



Armadale Masters Swimming Club

NEWSLETTER

**JANUARY
2016**

CLUB CONTACTS

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IMPORTANT INFORMATION

CHANGE OF SWIMMING TIMES FOR SATURDAY MORNINGS

During the month of February, we will be trialling our training sessions times from 8.30am to 9.30am followed by our usual morning tea. Swimmers who want to do extra training are still able to swim any time prior to 8.30am.

MORNING TEA ROSTERS

Morning tea on a Saturday after swimming is one of the times when we can get together and socialise over coffee/tea and enjoy the company of each other while sampling the many delights made for us by our members on tea roster. If your name is on the roster and you are not able to provide could you try to do a swap or let Jenny know so she can organise buying some nibbles. jennifer012@optusnet.com.au
Please check the roster below

6/02/2016	Graham Cragg	Linda	Derek
13/02/2016	Graham Hicks	Pamela	Jacqueline
20/02/2016	Yvonne Lovegrove	Hans	Fettes
27/02/2016	Virtual Rottnest		

UNIFORMS

Jennifer is ready to order a new supply of T Shirts, these will be of a cotton material (not nylon.)

On Saturday morning during morning tea Jennifer will be ready to take your order.

If you are not swimming on Saturday, you can contact her on email if you want a new shirt.

jennifer012@optusnet.com.au

NEW SWIM TRAINING BY JACQUI TAN AT ARMADALE POOL

Jacqui Tan Head Coach

Perth Integrated Health Trisports Group

PIHT Swimstrong Academy

PIHT Blue Squadron & Blue Navy

Email: jacqui@pihc.com.au

BREAKING NEWS! From 13th Jan 2016 we will have a regular Armadale Aquatic Blue Squadron Swim Techniques Program_

Open to all swimmers at every level who wish to improve swim technique and fitness with a sports medicine focus. Suitable for swimmers who have been out of the water a long time or have rehabilitation needs.

<https://www.registernow.com.au/secure/Register.aspx?E=19426>

GENERAL INFORMATION

SPECIAL TRAINING EVENTS WITH KAREENA PRESTON

Thursday 4th February 6 to 8pm

Thursday 18th February 6 to 8pm

HEALTH FORMS

Could you please print of the health form (can be found on page when you re register your membership.)

When completed could you please give to Mary.

MEMBERSHIP RENEWAL

Thank you to those who have already re-joined by paying their current membership. To those who have yet to pay could you please do so ASAP re our insurance obligations. Any problems please see Graham Hicks at poolside.

BIRTHDAY WISHES

FEBRUARY BIRTHDAYS

Yvonne Hunt February 23rd and Elizabeth Dunn February 28th

Enjoy your day and celebrate well.

RETIREMENT WISHES

Best wishes to you on your retirement Wendy from all of our committee members and swimmers.
Thank you for all your help over the years.

LIVELIGHTER MSWA OWS SERIES ROUND #5

Mandurah Masters Australia Day Ocean Swim is on this coming Tuesday. It is not too late to enter. This event has online registrations so please encourage your members to support our Mandurah Club and this great event. Enter via this [Entry Link](#) .

2016 PERTH AQUATIC SUPER SERIES SPECIAL OFFER - reminder

Swimming Australia has offered a 10% discount to MSWA members for this great event to be held on Friday and Saturday 5th & 6th February 2016. Members were emailed direct 2 weeks ago with the special code. Encourage your members to support this great event.

MEMBER NEWS

NEW YEARS DAY TRADITION - by Yvonne

My home town – near Whitley Bay in Northumberland is on the north east coast of England, it can be a very cold and windy place. The North Sea, even in the middle of summer can take a bit of courage to get the shoulders under the water. A tradition every New Year's Day is to start the new year with a dip in the sea - no matter what the weather conditions. I have only done this once as a teenager. This year the temperature was a very cold 2C but it did not deter a lot of locals from turning up.



North Sea 2016 – January 1st Temperature 2c – photo by permission of Paul Frances Gannon

TRIP TO CHINA - DECEMBER 2015

On 6th December Liz, Hans, Mary, Pamela and Gerry left Perth Airport for China to enjoy a trip full of promised adventure. After trekking Tiger Leaping Gorge they were joined by Heather, Charles, Fettes and his cousin Mike to do a study tour of the Ancient Tea Horse Road.

This is Liz's report:

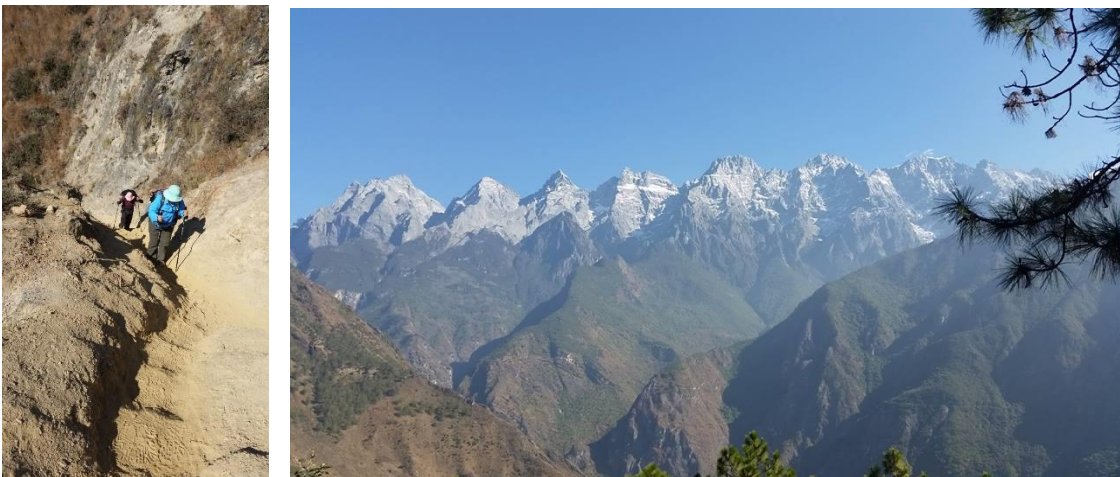
The gang of 5 (Mary, Pamela, Gerry, Hans and Liz) headed off to hike the Tiger Leaping Gorge. The bus dropped us at the start around 11am and backpacks on we set off, followed by a local leading a donkey. Mary was heard to say *'My name maybe Mary and he is wasting his time following me with that donkey'*. We made it to Naxi Family Guest House after a fairly gruelling 3 hours and we still had another hour of hiking to make it to the 28 switchbacks.

We decided to stay the night at Naxi's but as we still had another couple of hours of daylight Hans and I decided to go on and check out the switch backs a 2 hour round trip.

The next day Mary, Pamela and Gerry decided to go down and follow the road along the river to Tina's Guest House. Hans and I decided to hike the 28 switchbacks and follow the mountain trail to Tina's. I think I must have a bit of mountain goat in me as I love the narrow tracks on the side of mountains Hans on the other hand had a real fear and could be heard on numerous occasions F***** hell I don't think I can do this.



Being determined and a touch bossy I kept telling him he could do it and of course he did. Now he is keen to go and do more hiking. The other 3 had a long up - hill walk along the road making it to Tina's late afternoon. Hans and I made it to Tina's midmorning the next day.



Above: Pamela and Mary plodding up Tiger Leaping Gorge Plus stunning views

The gang of 5 had a few adventures in the 5 days we spent together before meeting up with the rest of the tour members.

This is Fettes' report:

Steeping through Tea

As I sit and type I catch the aroma of loose tea and pressed cake tea in the package beside me. Pleasant memories come flooding back; of steeping tea in very hot water at the correct temperature, sometimes brought to boil sometimes not quite. The sampling resulted in numerous tiny bowls (more like big thimbles) of the liquid being drunk. Towards the end I began to acquire the eastern- way tea taste without the western- way ... with milk and sugar.

The first steep is not drunk. That pour is to wash away the dust and other undesirable collections. That pour is thrown out. For me the first thimble nearly always tasted the best. Some of the best teas can be steeped up to 20 times before losing their flavour. For my delicate palate; the further into the steeps the more the tannin tanged on my tongue. It became barely drinkable! To others the tannin tang threw them into fits of ecstasies. Gary –the – aficionado waxed lyrical about the brew right to the end. This man knows his tea, Mandarin, and the Blues; surely the most unconventional Associate Professor to grace any university campus? Gary sports a long inside forearm tattoo of *camellia sinensis assamica* (the tea bush). One of the leaves has an eyeball peering out. Gary also sports mutton chop sideburns and likes to busk in Fremantle.



Above: Gary waxing lyrical at the Jinggu tea factory. The seated manager is preparing to give us many tastes.

Gary was our tea and Ancient Tea Horse Road guide and mentor who made an interesting tour even more interesting. Huilin was our most efficient tour organiser who ensured that things went as close to plan as possible and all were as happy as possible.

I was extremely happy studying a part of our earth I have long wanted to see, most of which is well off the beaten tourist track and traps.

We, mainly swimmers, had much to learn about tea. Black, green, white, yellow, raw tea, fermented tea. Like red wine; often the older the better. 'It is a matter of taste' Gary kept informing us.

Tea tasting is like wine tasting ... hint of strawberry/blackberry/compost/chook house, a fine bouquet, long pleasant after taste. For some there was an unpleasant after taste, or even before taste.

Tea was not for everybody. A few wished for coffee.



There was a warning sign close to a low slung branch protruding over the narrow cliff edge path leading to yet another Buddhist temple. The English translation: Beware Meet! In other words – “mind your head”

The second last day, still within the tropics but high in the cold dripping clouds, found us stepping and sliding along the slippery, cloyingly muddy slopes of the Ancient Tea Horse Road to observe the protected 1000 year old tea tree. Within sight of the ancient tea tree my head met an overhead branch and gouged yet another scar into my bald pate. There was no warning sign. Meat head!

I know that most places I visit in south-east Asia at any time is going to give my sensitive big nose whiffs of sewerage. This is the result of the population explosion exploding into squat and sit down toilets... the effluent of which runs into diminishing sewerage infrastructure. Homes and toilets are, more often than not, built to plan, but the plans for the underground sewerage and treatment plants stay just that ... plans. Too often the sewerage finds its way into semi-open drains which spill untreated into the creeks and rivers. A number of us took a walk along the banks of a river pouring through the large town of Jinggu (large for us, small for China). We baulked at the confluence of an incoming stream sewage- putrid, and yellow with probably industrial dye. The dead dog floating in it added to our nausea. I took a photograph ... as a geographer/historian should. I have decided against including the photo for want of decency.

It is little wonder that most of us, at one time or the other got the squitters.. After a two hour bus ride most of us needed to relieve our bladders. We were directed upstairs to squat toilets with knee high partitions. The females had their own toilets. All this lavatory talk should not put anyone off from visiting China. It is an exciting time to visit. One cannot but marvel how quickly the Chinese have adopted and adapted their needs and wants to western capitalism and technology. One must also query how the Chinese are going to cope with the deleterious effects of their economic miracle. Old, traditional China is fast disappearing.

Kunming is where we landed to meet diminutive Huilin and the big Gary. Kunming has over 4 million people. The size of Sydney. Its airport's temple-roof architecture lit up at night is wondrous. The city people are elegantly dressed and technologically savvy ... most with smart phones. I have read that there are more Chinese owning smart phones than there are people in the U.S.A. Internet cafes are long in the past. We could well do with their electric scooters to ease congestion and pollution. Kunming's air is beginning to show signs of carbon

particulates but 100 times less than Beijing's. Kunming certainly has its traffic jams despite flyovers, multi-level freeways, bike lanes and more. Our 5star hotel lived up to its star quality.

Kunming's 'central park' around Green Lake is a hive of activity... groups practising their Tai Chi, Tango, Samba. Groups Zumba dancing. Musicians in every nook and cranny. Music drowning out other music. Weddings, parties, everything. One of the walls was covered in sheets of Chinese characters. Many sheets had tear-off numbers: tear-off telephone numbers we were informed... for people seeking a partner. Maybe this is computer dating for the technologically challenged?

Most enjoyable for me:

- Yunnanese cuisine. Our first meal was in Shiping Huiguan Restaurant (to show off; here is the name in Chinese characters: 石屏会馆) ... a traditional courtyard house. This was once the residence of the only Yunnanese to ever pass the highest level of the imperial examination – the *zhuangyuan*. This was the point reached where the candidate was personally examined by the emperor. I thrill at that sort of history and cultural experience.



**We never seemed to stop eating.
Food kept coming at us. Nearly all of it delicious.**



**About to be fed; somewhere in the jungle before we
jumped into the hot springs.**

- The many different Hmong /ethnic cultures eg the Dai and the Yi. Lovely to see some still wearing their traditional dress. I did see one man carrying a baby on his back. Maybe it is a matriarchal society? Sadly, the blanket holding the baby to his back was a Sponge Bob blanket.
- The traditional architecture, and even some of the modern architecture. Old traditional Chinese villages stir my emotions; especially the rooves
- The old Daoist temple in a rustic, traditional village far removed from the madding crowd. Here we were given a traditional lunch by happy people. Sadly, the old, mainly wooden homes of the village residents have been damaged by a recent earthquake and are being replaced by modern concrete Dai chalets.
- The tea factory in Jinggu producing some of the best quality tea in the world. Tea prices for such quality are mind boggling. There was millions, if not billions, of Yuan/Renminbi worth of tea in storage and held in investment. I was especially interested in the tea production having not many years back found my grandfather's tea estate he managed in Assam, India in the 1920s and 30s.
- The plaintive sounds of the Urhu (2 string violin) that pluck at my heart strings.
- Meeting in Yiwu village the old muleteer: he probably was the last to take tea by mules and horses all the way up to Tibet along the Ancient Tea Horse road. It was a most unfair trade: I pinned on him a tiny false gold kangaroo. He gave me a cake of tea probably worth more than US \$300. I had it broken up and shared out amongst the rest of us tea tourists. When back in our Yiwu hotel, with the obligatory tea tasting, we sampled the old man's tea cake. That first little cup satisfied my tea taste buds.



I am proud of this photo.



Tea Mules

- The beautiful young women. I was, and my cousin Mike was, easily seduced by a delightfully smiling and most attractive Puer young married saleswoman ... we ended up buying a tea set each. We already had the traditional Chinese tea. We needed the traditional Chinese tea set. I jokingly asked her to marry me. She giggled and said, 'No!' Why?' 'You have an old body'.

I would not have missed the study tour of the Ancient Tea Horse Road for all the tea in China. It was certainly my cup of tea.

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Prior to meeting up with the swimmers and a few more in Kunming my cousin, Mike, and I toured Bhutan. We met up with a delightfully happy Chinese lady, Ping ... a doctor specialising in pulmonary medicine, especially TB. Her husband is Governor of Shandong province, China. Here is the exuberant lady half way up the mountain to Tiger's Nest



**This photo epitomises the happiness we found in Bhutan.**



Charles and Heather did Tiger Leaping Gorge after the Tea Horse Road. They easily accomplished the task and went on to view volcanoes far to the south near the border with Burma.

.Fettes

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