

**SPECIAL EDITION PRESIDENT'S PROSE. MARCH, 2023**

**VALE BRENDA MAZZUCHELLI OAM 1939—2023**

It is my very sad task to share with you the news of the passing of our dear friend and Richard's darling wife, Brenda, who passed away peacefully in the St. John of God Midland Hospice on Friday 3<sup>rd</sup> March after spending several months in and out of hospital undergoing treatment for a blood disorder. Whilst the news had been expected for some time, Brenda's final passing came as a devastating blow to Richard and their family. Richard and Brenda had been married for 61 years following a long courtship. Whilst they knew each other from attending the same church, they became more than just friends when they were in the same Science Faculty at UWA. Brenda attended a course in Geology to spend more time with Richard. They did enjoy a bit of fossicking together over the years. Brenda was a truly delightful lady and friend to everyone she knew. She was always ready to share a terrific yarn and entertain listeners with interesting stories as she had led such a fascinating life. Brenda worked for many years for the Archbishop of Perth and was on the Board of Perth College. Brenda was honoured in 2004 with a Member of the Order of Australia (OAM) for her work in education and within the Anglican Church.

There are no arrangements for Brenda's funeral at the moment, other than to say it will be during the week of the 13<sup>th</sup> March and will be at the Chapel at Guildford Grammar.

**MEMORIES OF A BEAUTIFUL LADY:**

**\*\* Kim and Shelley** remember a very nervous Brenda during Richard's team swim to Rottneest. She was very relieved when he made landfall and very thankful to Shelley for keeping her calm and reassuring her during the race across the channel. \*\*

**\*\* Glad** was very involved with the family through swimming and coaching their daughter Jessica and remembers Brenda as an elegant and talented lady who held executive positions within the Anglican Church and Guildford Grammar School. Brenda provided beautiful floral arrangements for the Guildford Chapel and St Barnabas Church. She raised the finance to build a respite home in Kalgoorlie and joined in a fundraising fashion parade for St Barnabas as a model, wearing her wedding dress. She absolutely excelled in her amazing catering skills, providing delicious suppers for Richard to take to events. A huge loss to all, I am a better person for knowing Brenda.\*

**\*\*Barbara and Garry Lynn** remember Brenda as a refined, intelligent, kind-hearted and generous lady who they loved to chat to about many and varied interesting subjects and who they will miss greatly. Brenda was humble about her valuable contributions to the many organisations that benefitted from her wise counsel over many years. As her daughter Jessica and grandchildren lived in Kalgoorlie, Perth College Boarders' weekends in their family home in Gooseberry Hill were always a highlight for Brenda and Richard. Brenda's baked treats were always delicious, and she was quick to share recipes! \*\*

**\*\*Brenda** loved getting her hair done at Pierrots by Julia Cockman but had to cancel her last appointment due to her time in hospital. Julia said she was such a wonderful lady and meant so much to them all at the salon. She was always so beautifully groomed. \*

**\*\*Norma and John** have so many happy memories of a delightful lady and wonderful friend who will be terribly missed. Brenda was a passionate Eagles fan – faithfully attending all the games with Norma and Richard – despite the often-inclement weather. \*\*



**\*\*Russel** – despite his unfortunate situation – rang Richard to pass on his condolences and memories of a beautiful lady who always had a smile on her face and a friendly word (well, several!) for everyone. \*\*

### **VALE LESTER WATKINS 1936-2023.**

Many of you will remember Lester and Jan Watkins from the very beginnings of Maida Vale pool and the instigation of the Maida Vale AUSSI Club. Lester passed away peacefully in palliative care this week as the results of a brain tumour. The Maida Vale pool (along with the squash courts) was built by a developer in the late 1960s and a fellow coach and swimmer, Gordon LeStrange purchased the pool with Lester leasing the premises to set up and run a very successful swimming club. Many young swimmers were National level competitors, and the highlight of his career was coaching Ian Brown to a Commonwealth Gold medal.

Lester attended the first AUSSI interclub run by Carine AUSSI and was so excited by the concept that he quickly formed a small group to register a club at the Maida Vale pool in time to compete at the State Championships at Beatty Park in April, 1979. Lester's time at Maida Vale came to an end in the mid 1990s when the pool was sold and he moved his squad to the Wesley College pool in South Perth where he still mentored breaststroke swimmers within his son Nick's squad for many years.

### **RUSSEL FOWLER**

Our very own rough diamond – Chookie – was out walking his neighbour's dog on Tuesday morning when he collapsed suddenly in the park. Luckily some fellow walkers called an ambulance and he was rushed to Royal Perth Hospital where thrombosis in his right leg was diagnosed. Russel was sent to surgery straight away and the fight was on to save his leg and ultimately his life! Over the next 48 hours, Russel underwent two major operations in an effort to control an aneurism in his leg. Russel's life became paramount and sadly he had to undergo a third surgery to amputate his right leg below the knee. Russel, whilst slowly coming to terms with his situation, is optimistic and planning his future which will involve many months of rehabilitation and adjustments. He will need all our love, understanding and support. Between operations his main concern was that he was supposed to be watering Marilyn and Graeme's garden and also, what should he do with the club's drinks for the Stubby Stakes!

### **NEWSLETTER FOR FEBRUARY, 2023:**

Those members who attended the AGM at our home – on a very hot Monday evening - will know that I am still the President for another year, and I look forward to another 12 months at the helm. The Committee remains the same and I thank them for standing up for their positions again and for their work over the past 12 months. We do have one new committee member with Tom Love volunteering to learn the position of Recorder. Lesley will teach Tom how to assist her to enter all our swimming results from pool competitions and Endurance swims. Thank you to Lesley for holding this position for many years and I hope Tom enjoys his new challenge. It was nice to welcome home Elaine and Russell Bourne from their long time away in the UK.

I keep trying to lose my job as President by being away for long lengths of time but that hasn't worked! We went to Hobart for the first week of February to support Ceinwen as she successfully tackled the 35.5km Derwent River marathon swim. The event began at 3am in the pitch dark in the upper reaches of the river at a lovely little village called New Norfolk and headed down to finish under the Tasman Bridge. If you know Hobart, it is a spectacular view from underneath the massive pylons! It was freezing cold on the boat – 8c until the sun came up – but Ceinwen swam strongly and managed to record a time of 7hrs 10 mins – the second fastest female to date.

After a great 12 days of exploring the apple isle we flew home in time to head straight down to compete in the Busselton Jetty swim. The weather was perfect for all our "towel holders" but the water was a bit on the choppy side. Congratulations to 3.6km Solo finishers Alison Bartlett, Lesley Hart, Caroline Dyer, Greg Bourne and me! Kate Elliott and Maggie Read completed a successful duo and young Marcus Bourne swam in the 250m on the day before. So many ex-members and friends from other clubs caught up with our support team. Unfortunately, because of Garry's recently fitted pacemaker, he was not allowed to swim but joined Barbara at the event. Gwyn chose not to be anti-social and complete the distance doing breaststroke – although there were others who weren't quite so public spirited and unwelcome kicks were shared. Sandra was also on hand to help apply sun cream and enjoy the atmosphere.



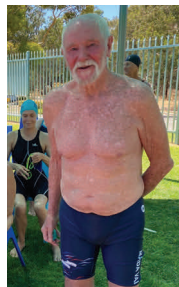
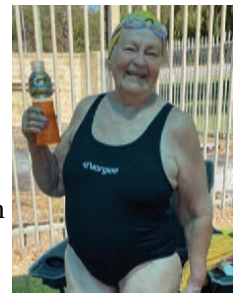
Whilst we were enjoying our weekend away, three of our industrious members, Russel, B1 and B2 were busy erecting our new club sign on the outside wall of the pool. The old sign had been vandalized with graffiti and was well past its prime so Lesley and B2 organised a new updated version, complete with our website and a QR code! We have moved into the 21<sup>st</sup> Century!



We welcomed a great new member in February. Simon Scott trained with us for four sessions, including an Endurance afternoon and realised what a great group of people we are. Simon is a decent swimmer and will rapidly improve with coaching and training.

Lee conducted a breaststroke clinic, taking swimmers one at a time to help them with their strokes and training exercises. I found myself channeling her comments the following weekend in the 100m breaststroke event at Newman Churchland's Club Challenge.

Whilst we only had seven swimmers at the event, we were all quality! We managed to finish 5<sup>th</sup> from 19 clubs – even beating the strength of the Superfins! We were assisted by both Glad and Ian scoring maximum points. The ladies managed a relay with the help of young Glad but we only managed 3 competitive men so were not able to field a team. Richard had to withdraw as Brenda was very unwell and Gwyn also missed his swims as he had a very bad cold and our little dog was recovering from surgery. Lynne was one of the officials. Garry and Alison's Mum Audrey time kept for our club whilst Barbara Lymn and Dorothy Stewart were our cheer squad.

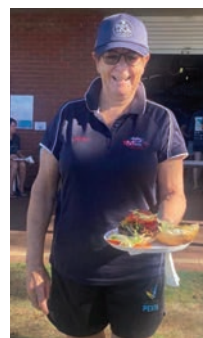


David Pether paid us a visit at the pool to show off his fancy moonboot and is itching to get back into the pool as soon as he gets approval from his doctor. David had a successful ankle replacement in January.

Due to the shorter month, Pizza night came early. It was a very warm evening so eating alfresco was very pleasant. There were no February birthdays, so Brian Brady bought a couple of dessert pizzas as he had been feeling guilty as he had missed out on his birthday contribution back in May last year when there were too many birthdays on offer!

The month ended with the Rottneest Channel Swim on a stunning warm morning with a decent easterly wind - which resulted in some epic record-breaking finishing times. Our club was represented by Steve Norregaard, who completed a tandem solo with his son Connor and Ceinwen who ticked off her 20<sup>th</sup> solo.

Saturday afternoon was the Barrett Bunbury Old Boys Leschenault swim at Koombana Bay. Lesley, Kate and I did the annual road trip and drove down for the delightful swim. Maggie had to cancel as she was unwell and, as she was travelling to NZ the next day, she didn't want to risk further complications.



The delicious sunset bbq on the foreshore was worth the trip down. We all swam way too fast to win a "Closest to Nominated Time" - 8 minutes for Lesley! and 4 minutes for both Kate and me – due possibly to an incoming tide but we are happy to have those times recorded against our names!

Back in Forrestfield, Endurance went ahead as usual, albeit the water was a tad nippy. Apparently, the boiler hasn't been working for most of February and Brian and crew had thought it was getting a bit chilly. There's definitely no chance of that happening in the Maida Vale pool! Thank you to all swimmers who are still diligently training and I hope you all put that hard work to the test at the March Fremantle Freo Club challenge.

**KALAMUNDA WATER PARK.**

The City of Kalamunda has released a "Big Picture Vision for Community Facilities". An interesting multi-project publication. The only place you will find this is on the COK website – Engage Kalamunda. Click [here](#) and you will be taken to the CoK's website.

There is a list of pop-up information venues and dates and also a FEEDBACK form. PLEASE check this out and complete the form before 1<sup>st</sup> June. Spread the word that the pool is still under threat and only public action will save it from demolition.

FROM THE HILL.....ANDREA. (President for Life it would appear! Move over Putin!



## Club Records February 2023

Name	Age Group	Course	Event	Time
Glad McGough	90-94	Short	50 m Backstroke	1.54.81
Brian Brady	70-72	Short	1 Hour Breaststroke	1845 metres
Lesley Hart	60-64	Short	200m Individual Medley	3.36.93

## ENDURANCE 1000 Progress Points as at 28th February 2023

<b>Female</b>	<b>1010</b>
<b>Male</b>	<b>508</b>
<b>Total</b>	<b>1518</b>
<b>Total as at 28/02/2022</b>	<b>1058</b>





# ENDURANCE 1000

## 2022 RESULTS

	RANKING/CLUB	POINTS	PARTICIPANTS	AV. POINTS PER MEMBER
National Total Points	1 <sup>st</sup> Noosa Masters 2 <sup>nd</sup> Campbelltown 3 <sup>rd</sup> Darwin 4 <sup>th</sup> Tuggeranong 5 <sup>th</sup> Claremont 20 <sup>th</sup> Maida Vale	18210 13591 12028 10972 8852 4631	61 31 56 35 43 17	222.07 388.31 66.82 130.62 81.96 90.80
WA Total Points	1 <sup>st</sup> Claremont 2 <sup>nd</sup> Armadale 3 <sup>rd</sup> Stadium 4 <sup>th</sup> Whitfords 5 <sup>th</sup> Maida Vale	8852 6597 5180 5146 4631	43 23 20 26 17	81.96 146.60 123.33 139.80 90.80
INDIVIDUAL (WA TOP 50)	3 <sup>rd</sup> Lee 20 <sup>th</sup> Lesley 22 <sup>nd</sup> Brian B 32 <sup>nd</sup> Alison 38 <sup>th</sup> Kate 39 <sup>th</sup> Garry 46 <sup>th</sup> Greg 49 <sup>th</sup> Marilyn	934 700 652 517 313 302 241 221		
Other Maida Vale swimmers	Caroline Andrea Maggie Gwyn Glad Russell Elaine Ian Jennifer	180 175 160 95 70 43 21 5 2		
<p>All 62 swims were completed nationally by 79 swimmers.            A total of 59 swimmers finished =1<sup>st</sup>, gaining maximum points (1005) for all their swims.            Lee ranked 6<sup>th</sup> nationally.</p>				



## CLUB NIGHT PROGRAM FOR MARCH 2023

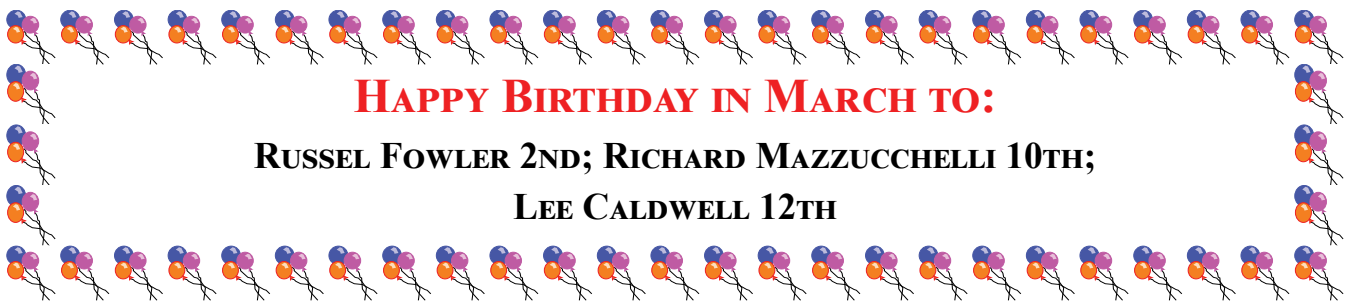
<b>6TH MARCH</b>	<b>LABOUR DAY PUBLIC HOLIDAY—NO SWIMMING</b>		
<b>13TH MARCH</b>	<b>50 BACKSTROKE</b>	<b>STUBBY STAKES</b>	<b>100 BREASTSTROKE</b>
<b>20TH MARCH</b>	<b>200 FREESTYLE</b>		<b>25 BACKSTROKE</b>
<b>27TH MARCH</b>	<b>COMMITTEE MEETING - TRAINING ONLY</b>		
<b>3RD APRIL</b>	<b>50 FREESTYLE</b>	<b>STUBBY STAKES</b>	<b>200 BUTTERFLY</b>

### FEBRUARY STUBBY STAKES WINNER

Congratulations to Brian Risbey who won Stubby Stakes swimming closest to his nominated time for the 50m Breaststroke. He won a nice bottle of wine!!.

Make the time to be at the pool on Monday, 13th March for your chance to win this month by entering the Stubby Stakes and swim 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.



### HAPPY BIRTHDAY IN MARCH TO:

**RUSSEL FOWLER 2ND; RICHARD MAZZUCHELLI 10TH;**

**LEE CALDWELL 12TH**

**PISCES**  
FEBRUARY 19 - MARCH 20

**There is nothing “weak”  
about a Pisces.**

**They have the heart of  
a soldier and when it comes  
to family and friends, they  
would do anything.**

**ARIES**

**VERSATILE LIVELY  
ADVENTUROUS  
POSITIVE COURAGEOUS  
PASSIONATE  
ENTERPRISING INCISIVE  
SPONTANEOUS  
OPTIMISTIC CHARISMATIC**

# Coaches Corner

**Stroke efficiency** can be measured and improved by counting the number of strokes per lap, timing that lap, and working on increasing the length of each stroke.

A high “distance per stroke” is more efficient than a low one. Theoretically a longer stroke is also faster and more efficient, as less energy is used each stroke.

**Distance per stroke** (stroke count) can be easily calculated by counting the number of strokes over 25 meters and dividing by that length of 25. Most swimmers take between 16 – 30 strokes to complete one length of a 25m pool.

**Stroke rate** is the number of strokes taken in a minute. Stroke rates per minute can be low (35-45) or high (56-65). The best scenario is high stroke rate and low stroke count. But a good balance between the two is important.

Applying this, if you are trying to swim fast, you have to increase your tempo, but you might be losing efficiency by reducing your stroke length. So a plan has been devised to maximize this efficiency.

Add **stroke count** to **lap split** for 25 m pool. Eg 20 strokes +20 seconds gives a **score of 40**

Aim is to lower this score. This is done by lengthening each stroke, but not at the expense of time

Increase distance per stroke by:-Reducing drag, streamline more, eyes down, hips high, building rotational momentum.

## **Schedule.**

**Warm up** 300m free

6x50 kick streamline

8x25 m. fist drill,

first lap closed fist, second closed fist one finger extended,

then 2 fingers etc. up to full hand extension

8x25m sprints counting strokes and try to reduce number of strokes per each lap

## **Main Set**

6x50m free, reducing number of strokes each lap

4x25m minimum distance per stroke

Repeat twice more watching your times.

## **Cool down**

1x100 free minimum splash

Here's the plan.  
1- You start out fast.  
2- You finish faster.





Fremantle Fins Masters Swimming Club

## 2023 Act Belong Commit Club Challenge Series Meet

**DATE:** Sunday 26<sup>th</sup> March 2023

**VENUE:** Fremantle Leisure Centre, Shuffrey St Fremantle, Long Course

**TIME:** 8am warm up, 8:45am start

**COST:** Cost of meet entry is \$20 per swimmer and includes pool entry and a fantastic lunch

**ENTRIES CLOSE:** 17th March 2023, 5pm (for individual swims). Late entries will not be accepted.

**REGISTRATION LINK:** <https://www.myswimresults.com.au/Meet.aspx?MeetID=MAU134>

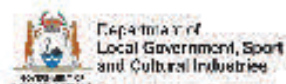
### EVENTS

1. 50m Butterfly
2. 50m Freestyle
3. 50m Breaststroke
4. 50m Backstroke
5. 4x 50m Mixed Free Relay
6. 4x 50m Mixed Medley Relay

The meet is OPEN to all Masters Swimming Australia members.

- Masters Swimming Australia swim rules apply to this meet.
- Swimmers may participate in 3 events and in an appropriate Relay (s).
- All participating Clubs are to provide timekeepers and watches (manual Timekeeping).
- Refreshments will be provided afterwards- no cost to the swimmers or officials.
- 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 on the 21<sup>st</sup> March.

For event enquiries, please contact the Meet Coordinator *Timothy Buckton* for enquires at [tim@wardershotel.com.au](mailto:tim@wardershotel.com.au) or 0433676599, If you are unable to register but are a current financial member, please contact [communications@mswa.asn.au](mailto:communications@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.**

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.

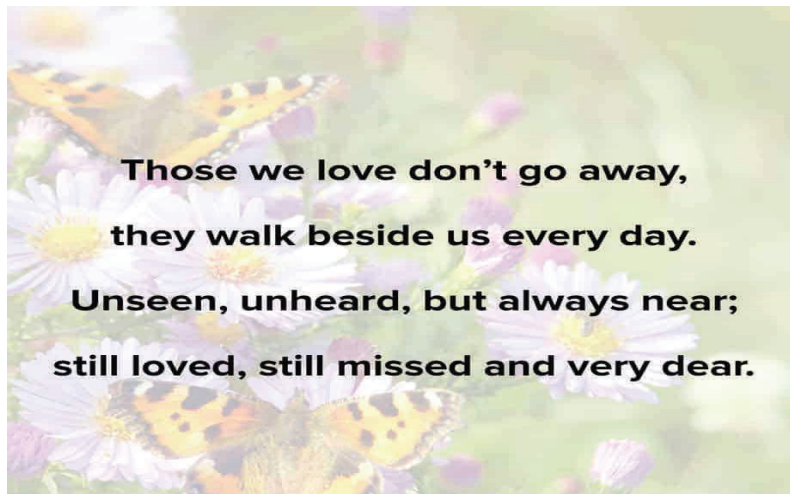
Pay by EFT or cash on Monday night. Bank details in Dolphin Dots.

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](#).



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