

## PRESIDENT'S PROSE AUGUST 2020

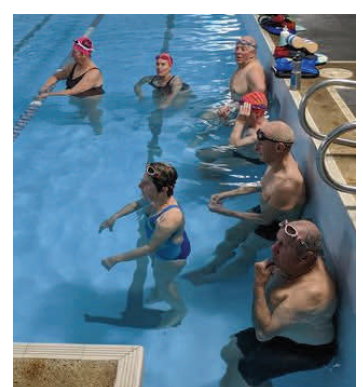
The club is now two months into our relaxed Covid-19 restrictions and we are continuing to comply with the rules set out by the pool owners and Masters Swimming. We are so very lucky here in the West when you consider swimmers in Victoria are still not able to enter their pools and training sessions are limited in the other states with bookings still essential.

Our planned Solstice swim against the Hervey Bay Humpbacks was changed from our usual date in June – shortest day of the year - as their pool was initially closed for Covid and then renovated. They have only recently returned to training. We are now looking forward to an Equinox Swim. Solstices refers to the shortest and longest days of the year whilst Equinoxes refer to days of equal daylight and darkness (in case you were wondering!).

Lesley and Stuart have devised a program which might give us a slight advantage as our swimmers have been training a little longer and *should* be fitter. Solo, duo and team half hour swims will provide an opportunity for all our keen members to be involved and will be an inclusive and entertaining event. Lesley is taking names for the event which will be held on **Saturday 19<sup>th</sup>** for solos and **Monday 21<sup>st</sup>** for duos and teams.

Claremont Masters conducted the first competitive swim meet at the end of August with a new event named “Just 100s”. Swimmers could choose three swims from the five on offer and, with a limit on entries, the afternoon ran very quickly and smoothly and was a refreshing concept. Ian Stewart must be congratulated for setting two new State records in his 100m breaststroke and 100m individual medley and congratulations are also due to Gwyn Williams who set a new 100m breaststroke State record in his age group. New member Tom Love (31-34 Age Group) made the most of the cooler water to record some fast times which resulted in him breaking two very old Club records. Ric Ainley had held the 100m freestyle record for 40 years and Gwyn Williams had his 100m breaststroke 41-year-old record broken! Stuart and I were competitive and Claire Ware – who is now with Guildford Kalamunda Club – joined us for the afternoon. Lynne Duncan attended her first meet as an official since her knee operation and Covid and let's just say she will be receiving a Flipper Award for her Starters' Prowess!

The Handicap Event was held on the last Monday of the month and, with Lesley's expert math skills providing the swimmers' handicaps, the evening produced some spectacular racing and close finishes. An excited and shocked Jill McClelland won the 50m freestyle event final after tenaciously swimming much faster than her previous recorded best. Greg Bourne took out line honours in the 50m breaststroke. Whilst not exactly poetry in motion Brian Brady managed to somehow sprint to the wall to win the 50m butterfly and Bronwen Charlessen made the 50m backstroke final look effortless. The club arranged a pizza supper to celebrate another year of the terrific event.



**JILL FINISHING FIRST IN THE FREESTYLE HANDICAP; THE START OF THE BACKSTROKE HANDICAP;**

**THE FINISH OF THE BACKSTROKE HANDICAP: LAST BUT NOT LEAST THE SPECTATORS**

The actual Pizza Night held during the month was very pleasant with the numbers growing back to pre-Covid evenings. Norma and John brought along their wedding gift toasting glasses to provide some elegance to their pizza. Lynne provided the August birthday dessert pizza and Russell Bourne added another one as he had missed out during shutdown. It was nice to see Brenda Mazzucchelli who had only arrived home that morning following a stint in hospital undergoing a series of tests for heart related problems.



Barbara Hart had a fall at her home in mid-August and hit her head badly which resulted in a 10 day stay in hospital and some very spectacular bruising to her face. I will not share photos of her panda eyes to retain her dignity. Lesley is keeping a constant vigilance on her recovery and is to be highly commended on her nursing skills.

Sandra Thompson is finally about to embark on her epic walking adventure which was cancelled back in March due to Covid-19. She has changed her original plans and is now setting off on the Bibbulmun Track on Thursday morning 24<sup>th</sup> September, walking from North to South and planning to arrive in Albany on Wednesday 11<sup>th</sup> November. I'm sure some of us will gather to wish her farewell at the Terminus in Kalamunda. (Followed by brekkie?) Her planned itinerary will be published in this newsletter so you can follow her progress and perhaps catch up with her along the way if you are in the vicinity.

Lynne and I attended a Club Conference in August and we both enjoyed the day networking with other clubs and discussing our shared challenges and problems. One of the common challenges facing all of the clubs is the situation with volunteer committee members. We found it comical that, in a perfect world, committee members should only serve in the same position for about 5 years in order to keep fresh ideas being implemented! Sigh!! Most of our current committee has been active for many years – especially Lynne, Lesley, Sandra and myself. Sandra officially stepped down as Treasurer at the AGM in February due to her planned absence for two months on the Bibbulmun Track. She has stayed in the role for us this year but is now heading away again and **we really do need a new Treasurer**. Lynne and I could step into the role jointly but that is not best practice and we already have quite a work load. Please give this position some thought. Sandra will be able to lead you through the process and we are always there for backup.

The other comments from most of the clubs was the lack of pool space for training and the cost of lane hire. We are incredibly lucky to have our little hot tub in the foothills. We only hire the pool on Mondays for a minimal fee and we don't have to hire the pool on Tuesdays and Wednesdays. The money from training nights goes directly to the pool owners. We have access to the Darling Range pool for our Endurance swims on the same basis and we don't have any other clubs wanting to share our Jacuzzi!

As we were not able to conduct Endurance swims for four months, we are now fast tracking the swims and running them every Saturday – with a few exceptions. Numbers vary from three swimmers up to nine one week! We have dedicated timekeepers who come down for the afternoon tea! Thank you to Jill McClelland and currently Elaine Bourne who is still recovering from her hip operation. Stuart's lovely partner Lexie also joins us and helps out. Whilst there will be no National Endurance Trophy this year, the State component is still in effect and we should be very competitive in the results.

We have been approached by the Multiple Sclerosis Society again as they are planning to run their Ocean Ride event and would appreciate our amazing support. We have become very popular with the regular competitors for our overwhelmingly enthusiastic welcome when they finish their ride. The date is Sunday 22<sup>nd</sup> November and I have volunteered our help on your behalf. More to follow in coming months but put the date in your calendar.

A small group of our First Aid members in the club will be undertaking a CPR refresher course in September but we definitely do not want to use our skills in the pool!!

Enjoy the start of spring and we will see you at training!

FROM THE HILLS.....ANDREA.



Just 100's swimmers, Andrea and Gwyn Williams, Stuart Anderson, Tom Love, Ian Stewart, and Claire Ware

## CLUB NIGHT PROGRAM FOR SEPTEMBER 2020

|                |                                                            |               |                  |
|----------------|------------------------------------------------------------|---------------|------------------|
| 7TH SEPTEMBER  | 25 BACKSTROKE                                              | STUBBY STAKES | 100 BREASTSTROKE |
| 14TH SEPTEMBER | 200 BACK                                                   |               | 25 FREE          |
| 21ST SEPTEMBER | WINTER SOLSTICE (TO BE STARTED ON SATURDAY 19TH SEPTEMBER) |               |                  |
| 28TH SEPTEMBER | QUEEN'S BIRTHDAY HOLIDAY WEEKEND NO SWIMMING               |               |                  |
| 5TH OCTOBER    | 50 FREE                                                    | STUBBY STAKES | 100 BACKSTROKE   |

### AUGUST STUBBY STAKES WINNER

Caroline Dyer did not manage to make it three in a row in August. Stuart Anderson nominated the correct time for his 50 backstroke and won the August stubby stakes (his second win in 2020).

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.



### HAPPY BIRTHDAY IN SEPTEMBER TO

Garry 1st (a BIG OH Birthday); Jill 2nd;

Barbara 10th; Andrew 16th; Caroline 20th;

Brian 22nd; Thomas 29th; Trevor 30th





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!!

| NAME                                                                                                                                                     | AGE GROUP | COURSE | EVENT                  | TIME     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------|------------------------|----------|
| Norma Jack                                                                                                                                               | 85-89     | Short  | 25m Breaststroke       | 39.39    |
|                                                                                                                                                          |           | Short  | 50m Freestyle          | 1.08.43  |
| Ian Stewart                                                                                                                                              | 85-89     | Short  | 100m Breaststroke      | 2.26.61  |
|                                                                                                                                                          |           | Short  | 100m Individual Medley | 2.20.06  |
|                                                                                                                                                          |           | Short  | 100m Freestyle         | 1.54.22  |
| Gwyn Williams                                                                                                                                            | 70-74     | Short  | 1500m Freestyle        | 29.56.56 |
|                                                                                                                                                          |           | Short  | 100m Breaststroke      | 1.51.11  |
| Maggie Read                                                                                                                                              | 65-69     | Short  | 25m Butterfly          | 24.76    |
| Brian Brady                                                                                                                                              | 65-69     | Short  | 1500m Backstroke       | 42.30.21 |
| Stuart Anderson                                                                                                                                          | 30-34     | Short  | 400m Backstroke        | 6.38.29  |
|  <div>Tom Love, breaker of 40 year old records, with Lesley Hart</div> |           | Short  | 800m Butterfly         | 16.10.21 |
|                                                                                                                                                          |           | Short  | 1/2 hour Backstroke    | 1755m    |
|                                                                                                                                                          |           | Short  | 3/4 hour Backstroke    | 2470m    |
|                                                                                                                                                          |           | Short  | 1/2 hour Breaststroke  | 1580m    |
|                                                                                                                                                          |           | Short  | 800m Backstroke        | 13.34.36 |
|                                                                                                                                                          |           | Short  | 1 hour Backstroke      | 3285m    |
| Tom Love                                                                                                                                                 | 30-34     | Short  | 100 Breaststroke       | 1.16.78  |
|                                                                                                                                                          |           | Short  | 100 Freestyle          | 1.01.47  |

**Note from the recorder::** Tom Love's breaststroke record broke Gwyn Williams' record set in 1979 (the inaugural year of the club), and his freestyle record broke Ric Ainley's record set in 1980. Not a bad effort for Tom's first competition for the club.

**Note from the editor:** Maggie Read broke my butterfly record that had stood for 5 minutes !!

## HANDICAP FINALISTS

| BREASTSTROKE    | BUTTERFLY          | FREESTYLE       | BACKSTROKE         |
|-----------------|--------------------|-----------------|--------------------|
| Brian Brady     | Andrea Williams    | Jill McClelland | David Masters      |
| Greg Bourne     | Brian Brady        | Norma Jack      | Maggie Read        |
| David Masters   | David Masters      | Maggie Read     | Bronwen Charlesson |
| Maggie Read     | Bronwen Charlesson | David Masters   | Lesley Hart        |
| Lesley Hart     | Lesley Hart        | Stuart Anderson | Tom Love           |
| Stuart Anderson | Stuart Anderson    | Tom Love        | Stuart Anderson    |

**Stuart Anderson and David Masters were in all 4 finals.**

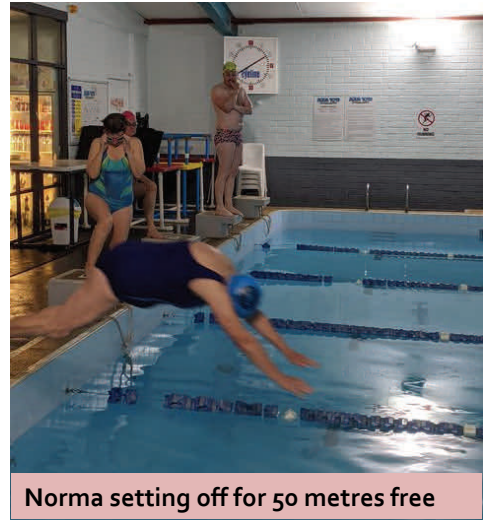
**BE THE REASON SOMEONE  
SMILES TODAY...OR THE REASON  
THEY DRINK. WHATEVER WORKS.**



Tuesday night training—girls only. Boys must have been watching footy. We ditched the bathers .....



Russell Bourne  
with his witches  
broom cleaning  
up after the  
endurance  
swims



Norma setting off for 50 metres free

## **Don't wash your hair in the shower**

(It's so good to finally get a health warning that is useful)

**IT INVOLVES THE SHAMPOO WHEN IT RUNS  
DOWN YOUR  
BODY WHEN YOU SHOWER WITH IT ..... A  
WARNING TO US ALL!!!**

I don't know WHY I didn't figure this out sooner!  
I use shampoo in the shower! When I wash my  
hair,  
the shampoo runs down my whole body, and printed  
very clearly on the shampoo label is this  
warning,  
"FOR EXTRA BODY AND VOLUME."

No wonder I have been gaining weight!  
Well, I got rid of that shampoo and I am going to  
start showering with Dawn dishwashing soap  
instead. Its label reads,  
"DISSOLVES FAT THAT IS OTHERWISE  
DIFFICULT TO REMOVE."

Problem solved!  
If I don't answer the phone I'll be in the shower!!!

## **COCONUT MACAROONS**

**Prep 0:25 • Cook 0:20 • Makes 50 small scoops**  
• **Difficulty** Easy • **Source** [Taste.com.au](http://Taste.com.au)

### **INGREDIENTS**

3 egg whites, at room temperature  
1 1/2 cups caster sugar  
1/2 teaspoon vanilla extract  
1 1/2 cups desiccated coconut

### **DIRECTIONS**

1. Preheat oven to 180°C. Place the egg whites in a bowl and use an electric mixer to beat until soft peaks form.
2. Add the sugar, 1/2 a cup at a time, beating continually, until the mixture becomes stiff and glossy. Add vanilla extract and fold through with a spatula.
3. Add the coconut, 1/2 a cup at a time, and gently fold through with a spatula until evenly distributed, being careful not to overwork the mixture.
4. Place spoonfuls of the batter onto a baking tray lined with greased baking paper. For classic French-style macaroons, use a piping bag.
5. Bake in the oven for 15-18 minutes, or until the macaroons are lightly browned. Remove from the baking paper immediately and cool on wire racks before serving.

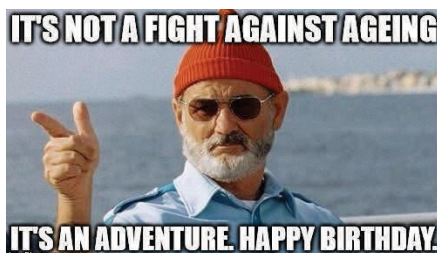


## DATES TO REMEMBER—MARK THEM ON YOUR CALENDAR



### Sunday 11th October

A mystery walk somewhere that  
Brian Brady is organising.



### Saturday 31st October

The Noughties Party to celebrate all club members with a  
nought at the end of there age this year  
and there are a lot of members celebrating milestone birthdays!



### 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!

# 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](#).



## Contact details

|                |                 |                  |                              |
|----------------|-----------------|------------------|------------------------------|
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