



**Armadale Masters Swimming Club**  
**NEWSLETTER**  
**JANUARY**  
**2019**

**CLUB CONTACTS**

- **President:** Rowena Burch 0415 192 373 [AMSC.President@hotmail.com](mailto:AMSC.President@hotmail.com)
- **Head Coach:** Jeffrey Sanders 0411750767 [AMSC.CoachJeff@gmail.com](mailto:AMSC.CoachJeff@gmail.com)
- **Secretary:** Liz Dunn 0414939794 [AMSC.Secretary@hotmail.com](mailto:AMSC.Secretary@hotmail.com)
- **Club Captain:** Colin Gibson 0447143881 [AMSC.Captain@gmail.com](mailto:AMSC.Captain@gmail.com)

**IMPORTANT INFORMATION! PLEASE READ.**

This is the good news newsletter. Rumours are no longer; we are going to be swimming in our home pool as from the 11<sup>th</sup> March ...inshallah, as the Muslims say, and if there are no obvious cracks in the system.



Pool	Lane/Spaces	Depth	Temperature
Outdoor 50 metre, Olympic-sized pool, with wheelchair ramp access	8 Lanes	1.1m - 1.8m	26 - 28 degrees
Indoor 25 metre pool with wheelchair ramp access	8 Lanes	0.9m - 1.5m	28 - 30 degrees
Program Pool, 15m long by 7.5m wide with wheelchair ramp access	Half or Whole Pool	0.8m - 1.25m	32 - 34 degrees

**Even better news: become a Foundation Member of the Armadale Aquatic Centre before the 11<sup>th</sup> March and you will get a great discount that will always be cheaper than the going membership fees. Seniors will only have to pay \$8 a week for the pools For all the bells and whistles (pools, spa, gym etc) the cost will be only \$12 a week. Non senior membership is a bit more, but as a Foundation member it is still going to be much cheaper than normal membership after the 11<sup>th</sup> March.**

**Where to apply:**

- on line through Armadale City Council
- or
- present personally at the ARENA offices on Townley Street off Forrest Road at Gwynne Park. This is the better option.

**Much better news. Owing to the move back our 2019 AGM will be held early April in a special meeting room. We still request Yvonne Hunt's delicious Lumberjack cake and other things to nibble on. And, to say the least, we need You to be a committee member.**



Our Cannington

Leisureplex coffee - time after a strenuous Jeff – the - bastard training session. Only 6 more coffee times before we go home to our pool forever!

## Captain's Report

January 2019

---

### **Completed Events since the last committee meeting in December**

Sun 23<sup>rd</sup> Dec – Club Coogee Training swim, 10 swimmers

Sun 13<sup>th</sup> Jan – Club Coogee Training swim, 10 swimmers

Sun 20<sup>th</sup> Jan – WOWSwim Round #4 Claremont Masters Swim Thru Perth at Matilda Bay – Chas, Heb, Nic and Vicki completed the 3.5km journey from Elizabeth Quays to Matilda Bay while Graham, Gill and Colin completed the 1.6km circuit. Chas won a raffle and spot prize, Gill won a spot prize, Rowie and Heather Jeps officiated and Jeff (in his nice volunteers shirt) was checking timing bands, and Ross is officially a Mandurah Manna ... 'the defector' hardly deigned to talk with us! ☺

\*Nichola Jones completed a 10km swim at Champions Lake on Saturday 22<sup>nd</sup> in Swimming WA's State Open Water Championships in a time of 3.19.27. Well done Jonesy!

### **Upcoming Events**

Sat 2<sup>nd</sup> Feb – Club Championships Rd 1 – 200m Choice and 50m Choice

Sun 3<sup>rd</sup> Feb – Club Training swim at Coogee Beach

Sun 10<sup>th</sup> Feb – Busselton Jetty Swim 2019

Sun 17<sup>th</sup> Feb – Newman Churchlands Masters LiveLighter Club Challenge at Newman College Pool.

Sat 2<sup>nd</sup> Mar – WOWSwim Round #6 MSWA State Championships at Mullaloo Beach

Sun 10<sup>th</sup> Mar – WOWSwim Round #7 Coogee Jetty to Jetty Swim XXII Daphne the Duck is going to make an appearance after her traumatic kidnapping. The ransom money was paid and Daphne returned. See you all there.

For those younger brains you may remember this:

# REWARD

**Help us find Daphne the Duck**



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

- **Many Medical Forms are still outstanding!**



Cap'n Col at a recent Saturday morning after - swim coffee awarding a certificate to our Mary/Maria for her 2018 swimming effort. ONYA MARY!

## The Saturday before Xmas

Teacher's Report:

Our annual Fun Swim had variety, minimal effort and laughter ... sometimes.

Two teams competed (mainly in fins and in fun):

- Water volleyball. Hans' squash and badminton skills shone. Lexie managed to accidentally deliberately head – butt the ball, or was it someone else's head?
- Santa's sleigh race. Bill-the – other - bastard got his team DQd for deliberately splashing the opposing team's Santa hat in order to wet it. A no-no. What a naughty boy!
- Wet T shirt race. Many girls were much faster than the boys at getting it off and on to the next person. Lizzie excelled. Practice makes perfect!
- Nose to duck. Billy – brownnoser - boy excelled.
- Shark in at the Deep End. Gilly and Rowie excelled. They have excellent big breaths. Heather J nearly drowned our lovely Tiny Tim (apologies to Charles Dickens' 'A Christmas Carole') by sitting on his head. He did not return to swimming for a while. H. Jeps needs to feel guilty for the rest of her life.



Get ready, get in

and go!

Thanks to Jacquie for being a calming influence and especially assisting at the deep end before the organiser went off at the deep end!



**Pouring oil on troubled waters:** That smooth water is not photo shopped. It is a slick of oil from the glycerin and sun screen swimmers slop on themselves for an ocean swim. This prevents salt rash. Some tropical coral reef controllers now ban the slopping on of sun tan oil, sun screen cream etcetera to prevent the coral's breathing/eating/breeding apparatus being disturbed.

# RAMOS Report

## R. A. M. O. S. ?

### REGULAR ARMADALE MASTERS OCEAN SWIMMERS.

#### Australia Day swim

Up at the crack of dawn to meet Liz and Hans at the top of her drive ... it was chilly. 'Hope it is a bit warmer down at Doddi's Beach' we greet each other.

It was not much better and even windier with a wind chill. But in the sun – bliss.

The traditional and apt Australia – girt – by - sea song was sung. This time not led by Rod Baker who always used to lead us in the singing of the National Anthem. Poor old (90) Rod, of world record fame, is no longer. He is apparently happily swimming in the Indian Ocean somewhere.

When an old boy, Ross Doherty, ex President of our Armadale club, now defected to Mandurah, informed he was in the 4 km swim we told him, "The fresh sea air is driving you mad!" He gave the wry Ross grin.

Our Rowie was there in her officiating capacity.

After some trepidation and the usual thoughts of "Why am I doing this?" the swim was described as 'good' by all.

And it certainly was:

In their age groups:

Gillo 2<sup>nd</sup>, Capn Col 4<sup>th</sup>, Fets 3<sup>rd</sup>, Lizzie 1<sup>st</sup>, Hans 4<sup>th</sup>, Hickupsy of the-sore-shoulder 8<sup>th</sup>... but what an effort. He said he would take it easy. His time does not suggest that.

But wait for it,,, our 2 semi-defectors, Charles and Heather Croft, both came in second in their age groups. Heb's time improves by strokes and kicks... phenomenal! Maybe we should all swim at Cockburn as our second club. The traitors put their names down as Cockburn members.

Last but certainly not least was our Greg who failed to swim under any club name! We will claim him. Greg came 1<sup>st</sup> narrowly beating a distraught Gill. He and Charles arrived at the finish line and touched the pads together. Blue Chip timing ... please check your equipment.

Your computer says No...Greg came in 12 seconds after Charles! Or could it be a result of hair colour or something else?

Ross the defector completed the 4 km swim. We did not feel sorry for the full - on defector, but we do miss him. An ode to Ross follows:

### **Down at the Murray Mouth** (with a few apologies to Banjo Patterson)

#### **Ross of the Murray River Overflow (or Ross the Defector)**

I had written him a letter which I had, for want of better Knowledge, sent to where he had defected down to Mandurah at Murray mouth many days ago,  
He was swimming when I knew him, so I sent the letter to him, Just 'on spec', addressed as follows, 'Ross of the Murray River Overflow'.

And an answer came directed in a writing unexpected,  
(And I think the same was written with a thumb-nail dipped in tar)  
'Twas his swimming mate Rae (another defector) who wrote it, and *verbatim* I will quote it:  
'Ross's swimming in the Indian Ocean, and we don't know where he are.'

\*\*\*\*\*

In my wild erratic fancy; visions come to me of Rossi  
Gone a-swimmin' 'down the Murray to the ocean' where the old Western swimmers go;  
As the oldies are slowly swimming, Ross swims behind them singing,  
For the ocean swimmer's life has pleasures us Armadalians will never know.

But the salt water hath enemies to meet him, and their hungry mouths to greet him  
In the murmur of the waves and the river mouth lined with bars,  
And he sees the vision splendid of the sunlit beaches extended,  
And at the sunset the wond'rous glory that bids him the emerging everlasting stars.

\*\*\*\*\*

I sometimes rather fancy that I'd like to change with Rossi,  
Like to take a turn at swimming where the tidal flows come and go,  
While I face the Armadale lanes narrow and he swims straight as an ocean arrow  
  
Can off Doddi's beach our defector,  
  
That browned stringy bark... our old pretender  
  
Ross of the Murray River Overflow

See ya at Doddi's beach with vision 2020 amended

Before the Ross River virus sends ya

to the place where the likes of Rod Baker go



**To Gillian Caruso. This editor wishes to make a most heart – felt apology for missing out your birthday (6<sup>th</sup> January) in the last newsletter. However, it was most pleasing to learn that your birthday was celebrated in style with our Captain over a long weekend in Mandurah.**

**Liz Dunn 28<sup>th</sup> February**

**Yvonne 23 rd February**

**Have a splendid day.**

**To all: have a fiercely fun - filled 2019.**

**Best wishes to all swimming around the mighty  
Busselton Jetty on the 10<sup>th</sup> February.**



**YOU KNOW YOU'RE A SWIMMER  
WHEN YOUR CONVERSATIONS  
TAKE PLACE IN  
15 SECOND INTERVALS.**

**Mind you... nearly all spend much longer despite the protestations of a certain coach.**