



# Armadale Masters Swimming Club

## NEWSLETTER

### MARCH 2015

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#### CLUB CONTACTS

**President:** Ross Doherty 9496 2821  
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**Club Captain:** Colin Gibson 9498 3931  
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#### IMPORTANT NOTICE

From Saturday April 4<sup>th</sup> our winter swimming will be at the Cannington Leisureplex  
Cnr Wharf & Sevenoaks St Cannington.

Please follow this link for costs. [PRICE LIST](#)

#### CLUB COMMITTEE FOR 2015

President	Ross Doherty	
Vice President	Rowena Burch	
Secretary	Lexie Rankin	
Treasurer	Hans Vosbergen	
Registrar	Graham Hicks	
Coach Coordinator	Heather Croft	
Club Captain	Colin Gibson	
Vice Captain	Jennifer Findlay	
Committee	Liz Dunn	Events Coordinator
	Greg Frey	Grants Officer
	Mary Plant	Safety Officer
	Yvonne Lovegrove	Newsletter Editor
	Derek Bishop	New committee member

A warm welcome to the Committee – Derek who was elected as a committee member at the AGM and Rowena who answered the call and has been appointed as Vice President at the committee meeting of 16 March 2015.

It was noted that the Audited financial statements had been verbally presented but had not been handed out at the AGM. To rectify this please Control+Click on the link below to access these reports.

[\*\*FINANCIAL REPORTS FOR AGM BALANCE SHEET\*\*](#)

[\*\*FINANCIAL REPORTS FOR AGM P & L\*\*](#)

[\*\*HONORARY AUDITORS REPORT FOR AGM\*\*](#)

[\*\*GENERAL INFORMATION\*\*](#)

[\*\*LIVE LIGHTER 50s MEET\*\*](#)

Well done Charles Croft and Pauline Southall who competed in the Beatty Park Masters event.

[\*\*2015 NATIONAL MASTERS SWIMMING CHAMPIONSHIPS\*\*](#)

We wish Charles Croft and Rowena Burch all the best at the 2015 Championships.

[\*\*DATES TO REMEMBER\*\*](#)

[\*\*LIVE LIGHTER CC AT CRAIGIE LEISURE CENTRE\*\*](#)

Saturday 18<sup>th</sup> April 4 – 6pm See Captain Colin for details

[\*\*WELCOME TO OUR SWIMMING TEAM\*\*](#)



Welcome back Jacqueline Briggs. Nice to have you swimming with us again.

[\*\*BIRTHDAY WISHES\*\*](#)

17<sup>th</sup> April Michelle Hollamby

27<sup>th</sup> April Heather Jeps

Enjoy your day and celebrate well.



## MOVIE NIGHT OUT;

Many thanks to all the members and friends that attended the movie night at the Armadale cinema on Friday 13<sup>th</sup> March.

The movie "The second best Exotic Marigold Hotel" was enjoyed by all, followed by a large turnout at the adjacent Indian restaurant for a late tea.

We had a total of 50 attend the movie and were able to raise \$333.50 profit for the club a great result.

I hope to in the future have other fundraising events that we can combine with a social gathering.

## #### SEX DRUGS AND ROCK N ROLL ####

Do I have your attention again? I am sounding out clubs members for another fundraiser event, I am sure most members are familiar with the Entertainment books, we have an opportunity to sell these and make a \$13.00 profit /book sold.

This year they are also offering a digital book that can be logged onto you I smart phone, as an alternative to the book for those who are techno savvy

Both the book digital version sell for \$65.00, they are available in May. We have to sell a minimum of 10 books before we can claim the fund raising rebate, if we sell 9 or less the club gets no money, at 10 we get \$130.00 and then \$13.00 for each additional. It would be open for friends and family as well.

Please let me know if you would be interested in purchasing and roughly how many, no commitment at this stage just trying to find out if it would be worth it.

Greg

## COOGEE TRAINING SWIM – SUNDAY 15 MARCH 2015

The final training swim at Coogee was held last Sunday the 15 March. We all met in the usual place and our Safety Officer, Mary, had the breakfast menu ready to tempt us. There was some discussion as to whether we would skip the swim and go straight for breakfast but, no, we had travelled to the beach so we might as well look at the water. When we saw the rather rough conditions, there was even more discussion about ditching the swim. One of us, I think it was Greg, suggested we swim to the pontoon just past the surf club and that would do, so off we went. Greg, Charles, Ross and Heather Jeps started off, then Hans, Liz and I thought we should get going. Graham Hicks swam past us with apparent ease and wondered why Hans was swimming almost on the sand and not out a bit past the waves. This gave me the idea to go even deeper. Graham then thought I was headed to Thompson Bay at Rottnest, so I had to try and change course again. Mary swam part of the way, then decided it was too rough and uncomfortable to keep going. I was sea sick, then felt better and kept going to the pontoon. Most of us thought it would be a good idea to get on to the very unstable pontoon, then get across it without falling off and slide down the slide. Charles and I then got out and walked back, Hans and Liz thought it was a good idea to swim back for about 20m, then got out and jogged back. The others, all heroes, swam back.

Breakfast was very popular and extremely tasty with Colin and Gillian turning up for this very important part of the morning. It was also nice to see Graham's wife, Judy and Mary's husband, Alan. Hopefully we will have breakfast at the café again for the last training session next season.

Heather Croft Coaching Cordinator



## RAMOS REPORT COOGEE JETTY TO JETTY 8 /3/15

How lucky we are that we live in a free and magnificent country, one that the beach access is free, sand is clean and white, water is crystal blue and as a group can gather without fear of retribution or persecution, all get our gear off male, female, young & old, some trim and some not so trim, all however with the same passion for life and enjoyment.

Such was the crowd of some 700 plus swimmers that congregated on the beach on Sunday morning.

For those not familiar with this swim it is a bit different in that all competitors have to walk to the start line, be it 750 mtrs or 1500 mtrs, simple course then just swim back the way you have walked. On this glorious cloudless, windless, waveless morning it was the perfect start to a great swim that was had by all with some truly spectacular results.

Our club was very well supported with some 17 swimmers, has to be a record, plus our own Rowena as one of the race officials

Welcome to RAMOS (Regular Armadale Ocean swimmers) Pamela and Vanessa, the first ocean swim with the club and both did the 1500 mtr course a superb effort,

Great to see back on the beach long time legends Mary and Fettes and Yvonne with Jeannette, the Jepstar, Graham Hicks and Jeff also keen not to miss a favourite swim.

Rebecca Yip was our best on day with a very fast 22min 17 sec, Bec was just getting warmed up and loves these short swims, well short compared to Rotto solo!! 1 min 20 sec faster than her last years' time, all that extra training.

The times generally were red hot, special mention to C T C (Charles the champion) and Gillian the superfish who both knocked huge amounts off last years times. Charles shaving 2 min 42 sec with a 2015 time of 24min 9 sec and Gill 1 min 58 sec faster with a time of 24 min 14 sec, yep only 5 sec apart and Greg just sneaking home by a whisker 23min 59 sec, so top three Armadale only 15 sec apart . It a good thing none of us are competitive!!!!

Not to be outdone special mentions to Heather Croft smashed last years' time by 2 min 35, something in the Croft water supply needs checking and Jeff who also bettered his time by 2 min 27 from last year.

Just about all swimmers had some improvement with consistent swims from Ross, Colin and Heather Adams.

A testament to the fantastic coaches and dedication of all our swimmers

After the swim a massive breakfast is supplied and well devoured by all.

For lots of photos of the event and pictures of all the competitors go to the jetty to jetty web site, especially Mary's photo it could be on the cover of Vogue.

Congratulations to all

See you in the drink – Greg



Judy who always looks after our gear while we swim.



Ramos swimmers ready to walk to the starting points.  
(MORE PHOTOGRAPHS ARE AVAILABLE ON THE LATEST NEWS SECTION ON CLUB WEBSITE)



## MEMBER NEWS

Pamela Pearson and Gerry all geared up and ready to leave for Wodonga. We look forward to hearing more about their motor bike trip next month.



## JACOB'S LADDER IN KINGS PARK

If you Google "Jacob's Ladder" this is what you will read. **"Jacob's ladder is not for the faint hearted. Just short of 300 hundred steps will take you on a steep 43 metre descent from Cliff Street down to Mounts Bay Road. If you are after a good workout or are training up for a big mountain climb adventure, this is the place for you."**

A few people in our swimming club may have done this climb, many may have yet to consider doing it. Here are some photos of Lochy who has done it more than once.

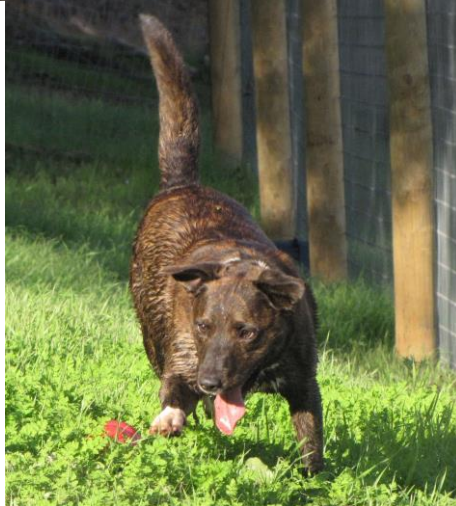




## PETS CORNER

Pet's corner is a new item for our newsletter, we all have our favourite little friends waiting patiently at home for us to return from swim training.

*Thank you Rowena for giving us our first pets corner item*



Frank and I share our home with five "fur children". Sammy is a 5 year old cattle dog / staffy cross. He was dumped at 2, and spent the next two years of his life waiting for a home at the Dogs' Refuge Home in Shenton Park (where he is still a favourite with the staff and volunteers). As a result of his rough start in life, he suffers from anxiety and fear and tries to cope with things that are scary by making himself look fierce. He LOVES playing with his kong bounzer and comes with me on all my training runs - including a 30km run in preparation for the Perth Marathon.

Ender is a bachelor bunny well in to the middle years of his life. He was a rescue bunny. Ender hates cuddles, is known to bite, and is deeply suspicious of anything introduced in to his hutch. His claim to fame is that he loves going to the vet - especially out of hours - for gut stasis and removal of grass seeds from his nose (apparently, getting them wedged up there is a unique ability!)

Evening up the gender balance are Madeleine, Mabel, and Martha. Madeleine is a rescue mouse and a real sweetie, whilst Mabel and Martha were pet shop purchases. Mabel is a complete nutter and can't be handled. She can often be seen performing acrobatics in their cage. Martha is a happy medium between the two.

Please send your pet's photo and story to [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)