

NEWSLETTER

REDLANDS BAYSIDE
MASTERS SWIMMING CLUB



August 2016

PRESIDENT'S REPORT

Hi Members,

I would like to congratulate and welcome Peter, Rose, Sandra and Tracey to the Committee and thank Viv and Ann for their continued presence on being involved on the CMC.

I would also like to thank those who took on support roles - Tina, Lloyd, Rod, Sue, and Simon for his continued support in the Webmaster role.

In addition, I would like to thank you all for your continued faith in me as I am about to embark on my 4th term as Club President. I've spent many hours behind the scenes to help make our club grow and prosper and I will continue to do so during the next year.

I have some more ideas which I will bring into play after meeting with the Committee. I have

always had a passion for our club and I would like to think you all have as well. Watch this space.

Our Winter Postal is now over for another year with the exceptional work by Sue and Rod making this event run meticulously and smoothly. Last year we had 50 entries and I'm hoping we see an increase from last year. Thank you once again to all our members who joined in and supported our club-run event.

I'd like to remind you all that myself and the committee are always available to speak to regarding any questions or issues you would like to raise.

See you at the pool.

Shane Knight, Club President

ANNUAL GENERAL MEETING – 24 JULY 2016

The 2016 AGM was held at the Cleveland Aquatic Centre following Sunday's training day and was attended by 25 members, with 10 apologies.

A highlight of the meeting was the presentation of certificates to participants in

the Winter Warmup Postal, QRB's second sanctioned postal. Expertly managed by Susan Lee and Rod Mackenzie, the postal had been met with enthusiasm by Club members who were delighted and surprised by the presentation.

ELECTION OF OFFICE BEARERS 2016-2017

CLUB MANAGEMENT COMMITTEE

Shane Knight President	Peter Fitzgerald Vice President
Vivien Carlsson Registrar	Rose Milnes Secretary
Sandra Wiley Treasurer	Club Captain Tracey Mann

SUPPORT POSITIONS

Club Coach Ann Gartshore	Social Director Sue Lee	Safety Officer Sandra Wylie
Club Gear Co-ordinators Rod Mackenzie/Lloyd Sheffield	Newsletter Editor Tina Hanley	Webmaster Simon Bole-Brown

Shane accepted the President's position for a fourth term. Retiring from the Committee were Janet Dodd (Secretary), Karen Knight (Treasurer) and Sharon Devitt (Club Captain).

Awards

The Club's Trophies awarded to club members over the years were displayed on a trophy table for viewing by those present at the AGM.

President Shane Knight bestowed on **Ann Gartshore** the **Club Appreciation Award** in appreciation of her diligence and continued service to the club, and in recognition of her assistance and mentorship of the coaches in training – Rod Mackenzie, Tracey Mann, Linda Meredith, Sharon Devitt and Trevor Green.

Other awards were as under:

<i>Coaches Award 50m presented by Ann Gartshore</i>	<i>Coaches Award 25m presented by Ann Gartshore</i>	<i>Postal Swim Award presented by Sue Lee and Rod Mackenzie</i>	<i>Club Captain Award Male presented by Shane on behalf of Sharon Devitt</i>	<i>Club Captain Award Female presented by Shane on behalf of Sharon Devitt</i>
Tina Hanley	Emma Marshall	Peter Fitzgerald	Rod Mackenzie	Tracey Mann

Club Captain Sharon Devitt Club provided a recognition award to each of the swimmers who competed in meets during the year.

MEMBERSHIP

Membership numbers stand at a solid 59, and the Club was pleased to welcome new member Craig Brown in April of this year. From September, the 16-month membership for new members will be accessible. Re-registration for current members will be available in January 2017.

REDLANDS BAYSIDE WINTER WARM UP POSTAL

Following the preliminary planning and preparation of paperwork, on Sunday 19 June QRB members gathered in the 50m pool to compete in the Club's Winter Warm Up Postal. The day was an overwhelming success, and competitors for the short course were timed in the 25m pool the following week.

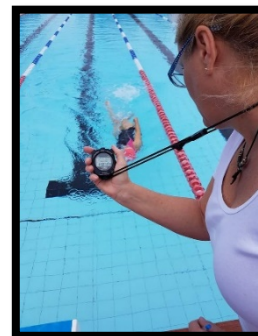
The Club thanks the painstaking efforts of Sue Lee and Rod Mackenzie in managing the



paper work and organising timekeepers for the two Sundays, as well as for subsequent sessions, to cater for all entrants. The Club is also grateful to members who volunteered timekeeping services.

At the Annual General Meeting, Sue and Rod presented Certificates of Participation to all QRB members who had completed postals prior to that date. All remaining entrants will be presented with certificates at the earliest opportunity.

The postal, which concluded on 15th



August, has been a highlight on our swimming calendar. Results will be compiled for all participating clubs and will appear on our website as well as the MSA website.



COACHING

Congratulations to Linda Meredith who has completed the required poolside hours for coaching accreditation. Rod Mackenzie, Sharon Devitt, Tracey Mann and Trevor Green are now working with Ann to finalise their 30

hours. Trevor who has recently been seconded to a position in Rockhampton for several months will periodically fly home to Brisbane and join QRB for coaching sessions.

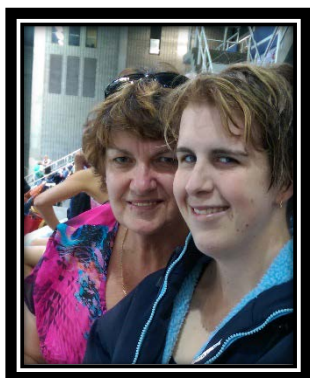
SWIM MEETS

BRISBANE SOUTHSIDE LONG COURSE EVENT – 9 JULY 2016

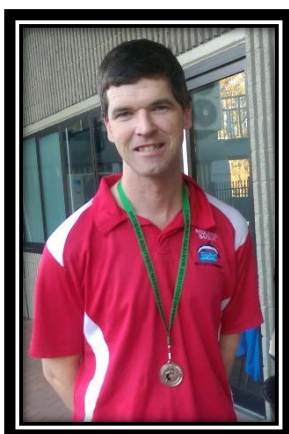
QRB was represented by Emma Marshall, Nathan Mead and Tina Hanley with supporters Rod Mackenzie (timekeeping), Gill Mackenzie, Ann Gartshore, Emma's parents and Nathan's wife and son. Nathan achieved silver, with Emma notching up personal bests

in the 50m and 100m freestyle. There were smiles all around with Emma and Tina winning raffle prizes and Rod and Gill catching up with friends John Oberle (Masters Swimming Rockhampton) and his wife, who shared QRB's gazebo at Noosa this year.

BRISBANE SOUTHSIDE LONG COURSE EVENT (Contd)



Emma and Mum Ann



Nathan with silver



Nadine and Thomas Mead

UPCOMING MEETS

DATE	L/S C	CLUB	CODE	REGION	SANCTION	VENUE
SEPTEMBER						
3	SC	Toowoomba Tadpoles	QTW	South	16/16	Glennie Pool
OCTOBER						
8	SC	Maryborough Masters	QMB	Central	18/16	Maryborough Centenary P
22	SC	Long Tan Legends	QLT	North	24/16	Long Tan Pool
22	LC	Sunshine Coast	QSC	Sunshine	19/16	Kawana Aquatic Centre
NOVEMBER						
4 – 6	LC	Pan Pacific MG			20/16	Gold Coast Aquatic Centre
19	SC	Cairns Mudcrabs	QCN	North	21/16	Gordonvale Aquatic Centre
20	SC	Caboolture Crays	QCD	Sunshine	22/16	St Peters School, Caboolture
27	OWS	North Mackay Sinkers	QNS	Central	23/16	Pioneer River, Mackay
DECEMBER						
3	LC	Aqualicious	QAL	Sunshine	25/16	Centenary Pool, Brisbane

MEET MANAGER

Sue Lee and Rod Mackenzie recently met with Masters Swimming Queensland's Recorder David Findlay regarding the use of the computer program Meet Manager. For future meets, competitors will be able to enter on-line which is a process followed by other clubs. Sue's email of 1st August detailed the following procedure.



- Go to the MSQ website www.mastersswimmingqld.org.au
- Select MEMBER FORUM on the right hand side of the page
- This will take you to the MSQ Members Community page.
- David has set up a video that takes you through the steps to enter your information for a swim meet.
- On the left hand side towards the bottom of the screen there is a Create an account part where you create an account for yourself so that you can get yourself set up.
- By doing this it also makes it easier for David as the computer system is set up to correct any information that you might enter incorrectly. The important information is your date of birth and your Masters Id.

SOCIAL

LADIES NIGHT



A lesson in Pokemon Go from Karen

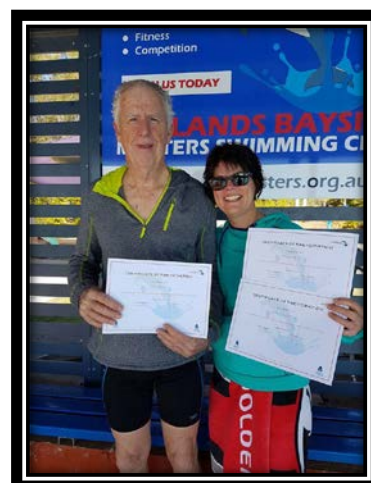
Not that our club encourages segregation of the sexes but sometimes girls just have to be girls and when Sue Lee suggested a Ladies Night at the Redland Bay Golf Club it was met with enthusiasm and it gave the ladies a chance to don their glad rags. It was also an opportunity to share non-swimming stories and get to know more about each other. And of course see what Pokemon were available in the area!

LAPS IN TOKYO

Members John Reeves and Jacqui Fallon recently travelled to Japan.



Despite working engagements John managed to test the waters in Tokyo. He is pictured peacefully commanding a 25m pool, the dome of which opens to the sky. Missing the AGM, Jacqui and John were presented with their postal certificates on their return.



CATCHING THE END OF BRITAIN'S SUMMER

Gill Mackenzie will enjoy a catch up with family and friends in the UK, having left on 1 August for a month of English and Scottish summer.

Members are reminded that should they wish to organise any social event (movies, theatre, café) this can be facilitated through emailing Susan Lee at social@qrbmasters.org.au. Sue will then forward the email to all members.

POOL ATTENDANCE

QRB has had a keen turnout on Sundays in the latter stages of winter but only the brave have been regulars on Wednesday evenings. The annual closure of the 50m pool meant that 25m was well patronised on Sundays. Special

mention must be made of Emma Marshall who continued to train and when plagued by winter ills, dropped in to say hello, well rugged up on those wintry nights.

DVDS AVAILABLE FOR LOAN

As mentioned in the previous newsletter DVD's covering technique in all strokes and drills and skills are available for loan from the

Club. Please make an enquiry to Ann Gartshore or Rod Mackenzie.

NEW FACEBOOK PAGE

A new Facebook page has been launched by Linda Meredith and Gail Gartshore. It will have current content and bears the same name – Redlands Bayside Masters Swimming -

as the public group and a now superseded closed group. Gail and Linda will administrate the page and members are invited to send a Facebook request to join.

MEMBER PROFILE

Our profiled member is Sandra Wylie who joined QRB at the beginning of 2016 together with her son Danny. Since then they have been regulars in the 50m pool and both show enthusiasm and solid pace in their workouts. Sandra, born and bred in Sydney and competing in school swimming carnivals at Lane Cove, took a break from nursing studies

following school and travelled to Europe. She had adventure as an au pair in Germany and then romance in Italy. She has recently completed a degree in Occupational Health and Safety and we are pleased to welcome her in a dual role of Club Treasurer/Safety Officer.

MEMBER PROFILE

Sandra Wylie

Early days

I grew up in Longueville, a Sydney suburb on the lower north shore near Lane Cove. During my early years I loved the water, enjoying visits to the beach, the local pool or playing in backyard pools with friends or family. My first formal swimming lessons were in the Christmas holidays at Lane Cove pool just before I turned 5yrs old, and I remember very proudly receiving a certificate for swimming 50m freestyle, 25m breaststroke and 25m backstroke.

Not long afterwards, a friend of my mother's suggested I join the Lane Cove Amateur Swimming Club and race every Saturday morning. I started off competing in the 20m and 30m events and did very well in the under 7yrs, then moved on to 50m and 100m events when I was older— much tougher competition and less trophies! At some point I also went to Forbes Carlile swim school for stroke development which was great.



I attended Lane Cove Primary School where every Friday afternoon all pupils would be marched down to the public pool for swimming lessons. The school had a yearly carnival where I regularly gained a place in the swim team and would then compete in

district and zone carnivals, not achieving great results but enjoying it all the same. Later I went to North Sydney Girls High School and competed in school carnivals at North Sydney pool and received my bronze medallion in life saving.

After completing my HSC I decided to study nursing. In 1983 it was the beginning of the transition from hospital training to tertiary study in university so I enrolled in the new program at College and found that in addition to study, I had to complete hospital placements during the university holidays, working unpaid and living in the nurses' quarters. It was an intense first year which led me to take a break from my studies and travel to Europe.

Europe

So I worked for a few months, sold my car and off I went. A friend of mine was au-pairing in Heidelberg Germany and organized for me to au-pair with a family who lived in a castle in Neckarsteinach, not far from Heidelberg. Arriving in Germany I was accommodated in my own wing of the castle, complete with suit of armor in the living area and I'm sure I was sleeping on a straw filled mattress, it was so prickly. Life was not as glamorous as it may seem. It was cold, and a long way accompanying 2 young children to the kitchen each day, down a huge stone staircase. Furthermore, being alone in the castle babysitting at night was creepy, with all the paintings of ancestors along the halls, their eyes seeming to follow my movements.

At Easter, a month after arriving, my friend and I took a short trip to Como Italy and there I met a young Italian man. I left Germany and moved to Italy where I au-paired for a while and then got a job as an English language

teacher in Milan. Five years after meeting, Raoul and I were married. We lived in Milan then moved to Trieste in the far northeast where our 2 boys Stefano and Danny were born, and afterwards moved to Rome. The lifestyle in Italy was enjoyable – great food, beautiful places to visit and good friends. From Milan we would spend weekends skiing, visiting the lakes or the Cinque Terre on the Italian Riviera.

Rovinj Croatia was our favourite weekend seaside destination from Trieste, but we also regularly visited Venice, Austria and Slovenia on day trips. We then spent 14yrs in Rome which was fabulous. I continued teaching English and then took a job as a relocation consultant, assisting expats on work assignments with all the challenges and red tape encountered during a move to Rome.



Back to Australia

In 2009 we made the decision to move to Australia and chose beautiful Redland City as our home. I still had the desire to study a health related degree at university so in 2012 I enrolled in occupational health and safety,



graduating last year, and was proud to be awarded Dux of the program. Presently I work part-time in admin.

How I came to Masters

Not long after moving to Redlands I saw an announcement in the Bayside Bulletin for Masters; but it wasn't until some years later when I was swimming with my son Danny at Cleveland pool one Sunday morning that I decided to join in and give it a go. I really enjoyed the drills and being part of the group so signed up. Danny also became a member. So here I am, newly elected as treasurer and safety officer of Redlands Bayside Masters Swimming, happy to be part of this great club.



Aloha! Doreen's in Hawai'i

A lifelong dream to visit Hawai'i became reality in early June this year when Alan and Sue surprised Doreen with a travel date and what seemed just several days later, they were through Immigration at Brisbane Airport. You need to have seen her suitcase for one week away. It was the size of a vanity case! Talk about efficient packing and no fuss.

Nine hours later, it was



Doreen arrives for her holiday, but the Mafia glasses threw us! Do we really know why she wanted to be here?

Driving into Waikiki from the Airport was a little trying at the start, being left-hand drive, on the opposite side of the road and choked with traffic. It was all the more exciting by not using GPS, but rudimentary maps in a tourist brochure, so they saw a lot more of the island by mistake during their 6 days there!



The hotel foyer and Doreen is waiting for the Mafia to collect her for a meeting

They had a swim every morning and evening in the large tidal pool directly across the road

from the hotel. What a pleasure to be swimming 200m lengths with all sorts of fish providing them company to help make the exercise so much more enjoyable. The water was far saltier than in Australia and with the warm weather it was no matter if it rained, was cloudy or it was 6.00am or pm.



What a way to relax in warm tropical waters - Doreen's Pool - am and pm

The sunshine was so hot during the day that they avoided the beach and spent the time touring the island. The trio had wanted to hire a Ford Mustang convertible, but Doreen or Sue would have had to fold themselves up on the back seat! With possible Mafia connections, Alan was wary of doing that to Doreen!



Doreen and Sue on the east coast with the rugged backdrops that surround Oahu

The day drive along Diamond Head, then into the crater through a tunnel under the rim and up to Hanauma Bay and the lighthouse, was followed a few days later

with a drive up into the mountains and rain forest and along the windward east coast. The road is right on the shoreline, with deep ravines carved into the steep mountains running close to the coast. And the food stalls were yummy too!

What is Waikiki Beach without a ride in an outrigger? No way could Doreen be going home dry, so Alan took Doreen to catch several waves with two bronzed blokes and she had a ball. She had no idea what Alan was up to and through devious means, he had her dressed appropriately and then managed to 'go for a walk to the beach' and soon had her paddling the outrigger and soaked in wave spray.



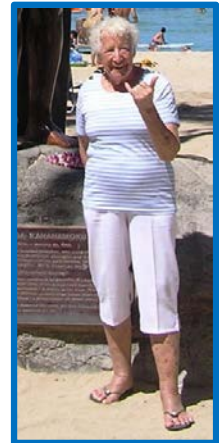
Doreen having fun on Waikiki Beach - see how she sat back near the bronzed pecs!



Yooohoo!

When in Honolulu, you also have to go shopping and Doreen probably checked every store along the Waikiki Parade. Her bag was stuffed to breaking point with piles of gifts and as usual, everyone else back home had to be spoilt.

One has to dispel any myth that being on holiday with 92-year-old Doreen was ever going to be slow. Come on folks, the swimming area is waiting, so expect the phone to ring at 5.30am and Doreen ready with her towel and swim goggles. Try to carry her bag and you'll be beaten off. Walk slowly and you get a dirty look for being a laggard. Suggest a short day to conserve energy and you'll be told, "I'm here now and won't be back, so we'll do it" and that they did and never got to bed before 10.0pm any night, having started the day with 6.00am swims. Does this lady ever slow down?



Duke Kahanamoku, Waikiki Beach Aloha!



They visited the famous surfing locations of Waimea Bay, Pipeline and Sunset Beach on the North Shore and met with a friend who Alan and Sue

had first met in Samoa last year. His parents invited the trio to dinner. On arrival, the ladies were enjoying their wine with snacks, cheese and biscuits, and watching the waves run up the sand 50metres away. What a lovely evening enjoying a home-cooked meal with friendly Hawaiians on their deck overlooking the Pacific Ocean in glorious warm weather - That is being spoilt. And once again, in the dark, they got lost trying to find their hotel. So once again they saw a few more places in Honolulu that they would not normally have seen.



USS Bowfin submarine - Pearl Harbour



Commander Doreen taking ownership



You're in my sight

The trip to Pearl Harbour was a tangled trip and when they asked for directions from the locals, they were no help either. But, the intrepid tourists would not give up and made it there after two hours. The USS Arizona Memorial was fully booked, so Doreen decided to take over the submarine base.



Hanauma Bay Marine Reserve - no problems here with the Mafia protector very visible

When leaving the island on the way to the Airport, many roads had been closed because it was the Queen Kamehameha Festival. The roads were nose-to-tail with cars, crowds filled the pavements for several kilometres and although being very worried about getting to the Airport in time, Queen Doreen was lying across the back seat with a ringside view of all the floats, horses, riders and dancers from a few metres away. What a wonderful way to say goodbye to Hawai'i.

On passing through Immigration and Customs, there were some very officious Officers taking no nonsense from anyone and it was a little intimidating. Not for Doreen though. She struck up a conversation with a fellow and when he looked at her passport, he asked, "You were born in Lota. Where is Lota?" "That's in Brisbane" said Doreen. "My brother has been to Brisbane and it's very nice and warm."

"Well Doreen, invite your friend to visit you" Alan suggested.

"Oh no! I don't need a toy boy at my age!"

And with that, Doreen was on the plane, moved into the empty row behind Alan and

Sue and with four seats to herself, lay down for the 9hour sleep to Brisbane.

Mahalo (Thank you) Hawai'i for making this a wonderful holiday for Doreen.

DOREEN MATTHEWS IS AN INSPIRATIONAL MEMBER OF QRB. SHE HAS MANY INTERESTS AND IT SEEMS NOTHING FAZES HER, INCLUDING, IN HER SENIOR YEARS, ABSEILING OFF KANGAROO POINT AND BEING WINCHED DOWN FROM A BLACK HAWK HELICOPTER IN A NIGHT EXERCISE IN THE SES. DOREEN REALISED A GOAL IN WINNING THREE GOLD AND THREE SILVER AT THE PAN PACS AGED 88, HAVING LEARNED TO SWIM SIX YEARS EARLIER. NOT ONLY IS DOREEN ACCOMPLISHED, BUT SHE IS A DELIGHT TO KNOW AND HAS MANY WORDS OF WISDOM FOR ALL OF US.

WE THANK ALAN AND SUE FOR SHARING THE HIGHLIGHTS OF THEIR TRIP TO HAWAI'I WITH DOREEN AND KNOW WHAT WONDERFUL COMPANY EACH WAS IN.



Doreen received this autographed framed picture of herself (decorated with Pan Pac medals) and Liesel Jones, courtesy Alan and Sue Patterson



Tracey Mann receiving
her Club Captain's Award



Club Appreciation Award presented by Shane
Knight to Club Coach Ann Gartshore



Ann Gartshore awards Emma
Marshall the 25m Coaches Award



Ann Gartshore awards Tina
Hanley the 50m Coaches Award



A special award for Peter Fitzgerald from
Postal Organisers Sue Lee and Rod Mackenzie



Rod Mackenzie receiving
the Club Captain's Award



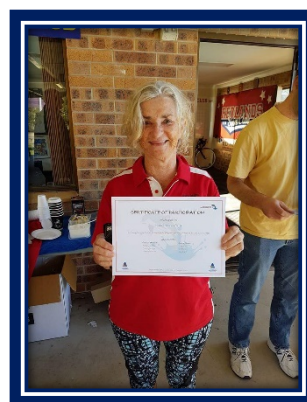
Delighted to receive their certificates, from left, Vivien Carlsson, Peter Fitzgerald, Rose Milnes, Nathan Mead, Rachel Archer, Linda Mansfield, Janet Dodd, Postal Organiser Rod Mackenzie, Emma Marshall, Tina Hanley, Postal Organiser Sue Lee



Rose Milnes



Vivien Carlsson



Linda Mansfield

Chocolates



Recipients of Club Captain Sharon Devitt's Chocolate Awards, competitors Gail Gartshore, Tina Hanley, Linda Meredith, Emma Marshall and Nathan Mead