

## PRESIDENT'S PROSE FOR JULY, 2023

July was a very quiet month in the pool – possibly because the nights were so very chilly. The water is always nice and inviting but braving the arctic change rooms can dissuade the most committed swimmer from getting off their cozy couch in front of the fire. Perhaps they were watching the entertaining World Aquatics in Tokyo! However, a small, dedicated group did take the plunge and enjoyed the earlier start time due to the school holidays.

Quite a few members headed for warmer climates during the holidays. Bronwen and Bronwyn spent a cool week in Monkey Mia and managed to complete a 900m (about 2952.76 ft) brain freezing swim. Sandra flew out to the warmth of sunny Vanuatu. Caroline and Steve flew north to the steam of Singapore whilst Kate and Kim spent time in cool Margaret River. Lesley and William decided to head south to the crisp waters of Esperance. I'm not sure if Lesley did [actually take](#) to the blue waters of the bay. On the way south they spent a few days parked in their bus on Richard's property near the Stirling Ranges. They kept warm and toasty helping him to burn off piles of tree stumps and logs.

Continuing the metropolitan exodus, Garry and Barbara enjoyed a cruise up the Kimberley Coast from Broome to Darwin and Gwyn and I chose a trekking and glamping trip, also in the Kimberley.

Lee ran a very entertaining training/coaching session before our monthly committee meeting. Because of the early start quite a few swimmers joined in and appreciated Lee's programme.

Discussions at the committee meeting revolved around the upcoming Lake swim and the planning is progressing well.

As you all know, because of a very well thought out set of rules- favouring our more senior club members- we actually won the Hervey Bay Humpback Challenge this year. We have now received the massive trophy that they kindly engraved for us! 5 wins to Hervey Bay and 3 wins to Maida Vale!



There were some pool swims on offer, and I would like to congratulate Glad, Michelle and Brian Brady who competed in the Riverton Club Challenge. With 33 points between them they finished a very credible equal 8<sup>th</sup> from 16 clubs in attendance. Such terrific quality swimming! Lynne was on the pool deck officiating. Riverton Aquatics have installed a wonderful new swimmer lifting device and Glad made the most of the easy exit from the pool.



As a club we didn't participate in the Golden Gropers Relay Event, as there were too many members away and we couldn't get any teams together. Lynne officiated again and Michelle was there supporting her daughter Tiarne who was swimming for Belmont Masters.

David Masters suffered a heart issue during July and underwent surgery to have stents inserted. Thankfully, he is otherwise fit and healthy, his recovery is steady. He is in fine spirits and back in the pool but taking his training gently.

Norma has come to the end of her chemotherapy treatment and is looking forward to a full recovery and to getting back into the pool. She always manages to look incredibly elegant in her colour co-ordinated head turbans and I'm sure she will be looking forward to a new hairstyle in the not-too-distant future.

Russel is making progress with his mobility issues and handling his gopher like a Ferrari. His wound is still slightly open so no swimming for a while. He has a Hollywood smile now too!

Our condolences are extended to Tom Love and his family on the sad passing of his Grandma in the U.K. Tom flew home for a few weeks to say his farewells. Also another sad note was the passing of Claire Dunstan's Pop after a long illness. We hope both families find comfort in the knowledge that they are in our thoughts.

I believe the monthly pizza night was a tad light on as so many of us were away but I'm sure the food was delicious and the company pleasant.

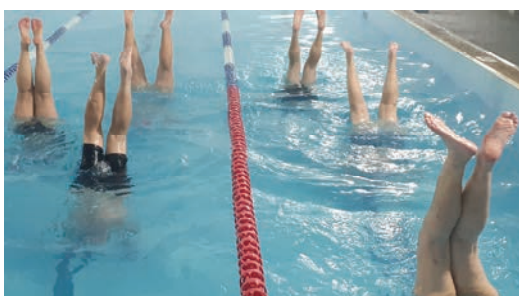
A group of members are undertaking the annual CPR update on 13<sup>th</sup> August to ensure we always have a trained member in the pool every swimming session. If you are interested in completing a course, please contact me immediately and I can include you. A 2-hour on-line course is a prerequisite, followed by a 3-hour practical session at our house in Valley Road. 10am until 1pm followed by BYO lunch.

Brian and Kathy have organised a very different Noughties party this year and they are hoping for a great attendance. In the past we have held a Christmas in Winter dinner at this time of the year and the Noughties party in October. The attendances over the last two years have been quite low so we have combined both social events and provided one evening for everyone to enjoy. Check out the flyer and make sure you attend – particularly the birthday people! See you at the Noughties Paella night on the 26<sup>th</sup> August at our house.

FROM THE CHILLY HILLS.....ANDREA.

# Photos from the 1 metre "Arse About" event

**Elaine Bourne is the winner of this event.  
She can hold the straightest legs and for the longest!!  
Can anyone pick her legs?**







## MAIDA VALE MASTERS SWIMMING

### PRESENTS



## THE 2023 NOUGHTIES BIRTHDAY PARTY & SPANISH PAELLA NIGHT

Come along and help celebrate our Members' "Special Noughties" birthdays with a Spanish Paella Night. The Theme is "Spanish, Tequila, Ole".



The Club has organised Mr Paella to serve up two mouth-watering Paellas:

#### AUSTRALIAN PAELLA

Chicken, Spanish Chorizo and fresh local vegetables.

#### VEGAN PAELLA

Assortment of local vegetables.



Cake will also be served.



### THE DETAILS:



- When:** Saturday 26<sup>th</sup> August 2023
- Where:** Big Party Room at the home of Andrea & Gwyn Williams  
12 Valley Rd, Kalamunda (also rear entry and parking off Hillview St.  
Note: it is at the cul-de-sac at the very end of Hillview St – number #34)
- Time:** 6:30pm till late (dinner to be served at 7:30pm)
- Cost:** \$25.00 per person (sign up at the pool or email your rsvp to Brian Brady @ [kathybrady@bigpond.com](mailto:kathybrady@bigpond.com) Payment via EFT to the Club's bank account preferred.
- RSVP:** By Friday 18<sup>th</sup> August 2023
- Bring:** **BYO Drinks – No Club drinks will be available and drinks will not be provided (also glasses, if required)**
- Wear:** "Anything Spanish"



Club Members Celebrating their Naughty birthdays are:



- + Samantha MARTIN – 30 years
- + Greg BOURNE – 40 years
- + Suanne MARTIN – 60 years
- + Brian RISBEY – 60 years
- + Brian BRADY – 70 years
- + Jane POTTER – 70 YEARS



## CLUB NIGHT PROGRAM FOR AUGUST 2023

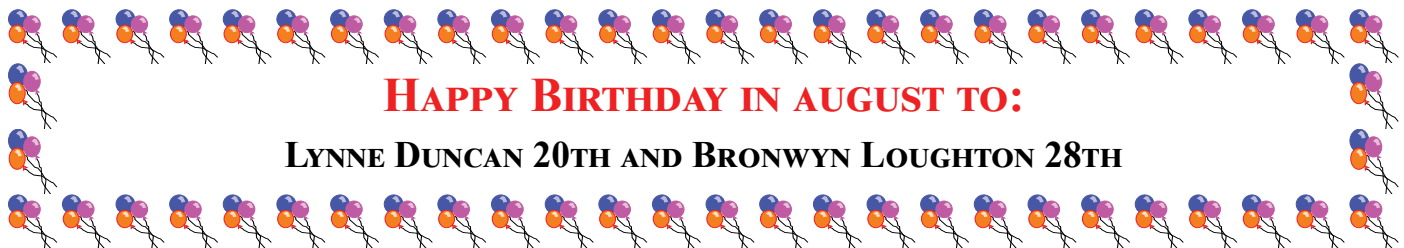
7TH AUGUST	50 BUTTERFLY	STUBBY STAKES	100 INDIVIDUAL MEDLEY
14TH AUGUST	COMMITTEE MEETING— TRAINING ONLY		
21ST AUGUST	HANDICAP 4 X 50 METRES		
28TH AUGUST	100 BACKSTROKE		25 BUTTERFLY
4TH SEPTEMBER	25 FREESTYLE	STUBBY STAKES	100 BREASTSTROKE

### JULY STUBBY STAKES WINNER

Congratulations to Richard Mazzucchelli who won Stubby Stakes swimming closest to his nominated time for 50 metres Backstroke.

Make the time to be at the pool on Monday, 7th August, 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 AUGUST TO:

**LYNNE DUNCAN 20TH AND BRONWYN LOUGHTON 28TH**



# LEO

\*\*\*\*\*  
July 23<sup>RD</sup> TO AUGUST 22<sup>ND</sup>

**GENEROUS**

**WARMHEARTED**

CREATIVE AND ENTHUSIASTIC

**BROAD-MINED**

**FAITHFUL**

## Virgo

Positive Keywords

Reliable	Efficient
Practical	Diligent
Charming	Serious
Analytical	Helpful
Dignified	Witty
Organized	Clean
Meticulous	Kind
Perfectionist	Tidy



# Coaches Corner

## MUSCLE FIBRE TYPES

Muscle fibres are divided into three types:-

1. Slow twitch which favour long distance.
2. Fast twitch (oxidative) which predominate in middle distance swimmers 400-800m
3. Fast twitch (glycolytic) which predominate in sprinters (50-100m)

We are naturally disposed to have more of one type than another. However evidence shows that muscle fibres can change from one type to another with training.

Long distance swimmers need to train at long distances without stopping. Intensity does not need to be high- but plan to increase intensity or distance over time.

Short distance swimmers should train in short but intense distances with rest intervals



# 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.**



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.

# 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](#).



They say that  
 the body is  
 made up of  
 90% water so,  
 I'm not **FAT**  
 I'm just water logged!

**I DID A PUSH-UP TODAY.**



WELL, ACTUALLY  
 I FELL DOWN, BUT  
 I HAD TO USE MY  
 MY ARMS TO GET  
 BACK UP, SO ...  
 CLOSE ENOUGH

**NOW I NEED CHOCOLATE**

**EXERCISING WOULD BE  
 MUCH MORE  
 REWARDING  
 IF CALORIES  
 SCREAMED  
 WHILE YOU  
 BURNED THEM.**




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