



# CARINE MASTERS SWIMMING NEWSLETTER~SPRING into SUMMER 2015



Carine Masters Swimming, established in 1977 to encourage adults to swim regularly for fitness, friendship and fun.



## MEMBERSHIP DRIVE!

This seemed like a great opportunity for Carine to attract new members. Called "inclusionwa" the event was sponsored by the City of Joondalup and ECU Joondalup. The 3 hour expo provided sporting and other interest groups with the opportunity to generate interest amongst the public. As the only Masters Swimming club in attendance, we thought it would be of benefit to us. However, in 3 hours, David Laws, Lois Fleming and Denise Vercoe spoke to a total of only four people, yes 4!

It was incredibly disappointing. The problem appears to be that the expo was poorly publicised. There wasn't even any signage at the campus! Feedback has been provided to the organisers.

I am extremely grateful to David, Lois and Denise for volunteering their valuable time on the day.

## WELCOME TO OUR NEWEST MEMBER

Samantha (Sam) Garnett joined us at the beginning of September. Welcome to Carine Sam and we hope you enjoy the training sessions and reaping the benefits of all the effort you put into the Wednesday night workouts.

## SPECIAL DEAL FOR NEW MEMBERS IN 2015

If you have a friend or relative who is "just thinking" about joining a swimming club then now is the time to encourage them. Anyone joining now can take advantage of the special fee of \$110 which will take their membership through to December 2016.

Why swim with a group? You will be more likely to continue to participate because you will feel more motivated. It is hard to swim alone without losing interest. Stay involved, stay motivated, stay fit & healthy! Physical exercise helps improve both physical and mental health.

**As they say, "Act, Belong, Commit"**

## "CLEAN AIR" AT CRAIGIE INDOOR POOL!

Craigie Pool now has two massive ceiling fans in the indoor pool and they are very efficient at removing that awful smell of chlorine! What a pleasant change! Staff and swimmers must really appreciate breathing relatively fresh air.

### DATES TO KEEP IN MIND:

**Sat 24th October:** Maida Vale 400/800/1500 open meet. So far we only have one swimmer in that event, Carol-Anne Infante, all the best and we hope you enjoy the challenge.

### Wednesday 28th October: HAPPY HOUR

As usual we will stay back after swimming for a chat over a hot drink (please BYO as the café is closed.)

This is a chance to get to know your fellow members socially and it is a nice way to unwind after a swim session.

Coaches will adjust the training time to allow an early exit from the pool so we don't finish too late. Even if you are not a regular Wednesday nighter, come along for the social bit!

**Sun 8th November:** Lake Leschenaultia Swim. A great way to get used to open water swimming in a safe environment with a nice view to enjoy as you swim. David has sent out a flyer.

**Sun 22nd November:** Carine Masters AGM, see details later in newsletter.

**Sun 29th November:** Our last interclub event for 2015. Venue is a 25m pool, plenty of 25m events to suit all swimming levels. This will be the last time the Tuart college pool is used so let's have a good roll up & join in the fun. David will send out entry details.

**Weds 25th November:** Another membership drive, this time at Warwick Leisure Centre. We hope for better results this time! Volunteers needed please. Details will be advised by email.

## CHRISTMAS IS A'COMING!

We usually hold a club get together before Christmas. In recent years we have met for either breakfast or lunch. It has been many years since we went out for dinner in the evening! Nothing has been arranged yet so please, feel free to give your suggestions as to the type of function and venue you would prefer. All ideas welcome.



## CARINE NEWSLETTER ~ SPRING into SUMMER 2015

### ANNUAL GENERAL MEETING (AGM)

We have already had an AGM this year so you may be wondering why we need another one!

Historically, Carine Masters has held the AGM in February following the Australia Day Swim (ADS.)

Organising the annual event took a tremendous amount of work behind the scenes and holding an AGM was the last thing on people's minds.

Masters Swimming WA requires that clubs hold their AGM prior to the end of the year. We no longer run the ADS so there is no reason not to fall into line with other clubs. Hence the change.

**Date:** Sunday 22nd November

**Time:** TBA but probably around 4.00pm as has been tradition in past years.

**Venue:** TBA but possibly on the patio of 19 Balfern Court Hamersley.

### THE FUTURE OF CARINE:

The future of Carine is in the member's hands. Without a committee, the club cannot function. The time had come for us to call "Help!"... loudly!!

The truth is that since 2008, when we lost the Carine Pool, the current committee has struggled to keep the club going. We have literally rotated committee positions. Now were in the unsustainable situation of some holding multiple positions on the committee.

The old cliché, "none of us is getting any younger" (please read with a tremble in the voice!) is certainly true. Apart from one committee member, the rest of us are aged in our mid 60s to mid 70s. Between us we have given 106 years service to the club.

None of the positions is particularly onerous. however, Secretary, Treasurer & Club Captain do hold the most responsibility. We understand that these days everyone has family and work commitments and valid reasons for not being involved, either in swimming or on the committee. That also applies to the current committee who participate in other activities outside swimming.

This year, unfortunately, although we had some new members some have been either been ill or suffered injury preventing them from any involvement in the club. Recently two committee members underwent joint replacement surgery and that requires lengthy rehabilitation.

We must have a succession plan if Carine is to continue as a viable Masters Swimming club. Therefore we must engage help from more members. To do this we probably need to change the way we do things in order to accommodate members needs better.

Currently we hold monthly meetings. However, we could probably have bi-monthly or even quarterly meetings. Most meetings last less than one hour. We do not have a lot of business to discuss.

Here is a brief description of the current committee positions:

**President:** Chair club meetings, represent club at quarterly Council of Clubs meetings and attend other functions (which happens rarely.)

**Vice President:** Deputise for President.

**Secretary:** Monitor incoming email and other correspondence, evaluate & action appropriately. Take minutes at club meetings.

**Treasurer:** Pay accounts electronically, prepare and present financial report at club meetings.

**Club Captain:** Advise members of upcoming events. Collate entries & send to host club. Ability to learn simple computer program. Attend annual club captain's meeting.

**Club Registrar:** Process registration of new and renewing members electronically.

**Newsletter Editor:** Write & distribute club newsletter. Produced on Publisher but that could be changed. Or maybe a newsletter is redundant?

**Publicity Officer:** Publicise club when possible.

**Social Organiser:** Organise social events for members.

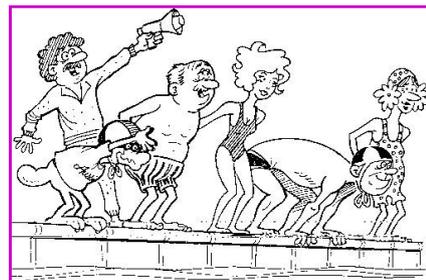
**Committee Members:** Attend club meetings, contribute to discussions, bring ideas to club.

### THE BOTTOM LINE:

Sorry to be blunt but the case is clear, the future is in your hands. The committee needs resuscitating! Our health status is desperate!

We are in the enviable position of having 2 coaches and another in training. They need to have more swimmers to coach to make all the effort they put in to programs worthwhile.

If you can see yourself in any of the above positions or can offer to help in any way, please speak to the current office bearer... see list on back of newsletter. I am sure the current committee will be happy to mentor any new committee members. Three of us are "Life Members" so we aren't planning on leaving Carine, we just want to reduce the level of responsibility we now hold. Please, give this matter serious consideration before the AGM.



Unity is strength.. when there is teamwork and collaboration, wonderful things can be achieved.

*Mattie Stepanek*

## BACK PAGE GOSSIP

### BIRTHDAY CELEBRATIONS:

Congratulations and Happy Birthday to the following members who have celebrated, or will soon celebrate their birthdays.

### BELETED OCTOBER BIRTHDAY WISHES:

Marie Stoakes 5th October

Jane Laws 8th October

Jenny Barfield 31 October

### NOVEMBER BIRTHDAY

Kerry Hodson (Coach) 28th November



### WHEELCHAIRS FOR KIDS

Set up in 1998 this organisation is the brain-child of Bro. Ollly Pickett who, with his merry band of around 170 volunteers make adjustable wheelchairs for disadvantaged kids in developing countries. Ollly saw a need and did something about it. Over 32,000 wheelchairs have now been produced. He was humble in accepting the WA Seniors Award for his charitable work and dedicated it to all of his volunteers.

You might recognise one of them, 5th from left., none other than our own David Laws.

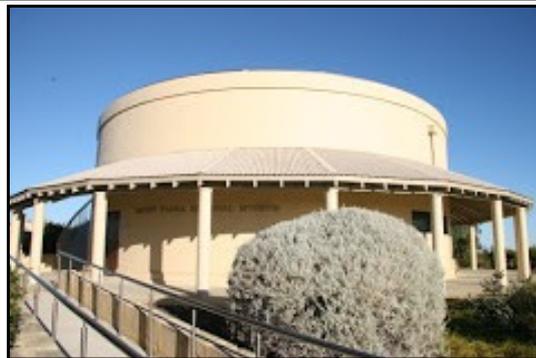
### DO YOU HAVE AN INTEREST IN LOCAL HISTORY? IN PARTICULAR, THAT OF THE CITY OF STIRLING?

Mount Flora Museum is a small local museum full of interesting and unusual treasures from the past. There are wonderful old photos and accounts of the lives of local residents in the early days of settlement. Currently there is a special display commemorating the 100th anniversary of WW1.

If you are at a loose end in the afternoon of the first Sunday of any month, the museum is open from 1.30pm to 4.00pm.

Entry by gold coin donation. It is housed in a restored water tank and sits on top of the hill at 1 Elvire St, North Beach.

The view is magnificent and you never know who you might run into up there ;-)  
Next open day is the 1st November.



MOUNT FLORA MUSEUM NORTH BEACH

### LIFE BEGINS AT FORTY THEY SAY

Carine Masters turns 40 in April 2017.

It would be a shame to see it fade away before then! Let's try to give the club some life!

### CARINE MASTERS SWIMMING (Inc)

Swimming at Craigie Leisure Centre

Mondays & Fridays 8.00am, outdoor pool for training; Wednesday 6:45pm to 8.00pm, indoor pool, coaching.

POSTAL ADDRESS: PO Box 2468 Warwick WA 6924

THE COMMITTEE FOR 2015:

President: David Davies, Vice President: Margaret Roffman, Secretary: Jane Laws, Treasurer: Rachel Wright;

Club Captain: David Laws, Newsletter Editor & Publicity Officer: Jane Laws.

Committee Members: Lois Fleming, Marie Stoakes

Club Patron: Dr Kay Cox . Club Coaches: Kerry Hodson & John Burns

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