

800m—11 Years & over on the day

1600m—11 years & over on the day

3200m—12 years & over on the day

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

LATE ENTRY: **\$50.00**—all events except the 400m

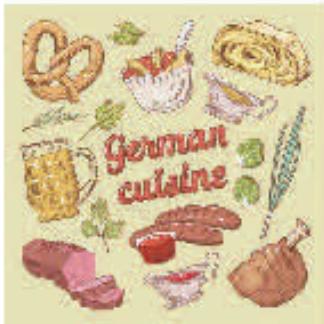
<https://www.registernow.com.au/secure/Register.aspx?E=35788>

Event Cancellation: The Race Director has the right to cancel the event, in consultation with the Event Coordinator, the Referee and the Shire Ranger, due to unfavourable conditions or circumstances that could compromise the safety of participants. In the event of cancellation, entry fees will not be refunded. Every effort will be made to notify swimmers in advance of the event day.



Department of
Local Government, Sport
and Cultural Industries

**Join with Club Members and their families
On October 19th
to celebrate our members
who have had a special birthday in 2019**



Kayla Ellis	15th September	20
David Outred	18th March	60
Andrea Williams	29th January	70
Jamie Dyer	2nd April	21

We are having a Big Birthday Bash on Saturday 19th October to help our club members who celebrated a special birthday. The theme for the night is Oktoberfest—so get out your steins, lederhosen and Bavarian dresses and come along to the home of Andrea and Gwyn from 7.00 pm till late. Bring a plate of finger food (sweet or savoury) to share and BYO drinks. .



CLUB NIGHT PROGRAM FOR OCTOBER 2019

7TH OCTOBER	50 FREE	STUBBY STAKES	100 BACK
14TH OCTOBER	200 BACK		25 FLY
21ST OCTOBER	COMMITTEE MEETING—TRAINING ONLY		
28TH OCTOBER	100 FREE		25 BREASTSTROKE
4TH NOVEMBER	S T U B B Y S T A K E S		

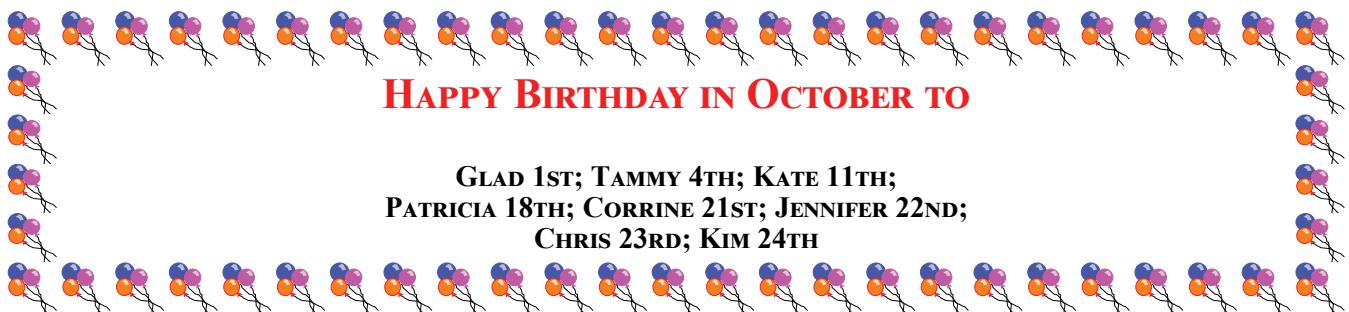
SEPTEMBER STUBBY STAKES CONGRATULATIONS TO DAVID MASTERS

Who he swam closest to his nominated time for September Stubby Stakes 25 Backstroke.

Our next Stubby Stakes will be held on Monday 7th October.

Come down to the pool and swim closest to your nominated time for the stubby stakes event and win the bottle of wine selected for you by Russel Fowler. Please 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.



Me to a T

OCTOBER LIBRA

- Has a sexy brain.
- Loves to make people smile.
- Can kill you with sarcasm.
- Has a great taste in music.
- Their mind will always be 10 steps ahead of yours.
- Always has the best insults.
- Very tolerant except for liars.
- Professional at reading people's true intentions.
- Gives the best silent treatment.
- Will beat you at your own game.
- The real sucker for love.
- The best friend and greatest lover with unquestionable loyalty.
- If found, keep them. They will brighten up your life.

SCORPIO
OCTOBER 23 - NOVEMBER 21

♏

A TRUE FRIEND
DETERMINED & INTUITIVE
CREATIVE
LOYAL & BRAVE
RESOURCEFUL
MYSTERIOUS & PASSIONATE
DYNAMIC



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 whose records you could break in 2019. Challenge yourself!

No Club Records in September 2019
Hopefully there will be some new records after
Fremantle Masters Swimming Club's
2019 LiveLighter Club Challenge
Sunday 27th October
Check out the flyer
Email Brian Risbey with your entries
risbey3@bigpond.com
Or put them in the red book at the pool



And LiveLighter Club Challenges
are just that!!

Sign up for the 27th October
and have fun in Fremantle!

OR NOT!

SWIMMING—by Pulitzer Prize Winner—Dave Barry

Swimming is one of the best forms of exercise, provided you remember to follow these simple safety rules.

1. NEVER SWIM IN A LAKE OR A RIVER

These contain snapping turtles, which have no natural enemies and therefore grow to the size of motel units, plus they tend to be irritable because they mate for life. Lakes also contain giant lake-dwelling carp, which will watch you from the gloomy depths with their buggy eyes, wondering with their tiny brains whether you would fit into their mouths.

2. NEVER SWIM IN THE OCEAN

The ocean contains creatures that make the giant lake-dwelling carp look like Bambi.

3. NEVER SWIM IN A SWIMMING POOL

People pee in swimming pools. Oh, I know you don't pee in swimming pools, and I certainly don't, but somebody does which promotes the growth of bacteria, which is why swimming pool owners are always dumping in toxic chemicals to the point where there is virtually no actual water in the pool. Just toxic chemicals and dead bacteria and old pee. This is why, as you may have noticed, the actual owner never gets in the pool. He's always off pretending he has to do something important involving the filter.



Fremantle Masters Swimming Club invites your members to a
2019 LiveLighter Club Challenge Series Event

*Sunday 27th October 2019
Fremantle Leisure Centre – Outdoor LC Pool, Shaffrey Street, Fremantle.
Warm up 8.00am for an 8.45am start*

EVENTS

1. 200m freestyle 2. 200m Breaststroke

Please choose only one 200m event.

3. 50m Butterfly
4. 50m Freestyle
5. 50m Breaststroke
6. 50m Backstroke
7. 4x50m Mixed Freestyle Relay
8. 4x50m Mixed Medley Relay

The event is OPEN to all Masters Swimmers. *This meet will be limited to the first 180 swimmers who nominate.*

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in appropriate Relays.
- All participating Clubs are to provide timekeepers and watches.
- Entry to the pool is \$6.40 payable at reception
- Cost of event entry is \$7.00 per swimmer payable to

Account details – Fremantle Masters Swimming Club

BSB – 016 307

Account No – 255467454

Clubs must pay by one bulk payment only (electronic transfer) and collect individual fees from swimmers themselves.

Reference – Your club code

- Lunch will be provided afterwards.

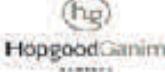
Please process entries via Team Manager and email to;

Margery Donaldson-Stiff secretary@frefins.com and ensure that all participants are financial members of your Club prior to accepting their entry.

If any problems or queries, please contact the Event Coordinator;

Simon Diffey simon.diffey@gmail.com

Entries close Monday 21st October 2019



Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!! The price of the ladies bathers and the mens long leg jammers have been reduced.

Ladies' Long Leg \$82.00 now \$75.00 Sizes 8 > 18 Ladies' Regular \$72.00 now \$65.00 Sizes 8 > 20
Men's Jammers (Long Leg) \$52.00 now \$45.00 – Sizes 14 > 26

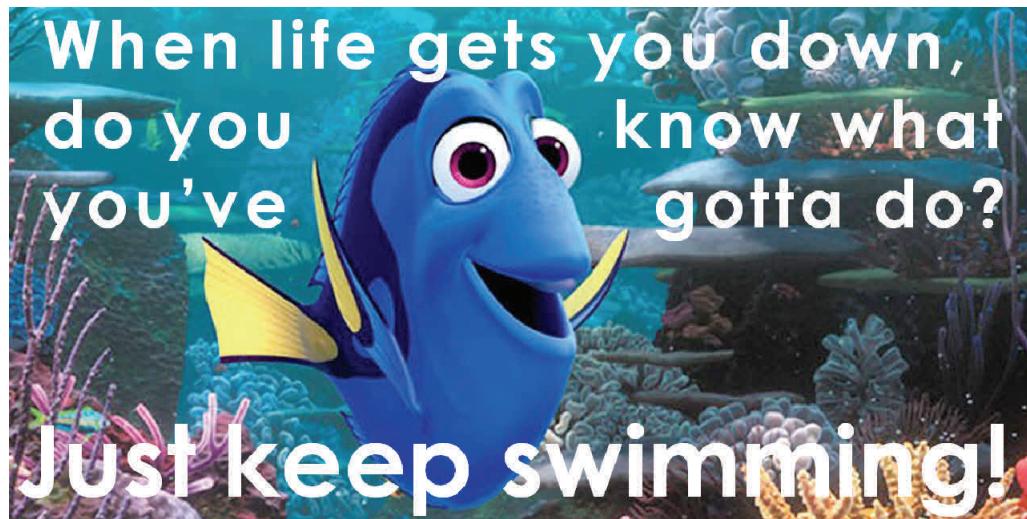
Silicon Caps \$10.00 Regular Caps \$ 5.00

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. New Club Shirts. The shirts cost \$35.00 and are being subsidized by \$5.00 from their actual cost of \$40.00. Make yourself proud to be a MVMS member.

Pay by EFT or cash on Monday night. Bank details in Dolphin Dots
There are also a few club vests available, 1 x XL; 2 x L and 3 M, see Norma for details. Very useful item of clothing when it is cold!!



Masters Swimming WA Website—well worth a visit. Click [here](#)
Don't forget to check out our Facebook web page with photos and videos.
Just click on the [link](#).



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