

PRESIDENT'S PROSE – SEPTEMBER, 2020

September was a great month in terms of club activities and swimming participation. Following the Handicap Events of August, members again took part in a challenge with the Equinox Swim against the Hervey Bay Humpbacks. The format was to conduct a series of half hour swims and to record the distance swum across four solo swims - two males and two females - three duo swims and two mixed teams of four. The total distance across the nine events was then tallied and compared to the distance which Hervey Bay had achieved over the same weekend.

As the water is too warm at Maida Vale pool for our solo swimmers it was decided that Claire Ware, Ceinwen, Stuart and Tom would swim their event at the Darling Range pool on Saturday to gain the best results. One of our duo teams - Lesley and Bronwen – decided to complete their half hour swim in the cooler water too. It was a fun and exciting afternoon of racing. The remaining two duos swam in the hot tub on Monday and still managed to record some impressive distances. The four-person team events were hard fought with Team 1 just outdistancing Team 2. By the end of our racing we recorded a total distance of 17,475 metres compared with Hervey Bay's 17,100. We have now been involved in this fun activity for five years and the score is three wins to the Humpbacks and two wins to us! Bring on the Solstice 2021! Thank you to Lesley and Stuart for leading us to victory 2020!

There was a 400/800 distance meet held by Leeming Masters at the ARC complex in Cockburn on the Sunday between the Equinox swims and whilst it meant three sessions in a row of racing, Stuart, Tom, Ian, Gwyn and I enjoyed a very successful afternoon. Stuart set an inaugural record in the 800mtr I.M, whilst Gwyn and Ian set records in their 800 breaststroke swims (**they also broke state records in their 400 splits in the 800 events!!**). Tom broke a state record in his 400 breaststroke – also breaking another long-standing club record previously held by Alistair Banting. Ian also set a new record in his 400 metres backstroke. It was a miracle he made it at all as he and Dorothy had driven to two other pools (the old Leeming Rec Centre and one other before finding the ARC –sounds like a plot for an adventure movie!) Congratulations boys! I can report that I enjoyed my swim and my afternoon tea!!

Enough about swimming! The First Aid squad of Lynne, Maggie, Andrea, both Brian Brady and Brian Risbey, Gwyn and Russel passed with flying colours after a very entertaining and interesting upgrade of our CPR skills. Thanks to Lynne for hosting the lecture and to those dedicated members who are trained and ready in the event of an emergency.

The much-anticipated morning finally arrived at the end of September when Sandra Thompson set off on her personal challenge of walking from Kalamunda to Albany on the Bibbulmun Track. An enthusiastic group of 18 club and family well wishers gathered at the Northern Terminus (Waypoint 1) to watch her head off out of town. Those lucky enough not to have to go to work headed instead to the Old Mates Café in Kalamunda for a sendoff breakfast. We also celebrated Kate's retirement which became official that week. 34 years at Kalamunda Primary ESC as the Manager of Corporate Services.



Sandra had a great nights sleep the night before as opposed to others who were restless for her. Garry Lynn had set his alarm for 5.30 to give himself time to get presentable (it does take him a bit longer than most). However, he had awoken before the alarm went off so got up quietly, showered and dressed only to realise that Barbara was still sound asleep as it was actually only 2.30 am! Sandra is making steady progress and managing her daily quota easily, albeit facing some unfriendly weather during her first week. Sandra began her planning back in March and here is the [link](#) to her fundraising page.

The club will again be volunteering our amazing skills and services at the MS Ocean Ride on Sunday November, 22nd at the Whitfords Nodes. There will be a list available closer to the date for those interesting in helping out. Marilyn's son Jason is not able to travel over to Perth to compete this year but is taking on a Virtual Challenge in Melbourne to fundraise for MS. He is setting up his stationary bike at home and will be riding a total distance of 3740 kms over the month of October. If anyone would like to donate to his challenge I have included the [link](#) to his fundraising page.

With just over five weeks to go before we host the Lake Leschenaultia open water swim for the 34th time, Lynne has set up the Register Now site and it will open on Monday 5th October and we have capped the event at 300 so don't miss out!! The official paperwork has been a nightmare this year with all the Covid Plan procedure and the Mundaring Shire and Health Department involvement but Lynne has taken that in her stride and we are all set for final approval. I don't know about the swimming part but there has been a great deal of "jumping through hoops" to get the event this far! Bring it On.

Whilst on the subject of the Lake swim Brian Brady has started collecting prizes for the raffles. If you have anything suitable please bring it to the pool for him so he can start putting the prizes together! He and Kathy always do a great job!!

You should have all seen the great article in the Echo newspaper about Norma and John but just in case you missed it

ECHO *Celebrations*

Love is in the air for 80-year-old pair

JOHN Hofmann and Norma Jack are proving love is ageless.

The Kalamunda couple in their 80s tied the knot in front of delighted family and friends in August.

Norma and John were introduced to each other seven years ago at the engagement party of Norma's granddaughter Michelle and John's grandson Jarrod.

Tall and handsome, John was immediately drawn to petite and lovely Norma – who John said had a twinkle in her eye, a beautiful smile and her white hair was shining like the silver lining in a dark sky.

Norma was smitten by John's good looks and gentlemanly charm and a friendship quickly formed.

They shared many similar interests and after a few months Norma introduced John to her swimming club, Maida Vale Masters, where she has been an active member for more than 30 years.

The wedding was originally planned for July on a Saturday but clashed with the date for the West Coast Eagles playing the Dockers in the Derby.

Both Norma and their celebrant Monsignor Michael Keating are avid supporters of the Eagles, so the date was changed.

COVID-19 put their plans on hold but as restrictions eased, the wedding date was set and the pair were able to be married in front of 100 guests in the old Sacred Heart church in Highgate.

The reception was held at Hillary's Yacht club.

They have settled back in Kalamunda to live happily ever after and share between them 17 grandchildren and 22 great grandchildren.



From the Hill—Andrea

CLUB NIGHT PROGRAM FOR OCTOBER 2020			
5TH OCTOBER	50 FREE	STUBBY STAKES	100 BACKSTROKE
12TH OCTOBER	20 BREAST		50 FLY
19TH OCTOBER	COMMITTEE MEETING—TRAINING ONLY		
26TH OCTOBER	100 FREE		25 BACK
2ND NOVEMBER	25 FREE	STUBBY STAKES	200 IM

SEPTEMBER STUBBY STAKES WINNER

Well, Caroline Dyer may have missed out in August, but she was a winner again in September when she swam closest to her nominated time for 25 Backstroke. Her third Stubby Stakes in 2020. Will she be aiming for a fourth win this month??

Come down to the pool on Monday, and try to knock Caroline and Stuart out of the Stubby Stakes winners pool and swim closest to your nominated time 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, or even see if you have improved!



HAPPY BIRTHDAY IN OCTOBER TO

Glad McGough 1st (90 years young)

Tammy Norregaard 4th; Kate Elliott 11th; Patricia Dalle Nogare 18th;

Jennifer Bourne 22nd; Kim Holmes 24th

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

- Everything runs deep for them.
- Their feelings are strong, intense, and they last forever.
- Don't cross a Scorpio, their revenge is slow and painful!
- Scorpions are sensual, mysterious, sexy, conscious, and are able to make dramatic life changes.
- They are also deeply intuitive and tend to overthink their gut feeling.



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 2020.

Challenge yourself ! You could be in a new age group this year— there's always a good chance at getting a club record when you get into a new age group!!

Club Records September 2020

An asterisk means A State Record!

Name	Age Group	Course	Event	Time
Norma Jack	85-89	Short	25m Freestyle	28.93
Ian Stewart	85-89	Short	400m Backstroke	10.36.46
		Short	800m Breaststroke	24.25.61 *
Gwyn Williams	75-79	Short	½ Hour Freestyle	1575m
		Short	400m Freestyle	7.45.07
		Short	800m Breaststroke	17.26.46 *
		Short	1500m Freestyle	29.39.90
Andrea Williams	70-74	Short	½ Hour Freestyle	1490m
		Short	200m Backstroke	4.45.02
		Short	400m Backstroke	9.57.80
		Short	800m Freestyle	15.44.19
Garry Lymn	70-74	Short	¾ Hour Freestyle	1963m
Lee Caldwell	65-69	Short	1 Hour Backstroke	2265m
Maggie Read	65-69	Short	25m Backstroke	24.80
Lesley Hart	55-59	Short	½ Hour Backstroke	1600m
		Short	800m Individual Medley	16.04.49
Claire Ware	45-49	Short	½ Hour Freestyle	1845m
Ceinwen Roberts	40-44	Short	½ Hour Freestyle	2275m
Stuart Anderson	30-34	Short	400m Butterfly	7.11.44
		Short	800m Individual Medley	13.14.93 *
Tom Love	30-34	Short	400m Breaststroke	6.16.72 *
		Short	½ Hour Breaststroke	1679m

David is on the mend! No records for him this month.



A few of our
Equinox
swimmers!

Club Walk 11th October

Brian has 'walk tested' the Swan View Tunnel and Falls walk which is a 6.6 kilometre moderately trafficked loop trail located in Swan View. Parking on the corner of Morrison and Pechey Roads near the Swan View Railway Heritage Trail Hub. It features a waterfall and is good for all skill levels. It took Brian approximately an hour and half. The trail is primarily used for hiking, walking, nature trips, and bird watching. There will be more detailed information about where to park and what to take with you in Dolphin Dots next week. Brian suggested a torch for seeing your way through the tunnel! **10.00 am start!**



Sunday 8th November

Lake Leschenaultia Open Water Swim
all hands on deck for this one!!

There will be more information coming out next month.



SATURDAY 12TH DECEMBER

Christmas Party hosted by the newly weds!



Monday 21st December

No swimming—a sausage sizzle instead!

Entries for the 34th Lake Leschenaultia OWS
to be held Sunday, 8th November 2020
at Lake Leschenaultia, Chidlow
Registrations Open:
Tuesday, 5th October 2020



The club's open water swim at Lake Leschenaultia will be held on Sunday 8th November.
We hope as many club members as possible will keep this date 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.
Brian and Kathy Brady are taking donations for the raffles now.

THERE WILL BE MORE ABOUT THIS EVENT IN DOLPHIN DOTS BUT WE HOPE THAT YOU HAVE ALL PUT A BIG CIRCLE ROUND THE 8TH NOVEMBER ON YOUR CALENDAR AND KEPT IT FREE TO HELP MAKE THIS A SUCCESSFUL FUNDRAISING EVENT FOR THE CLUB. MANY HANDS MAKE LIGHT WORK!



**MAIDA VALE MASTERS SWIMMING
PRESENTS
THE 2020 NOUGHTIES BIRTHDAY BASH**

It's that time of the year again when we celebrate the "Special" birthdays. This year we have twelve Noughties Birthdays. To help them celebrate we are having a Birthday Bash on Saturday 31st October Halloween in the "Party Room" at the home of Gwyn and Andrea Williams.

Eight members are celebrating a significant birthday.

Ceinwen Roberts	40
Bronwen Charlesson	40

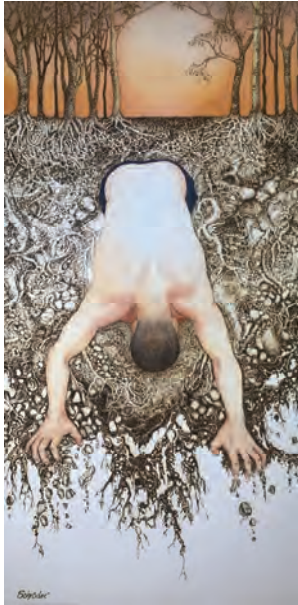
Steve Cockman	70
Russell Bourne	70
Garry Lymn	70
Kate Elliott	70

Richard Mazzucchelli	80
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GLAD MCGOUGH	90
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When: Saturday 31st October 2020
Where: At the home of Gwyn and Andrea Williams, 12 Valley Road, Kalamunda
Time: 7:00 pm till late
Bring: Party Finger Food
BYO Drinks – no club drinks will be available and drinks will not be provided
Wear: Halloween
Parking: Parking is available off Valley Rd up the driveway OR at the end of Hillview St off Benbullen Rd.





Our very talented club member, Sandie Schroder, has an Exhibition which starts Saturday October 3rd at Linton & Kay Galleries Mandoon Estate Swan Valley. The exhibition is on Fridays and every weekend in October from 10am to 4pm.

If you are not hampered by a job and have to work on a Friday, Friday is the best day to visit!



Sandie has invited wood turner Ian Moss to exhibit with her and the exhibition is called 'Burned and Turned'

On Sunday 4th October there will be (an unofficial soft opening) Artist talk at 2.30pm

Join Sandie to hear how these art works are created and how the past 12 months have impacted her work

Also, on **Sunday October 11th** (the following Sunday) Sandie is a participant in **Kalamunda Open Studios**
So, if you miss the exhibition opening, you can pop in and see Sandie at her home studio from 10am to 5pm

Information and maps can be found at this [link](#).

Social distancing at the Village Pizza Restaurant
in Lesmurdie.



**September Pizza
night.**

**Lots of birthday
pizzas.**

Tom did share his!



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. A 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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