

PRESIDENT'S PROSE FOR OCTOBER, 2023

I am pleased to report that we are finally looking like a swimming club again after some very low numbers at training and club nights during August and September. We have had full lanes of swimmers over the past few weeks and the atmosphere is very enthusiastic. Possibly the reason for this increase in activity is the upcoming open water season and I'm hopeful that you will all be putting your training to the test in our Lake Leschenaultia swim on the 12th November. If you choose not to compete we would still love to see you up at the lake to help run our 37th event! There are a myriad of jobs to accomplish before the start of the first race so please try to arrive around 7am. Don't forget the fly spray!

A group of us travelled to the lake on a perfect Spring day early in the month to assess the new shelter area and consider the possibility of changing the registration set-up to alleviate the problems with access to the sandy beach area. After interesting discussions and input it was agreed that we could make some changes to make the task easier. Time will tell! Some of us stayed on to enjoy a very pleasant lunch and a couple of us even ventured into the water for a refreshing swim across the lake.



The month had begun with the annual Club Conference which Lynne attended and reported that there were some very interesting guest speakers and informative topics, including a discussion about caring for fellow members' health and wellbeing. I feel that our club has this situation well and truly covered in the way that we all look out for each other, but we can always do more to help ensure people are coping with life and offer help where needed.

There was an Act, Belong, Commit carnival at the HBF Stadium run by Stadium Masters and congratulations to Ian Stewart who was our only competitor. Ian managed to gain 8 individual points for his efforts on the day. Lynne once again officiated.

Both Lee and Gwyn conducted coaching and stroke correction sessions during the month and they will continue to offer their assistance when needed. Gwyn is recommending swimmers begin their distance training to prepare for the major events and there is a specific Busselton Jetty programme you may be interested in accessing if you are one of the members who successfully entered that event.

We reported in last month's newsletter that Marilyn and Graeme's son Jason was riding from Sydney to Perth to raise money for Multiple Sclerosis. Over the past 5 years a group of us have volunteered at the M.S. Ocean Ride event in support of MS and we have really enjoyed the involvement. Unfortunately, this year the event is being run on the same day as our lake swim so we are unable to offer our assistance. There was a lovely photo of Marilyn and Jason in the Echo during the month. Jason is currently on the Nullabor and making steady progress to arrive here on schedule on the 11th November.



I am still on the band wagon about the progress of the Kalamunda Water Park and I had a Letter to the Editor printed in the Echo. Most of you will be aware that the slides are being renovated in readiness for the opening of the pool on 20th November. It would be truly wonderful if this work indicated that the pool was going to be retained and upgraded but I believe it is only another Band-Aid solution to keep people patronising the pool whilst the High Wycombe Aquatic facility is built and then both the revamped slides and the pool will be demolished. This could be another ten years at the rate the new facility is progressing. Nothing has been started on the site and the plans are being revised yet again. It is now 18 months since the City stated we would have a new pool within 5 years – 10 years. Oh well! We still have our wonderful little hot tub!

The pizza night at the end of the month is always a great evening and it was very exciting to welcome one of our latest swimmers Sarah Howard, who came along with her Mum, Dad and sister, to enjoy the company and the great food.

Sarah is a delightful young lady and joins our “youngsters” in lane 4 in some serious training on Wednesday nights. The line-up for the 100m freestyle last Monday was very impressive. Lesley, Bronwen, Bronwyn and Sarah. Girl power!



We also have a prospective new swimmer who hails from Toowoomba and is rekindling his love of swimming from his youth. I hope Peter Crozier will decide to become a member. Lane 6 has been busy lately with a nice couple who are enjoying walking exercises together. Dominic and Marina will be joining when the new 12-month registration is set up in December.

It was wonderful to welcome Norma back into the pool looking healthy and sporting a cute new pixie style hair do. It will be a while before she is racing John in the breaststroke again but it's a great start. Tom continues his rehab with some serious walking in the water as his neuropathy in his neck and arm is still an issue and restricting him from actual swimming.

I hope you all enjoyed Halloween on Tuesday night. We were joined in the pool by The Wicked Witch of The West who jumped into lane 6 on her foam broom – complete with hat and bucket of lollies!



See you all at the Lake!

FROM THE HILL.....ANDREA WILLIAMS.



Swimmers—with a program no less!! See we do swim

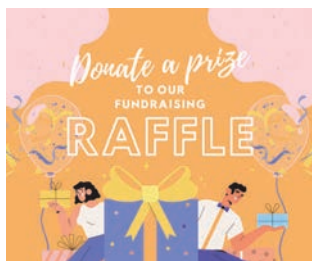
OOPS!! Team work got it sorted!!



What a team!!



The second Sunday in November is NEARLY HERE!
Our club's open water swim will take place at Lake Leschenaultia
Please keep Sunday 12th November free!
Many hands make light work!



Brian and Kathy Brady are collecting donations of raffle prizes for the Lake Leschenaultia swim raffle. Unwanted gifts make great raffle prizes. If you don't have anything you can donate, cash is always handy to buy a few extra prizes

You can drop of donations at the pool on swim nights.



You can now register for this iconic swim just click [here](#) and it will take you to the registration page.

The event comprises of four swim distances.

1. 400 metre (Jump in the Lake) swim; open to swimmers from the age of 9 years and above. Swimmers aged 9 years must be accompanied by a guardian.
2. 800 metre swim; open to swimmers from the age of 11 years and above.
3. 1600 metres (1.6 km) swim; open to swimmers from the age of 11 years and above **(this includes Closest to Nominated Time winners in each category)**

Note: the wearing of watches, timing devices, data collection devices, smart goggles, etc. is not permitted for the 1600 (1.6km) event

4. 3300 metre (3.2 km) swim; open to swimmers from the age of 12 and above.

CLUB NIGHT PROGRAM FOR NOVEMBER 2023

6TH NOVEMBER	25 BACKSTROKE	STUBBY STAKES	100 BUTTERFLY
13TH NOVEMBER	200 BREASTSTROKE		25 BACKSTROKE
20TH NOVEMBER	COMMITTEE MEETING— TRAINING ONLY		
27TH NOVEMBER	200 INDIVIDUAL MEDLEY		50 FREESTYLE
4TH DECEMBER	25 BUTTERFLY		100 FREESTYLE

OCTOBER STUBBY STAKES WINNER

Congratulations to Brian Risbey who won Stubby Stakes swimming closest to his nominated time for 50 metres freestyle. Well done Brian, your second win this year!!.

Make the time to be at the pool on Monday, 6th November, 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 NOVEMBER TO:

**DAVID SCHWIMMER 2ND; DIANE COCKMAN 7TH; MAGGIE READ 10TH;
GWYN WILLIAMS 22ND; JANE POTTER 23RD A BIG OH**

SCORPIO

OCTOBER 23 - NOVEMBER 22

FUN ACTIVITIES
Scorpios like playing card games with their friends.

CHARACTER TRAITS
Scorpios are said to be loyal, passionate and mysterious.

MOTTO
The motto of a Scorpio is "The only people I owe my loyalty to are the ones who never made me question theirs".

BEST MATCH
Cancer, Capricorn and Pisces are a great soulmate for Scorpio.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

FUN ACTIVITIES
Going on an exotic trip is a great activity for Sagittarians.

CHARACTER TRAITS
Sagittarians are said to be independent, adventurous, positive.

MOTTO
The motto of a Sagittarius is "Living my life, not anyone else's."

BEST MATCH
The biggest love matches for a Sagittarius are Aries, Aquarius and Leo.

ENDURANCE 1001



October was a bumper month for Endurance swims! A points increase of 17.2 for each Female, and 12 for each Male. Great work team!

Endurance as at 31/10/23		
Female	Male	Total
3153	1279	4432
13 women	7 men	
↑ you're averaging 242.5 points each	↑ you're averaging 182.7 points each	

flashback to the end of October 2022...		
Female	Male	Total
2716	1292	4008
11 women	6 men	
246.9 points each	215.3 points each	

a peek back at 2021's Halloween haul		
Female	Male	Total
3804	2694	6498
13 women	11 men	
292.6 points each	244.9 points each	

DID YOU KNOW?

LESLEY HART HOLDS ALL BUT ONE ENDURANCE 1000 EVENT 60-64 CLUB RECORD IN A SHORT COURSE POOL. THE ELUSIVE RECORD IS FOR THE 30 MINUTE BREASTSTROKE. IT HAS BEEN HELD FOR OVER 9500 DAYS!

TRIVIA TIME!

- 1) WHO STANDS (OR RATHER SWIMS) BETWEEN A SWEEP OF THOSE ACTIVE SHORT COURSE RECORDS?
- 2) WHICH CLUB MEMBER STILL HOLDS TWO LONG COURSE RECORDS FOR LESLEY TO CONQUER?

Swimmers in Focus



This month, I wanted to add a new feature to the newsletter and recognise members of our club in all things related to times and records, so here's the first edition.

Norma Jack

Norma currently holds 17 club sprint records with the longest standing of these in the 75-79 200m Breaststroke. Norma is also the current holder of seven Endurance records! One of these is the now 'defunct' 3000m Breaststroke - what an event! Monday nights over the years have seen quite the competitor in Norma, and to put those swims into context, they contain two World Masters Championship 2024 qualifying times!



Norma is an inspiration to us all.



David Pether

David holds a club record that, as of November, has been standing for 32 years... a cool 29.86 second 50m free. David's most recent club records are also in freestyle, and were set in 2022. His 50m freestyle 75-79 age record of 37.96 means he has only lost an average of 0.26 seconds each 50m each year.

That's no mean feat indeed!



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](#).



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 7.30—do a program left by the coaches or not!

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



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