

PRESIDENT'S PROSE FOR AUGUST, 2023

Welcome to spring and hopefully some slightly warmer weather. I think August was one of the coldest months we have had for a few years and that certainly was a factor in the low number of swimmers at training. The thought of getting into bathers and leaving a nice warm house was challenging but the pool water was lovely and warm as usual. Those who braved the winter nights were rewarded by having a lane to themselves!

The annual Handicap Event was affected by the cold weather which resulted in a straight final for the 50m butterfly. There was a great race to the finish line between Bronwyn L, Bronwen C. and Lesley with Bronwyn L. holding on to her lead and winning that stroke. Brian Brady finished first in the Freestyle, Bronwen C. won the Backstroke and David M. took out the breaststroke. The handicaps were calculated by Tom and the heats were hotly contested and a lot of fun. Thanks to Lesley and Tom for organising the great evening.

The last twelve months seemed to have flown past and the Annual CPR course was conducted again with nine members convening at our home to undertake the three-hour hands-on workshop, having already completed an on-line refresher course and exam. You will be pleased to hear that we all passed, and we are now ready for any emergency. Congratulations to Brian Brady, Brian Risbey, Alison, Lesley, Sandra, Lee, David M, Gwyn and me. It was an interesting and fun morning followed by a delightful lunch. The tutor from RLSA was the same lady we had previously and commented that she loves her trip to the hills and teaching us.



Every year we celebrate our members with special birthdays and this year the theme was a Spanish night with catering by a great little company called Mr. Paella. Michael - who's actually Columbian and couldn't care less that Spain won the soccer! - arrived at 5.30 with all his gear and set about cooking two massive paellas in very large pans out on the veranda. By 7.30 he had cooked the delicious meals - a vegetarian and a chicken and chorizo - and was ready to serve.



Thank you to Lesley for suggesting the company and to Brian and Kathy for organising the event.

There were some wonderful creative costumes including Lynne who was dressed as Frida Kahlo - complete with "Spudshed" eyebrows and Lesley who was dressed as a piñata. Lesley organised a Spanish themed quiz with the winning team receiving a brace of oranges each - one 'Valencia' and one 'Seville'. John and Norma were members of the team and already have acres of oranges!!



The birthday Noughties were Brian Brady and Brian Risbey, Suanne and Samantha Martin (absent with a cold) and Greg Bourne. They were tasked with copying a painting by Picasso within the 15 minutes it took for the music of Bolero to play. There was a lot of feverish action and the end results were truly amazing! I believe they went straight to everyone's pool room! Suanne was voted as the best artist and received a bottle of Sangria for her creativity. Traditionally the birthday people are asked to relate a little story about their swimming history and the reasons they belong to Maida Vale Masters. Always an interesting segment!



The final event of the month was the Pizza night. The July evening turned out to be a perfect storm of illness, cold weather and members on holidays and only five people turned up. Luckily, we were back to normal last week and filled our usual long table.

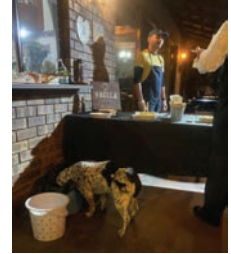


Endurance continued during the month with the regular swimmers on their way to completing most of the swims on offer. The repairs to the Darling Range pool are rumored to be nearing completion and we may be able to swim there in October and November.

Don't forget to BYO drinks for Stubby Stakes on Monday. Russel is not quite ready to take over his duties as Refreshments Officer yet, although we could attach a tow ball to his gopher and put the eskies on a trolley!!
FROM THE HILL.....ANDREA.



AND THERE ARE MORE



Bush Walk and Lunch - Sunday 17th September

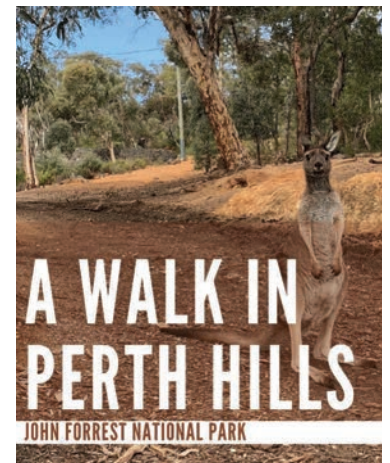
BUSH WALK & LUNCH – SUNDAY 17th September 2023

Come and enjoy a walk through the bush to smell and photograph the wildflowers. Starting at 10.00 am from Lesley and William's home at 1415 Margaret Road, Hovea (Near Oxley Road).

Lesley has mapped out a walk where we can weave or stagger through the John Forrest National Park checking out the wildflowers that are now coming into bloom.

The walk will finish back at 1415 Margaret Road where we can enjoy our BYO lunch. There will be barbecues available for those who want to cook a snag or two.

No need to bring chairs or plates , just what you want to eat and drink.



CLUB NIGHT PROGRAM FOR SEPTEMBER 2023			
4TH SEPTEMBER	25 FREESTYLE	STUBBY STAKES	100 BACKSTROKE
11TH SEPTEMBER	200 FREESTYLE		50 BACKSTROKE
18TH SEPTEMBER	COMMITTEE MEETING— TRAINING ONLY		
25TH SEPTEMBER	KING'S BIRTHDAY HOLIDAY WEEKEND NO SWIMMING		
2ND OCTOBER	50 FREESTYLE	STUBBY STAKES	100 BREASTSTROKE

AUGUST STUBBY STAKES WINNER

Congratulations to Marilyn Potter who won Stubby Stakes swimming closest to her nominated time.

Make the time to be at the pool on Monday, 4th September, for your chance to win this month by entering the Stubby Stakes and swimming closest to your nominated 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 and a drink (not to share unless you want to!!).



HAPPY BIRTHDAY IN SEPTEMBER TO:

GARRY LYMN 1ST; JILL MCCLELLAND 2ND; KERRY HOWE 6TH;

KAYLA ELLIS 15TH; CAROLINE GRENNAN 20TH;

BRIAN RISBEY 22ND (BIG 'O'); TOM LOVE 29TH; TREVOR COSTIGAN 30TH

VIRGO

THEZODIACCITY.COM

Something you may
not know:

Virgos are extremely
good at getting any
kind of information.
Their motto should be
"I find sh*t out".

Libra ♎

Personality

- ♦ Likes to make a good first impression.
- ♦ Likes solving conflicts and tends to give wise advice freely.
- ♦ They prefer to know all the facts before coming up with a decision.
- ♦ Can sometimes seem emotionally cold
 - ♦ Doesn't like to be rushed.
 - ♦ Often knows more than they reveal.

RECORD BREAKING

Club Records July/August 2023

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	1 Hour Breaststroke	1104m
Brian Brady	70-74	Short	3/4 hour Breaststroke	1350m
			800 IM	27.24.92
Maggie Read	65-69	Short	400m Backstroke	9.14.15
Lesley Hart	60-64	Short	50m Butterfly	46.04

Endurance Swimming

Endurance swimming is being held at Aqua Tots until we hear that the heater at Darling Range has been turned on again. 2.45 pm till approximately 4.30 pm.

Bring a plate of something to share and have with a cup of tea or coffee after swimming.
Thanks to Brian Brady and Lee Caldwell for organising these swims.



Progress Points as at 31st August 2023

Female	2806
Male	1156
Total	3962
Total as at 31/08/2022	3680



The Vorgee Million Metres Awards Program is open to all registered members of Masters Swimming Australia. The program aims to stimulate all members to strive for greater fitness, and recognises swimmer's progressive milestones.

Click [here](#) for more information.

Coaches Corner

Open Water Tips



- Make sure your goggles are comfortable and clear, and wet suit tight and appropriate.
- Allow time to quietly plan your course and race plan, noting entry and exit points, and the positioning of marker buoys.
- If you feel prone to panicking, swimming in a pack- either start at outer edge of starting line (this way you only end up swimming a metre or two more in the total race, and avoid having to stop in case of a panic attack and losing minutes in the race) OR start a few seconds from the back of the pack when they take off (then you avoid being jostled and have a clear run to get started)
- If you plan on going out hard, ahead of pack, warm up with press-ups and arm swings before entering water .If very cold , minimize shock by, splashing wetting your face and neck first, -submerge and breathe deeply, blowing bubbles out till comfortable.
- If you get into difficulties, roll onto your back and wave!
- Compared with pool swimming practice :- increasing stroke rate (because glide does not happen in choppy conditions)
- Practice wider ,straighter arm strokes to negate loss of power from chop and swimmers close-by.
- Be assertive in your strokes ,punching into the chop and stroking quickly to keep control, but arm that is in the water strokes powerfully to keep catch effect.
- Sighting a distant landmark or buoy should be frequent- lifting head just high enough without causing legs to drop. Practice water polo type stroke.
- Drafting off another swimmer-either at his feet or hips- saves energy and is faster (as long as draftee is not dawdling). Practice drafting off a friend!



BACON AND EGGS ARE REALLY GOOD AFTER!!



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 Latex Caps \$ 5.00

To purchase bathers, EFT the money into the club's bank account or pay cash on Monday night at the pool.

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](#).



3 stooges getting ready for activities at the old people's home.....

3 doing a very big jigsaw puzzle.....

**Well the pieces
were big.**



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