



Armadale Masters Swimming Club

NEWSLETTER

JULY 2015

CLUB CONTACTS

President: Ross Doherty 9496 2821
AMSC.President@hotmail.com

Coach Coordinator: Heather Croft 9390 9177
AMSC.CoachingCoordinator@hotmail.com

Secretary: Lexie Rankin 9398 6857
AMSC.Secretary@hotmail.com

Club Captain: Colin Gibson 9498 3931
AMSC.Captain@gmail.com

IMPORTANT INFORMATION

CLUB COACH COURSE (CCC)

"A new Club Coaching Course will be held on 13th September. Any club member who may be interested in becoming a club coach will need to complete the online Masters Club Coach Course and attend the Workshop on 13th September. To register your interest please contact MSWA – 9381 3550."

Participants are required to firstly complete the online Masters Club Coach Course via the Australian Sports Commission (ASC) [Swimming Learning Portal](#), forward the completed Pre-Registration form (**attached**) and then attend the CCC Workshop on Sunday 13th September at HBF Stadium. An overview of the CCC is also **attached** with further details on the MSA website www.mastersswimming.org.au .

Further information, Pre-Registration forms and an overview of the CCC can be obtained from the Coaching Coordinator or Secretary AMSC ".

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##### CALL FOR VOLUNTEERS FROM SYNCHRO WA

In September (1<sup>st</sup>- 5<sup>th</sup>) SynchroWA is staging the Commonwealth Festival of Synchronised Swimming at HBF Stadium. There are swimmers and officials coming from Canada, Jamaica, UK, South Africa, NZ, Malaysia, Singapore and Australia.

SynchroWA is hoping that it can recruit some volunteers to help before and/or during the Festival.

There are a range of part-time jobs and tasks which need to be undertaken in July and August. No prior knowledge of synchronised swimming is required!

If you think can help with even a few hours of your time, please email Brian Miller via [brian@carbmill.com](mailto:brian@carbmill.com) and he'll make the necessary

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MSA SWIM CAMP (copied from MSA Winter eNews)

MSA is planning a training camp at Thanyapura Sports Centre in Phuket, Thailand for MSA members in late 2016, and are now gathering expressions of interest for such a camp. Let us know if you would be keen.

But there is an immediate opportunity to join other Masters Swimmers at the 2015 Effortless Swimming Camp in Thailand this year under the leadership of Brenton Ford. [Read More.](#)

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### CALL FOR 2016 NATIONAL CHAMPS IN MELBOURNE

#### ***Expressions of interest from Technical Officials and Volunteers for The MSA 2016 National Championships***

*This is a call for **expressions of interest** in volunteering as a Technical official or general volunteer for the MSA 2016 National Championships. Online registrations will open in early December but it would be good to hear from people soon so that you can begin preliminary planning and we can keep you “in the loop”.*

**DATES:** [Thursday April 21 – Sunday April 24, 2016](#)

**TIMES:** [8.00 am to 6.00pm](#) daily – each day will be divided in two sessions and you have the opportunity when registration opens to nominate your availability for each session – and you are encouraged to not work all sessions!

**VENUE:** Melbourne Sports and Aquatic Centre (MSAC) Aughtie Drive Albert Park (Melways – 2K D7) - 50m Indoor Competition Pool

*There is also the possibility of several rooms of B&B accommodation at Treacey College Parkville at a very reasonable \$65/night. Those interested are asked to contact the MSV office via [admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au)*

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2017 WORLD MASTERS GAMES

From the latest newsletter for your members:

With less than two years to go until the World Masters Games 2017, we are building up to some important announcements about our official travel partner and the location of the Games hub. For those who can't wait to plan their travel, you'll soon have access to dedicated help and advice from global experts in travel and tourism. And if you haven't already, check out the venue map on our [web site](#). From wide open beaches, to lush green countryside, to native forest and bush, Games participants will be treated to some of the best scenery Auckland has to offer

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### Captain's Report.

#### **Mandurah Masters LiveLighter Interclub Challenge**

We had a great squad of 18 swimmers head to the Aqua Jetty in Warnbro on Sunday 21 June to compete in this year's Mandurah Masters Challenge Series Event which attracted swimmers from 10 clubs. At the end of the day we finished a fantastic 2<sup>nd</sup> place with 190 points. There were many great swims for the day resulting in 6 swimmers scoring maximum points. We had 8 swimmers recording personal bests – Gill, Heather C, Liz, Lochie, Pamela, Mary, Jeff and Hands. We had 16 individual records set and 2 relay club records in the 200M mixed free 160-199 age group (Rowie, Col, Gill, Chas) and 240-279 age group (Jeff, Heather A, Hans, Pamela).

## **Club Championships Round 4**

We had another good turnout of 13 swimmers for the fourth round of the Club Championships held on Saturday 4 July at Cannington Aquatic Centre. The event provided swimmers with a choice of swims over 200M and 25M. Overall point's winner on the day was Mary by two points from Graham H in second and Gill in third. Only one swimmer recorded an individual pb with Graham H in the 25M breaststroke. There were three individual club records set with Gill in the 45-49 age group 200M backstroke, Mary in the 70 – 74 age group 200M freestyle and Lexie who set The record in the previously vacant 75-70 age group 200M free, great swimming ladies.

Cap n Col

## **DATES TO REMEMBER**

Sunday 2<sup>nd</sup> August LiveLighter Club Challenge (Somerset Masters) at Aqualife  
East Victoria Park - 1500m event

Saturday 15<sup>th</sup> August LiveLighter Club Challenge (Claremont Masters) at  
HBF Stadium - 2015 Groper State Relays

Sunday 16<sup>th</sup> August M.S. Swim at HBF Stadium Mt Claremont

Sunday 30<sup>th</sup> August LiveLighter Club Challenge (Riverton Masters) at  
Riverton Leisureplex – 400/800 event

Saturday (afternoon) 5<sup>th</sup> September LiveLighter Club Challenge (Bunbury Masters) at  
SW Sports Aquatic Centre – Skins Open Meet

Sunday 20<sup>th</sup> September LiveLighter Club Challenge (Stadium Masters) at  
HBF Stadium LiveLighter CC

**Please see Colin for more information about any of the above events**

## **A NEW AND EXCITING FUND RAISING EVENT**

HEAR YE HEAR YE DA DDAA DDAAAA DDAA (That's the trumpet, yes have a go it sort of works)

We are soon to be running a club raffle for fund raising, it will be a limited to 110 tickets only, at a cost of \$20.00 /ticket. The prize Wait for it is .....!!!@@@###\$\$\$%^^&& (for effect) A \$1000.00 TRAVEL VOUCHER WITH SYNERGY TRAVEL, This will be valid for 12 months, yep \$20.00 for a \$1000.00 return

Due to the low numbers of tickets we will be offering 2 tickets only initially to all club members for the first week, members DO NOT HAVE TO BUY OR SELL IF THEY DO NOT WISH TO, however I am sure that many members would like the ability to sell more than two. To that end after the week it will be on a first in basis to sell the rest of the tickets.

The tickets will be available from 1 August and raffle to be drawn on Sat 24<sup>th</sup> Oct, or earlier if all tickets sold quickly, and the draw will be on a Sat morning after training.

Let me know ASAP if you are interested in the initial 2 tickets.

If this form of fund raising is successful we may be able to give away the Bunnings sausage slog in the future  
Best of luck to all  
Greg

**ARMADALE SWIMMING POOL UPDATE** “The following is a report from Rowena, who is our representative on the Bob Blackburn Reserve Management Committee.”

The City of Armadale is currently putting together long-term management plans for its parks and reserves. This in itself is quite an undertaking – we are very fortunate to have so much public open space! This year, the council is focusing on Bob Blackburn Reserve (including the Aquatic Centre) and Gwynne Park on Forrest Road. The council has engaged the services of TPG, a town planning and urban design consulting company.

I was involved in two stages of the project. The first was a workshop for user groups of Bob Blackburn in May. User groups include softball and hockey teams, swimming clubs, and the Champion Centre. Although everyone went in with their own agenda, we were encouraged to think about the precinct as a whole. It was interesting to hear from the other user groups of the precinct about what works for them, and what needs improvement. General issues highlighted included poor lighting in general and over the playing surface in particular, lack of space and facilities for clubs, and anti-social behaviour (trail bikes, alcohol and drug use). Obviously, the pool being closed for six months of the year was at the top of the list!

The second stage was a workshop open to the general public in June. This covered similar material to the first workshop, but it was good to have the involvement of other users groups and local residents. We were also asked about the nature of our clubs (size, basic demographics) and barriers to continued growth. From our perspective, having to travel to Cannington for six months of the year is quite a big barrier!

At both workshops, I pushed for an indoor year round pool (25m would be fine) whilst retaining the outdoor 50m pool, retention of green spaces and picnic facilities at the pool, and upgrades to the change rooms. Many long-term members will know that the club has been here many, many times before and very little has happened. The council are aware of the need to upgrade the pool, however, it is a big project that won't come cheaply. Tough Federal and State budgets are not going to help the council access funding, but they are trying. It is encouraging to see that the council have contacted MSWA for comment. Wendy Holtom's letter of support reinforces what we have been saying for years.

Whilst we may not get a new pool any time soon, it has certainly been a worthwhile project and at the very least keeps the need for upgrades to the pool on the agenda. In the meantime, we may see some less costly improvements to the wider Bob Blackburn precinct such as signage, lighting and measures to curb anti-social behaviour.

Rowena Burch

**Below is what MSWA have written to the city of Armadale to support our need for a pool upgrade**

Masters Swimming WA is keen to see the City of Armadale aquatic centre upgraded for year-round use for the community and in particular for our Armadale Masters Club and its members.

We want to support Armadale Masters to continue to provide great swimming programs and activities for its members and for it to grow in participant numbers. Armadale is one of our most successful and well-run metro clubs, having won the annual MSWA Administration Shield in 2014 for administration excellence.

All members of Armadale Masters will benefit from this project especially as they would not have to move to another aquatic centre to train elsewhere in winter, which has seen participant numbers drop off due to the travel issue.

Masters Swimming WA supports your objective to upgrade the aquatic centre as part of your overall upgrade of facilities. If successful it will assist us in our promotion of “swimming for life” for our members and potential new members who are ratepayers in the City of Armadale.

## SPECIAL REQUEST TO HELP ROWENA

I am seeking paddlers, a boat and skipper for a solo Rottneest swim next year. If any members know of anyone who fits the bill (or have a boat themselves) please have a chat with me at training or email me [rowburch@gmail.com](mailto:rowburch@gmail.com)

## GENERAL INFORMATION

Our club has a Facebook page. You can access this on Facebook by searching for [Armada Masters Swimming Club](#). It would be good if members could look at this page and give it a “like” Jeff our “webmaster” would like one of our member to assist him in the monitoring and administration of this page. If there are any Facebookers out there that would like to assist please check with him for more details.

## SOCIAL EVENT

### **ARMADALE MASTERS ‘HOT & SPICY’ WINTER DINNER.**

**SATURDAY 1 AUGUST**

**WHERE:** Greg & Kay Frey’s home. 411 Maddington Road, Orange Grove

**TIME:** 6.30pm

**WHAT TO BRING:** As the name suggests it will be curries, spicy foods, rice and desserts. BYO drinks.

Please contact Liz regarding what to bring. Email: [lizdunn889@hotmail.com](mailto:lizdunn889@hotmail.com) (M) 0414 939 794

**FOR SOMETHING DIFFERENT:** To add a bit of fun to the evening can everyone bring along a gift to the value of no more than \$5. This must be a garden friendly gift. This can be a very decorative gnome from the reject shop, seeds, plants so get busy and use your imagination.

Liz  
Events Co-ordinator

## **BIRTHDAY WISHES**

1st August Rowena Burch

20<sup>th</sup> August Dianne Jepps

28<sup>th</sup> August Zita Badger

29<sup>th</sup> August Hans Vosbergen

Enjoy your day and celebrate well.



## **MEMBER NEWS**

### **FETTES' INTERESTING FEAST**

*After hearing that Fettes had accepted the “snake challenge” the editor was eager to have him share the experience with all club members.*

An ex student, Nhu, one of the brightest and certainly one of the most hard working students I have taught ‘threw down the gauntlet’ via an email from her University in Canada.

“Mr F., if you, the Geographer, are the explorer and not the traveller that I think you are I challenge you. I can arrange for my Geographer/Geologist grandfather in Hanoi to take you to Le Mat village renowned for its snake restaurants. I have never eaten snake. I may try it in the future”

Mr Nguyen senior reinforced the challenge soon after we met him. His English is not as good as his Russian. My Russian is worse than my Vietnamese, but we managed to communicate through Nhu's best friend, Chi, who acted as interpreter.

“Ha, if you eat snake then you are Mr Geographic” Mr Nguyen informed me in his halting English.

Marie informed us all that she is geographically challenged and certainly not a snake eater!

We were given a tour of an ancient medieval village outside Hanoi. Nhu's uncle, chief Hanoi fireman, was our driver. He then drove us to Le Mat. I was becoming very apprehensive.

Here I am accepting a challenge with which I should not be involved.

Snake eating is superstitious drivel. It has medicinal properties, so people have been led to believe. In fact many Provinces in Vietnam have banned snake catching and eating as a result of a population explosion of rats. Old established snake villages have been allowed to continue only if they turn to breeding snakes.

Marie was adamant that she was not going anywhere near a snake restaurant. She and Chi would rather take a walk than enter the restaurant, so commanded Marie.

I suggested it would be diplomatically wise to at least sit at the table. Anyway, Chi wanted to observe, having heard much about it. So, Marie cautiously climbed the steps to the restaurant.

A wriggling bag was emptied on to the floor. The dazed cobra tried to slide away on the slippery surface. Not fast enough. A gum- booted waiter stood on its tail. The hooded head rose. That was expertly grabbed, and the waiter soon had the head biting the side of a low table. The poison squirted out. The head was then doubled back breaking its spine. It looked as if the waiter then massaged the body from the head to the middle. I was hoping he was not deliberately massaging the poison into the edible parts. A sharp knife was expertly inserted to cut the main artery. Blood was drained into a bottle of distilled rice wine. So too the bile. The pulsating heart was eventually dropped into a shot glass of rice wine. The blood and rice wine was poured into shot glasses of wine for grandad, uncle and myself. Uncle commanded a clinking of glasses. Go!

Down the hatch... a stinging sensation all the way to my stomach. Then the bile went down. Oh ... another shot of blood and firewater, and another of bile. I became courageous. If offered the heart I would have let it slide down as well. However, the heart had stopped pulsating. Bad luck befell those who drank down a non - beating heart.

Meanwhile the snake had been sliced and diced into seven courses. The spring rolls were the best, followed by the meat balls. The skin arrived in crispy tempura - like rolls. Crunchy!

Marie sampled the rolls and balls. The meat plate arrived. The meat ... chicken white, but tough. I could only force down two pieces.

Grandad was impressed. He had far less of everything than me. Uncle was red in the face from too much rice spirit. Marie pointed out that I was just as red.

That night I dreamt snake blood was oozing out of my arm...





BLACK HOODED COBRA



BITING THE TABLE FOR POISON EXTRACTION



COLLECTING THE BLOOD FOR THE RICE WINE



MARIE – BRAVELY SAMPLING THE SNAKE

## USEFUL INFORMATION

Hint – If you forget to turn off the stove and burn whatever is in the saucepan – clean out most of the item - put a dishwashing tablet and some fresh water in the pot bring to the boil – stirring most of the time and Bingo the pot is as good as new again – This was in the pottery magazine I get so who is going to be the first to test and give feedback: Ed

## Swimming pool joke

Today a man knocked on my door and asked for a small donation towards the local swimming pool. I gave him a glass of water.

Please send any news items to the editor at [amsc.editor@gmail.com](mailto:amsc.editor@gmail.com)