



Armadale Masters Swimming Club

NEWSLETTER

October
2018

CLUB CONTACTS

- **President:** Rowena Burch 0415 192 373 AMSC.President@hotmail.com
- **Head Coach:** Jeffrey Sanders 0411750767 AMSC.CoachJeff@gmail.com
- **Secretary:** Liz Dunn AMSC.Secretary@hotmail.com
- **Club Captain:** Colin Gibson 0447143881 AMSC.Captain@gmail.com

IMPORTANT INFORMATION! PLEASE READ.

It is not often that we have this wonderful news to report. In fact this may well be a first for Armadale Masters Swimming Club. We celebrate the birth of a beautiful baby boy belonging to our members Amanda and Matt Bendall.



Amanda and 'Bobby'. Amanda says "Bobby loves his milk, still getting his head around sleeping, but we're all well and enjoying having Bobby in our lives."



Matt with Bob – the - Bub.



The Boy in Blue: Robert Emerson Bendall was born on Monday 8/10/18 and was a teeny 6lb 2oz (2.77kg) and 48 cm long.

A Time for Fun and Friendship

We have our 2018 Presentation Evening on Saturday 8th December 6.30 for 7.00 pm at Roleystone Country Club. Your committee is subsidising the cost: \$40 for members. \$45 for partners. Here is the menu:



Roleystone Country Club

Christmas Menu

Entrée

Chicken Bruschetta-Tomato, basil, red onion, olive oil and parmesan cheese
(Also can be served as a vegetarian option)

OR

Grilled prawns and seared chorizo with avocado, sweet potato salsa tian
And balsamic glaze



Main Course

Maple glazed Ham with roast chat potatoes, roast sweet potato, asparagus
And baby carrots with creamy honey seeded mustard sauce

OR

Roast turkey with potato gratin, roast pumpkin, asparagus and green beans
With red wine jus and cranberry sauce

OR

Creamy Risotto with roast pumpkin, spinach and mushroom with parmesan
And basil pesto

Dessert

Warm Christmas pudding with brandy anglaise

OR

Mini Pavlova with fresh cream, fruit and strawberry coulis

\$50 per person

Includes complimentary tea & coffee station

Book now!

RSVP: Greg Frey greg@dirtwater.com.au or 0408924082 before September 30th

A reminder:

2nd December: Bunnings sausage sizzle fund raiser. We require many more to fill the gaps in the 2 hour shifts from 8 am to 4pm.
Pick your 2 hour shift and please contact Greg (greg@dirtwater.com.au or 0408924082) or any committee member.

Open Water Swim Series

The 2018/19 Open Waters Swim Series calendar is now available from MSWA website, [click here](#).

The first Open water Swim event in the calendar is at Lake Leschenaultia, Sunday 11th November. This event has a couple of new distance options:

400m, 800m, 1600m & 3,200m. <https://www.registernow.com.au/secure/Register.aspx?E=27573>

Completed Events since the last meeting in August

Sat 6th Oct – Club Champs Rd 9 – 200m and 25m Choice–11 swimmers, top points scorer was Colin, Tim set a new pb in his 25m backstroke. 2 new club age group records; Gill beat her own time in the 25m backstroke and Mary set new age group record for 25m breaststroke. Gill now leads Sue by 3 points and Graham now jumps into the lead over the injured Jeff. Jeff came along and helped with timekeeping and morning tea. Onya Jeff! ☺



MSWA LiveLighter OWS 2018-19 calendar is now available on MSWA's WOW Swims website - <https://www.wowswims.com.au/>

Have you handed in your completed Medical Form?

Reports from Near and Far, and ONYAS

A very big Onya to Greg: He wrote to Armadale City Council and once again they helping us out with the lane hire at Cannington Leisureplex.

Last Sunday our Social Event, organised in the main by Greg and Liz, held at Roleystone Country Club, was a tremendous success despite the fact not one bowl was bowled! It rained all day. Never mind, the food kept coming and the view and the chat was most enjoyable.

The raffle raised \$175. Well done to all involved.



Mark: 'Rain, rain ... go away!'



Linda wins 1st prize, of which a weekend at Ledge Point was the main item.



Tim and Aini win 2nd prize. They gave most of it away!

Rowie and Gillo were also prize winners.



Tea ladies? Liz: "You take another photo of me and I will clock you one!"



You dare take a photo of me!

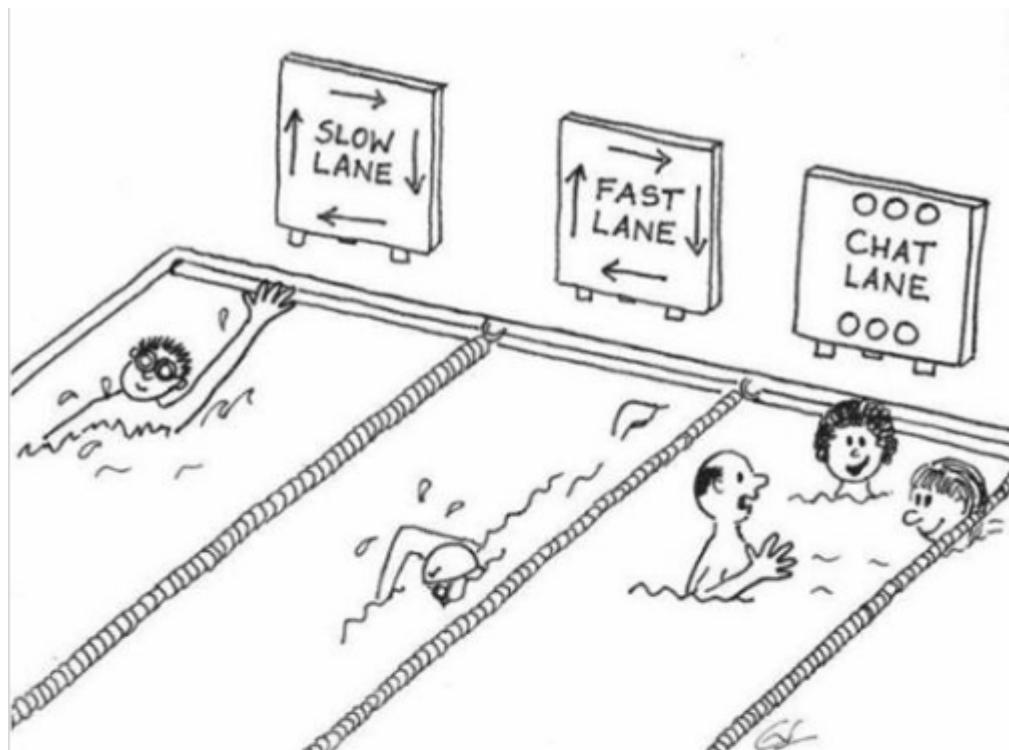


Dressed to bowl?



The Royal Selfies!

For further information ... read on.



Swimming family

5 October 2016 ·

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Heather Croft, Jacky Briggs and 7 others

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Jacky Briggs I am sure that balding man is **Fettes Falconer**

Like · Reply · 8h

1



Fettes Falconer Could well be. And that is Liz and Linda in the corner. I am actually reprimanding them for too much jaw exercise!

Like · Reply · 1m

Linda then had her say... something about Fettes Falconer making a stand!?