



Armadale Masters Swimming Club

NEWSLETTER

AUGUST 2015

CLUB CONTACTS

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IMPORTANT INFORMATION

BUSSELTON JETTY SWIM 13/14 FEBRUARY 2016. Entries will be open in the next few weeks and if anyone wants to swim in a team they should get their entry in as soon as they can after it is open – possibly late October.



Captain's Report.

Golden Gropers State Relay Carnival 2015

Captains Report

A squad of 9 swimmers represented Team Armadale at the Golden Gropers Relay Carnival at HBF Stadium on the afternoon of Saturday August 15th. A record number of swimmers representing 16 Masters Clubs turned up for the event. All swimmers embraced the team aspect of the event without the pressure of individual performances which made for an enjoyable and fun atmosphere throughout the meet.

At the end of what was a great day of team swimming, we finished 12th on overall points, a good effort considering the size of the teams from other clubs. From a club perspective we did extremely well with 5 relay records broken and 1 new relay record set, see below for details.

Relay Records Broken

Event 1 Mixed 200 Free: 240-279

Event 3 Male 200 Medley: 200-239

Event 7 Mixed 100 Medley: 240-279

Event 8 Female 100 Medley: 200-239

Event 10 Mixed 100 Free: 240-279

New Relay Record

Event 5 Female 100 Free: 200-239

Please see the website for all the reports - <http://armadalemastersswimmingclub.com/events/pool-event-results/>

So thank you to the members of Team Armadale for your time and efforts on the day; Chas, Pamela, Mary, Fettes, Ross, Gill, Heather Adams, Heather Jeps and me...

A special thank you to Heather Croft who did timekeeping duties for the club and our own little official in training Rowie who didn't DQ anyone from our club!...

A couple of notable incidents that typified the event;

A swimmer over balanced on the very steep starting blocks and fell in at the start of their heat, the officials (it wasn't you Rowie) pulled out the pink slip and DQ'd the team and all the swimmers, myself included, standing behind the blocks for the next heat roundly booed the officials, was like being at the footy... boo umpire!...

Our very own Pamela, who thought her day was done, went off and showered and returned to the stands, picked up the program and turned to the last page and discovered she was in another heat, oooops...it ain't over till it's over!..

and Fettes, when is there an event without a Fettes moment I ask...this one had our Mr Falconer calmly sitting up in the stands looking at pool deck while Colin, Gill, Heather Jeps and anyone else who could help were waving at him to get down here for the next relay. Heather Adams to the rescue, who was returning to the stands, got his attention and resulted in a classic "what me?" moment from our Fettes, looked great from pool deck!

So a big thank you to everyone who came along and swam for the Mighty Pelicans!

Cap'n Col.

Ps. Next club event is the Stadium Snappers LLCC meet at HBF Stadium on Sunday 20th September.

DATES TO REMEMBER

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

Sunday 20th September LiveLighter Club Challenge (Stadium Masters) at HBF Stadium LiveLighter CC

Contact Colin for more information of above events.

28 November has been fixed for the Presentation/Award Night. Please put this in your diary.

CLUB RAFFLE

Following up on Greg's recent communication to members, just a reminder to everyone to get your ticket ASAP before they all go! It's a great prize and an opportunity to either support any travel plans you might have or could even mean a 'free' holiday.

So be quick – contact Greg at the pool and secure your ticket/s - email to:

mrgregfrey@iinet.net.au

or on 0408 924 082.

BUNNINGS SAUSAGE SIZZLE

The annual club's sausage sizzle is scheduled for the 4th OCTOBER and we are asking for club members to volunteer some time to fill the roster please.

Four (4) sessions are required with 4 members for each one – a total of 16 members.

8.00 am – 10.30 am
10.30 am – 12.30 pm
12.30 pm – 2.30 pm
2.30 pm – 4.30 pm.

Please contact Greg to offer some time to assist and your availability with this popular fund raiser – mrgregfrey@inet.net.au, The committee will be most grateful for your help which in turn benefits the club.

WINTER CLUB DINNER

Our grateful thanks to Liz for organising the mid-year dinner for the club and to Greg and his wife Kay to once again letting us into their home and for being such graceful hosts.

It was a lovely and most enjoyable evening in a lovely venue. Members waltzed up the front steps to a beautiful welcoming open fire and welcoming hosts. Drinks, food, laughter and good company followed.

We were asked to bring along a small, inexpensive garden related secret gift for gift 'giving', 'stealing' or 'snatching' which created a lot of frivolity and fun. Some went home victorious and some had to go home having to contend with fertilizer in their car boot.



Very sought after frog



Beautifully packaged seeds.

GENERAL INFORMATION

Reprinting from winter news last year as a reminder of the importance of Vit D

VITAMIN D This information is from the Cancer Council of WA but check with your doctor if you have any concerns.

What is vitamin D and why is it important? Vitamin D plays an important role in maintaining healthy bones and muscles.

Vitamin D forms in the skin when it is exposed to UV radiation from the sun .We also get vitamin D from some foods we eat, such as oily fish, eggs and liver as well as margarine and dairy products fortified with vitamin D. However we cannot get enough vitamin D from our diet to maintain the levels our body needs to be healthy. This is why some sun exposure is important, but we must be careful not to get too much.

How much sun do I need to maintain adequate vitamin D levels? Most people get enough vitamin D from the sun exposure they receive through day-to-day outdoor activities without needing to intentionally expose themselves to the sun.

Between October and April, most Western Australians can get enough vitamin D through incidental sun exposure in their day to day activities. During this period the focus should be on sun protection.

During the months of June and July only, people living in the southern part of the state (Perth or below) should go outside without any protection for 30 minutes a day around midday to make sure they have enough vitamin D during winter. For the remaining months, May, August and September, people in the southern region should be guided by their local UV Index forecast and cover up when it reaches 3 or more.

BIRTHDAY WISHES

Lochlin Manning-Day September 10th
Chris Millard September 21st
Graham Cragg September 28th

Byron Geneve September 15th
Laurence Barron September 22nd
Peter Escott September 29th

Enjoy your day and celebrate well.



MEMBER NEWS

Follow on from Fettes' interesting feast

A number have asked me whether after eating snake I felt more potent.

I did not feel any extra strength or potency in any of my limbs/extremities after eating snake! I felt the opposite.

Nearly a week later I caught a tummy bug in Phnom Penh. I am sure it was a result of lower levels of immunity brought on by depression... as a result of:

- my continuing snake – mares
- plastic rubbish everywhere,
- air thick with exhaust fumes and noise
- crossing over sh*t creek in a tuk tuk (thick with black effluent that created involuntary gagging in both Marie and myself), and
- visiting the Killing Fields, plus
- walking through the Secondary School S - 21 (now memorial museum) where Pol Pot's henchmen did their torturing (man's inhumanity to man knows no bounds).

And, another thing about superstition: Before Phnom Penh;

It was hot and humid in Hanoi. Not as hot and humid as a few days before when it was 43 C with 70% humidity. We took a seat beside Hoan Kiem Lake; that algae-green revered lake in the middle of Hanoi. I was day-dreaming and musing how near impossible it must be for fish to live in the lake. There were tell-tale signs of fish – tail - flicks on the surface, or were the fish gulping for oxygen?

Then, for a good few seconds a big black head popped up above the surface about 3 metres in front of me, and stared straight at me. I jumped up shouting and pointing. Turtle. THE TURTLE! People came crowding around. The head had disappeared. It emerged further away. People were pointing, laughing and excitedly chattering. We could clearly see it. It eventually came closer further up the lake. Marie saw it. We followed. It came close enough for me to see that its carapace was huge for a turtle/tortoise. It then disappeared for good. The people were happy and satisfied. Sighting the lake turtle brings good luck. It is hardly ever sighted. Some people living and exercising near the lake have never seen it. There is an ancient legendary tale about the Hoan Kiem tortoise. Tortoises/Turtles are revered symbols of intelligence and longevity.

Thank you Fettes for another interesting insight to your adventures

Please send any news items to the editor at amsc.editor@gmail.com