



OCTOBER 2022 NEWSLETTER

PRESIDENT'S PROSE SEPTEMBER 2022

Gwyn and I are finally home safely from our wonderful travels to Norway, Wales and England and trying to catch up with the news from everyone in the club. I would like to thank everyone who took over the reins and kept everyone in line – in particular, Lesley, Lynne and Brian B who was often there to lock up when other regulars couldn't be.

The never-ending paperwork and arrangements for the upcoming Lake swim on the 13th November kept Lynne in front of the computer and, thanks to amazing free Wi-Fi, I was kept in the loop even in the wilds of the Arctic Circle. Better reception than in Gooseberry Hill! I did decline the invitation to join an OWS Zoom meeting as it would have been in the middle of the night!

In years to come our holiday in Wales and around The Lakes District in England will always bring back poignant memories of the passing of Queen Elizabeth the Second. The television and radio coverage were a tad excessive – as I believe it was here too. Listening to the BBC as we were touring each day was actually interesting as people were relating their delightful stories of personal encounters and wonderful memories. It's ironic that we were all celebrating Her Majesty's Platinum Jubilee in July at our Christmas Dinner and now she has left us. Whether you are a Royalist or a Republican, I think you will agree we have lost an amazing lady.

On the subject of The Queen, some of you may be aware that Glad and Bob McGough celebrated their 70th wedding anniversary in August and they received a letter from Her Majesty! It arrived a few days after she passed away so it must have been one of the last letters she signed! What an amazing honour. Congratulations Glad and Bob! It certainly has been a terrific couple of months for Glad following her record breaking swims and her celebrity appearance in The Echo, complete with lookalike cartoon. I believe her radio interview with the ABC was brilliant.

There was only one competitive swim on offer in September and none of our members took up the opportunity to compete in the 1500m swim at Somerset. Lesley reports that all went smoothly for the month with consistent numbers at training and on club nights, as well as the fastest ever committee meeting on record in the absence of Lynne and I!! Maybe numbers will start picking up a bit as the weather finally warms up and members emerge from their Winter hibernation. The opportunity for some specialist coaching from Lee and Lesley was well received.

Thanks to Kate for churning out another newsletter in a month when she will be a little distracted, with visiting family from the UK for the big event of granddaughter Jamie's wedding to Cameron. I'm guessing Caroline will also be off the swimming radar for a while. We wish them all the best for a fabulous celebration of love. For the benefit of those newcomers to the club, Jamie is a past member, Kate is her Granny, Caroline is her proud Mum, Helen Wilson and Victoria McGuire – also past members – are her Aunties. It was definitely a family affair for a few years!

Russell and Elaine Bourne are making an emergency trip to the U.K. to catch up with Elaine's brother who is not very well and I sincerely hope the outcome is positive and that they can just enjoy an unexpected holiday.

I know a lot of members have been making the most of the onset of Spring and the wildflower season. Garry and Barbara Lymn returned from a trip to Exmouth then enjoyed another road trip to the south west and Esperance. David and Jan Pether have been touring around in their caravan, as have Kim, Shelley, Steve and Dianne, who headed up to the north west. We were in cold, rainy Caernarfon in Wales at the same time that they were in warm, sunny Carnarvon! Jess Oram has been working in Canada for a couple of months as well. I'm sure Sandra is looking forward to his return in a couple of weeks although, she did say everything has stayed very tidy in his absence!

I haven't caught up with Richard and Brenda Mazzucchelli yet but believe their house move is well under way and they will soon be residing in Lesmurdie. It will be a huge change for them after so many years on the escarpment in Gooseberry Hill.

Having just returned from the monthly pizza night I can report that it was a very pleasant evening and, of course, the food was terrific. Kate was joined by Kim's brother Nick, and sister-in-law Melanie, who have travelled from the U.K. to attend Jamie's wedding.

I hope some members will consider competing at the Stadium Snappers LLCC on the 23rd October. It would be great to show off some of our talents acquired from all the coaching we have been receiving lately from Lee, Gwyn and Lesley.

Of course, it goes without saying, that you must all get involved in the Lake swim on 13th November. I will be asking for volunteers to fill vital positions but make sure you keep the date free on your calendars.

I will leave you in capable hands again as I am embarrassed to say that Gwyn and I are heading off to New Zealand and Sydney for a quick visit to see our daughters. Back in a couple of weeks!



FROM THE HILL.....ANDREA

**The second Sunday in November is fast approaching
which is when our club's open water swim
at Lake Leschenaultia is happening.
Please keep the date free
Sunday 13th November**



Brian and Kathy Brady are collecting donations of raffle prizes for the Lake Leschenaultia swim raffle.

You can drop off donations at the pool on swim nights.

Unwanted gifts make good raffle prizes.

CLUB NIGHT PROGRAM FOR OCTOBER 2022

3RD OCTOBER	50 FREESTYLE	STUBBY STAKES	100 BACKSTROKE
10TH OCTOBER	200 BACKSTROKE		25 BREASTSTROKE
17TH OCTOBER	COMMITTEE MEETING—TRAINING ONLY STARTS AND TURNS CLINIC		
24TH OCTOBER	100 FREESTYLE		50 BACKSTROKE
31ST OCTOBER	200 FREESTYLE		50 BREASTSTROKE
7TH NOVEMBER	25 FREESTYLE	STUBBY STAKES	50 BUTTERFLY

SEPTEMBER STUBBY STAKES WINNER

Congratulations to Tom Love who won Stubby Stakes swimming closest to his nominated time for Stubby Stakes . He was only able to kick as still in recovery mode after his surgery.

Come down to the pool on Monday 3rd October for your chance to win Stubby Stakes by nominating a time for 25 m Freestyle and swim closest to that time.

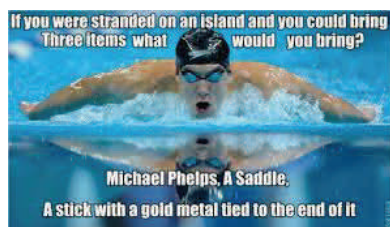


Stubby Stakes night is a great chance to catch up with other members and test your skills of estimation. Please bring a plate to share.

HAPPY BIRTHDAY IN OCTOBER TO

Glad McGough 1st; Kate Elliott 11th; Patricia Dalle Nogare 18th;
Jennifer Bourne 22nd; Chris Potter 23rd





Coaches Corner



During October, with the Stadium Masters Act Belong, Commit Club Challenge coming up, the focus is on **Competition** and sprinting. Choose from the **Yellow** programs on training nights.

Week Starting...	Program	Events
3-Oct-22	Competition	
10-Oct-22	Competition	
17-Oct-22	Competition	Stadium Masters ABCCC 23rd
24-Oct-22	Competition	
31-Oct-22	Competition	

SWIMMING TO LOSE WEIGHT

Some facts that might be of interest:

Working out in water (800 times denser than air) is very effective for burning calories as it engages the whole body, restricts breathing, and elevates heart rate.

However, swimming can contribute to weight gain for the following reasons:

1. Hunger kicks in after a swim, because you think you have used up more calories than you actually have - so you tend to eat more! Drinking more water helps this.
2. Swimming is not as weight bearing as e.g. running, as you are not working against gravity so much - so not burning as many calories.
3. Water regulates body temperature, so you sweat less (even in MV pool), so fewer calories are burnt than when out of the water.
4. More swimming builds up muscle mass - and this is heavier than fat lost.

So, to burn more calories and lose weight, measures that can be taken are to:

1. Increase frequency of visits to the pool.
2. Swim further distances.
3. Increase intensity of workouts, mixing strokes, and swimming faster than before. The more breathless you get between sets, the more calories you burn.
4. Equipment like fins, paddles and snorkel will maximize work in the water.

A typical calorie torture workout will be demonstrated next coaching session on Monday, 17th October!

It will include heaps of short half lap bursts, medleys to vary muscle groups used, moderate to hard sprints with short intervals so you have to burn lots of calories while out of breath, use of paddles, fins, pull buoys and snorkels to maximize work load. It will be useful to work out your resting pulse rate on rising in morning, and calculating your maximum recommended heart rate (220 minus your age), for the ses-



Glad still breaking club records
in September

Club Records September 2022

NAME	AGE GROUP	COURSE	EVENT	TIME
Glad McGough	90—94	Short	50m Breaststroke	2.31.21
		Short	25M Backstroke	49.38

ENDURANCE 1000 2022

Progress as at 30th September 2022

FEMALE	MALE	TOTAL
2540	1270	3810
Total as at 30/09/2021		6107

We need more members to come along on Saturdays to boost our points not to mention **your** fitness!!

Darling Range Sports College, Berkshire Road, Forrestfield at 2.45pm (unless notified otherwise in Dolphin Dots). Bring a small plate for afternoon tea.





Stadium Masters Swimming Club invites your members to a

2022 Act Belong Commit Club Challenge Series Meet

a round of the National Swim Series

DATE: Sunday 23rd October 2022.
VENUE: HBF Stadium, Stephenson Ave, Mt Claremont. Indoor long course, electronic timing.
TIME: Warm up from 8.00am to 8.45am. Meet starts at 9.00am.
COST: Cost of meet entry is \$20.00 plus online costs per swimmer and includes pool entry.
ENTRIES CLOSE: Sunday 16th October 2022.

REGISTRATION LINK: <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU132>

EVENTS:

- | | | | | |
|--|--------------|----------------|----------------|--------------|
| 1. 200m IM | 2. 200m Free | 3. 200m Fly | 4. 200m Breast | 5. 200m Back |
| (Please choose only one of these events) | | | | |
| 6. 100m Free | 7. 100m Fly | 8. 100m Breast | 9. 100m Back | |
| (Please choose only one of these events) | | | | |
| 10. 50m Freestyle | | | | |
| 11. 50m Breaststroke | | | | |
| 12. 50m Backstroke | | | | |
| 13. 50m Butterfly | | | | |
| 14. 200m 4x50m Women's Freestyle Relay | | | | |
| 15. 200m 4x50m Men's Freestyle Relay | | | | |

The meet is OPEN to all Masters Swimmers and will be limited to the first 140 swimmers.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 events and in an appropriate Relay.
- All participating Clubs are to provide timekeepers.
- Refreshments will be provided afterwards in the UWA Hockey Club rooms.
- Direct swimmer registration can be found at this link
<https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU132>
- Members should wait up to five (5) working days after becoming financial before member details will be available for direct swimmer entry
- The Club Captain will ask for relay availability on closure of individual entries

If any problems or queries, please contact Meet Coordinator Peter Lyster

Phone: 0419 909 566 Email: phjl@westnet.com.au

If you are unable to register but are a current financial member, please contact
communications@mswa.asn.au or support@myswimresults.com.au.

I know that this is a little bit small and maybe difficult to read, but it is a reminder for those of you who want to compete in the ABCCC at HBF Stadium on the 23rd October.

Lynne has sent this out in Dolphin Dots on the 19th, 2th and 28th September if you can't read it here!!

'Burned & Turned Too' Exhibition



The club's artist, Sandie Schroder, is having an Art Exhibition of her latest burnt creations at Linton & Kay Galleries Mandoon Estate Winery, 10 Harris Road Caversham.

It starts on the first weekend in October with an Artist talk at 2pm on Sunday the 2nd

Go out for a drink in a relaxed atmosphere and hear about how Sandie

creates her artwork by burning paper

The Exhibition runs for all of October. The Gallery is opened every Friday, Saturday and Sundays from 10am to 4pm

If you have not been there before, be pleasantly surprised as the Gallery is the restored old John Septimus Roe homestead nestled on the banks of the Swan River amongst the grapevines.

And Sandie's art work is pretty impressive as well.

Hope you can all make it out there over the month of October.

Click [here](#) to see more of Sandie's art work. Or [here](#)

Club Uniform

Club bathers and club shirts are available. AND WE ARE HAVING A SALE!!
The price of the ladies bathers and the men's 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.

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 web page with photos and videos. Just click on the [link](#).

You can also check out our Facebook page. Just click on this [link](#).



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