

# Hill & Vale



JANUARY 2025 NEWSLETTER

## PRESIDENTS PROSE FOR DECEMBER 2024

Whilst I do love December for many reasons, there's always a big sigh of relief and contentment when the frenetic chaos of Christmas is packed away with the tinsel and the tree!

There is so much to do and look forward to in December and a small group of us began with the Swim Thru Rottnest on the first weekend of the month.

Lesley, Caroline, Ceinwen, Clare C. and I jumped in for the 1.6km and Kate swam in the 500m. AND unless you missed it on the Wide World of

Sports - Kate won a terrific prize for being the oldest in the race!!  
Couldn't stop her handing out autographed photos at the pub! 😊



Ceinwen once again rejected the ferry option and set off for a swim at 5am from Leighton as a warm-up for the 1.6km at Rotto!  
After a nice weekend we all made a quick ferry ride home in time for the last Stubby Stakes of the year.



The following Monday was due to be the inaugural 25m Handicap event-Chase the Ace. Unfortunately, Tom, the instigator of the new challenge, was unable to attend as he was in Midland hospital receiving treatment for his ongoing neurological neck problems. He had spent a considerable amount of time providing a detailed list of everyone's recorded 25m sprint times. Lesley and Lee combined their talents to run a fun evening -albeit with a revised concept. Tom will try the concept again in 2025!

The second of the MSWA WOW OWS series (don't you just love acronyms!) was held at South Beach, hosted by the Freo Fins on the morning of our Christmas party.



Lesley won a spot prize voucher and her age group (an Emily Taylor voucher, to add to her Lake raffle prize...thanks to Tim!)

Caroline, her P2P duo partner Stacey, Clare C. and I had a very pleasant swim and enjoyed the calm conditions and delightful morning.



Yet another rush home from a swim to get ready for the club party at Kerry and Dave's gorgeous home. Their outdoor entertaining setting is straight out of Better Homes And Gardens and the night air was perfect for our "family" gathering.

After we had all eaten copious amounts of delicious food the presentations took place...

I was very proud to be presented with the Club Person of the Year award. Tom recorded a delightful video (see script included) of this presentation to me as he was not able to attend and I really appreciated the effort he made.



The Swimmer of the Year trophy was justifiably presented to Kerry who has consistently made amazing improvements in her swimming abilities since she joined the club. Kerry also challenged herself to try open water swimming, endurance and pool competitions. Her continuing successes are costing the club (and B1) a fortune in Freddo Frogs!



It was no surprise that the Endurance Trophy was awarded to Lee Caldwell again this year. The award was richly deserved as Lee completed every swim on the calendar-including 5x800m IMs and 5x800m Butterfly swims!!! Brian was a valiant runner up but has sensibly retired from butterfly events now due to ongoing shoulder problems. His 50m fly at the Rainbow Swans event was his "swan song"!

I presented my President's Awards to Lesley and William, both of whom helped me out immeasurably over the past year.



Suitably disrespectful Flipper Awards were handed out to several deserving recipients before we indulged in some delicious desserts. The giving (and taking) of gifts was the usual fun part of a delightful evening. Lee reports that her hat with moving moustache was a hit with the residents at Sunshine Aged Care during their annual Christmas party with their families. Then it got to welcome everyone at Woodbridge Parkrun on Christmas day as well as amusing grandchildren and other family members during two Christmas functions.

It was really nice to see Dorothy and Ian Stewart at the party. Both are looking great and keeping as well as they can down in Freo.

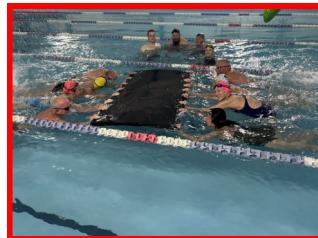
Russel returned to his duties as Refreshment Officer with the help of David P. and Michelle. He is planning to get back into the pool in January following his neck surgery 4 months ago.



The final OWS of the year was held at Coogee Beach -luckily, another great early morning. Peter Caldwell swam a very good Rottnest Channel Swim qualifying time for the 10k with Lee providing his food in the shallow water. Caroline and I competed in the 3.4K Santa's Lap and Gwyn swam the 1.6k Merry Mile, carefully keeping out of everyone's way whilst doing breaststroke. Lesley decided not to compete due to a painful shoulder problem and gifted her swim to Helen Wilson who recorded a great time for "Lesley".



The last Monday night swim for the year was a fun relay event organised by Lesley. We do excel at bending the rules and a great deal of endorphins were released into the pool atmosphere as we tackled Lesley's challenges!



On a somber note, Glad's lovely husband Bob McGough passed away during the month. They had been together for 78 years -3 years of courtship and 75 years of marriage. Bob was a delightful social "member" and Glad wanted him to be remembered by sharing a toast to his passing. Glad suggested she call into the pool prior to the commencement of the fun relays. Everyone was given a small shot cup of Tawny Port to honour Bob and it was a perfect situation for Glad to enjoy some happy times and memories surrounded by her friends after her sad ordeal.



There were two final training nights left at the pool followed by a special evening and leisurely swim at Bilgoman pool. Brian Risbey had offered his home for a bbq, traditional gingerbread biscuits, coffee and liqueurs but unfortunately his Mum suffered a medical emergency in the afternoon which required him to take her to hospital. Lesley jumped in and volunteered their home in Hovea and enlisted Williams's services to cook the sausages, cut up onions and put the kettle on instead. Brian and Kathy generously donated the

sausages, buns and onions and we enjoyed a really delightful evening to end the year on a high note. We made do with my fruit mince tarts and Lesley's homemade "bark" slice instead of gingerbread people. The good news came through during the evening that Brian's Mum was spending the night in hospital undergoing some tests but was feeling much better.



#### TIN SHED CHATTER:

Lynne and Andrew travelled to London to catch up with some of Andrew's old school friends and enjoy the beautiful lights of all the famous buildings in the city. It was fairly cold and dark but no rain and a thoroughly wonderful experience. Next stop was Munich for the Christmas markets (luckily not the ones attacked by the deranged person) then on to a village in the Bavarian mountains (John's old stomping ground)

for a truly magical white Christmas. It snowed on Christmas Eve and the village in Bavaria looked like a fairytale. They should be home for the first Stubby Stakes on January 13th so no doubt Lynne will share her stories.

There was no Pizza night in December but I am looking forward to buying the birthday dessert pizza on Wednesday 29th January!





Also travelling abroad for the holidays are Tom, Sarah and the children. Tom sent a photo of the family sourcing a Christmas tree from an area where he had planted some trees as a young lad with his Dad David. A very special experience!

Norma and John have been over at Rottnest on their yacht Trade Winds V enjoying some well deserved relaxation after a turbulent year for them both. Crayfish on the menu every night I believe! Sigh!

Marilyn missed her birthday celebrations on SS night at the start of the month because her family made a surprise visit to see her. Her sister arrived in the morning and whilst her son and grandson were already here, her daughter also arrived. It was a wonderful surprise for her.

Sandie made a very quick appearance at the Christmas party to say a fond farewell to us all as she was leaving the next day to begin her new life in Harvey with her partner Andrew. Together they have spent 4 years building a beautiful new home. They physically made all the walls themselves using a rammed earth method, labouring nearly every weekend. You must have noticed Sandie's awesome biceps from all the gravel pounding! Sandie continued to travel back to Kalamunda to work during the week. Her family house in Schmitt Rd finally sold so it was time to head south. We all wish her the very best of luck and hope to see her in the future.

Michelle had coordinated collections for "Dignity Bags" from club members and was able to donate a wonderful collection of bags and gifts to the drop off counter at Bunnings. The generosity of our members is outstanding. Lesley had helped Michelle by purchasing items with donated money and Michelle presented her with a nice bottle of wine and chocolates in appreciation.

Whilst Michelle has been concerned with the welfare of others, her sister-in-law and her Mum are both quite unwell and undergoing continuing medical treatment so we may not see her in the pool on a regular basis but will make the most of the time she can spare us.

Garry and Barbara have been enjoying a cruise around New Zealand for Christmas and New Year and are rocking their festive look from our Christmas party. 🎅

Jamie Bounsell is spending some time 'working' in Thailand, only coming back for shoulder surgery in the new year.

Bronwen Charlesson travelled to Paris to catch up with a good friend and then headed to London to present a poster at a Conference and attend a special seminar. Bron had been bedridden with pneumonia in the weeks leading up to her trip but managed to enjoy her visit. The Masters' clan and Bronwen's mother -in -law from Ireland then met in Singapore for a special Christmas holiday.

Kate is enjoying her annual sabbatical in Dunsborough and Margaret River and won't be back in the hills until early February so I thank Lesley for acting as sub-editor for this edition of the newsletter. We hope you enjoy the read with a nice drink and leftover Christmas cake. 🎉  
Keep safe and healthy and I'll see you all next year!

FROM DOWN VALE-(YALLINGUP).....ANDREA



## Words from Tom on presenting the Club Person of the Year Award....

Where to begin?

For the exhaustive list I could write of reasons to award this year's shield to the most deserving of recipients, I will choose just a few:

In July this year, our committee meeting was put on hold while we had an unexpected visitor. A young lady, who was not herself, caught in unfortunate circumstances. With many of us hurrying around trying to work out what to do, one of us calmly spoke to the young lady, making her tea, offering biscuits, and gently communicating as she struggled with the unusual sensory environment she'd found herself in.

On a night where the support services were no doubt busied with the evening's challenges around the city, our club person of the year was even able to ascertain a family contact, the grandmother of this young lady.

While this particular story could be – and probably has been – communicated in many ways, it was always central to why our club person of the year is receiving this shield tonight.

It is all the more wonderful, that less than a month ago very good news was sent from our young visitor's grandmother, that her teenage granddaughter, Hayley, is safely in rehab doing well, receiving the care she needs and deserves.

A few months back we all shared in the jovial nature of receiving certification in being a 'mental health' champion for the club, and I would agree with the sentiment shared on that night, that our club has many unintentional 'mental health champions', which we all know more commonly as 'lovely', 'kind', 'good' people.

While the last phrase doesn't narrow down the potential number of recipients, I'm sure it has become apparent who is about to be awarded club person of the year!

But I'm not quite finished, as, if being part of the process in bringing chances of success in life to someone whose future was caught in an addictive trap wasn't enough, I'll give one more solely club-based offering:

So much time, energy and passion from core members of the club was devoted to ensuring a staple of the calendar, the Lake swim, went ahead. Not only that, but going ahead without occurring the feared financial impact on the club, which at one point was a distinct possibility. But imagine investing that time, energy and passion in countless emails and calls...

*(I've given up counting how many there were! And they were just the ones I was cc'ed into as an ordinary committee member)*

...Just imagine doing that, not just in your own time, not just so that hundreds of swimmers get the chance to swim in WA's only open fresh water race, but doing the lion's share of this while you're on a trip of a lifetime tour around Japan!

So let's all raise our glasses, and as it is in 2024, may they be of any beverage of your choosing! To this year's club person of the year....

**Andrea Williams**



## CLUB NIGHT PROGRAM FOR JANUARY 2025

13TH JANUARY	50M FREESTYLE	STUBBY STAKES	100M BREASTSTROKE
20TH JANUARY	50M BACKSTROKE		25M BUTTERFLY
27TH JANUARY	AUSTRALIA DAY—NO SWIMMING		
3RD FEBRUARY	50M BREASTSTROKE	STUBBY STAKES	100M IM

### DECEMBER STUBBY STAKES WINNER

Congratulation to Jamie Bounsell who won doing Breaststroke and swimming closest to his nominated time for our December Stubby Stakes, 50m Choice!

Start the year off well on Monday, 13th January, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time for 50m Freestyle and you've won a lovely bottle of wine!

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 JANUARY TO:

Barbara Van der Leest 1st; Norma Jack 9th (90!); Dominic Furfaro 9th;  
 Paul Waters 12th; Greg Bourne 14th; Ian Stewart 19th (90!); Susan Griffin 21st;  
 Jamie Bounsell 21st; Andrea Williams 29th

TWO NONAGENARIANS THIS MONTH....WHO SAYS WE'RE GETTING OLD!!!

#### ASTROLOGY - ZODIAC SIGNS



### CAPRICORN

#### ELEMENT



Earth

#### RULING PLANET

Saturn

#### COLORS

Yellow, brown, black, blue

#### LUCKY STONES

Amber, Onyx, Sapphire, Quartz

#### CHARACTERISTICS

- Disciplined
- Materialist
- Industrious
- Proud
- Enduring



WISHBONIX

# YOU'VE BEEN AROUND FOR

# 32850

days, not that I'm counting!  
**HAPPY 90TH!**

#### ASTROLOGY - ZODIAC SIGNS



### AQUARIUS

#### ELEMENT



Air

#### RULING PLANET

Uranus

#### COLORS

Green, black, blue

#### LUCKY STONES

Amber, Onyx, Zircon

#### CHARACTERISTICS

- Intellectual
- Individuality
- Eccentricity
- Communicative
- Humanitarian



# Endurance 1000 Review for 2024

Lee Caldwell attained MAXIMUM POINTS (1005), completing every stroke and distance, gaining top points in all of her 62 swims.

**Congratulations Lee...an amazing achievement!**

## Interesting Facts:

- During the year, 25 of our 62 members completed Endurance 1000 swims
- There were 13 female and 12 male participants
- The females averaged 238 points
- The males averaged 127 points
- Our total point score is our 2nd highest ever recorded (by 1 point)
- Eight members broke (or set) 28 Endurance Club Records during the year

## Individual Results

	1st	2nd	3rd	4th	5th
Overall	Lee Caldwell 1005	Brian Brady 727	Lesley Hart 475	Andrea Williams 330	Peter Caldwell 300
Female	Lee Caldwell 1005	Lesley Hart 475	Andrea Williams 330	Marilyn Potter 287	Kerry Howe 226
Male	Brian Brady 727	Peter Caldwell 300	Gwyn Williams 210	Malcolm Wilcox 95	Garry Lynn 76

## Total Club Points

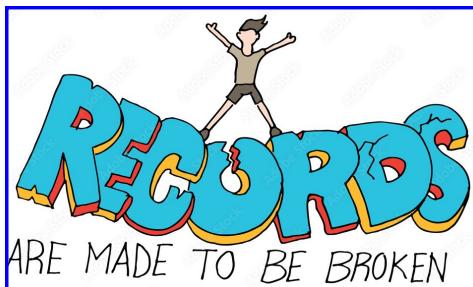
Year	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012
Points	4630	4589	4631	4367	3995	1822	2538	1366	2100	1591	1469	1251	3082
Swimmers	25	21	17	24	25	20	25	18	24	26	29	26	29

# Dates for your Diary

**THERE WILL BE NO SWIMMING AT MAIDA VALE POOL UNTIL  
MONDAY 13TH JANUARY, 2025 - STUBBY STAKES!!**

**Normal training on Wednesdays will commence on 15th January**

**NO TUESDAY TRAINING IN JANUARY**



**These members currently hold State Records -**

**Glad McGough: 28**

**Tom Love: 3**

**Ian Stewart: 19**

**Marilyn Potter: 2**

**Lesley Hart (Ansell): 11**

**Andrea Williams: 2**

**Gwyn Williams : 9**

**Can you guess who holds the one that dates back to 1990 when they were in the 25-29 age group?**

## **12 MONTH MEMBERSHIPS FOR 2025**

This membership is for **EXISTING and NEW MEMBERS** and is now available online via the MSWA website.

The membership covers the period from 1st January 2025 through to 31st December 2025.

The cost of this membership will be \$140.00, primarily due to increases in both the National & Branch (State) components

Existing members please use the **RENEWAL** option – **DO NOT SELECT THE NEW MEMBER OPTION**. This stuffs up the registrations and gives you a new number and will make the State & National Recorders very grumpy. Me too as I also have to change everything.

Simple task, hope you pass the test

Both the 16mth & 6mth Membership options are no longer available

Payment of fees is not accepted at the pool, and you must renew or join as a new member via the Registration option available on the MSWA website. <https://mswa.asn.au/>



# 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.**

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 Michelle 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](#).



**Club Night**—Monday—6.30 to when we finish. We have timed swims (except the night we have the committee meeting) Good night to check to see if you are getting faster (or slower!). Not too many have managed the 200 butterfly this year!

**Training :** Tuesday night 6.30 to 7.30—you can do a program left by the coaches or not!

**Training:** Wednesday night 6.30 to 7.45—do a program left by the coaches or not!

**Endurance:** Saturday—2.45 till approximately 4.30—timed swims.

## Contact details



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# masters swimming

WESTERN  
AUSTRALIA

