



ARMADALE MASTERS SWIMMING CLUB
NEWSLETTER
MAY/JUNE 2012

CLUB CONTACTS:

President: Fettes Falconer: 9 397 6439
fettesf@westnet.com.au
Secretary: Heather Jeps: 9 390 5228
jeather4@gmail.com
Coach Co-ordinator: Heather Croft: 9 390 9177
crofbrigh@aol.com
Club Captain: Chris Millard: 9 397 6265
chris.millard@inet.net.au

PLEASE NOTE: St Brigid's will be closed on 2nd June – No Training

In this Issue:

President's Report
Coach's Report
Upcoming Events
Information re Club Shirts/Track Suits/Bathers
Pool Closure - 2nd June 2012
General Meeting Notice - 1st September 2012
Calling for Volunteers

PRESIDENT'S REPORT

A President's Report -

On my way to the Armadale Masters Swimming Club May meeting on Monday last it slowly dawned on my addled brain that I had not written a President's Report. Then; "What have I to report?" I argued with myself. I have been away for nearly 6 weeks! China beckoned for 4 of those weeks then a dose of swine, avian, pig, buffalo 'flu'/pneumonia laid me low for most of the rest, not to mention maybe a self - inflicted 'Beijing Belli,' probably acquired from a moody Mr Mu, the buffalo man. More of that story in a later edition. And, what about the other story in another edition about my ripped toenail as a result of stupidly mixing Chinese Tsingpao beer and riding a motorbike? That should never be told lest young adults get hold of the story and then tell me to act my age and accuse me of; 'Do as I say. Don't do what I do.' I will not bore you with my knees stories! Neither stories about my wife's walking poles.

But, then, I must admit, I do have much to say. So here is a short report about us swimmers: We swimmers in China. Here we all are on the 'The Wall'. Well, the first group anyway. You should recognise them.



You will see one President, 3 ex-presidents, one Master Coach and the luscious Linda of lane 7. Note the blue sky. It was a glorious day, just made for hiking. When we eventually left this area of China's Great Wall, and it is a GREAT Wall, an amazing wall, we allowed the grey smutty smog to climb back on the mountains for the next group to inhale as they puffed up and down. That group included Greg and Ross. We spoke to those two on the phone while on the wall, but never bumped into them. In fact we never bumped into anyone on the wall. Maybe two? It was bliss being 'Far from the Madding Crowd', as Thomas Hardy put it in the title of his book. Oh, we saw many, too many tourists, on the tourist renovated section of the wall. But, it was fun taking the toboggan down to the waiting bus. Young adults again!

Here is part of The Wall on the day my knees started to complain:



Delightful, adorable, Huilin, our good guide, with her impeccable clipped English pronunciation slipped up when on the Great Wall of China. This was when her tongue reverted to the Chinese inability to put tongue to upper - front teeth and her LLs turned into a purring Rs. The Great War of China!?! This also occurred when visiting 'The Temple of Heaven,' when Huilin was trying to tell us about how the builders laid The Great Hall without a screw! We guffawed! Readers: work it out! Our group then went on to flit around China visiting the major icons:

- The Terracotta Warriors in Xian, and The Muslim Quarter.
- The towering karst scenery in Guilin province. The show on the river Li, with its visual and sound effects, was not only technologically brilliant; the whole show was stupendous in its magnificence. The multi-coloured lights not only lit up multitudes of people in their local costumes on their bamboo rafts crossing the river, but the limestone towers way in the distance glowed pink, then yellow, then blue. The show involved a love story which always gets to my heart strings. We should put on something similar on the Swan. Can we?
- The Panda's at Chengdu's Panda Breeding centre. The mother playfully biting her baby Panda also pulled at my heart strings. Those Chinese scientists are doing a most important job in ensuring the survival of a symbol of the world's disappearing wildlife.

We had plenty of fun, frivolity and friendship. The friendship strained at times, but, I think, we all came through in the end as good friends. We are planning to do The Silk Road next. Start saving your money.

That is what I have been doing for the last 10 years – saving my money (\$100 a fortnight), and my Long Service Leave, and being a real SKIN (Spending the Kids Inheritance Now). And, this year is the bucket list year, and the years to come, as long as my knees will carry me. I have the London Olympics in early August and Paris, the battlefields of my grandfathers, and beautiful Bruges before that.

All this in my year of my Presidency! Thus, I must thank especially Jeff for doing all the hard coaching work back here whilst we frolicked around. I promise to make it up when I return ... with extra hard coaching programmes.

COACH CO-ORDINATOR'S REPORT:

With the trip to China going ahead in April, Jeff and Greg were left to coach from 5 to 15 April, then Jeff by himself from 15 April to 1 May. Thanks to Greg for picking up a couple of extra coaching hours and a big thank you to Jeff for taking on the role of sole coach for two weeks.

I believe everything went well during that time although numbers were down, in part due to 8 swimmers being overseas having a great time and not thinking about sets of swims at all.

Back to reality on 1 May, then more problems with Fettes being unwell and unable to coach for the first week. Hopefully he is on the mend and I can put him down for double time now.

I have worked out the roster until the end of July, although this may have to be changed as different situations arise.

We had our first swim at St Brigid's on Saturday 12 May starting with club championships. As usual people came out of hibernation for the championships followed by morning tea. There was an excellent attendance at training on Tuesday 15 May and hopefully this will continue throughout winter.

Congratulations to Gillian, Ross and Charles for winning their age groups in the OWS Series.

Heather Croft.

General Meeting Notice – 1 September 2012.

A notice will be sent closer to the time calling a general meeting of the membership to discuss club fees. Please note your diaries of this important date.

Club Shirts and Track Suits

Greg will be sending Order Forms and information re new club shirts/tracksuits to all members (if not already done so) for anyone interested in purchasing these items to please see him at training.

Bathers – Liz has researched new bathers for the club. A brochure for perusal will be available at swimming training – please see her – if she is not at training see Lexie.

Upcoming Club Events

BACC Mandurah – Sunday 24 June

BACC Swan Hills – 1 July

Stadium Snappers 1500m LC Swim – 9 June

Riverton 400/800 LC Swims – 17 June

Keep an eye on the club monthly calendar for club championship and aerobic swims. Also note that the organisers of both these events ask swimmers to make sure you are **15 minutes early to fill out the necessary forms. It is most important that we start these events on time to avoid running overtime to maintain a good relationship with St Brigid's.**

VOLUNTEERS WANTED

Araluen Botanic Park – Leaping Lizzie invites all swimmers and their families to a complimentary morning tea at Araluen Botanic Park on **SUNDAY 10 JUNE**. To earn your morning tea you are required to join in the fun of planting a few tulip bulbs. No gardening or planting experience is needed so don't try using that as an excuse. Just rock up around 9.15 am – entry is free – and our gate staff will direct you to the planting and around 10.45 am the legendary big morning tea will be served. Even Graham H will find it hard to get through this morning tea. If you have any questions give me a call or catch me at swimming. I promise I will slow my speed down to make it easy for you!

The Cancer Council are asking for volunteers to man shopping centre to help raise funds for cancer research for August 24th. Call 1300 65 65 85 if you are able to help.

The Lions Eye Institute are looking for volunteers to participate in their study on eye protection in sporting and outdoor activities and how well we protect our eyes from sun and glaucoma damage. Of particular interest to swimmers would be the type of goggles we wear as well as sun protection. Information can be sent to you through the Lions Eye Institute which includes an outline of the examination which takes 1.5 hours, an outline of all the tests and a questionnaire and you will receive a report from an ophthalmologist at the end of the test. It is emphasised that this test does not take the place of your own eye doctor visits. If interested in taking part in the study – Ms Amanda Scurry, 9 381 0817, Email: eyesports@lei.org.au

From Lane 8 (Lane 1 at St Brigid's). We would like to say thank you to Jeff for taking extra time to coach us in diving during those last few brrrr.. weeks at Armadale. The invitation was sent to everyone but only the lane 8's turned up.

The last words for this month is for -

Ross, Gillian and Charles pictured here receiving their awards for the OWS event.
CONGRATULATIONS



(we saved the best for last).

And the Really Last Words - don't take this personally – the words resonated with me.

“Light travels faster than sound and isn't that why someone might appear bright until you hear them speak?”

Hon. Ed.