

Hill & Down Vale



NOVEMBER 2024 NEWSLETTER

PRESIDENTS PROSE FOR October 2024

October was a very busy month with both swimming and social activities filling the calendar. The Busselton Jetty Swim entries opened in the first week and quite a number of our members were successful in registering in different events and will head to Busselton on 9th February next year for a fun weekend.

Gwyn attended a full day Coaching Clinic which he found really interesting and is keen to share with swimmers in the pool on training nights. We are privileged to have three coaches and you should take advantage of their knowledge.

In the pool, Monday club nights are quite well attended – especially the Stubby Stakes night - however, Tuesday nights have reached an all-time low attendance with only Andrew Ryan and me one night. We still had to get in the water to pull the covers over so decided to have a swim. We actually managed quite well but we do really need more people for safety reasons.

Endurance swimming on Saturday afternoons continues to attract a small, select group. Lee Caldwell in particular is outstanding – she has completed her five 800m butterfly swims. Hell will freeze over before I ever manage that feat!

The main event of October is always The Noughties Birthday night. This year's theme was The Year of The Dragon as the majority of the birthday folk were born in 1964 – Lee was the exception! Patricia was invited into the select birthday group as her birthday was the day before the party.

As you will see from the photos, there were some great costumes and the Chinese themed food was delicious – although not many challenged themselves with chopsticks – especially with the (Chinese?) pavlova. There were amusing games organised by Lesley plus the ritual of birthday people explaining why and how they became swimmers and members of Maida Vale. The Fortune Cookies revealed some interesting Confucius sayings.



The Stadium Masters ABC Carnival was at the HBF stadium early the next morning so a bit of a challenge to get up early. Michelle, Brian Brady and I made it down in time and enjoyed a nice morning of swimming. Brian even taunted the referees with his 50m butterfly and, whilst there was intense scrutiny (including from Lynne), Brian finished successfully with a huge smile on his face.



The yearly requalification of members' CPR skills was held at the end of the month and all participants passed with the required 100% grade. B1, B2, Lesley, David M., Sarah, Lee, Gwyn and I are all officially First Responders on behalf of the club. As usual, we finished the morning with a nice lunch and debrief.



The monthly pizza night was a pleasant evening with good company and nice food. The Pizza Village have extended their menu to include quite a few Indian curry dishes, reflecting the new owners.



Make a point of attending the November dinner on 27th as it will be the last for the year.

LAKE LESCHENAUTIA SWIM:



All systems are [go](#) for our 38th event. The weather is hopefully now our only challenge. The temperature has been steadily rising but we don't want it to be too hot as the Shire might declare a Catastrophic Fire Danger and close the venue! At the moment it is on track to be around 28c. We currently have 140 entries!

We need everyone's help and have a lot of small tasks you can help with if you are available. More hands make light work! The trailers will arrive at the lake just before 7am and need to be unpacked ready to open registrations at 8am.

The Reflections Cafe will not be open in time but we do have "Ye Olde Ice Cream Van" for coffees! Please plan to stay for a picnic lunch and a social debrief – and a swim for those who are not competing. It's a good opportunity to just sit back, relax and congratulate ourselves for a job well done! B1 is still chasing donations for his iconic raffle if you have any items in your cupboard that you could "regift" or simply donate money.

TIN SHED CHATTER:

It is great to welcome back past member Randall Skinner who is training hard to compete in a Solo swim to Rottnest. He is a "Year of The Dragon" birthday too, so a new age group.

You will be pleased to hear that Russel has finally passed his restricted driving licence exam and is just waiting to undergo a practical test before hitting the road in his own vehicle for the first time in nearly two years. Independence at last!

Sandie Schroder's art exhibition opened during the month and if you are in the vicinity of Subiaco, make a point of visiting the Linton & Kay Galleries at 299 Railway Road. We have a very talented lady in our midst!



Congratulations to Sandra Thompson who completed a 20k walk in Dunsborough fundraising for The Heart Foundation. She raised over \$1,000.

Kate returned from her trip to Morchard Bishop (Middle Earth) in Devon to visit her family. On her travels she stumbled on an outdoor 20m pool in Bristol but decided against having a swim. She would have to book ahead and then pay 25 Pounds for a 2-hour swim in 20c water! No lane ropes! Coffee in the cafe was the preferred option.



Dave Howe's medical problems have continued to challenge him. He now has to undergo a procedure call a "Reverse Shoulder Replacement – R-TSR" which sounds intriguing but will apparently ease his pain. Then there's still the hip replacement!!

Malcom Wilcox is one of our newer members, transferring from Cockburn Masters, and he has been missing from the pool for quite a while. However, he has returned to 'the hospital lane' due to an accident that resulted in him breaking his ankle and spraining his back. His recovery is frustratingly slow but he is starting to swim some slow laps.

Another 'hospital lane' casualty is Sarah, recovering gradually from her damaged ACL operation. She is working very hard to regain her fitness.

B1 has had cortisone injections for a bursar in his shoulder and is starting to use the word 'retirement' from repairing ceilings - perhaps also from butterfly events!

I visited young Glad and, whilst she would really like to swim the 800m at the lake, she has decided to be sensible for once and let her leg ulcers heal properly.

Richard continued his travels around the country, flying to Melbourne for a memorial. Unfortunately, he had an accident and fell against a doorframe so came home with a badly bruised back. Covid last trip to and now this – I think he should stay home safe in Lesmurdie!

Everyone! Please look after yourselves and try to keep out of mischief. xxx



FROM THE HILL.....ANDREA.

ON DECK COACHING SESSIONS

Tuesdays in November (5th, 12th, 19th and 26th)

Lesley will be trialling On-Deck coaching sessions for November with the possibility of the concept continuing next year.

The sessions are aimed at assisting with stroke correction, interpreting training programs, drills, pacing, rest intervals, lane etiquette etc.



Come along and have a go.

CLUB NIGHT PROGRAM FOR NOVEMBER 2024

4TH NOVEMBER	50M BREASTSTROKE	STUBBY STAKES	100M BACKSTROKE
11TH NOVEMBER	100M I M		25M BUTTERFLY
18TH NOVEMBER	COMMITTEE MEETING—TRAINING AND COACHING		
25TH NOVEMBER	CHASE THE ACE (A NEW EVENT—CHECK YOUR DOLPHIN DOTS)		
2ND DECEMBER	50M CHOICE	STUBBY STAKES	100M CHOICE

OCTOBER STUBBY STAKES WINNER

Congratulation to David Masters who won by swimming closest to his nominated time for October Stubby Stakes, 25 Metres freestyle. He looks very happy about it!!

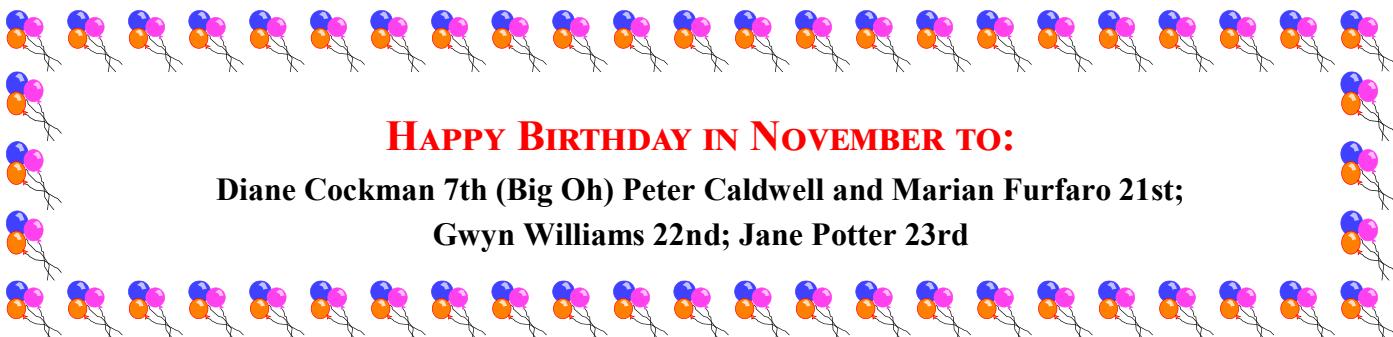
Make the time to be at the pool on Monday 4th November, for your chance to win Stubby Stakes. All you have to do is swim closest to your nominated time and you've won a lovely bottle of wine!

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 NOVEMBER TO:

Diane Cockman 7th (Big Oh) Peter Caldwell and Marian Furfaro 21st;
Gwyn Williams 22nd; Jane Potter 23rd





Central Aquatic Swimming and Lifesaving Club

1d ·

Why don't you go & Jump In The Lake!

Pristine fresh water at daybreak. 😊

It might be a bit cool, but there's certainly no snow flake, ❄️

just enough to get you awake. 😅

Line up for your swim, the horn sounds and make a fast-break. 📣

Sprint for the finish line, its time to make or break. 🏃

Now that it's done, it was actually a piece of cake! 🍰

It doesn't matter where you place, as long as you partake.

But if you do place, you might get something from the sweepstake. 💰

Be a good sport, give everyone a handshake. 🤝

Time to feed the ache with a little cupcake and tea break. 🍰

Not much rhymes with Leschenaultia, so we settled on lake! 😊



Lake Leschenaultia Swim Raffle

Brian is calling on donations for the Lake Swim raffle which is always a big money spinner for us...

Any vouchers, goods or money can be handed to B1 or other committee members at the pool.



With Lee and Brian sidelined at various times over the last few months, the overall points have relied on a collective effort. Whilst Kerry continues to raid the club's assets through Freddos collected by personal bests, the overall endurance scores will hopefully now see a late season surge from a bumper crowd like last Saturday's double figure attendance!



Endurance as at 31/10/24		
Female	Male	Total
2750	1092	
13 women	11 men	
averaging 211.5 points each	averaging 99.3 points each	3842

flashback to the end of October 2023...		
Female	Male	Total
3153	1279	
11* women	6* men	
286.6 points each	213.2 points each	4432

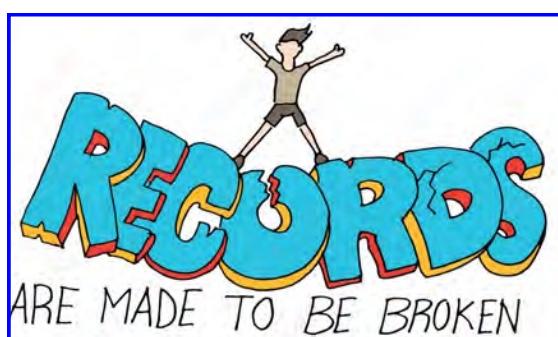
a time travel all the way back to October '22		
Female	Male	Total
2716	1292	
13* women	11* men	
208.9 points each	117.5 points each	4008

* based on all swimmers in 2022, 2023

Did you know?

The "Bunbury Bullet" Alex Saffy won bronze in the S10 100m Fly! This link will take you to a clip of that magnificent moment:

<https://youtu.be/Sz79SFudPCK?si=JUqR9ingLJ47WzUI>



No records to report for the month of October

Who's who?

This month's collection are five of the most medalled Olympians ever to have swum there is a list of the top fifteen Olympic medallists in the newsletter as hints

I BIN DAT TOM

SPOTY JOHN MENN

SELL HIM CHEAPP

SLIM TITCH LOANS

THY NO CLEAR

A Freddo to anyone who can get two of these names without looking at the hints!

*

A box of chocolates for a member who can get all of these names without the hints!**



Last Edition's Answers:

NON-CHARD MEAL

Leon Marchand

MUM'S HIT MR CONES

Summer McIntosh

EYE CC VROOM MAN

Cameron McEvoy

MEOW LEAKY NECK

Kaylee McKeown

LIKED CAKE YET

Katie Ledecky

NEW FINAL FIND

Daniel Wiffen

*don't tell Garry!

** first in best dressed



NOVEMBER'S HINTS

and, for every athlete, at least four of these are golds!

All of whom have a minimum of nine medals...each!

Ian Thorpe, Ryan Murphy, Kaylee McKeown, Aleksandr Popov.

Matt Biondi, Caleb Dressel, Gary Hall Jr., Alison Schmitt,

Jenny Thompson, Ryan Lohrte, Dara Torres, Mark Spitz,

Michael Phelps, Katie Ledecky, Emma McKeon,

(in order of total medals, then Golds, Silver, Bronze)

November's Hints:

Swimmer in Focus IX

Celebrated for 15 years with the club at Maida Vale's 45th Anniversary dinner, our swimmer in focus this edition is the editor in chief of this very newsletter. A popular member of the club, with generational ties, including a third tier that have made waves at Endurance on occasion, let's take November's UHDV to focus on:

Kate Elliott

A decade and a half of membership has included setting many club records, some of which have been chased down by a certain swimmer at the 'Hart' of Maida Vale. But as of writing, there are seven to Kate's name, including an unenviable 200m Fly, that has stood for more than 3350 days!

The 25, 50 and 100m Fly all belong to Kate in her current age group, while the backstroke endurance events of 800, $\frac{1}{2}$ hour and $\frac{3}{4}$ hour also belong to Kate. These are all the more impressive when you realise, they have eluded the stalwart of endurance Saturdays, Lee!

Next year and beyond, the record books look ripe for Kate to set new standards to be chased by the masters of Maida Vale. However, in the meantime, welcome home Kate, the club missed you and is a better community with you in it.



Can you help put a bag together for a women in need this month? Michelle and Lesley are going to collect and deliver any donations we make towards this very worthy cause. Either donate a bag (full or empty), items from the list, or cash to purchase requested items.

See Michelle or Lesley at the pool

share the dignity's

it's in the bag

What you can donate

to help women and girls in need



You can pack an adult, teen or mum and bub bag to help someone in need for Christmas. Each It's In The Bag has a different list of essentials that you can find below. By putting together an It's in the Bag you're making Christmas brighter for someone in a domestic violence refuge.

Bag Essentials

- ♡ shampoo & conditioner
- ♡ roll on deodorant
- ♡ toothbrush & toothpaste
- ♡ sealed packet of pads &/or tampons
- ♡ body wash or soap

All items included in the bag *must be new and in sealed packaging* for health and safety reasons.

Additional

Mum & Bub Bag Essentials

- ♡ maternity pads
- ♡ breast pads
- ♡ baby wipes
- ♡ dummies
- ♡ new born nappies
- ♡ baby shampoo
- ♡ baby wash
- ♡ nappy rash cream
- ♡ disposable nappy bags

Optional Luxury Items

- ♡ make up
- ♡ towel
- ♡ face wipes
- ♡ socks
- ♡ stationery
- ♡ small umbrella
- ♡ jewellery
- ♡ wet wipes
- ♡ books
- ♡ gift vouchers
- ♡ undies
- ♡ Teens might also like...
- ♡ scrunchies
- ♡ mask or sanitiser
- ♡ lip gloss
- ♡ tissues
- ♡ ear phones
- ♡ movie ticket

♡ A handwritten note or card to give a personal touch to your special donation!

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 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

President:	Andrea Williams	Ph: 0403 210 096	andreaswilliams12@hotmail.com
Secretary	Lynne Duncan	Ph: 0417 997 556	duncan1320@bigpond.com
Coaching Panel	Lesley Hart	Ph: 0419 961 729	lesleyjane62@hotmail.com
Newsletter	Kate Elliott	Ph: 0400 450 770	kelliott@iinet.net.au



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