



Armadale Masters Swimming Club

NEWSLETTER

**NOVEMBER
2015**

CLUB CONTACTS

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IMPORTANT INFORMATION

VORGE MILLION METRE AWARDS and ENDURANCE 1000 PROGRAMS LOG SHEET

Swimmers are now able to keep a record of the distances earned in relation to the above programs. A Logsheet can be accessed on the MSWA website by clicking on Programmes then Million Metres you will be able to download the logsheet for recording.

Contact Rowena if you need advice. rowburch@gmail.com. Or at the pool.

DATES TO REMEMBER

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.

VIRTUAL ROTTNEST SWIM. Please let Heather Croft know if you are going to swim in the Virtual Rottnest Swim which will be in the Armadale Pool on Saturday 27th February 2016.

CONGRATULATIONS

Special congratulations to Rowena for breaking the record for the Short Course 1500m (state) and the National Record.

Thanks Rowena for the requested report on your swim.

I entered the Maida Vale Distance Meet held at Darling Range Sports College in Forrestfield on 17 October. My goal was to swim faster than the current state record for the 30-34 women's short course 1500m breaststroke. My finish time of 27:12.73 secured the state record, but also broke the national record that had stood since the mid1990s. It has been a lot of fun challenging myself over the longer distances this year, and I encourage club members to participate in next year's Endurance 1000 series. Swimming a 400 or 800 (or further!) is a great way to test your fitness and monitor your improvement over the year. A New Year resolution perhaps?

Rowena

GENERAL INFORMATION

UNIFORMS

IF any new or existing members have not received a wide brim hat please let Jenny know. Also let Jenny know if you need a club T.Shirt Etc.

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### VEHICLE NUMBER PLATE FRAMES

As a fund raising opportunity for clubs, MSWA will have available shortly for purchase, vehicle number plate frames. A Newsletter will be provided to clubs to circulate members advising of ordering and purchasing process. Purchasing will be available from 28 November – 13 December. Once ordered, payment will be made via credit card or Paypal online using the secure online checkout and will be delivered direct to members.



## GUESS WHO

Spotted in the Australasian Bus and Coach Magazine – Chris Millard, one of our swimmers.



Delegates gather at the beginning of the summit. From left Michael McGee (Transit Australia Group), Alison Armstrong (Trapeze Group Asia Pacific), Chris Millard (Transit Systems) and Graeme Legh (Transit Systems)

## CLUB PRESENTATION NIGHT

Thank you to everyone who has been donating items for the raffle, we have some wonderful hampers and gifts which will be raffled on the night so remember to bring some small change with you for the tickets.

## LAKE LESCHENAULTIA SWIM SUNDAY 8 NOV 2015

A glorious day greeted 7 keen swimmers and support family at the lakes edge on Sunday morning. Capt Col, Gillian, Graham H, Jacqui, Vanessa, Jeff and I, special mention to Grahams daughter Amanda who did her first event in the 400mtr Novice well done.

The lake is normally a cold swim but this day was a beautiful 22 degree water temperature, no wind, and perfect clarity, absolute perfect swimming conditions.

It was my first time at the lake and I would encourage all to go and visit as it is truly a magical spot.

This is the first round of the MSWA series and as such and with all of the Masters events the feeling is very relaxed and friendly.

Racing started with all competitors going off together a standing knee deep start to a 1600mtr course that due to the small size of the lake has several changes of directions, this keeps it interesting and keeps you thinking along the way.

Being a non-competitive sport!!!! And having no pressure on any members to beat any other members!!!! Gillian and I cruised the last 250 mtrs side by side and stroke for stroke to the finish, apparently neither one of us were trying that hard, although the first aid officer that was giving me oxygen at the finish seemed to disagree, Gilly super fish seemed relaxed and unbothered, officially Gill came in first by 2 sec and has set the score board at a definitive 1 love.

Great swims by Graham H shortly behind us, with, Vanessa followed by Jacqui, Capt Col and Jeff bringing up the rear

Great to see Jacqui and Vanessa join the AMOS team (although in a lake) and get the training in for the upcoming Rotto channel swim.

As usual the Armadale mob did well with raffle and prizes with Graham and Jeff both getting closest to the nominated times and Greg winning a raffle prize.

A wonderful spread for morning tea with cake from Gilly and sandwiches ,fruit ,quiches and the infamous Hicks stable infused monster cookies , tea and coffee from Greg. Many thanks for all who contributed

A few regular AMOSiens missed the swim, our best for Ross & Chaz to make speedy recoveries and hats off to heather for being the good nurse

As usual the morning was a great success spent in the company of likeminded friends, keeping to the ethos of masters swimming, Fitness Friendship and Fun.

I encourage all members to come and join in, have a chat to one of the regulars about upcoming swims, next swim is Bicton baths Sat 21<sup>st</sup> Nov 1500 mtrs TIMES; Super fish Gill 28 min 01 sec; Greg 28 .03; Graham 30.04 ; Vanessa 32.49; Jacqui 34.01; Capt Col; 35.00; Jeff 36.20

Thanks and appreciation again to Rowena who did a good job officiating on the day.

Greg

## **BIRTHDAY WISHES**

### **DECEMBER BIRTHDAYS**

|                           |                    |                           |                  |
|---------------------------|--------------------|---------------------------|------------------|
| December 18 <sup>th</sup> | Julie Pender       | December 27 <sup>th</sup> | Jennifer Findlay |
| December 29 <sup>th</sup> | Danny Van der Veer |                           |                  |

Enjoy your day and celebrate well.



## **MEMBER NEWS**

### **Yvonne's Margaret River Wine Tour**

SWIRL – SNIFF- SIP n SPIT.

Or to the average person who goes down to Margaret River like Keith and myself - SIP n SWALLOW

This month I had the pleasure to go down to Margaret River with my niece and her partner who are both wine tasters and buyers for a couple of companies in England.

First winery was Vasse Felix Winery where we were given the Royal Treatment. After being introduced to one of Adam's contacts, we were given a glass of very refreshing sparkling wine and then taken downstairs to look at the cellars and storage area of the boxes of wine and many racks of wines all looking very appealing. This was followed by a walk through the vineyards and the winery where barrel upon barrel of wines were stored. Going back to the tasting area, a table had been set up with four glasses each for white wine tasting, a water jug and water glass each and a spittoon (for the professionals) plus an array of olives etc. After the white wine tastings the glasses were taken away and replaced with four glasses each for tasting the red wines. It was very impressive watching two wine tasters at work and making notes about each of the wines. After the tastings we went upstairs for lunch, this lasted for three hours just enjoying being on the balcony, eating fine food, drinking a bottle of very good quality Heytesbury Cabernet Sauvignon wine and enjoying the view.

The following day saw us meeting with the owner of Hamelin Bay winery. This is a company that Megan deals with. Much smaller than Vasse Felix but a very nice boutique winery. Once again we were given the Royal Treatment. It was very interesting to have the owner drive us around the vineyard and show us the different vines and how they select the branches to give quality grapes. Very interesting also to be shown the way in which they have wires lying on the ground and as the vines produce more branches, the wires are lifted off the ground and hooked onto hooks on the posts so that the branches are kept in place. We were shown the machine that carried the netting to protect the grapes from the birds, this machine had huge arms to hold the netting and it takes four men plus the driver to get the nets in place. As with Vasse Felix Winery we then enjoyed sitting outside overlooking the lake while we had another long and enjoyable lunch with quality wines and what must be one of the best cheeseboards in Margaret River. Anyone looking for a very good quality, affordable red available in Perth, look no further than Hamelin Bay Rampant Red or the Hamelin Bay Margaret River Rose.

As wine is very acidic, it is important to look after your teeth after a tasting. One thing we have learnt on this trip is that you should not brush your teeth straight after tasting wine as the acidity softens the enamel and brushing can strip it away. After tasting, rinse your mouth out with water and chew sugar-free chewing gum. The chewing gum promotes the production of saliva which is naturally alkaline and will return the pH of your mouth to normal.



Megan and Adam tasting wines at Vasse Felix



Inside the Winery at Vasse Felix



Lunch at Vasse Felix



View from eating area at Hamelin Bay Winery

I will be needing member news for our December issue so no matter how big or how small – all contributions will be welcome.

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