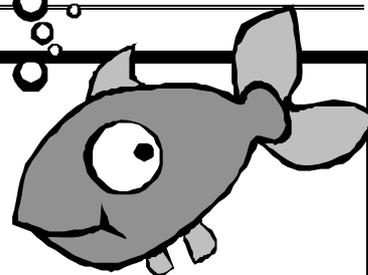


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910

Jan/Feb 2007

Happy New Year!

新年快乐!
Happy Chinese New Year!

Gung Hay Fat Choy!

Editorial

Another year begins, another aerobic sheet to be completed, more BACCs and club swims, just when you thought it was safe to get out of, but preferably get back into the water. There is a new committee in place to manage and guide the club in 2007 – Well some 'old' faces in new roles and some new faces eager to find out about the mysteries of club committees. But more of that in the other sections of the newsletter.

Some other customs date back long before Masters swimming became a world wide movement, although no doubt older folks did swim in the days before the senior swimming institution! The Chinese New Year dates from 2600 BC, when the Emperor Huang Ti introduced the first cycle of the Chinese zodiac. Because of cyclical lunar dating, the first day of the year can fall anywhere between late January and the middle of February. On the Chinese calendar, 2007 is Lunar Year 4704-4705. On the Western calendar, the start of the New Year falls on February 18, 2007 — The Year of the Pig.

If you were born in 1923, 1935, 1947, 1959, 1971, 1983 or 1995 - you were born under the sign of the pig. Like the pig, you are highly regarded for your chivalry and pureness of heart, and you often make friends for life. For pigs in 2007, any recent setbacks or obstacles can be overcome so look forward to a year in which to really shine, either personally or professionally (retrieved from http://www.chiff.com/home_life/holiday/chinese-new-year.htm).

In some areas of China it's a popular custom to give oranges because in Chinese, the word "orange" sounds like "Ji", which means "good luck". People present oranges to their friends and relatives to express their respects and good wishes for the coming year.

May you have many oranges in 2007, and of course many great swims, fun times, health and happiness.

Editor
Sue Colyer

Our sponsors

Stadium Snappers values the support we receive from our sponsors.



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DIARY ENTRIES FOR January & February 2007

Interclub and other events.

Full details of the Open Water Swims 2007 Calendar and BACC 2007 program

This list is incomplete – please check for details of club swims and BACCS at the pool. The pool calendar is still in production.

Date	Event	Venue
17 Feb	Rottnest Channel Swim	Starts Cottesloe Beach 6am
18 Feb	Beach picnic & Swim	City Beach (north of Oceanus café)
19 Feb	<i>Snappers Committee meeting</i>	TBA
25 Feb	Newman/Churchlands Inter-club	Newman School Churchlands
4 Mar	Dale Alcock ocean swim	Swanbourne
10 Mar	Bunbury Swim Thru'	Bunbury
11 Mar	Coogee Jetty to Jetty 750m – 1.5 km	Coogee
May 2007	State Swim	Challenge Stadium

BIRTHDAYS

Today's the day

When we say Hip, Hip Hoorah!

On your special day!!!

January

2 Zee Marsland
20 John Dishon
22 Pat Sugars

February

1 Jean Beaton
4 Deirdre Stephenson

March

6 Pamela Walter
14 Nomai Jago
16 Beatie Norris
17 Brian Somes
20 Rob Shand
23 Geoffrey Barnard
27 Trudy Vanderwerdt

SOCIAL EVENTS

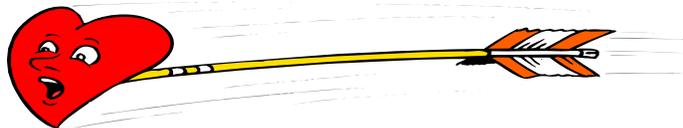
Beach picnic

8 am – Games *** 9am - Breakfast

Sunday 18 February 2007

City Beach (north of Oceanus café)

**Barbeque, games and all sorts of fun
on the beach**



Healthy club policy

Remember to warm up and cool down – *Prevent injury!*

If you feel thirsty you are already dehydrated. Drink before during and after exercise - *Drink up!*

Don't be sidelined – Remember RICER

- Rest
- Ice
- Compression
- Elevation
- Referral

We are a healthy club, Are you a healthy member?

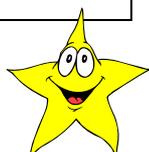
- Sport safe
- Sun smart
- Smoke free
- Drug free
- Healthy eating
- Drink safe

A New Million Metre (Water) Maid!

Gail Parsons is the latest Snapper to complete 3 million metres.

On 21 Nov 2006 at the Council of Clubs meeting Gail was presented with her 3 Million Metre award.

Conrratulations Gail



PRESIDENT'S MESSAGE

The highlights for me in 2006 were

- Fielding our first ever 320+ relay at Somerset. This year, with the extraordinary number of 80th birthday celebrations, there should be many more occasions when 320+ is possible.
- Ken Bruce swimming his first ever timed Aerobic distance. Congratulations Ken. Keep up the good work. Try an 800 next.
- Gail succeeded in completing her first solo Rottneest Channel Swim, disregarding the shocking conditions.

Since the beginning of the year I have sensed a new resolve in Club members. One was talking about starting training for the 2008 World Masters because "it was only 14 months away." I found this most commendable as I normally think about training for a meet the week before, when it is too late.

Another wanted to discuss changing the system for swimming timed Aerobics as he felt that this had generally declined in the Club. From others there seems to be an eagerness to start their Aerobic Program earlier this year.

Thank you to all the members who worked on the Management Committee for 2006 and behind the scenes. Without your generous commitment the club wouldn't run anywhere near as smoothly. After serving on the Management Committee for many years between them, three prominent members are retiring.

David Corney

David was Treasurer in 2001 and 2002, President in 2004 and 2005 and Vice President in 2003 and 2006. In 2006 he was chosen as Chair of the 2008 World Masters Swim Committee.

Lillian Hadley

Lillian was President in 2002 and 2003, Vice President in 2004 and Treasurer in 2005 and 2006. In 2002 Lillian also took on the role of AUSSI State Aerobics Recorder and in 2004 added Distance Swims Recorder to her repertoire.

Gerry Krygsman

Gerry was the Day Captain during 2006. He will always be remembered for his cowbell that he used to gain the attention of the 'school of swimmers' at the afternoon tea get-togethers. He also designed and organised the making of our two new trophies. Gerry will continue to record our Swim Around Australia progress.

Congratulations and thank you to the incoming Committee members, either as first-timers, Patrick Carden and Barbara Stuart, or old hands coming back, Marg. Watson. I look forward with enthusiasm to working with you all and enjoying the smooth running of the club.

Your Committee for 2007 is

Vice President	Sue Colyer, who will remain as <i>Snappets</i> editor.
Secretary	Merilyn Burbidge
Treasurer	Patrick Carden
Day Captain	Margaret Watson
Night Captain	Kim Klug
PR and Membership	Jeannine Heinrichs
Social Convener	Deirdre Stephenson
General members	Geraldine Klug and Barbara Stuart

Thank you Eleanor Parsons, Tricia Summerfield, Gail Parsons, David Corney, Lillian Hadley, Merilyn Burbidge and Sue Colyer who unselfishly give up their swimming time to coach and help us.

Finally, thank you to the members who work on committees outside the Club. Tricia has been on the Masters Swimming WA Board as Director of Development and has nominated for Director of Swimming in 2007. Robyn is involved with sanctioning BACCs for MSWA. On the 2008 World Masters Swim Committee, David is Chair, Merilyn takes the minutes and Kim is in charge of volunteers for the swim events.

See you in the pool.

Pamela Walter
President (and Recorder)

CLIMBING EVERY MOUNTAIN

- the President takes a hike!

Mt. Kilimanjaro is in Tanzania near the equator. It is 5895m high and the idea of passing through all types of vegetation zones from rainforest to snow had always held a fascination for Graeme Walter. He was the instigator of the idea to climb Kili in December 2006.

Jane and John took us to the airport where we met up with our friends Suzanne and Graham. Suzanne is the friend I walked the Cape to Cape with and the other female in our climbing party of four. We would meet up with Peter, the other male climber, on route.

Graeme and I thought it was prudent to update our will as the existing one was written when the children were little. It had all our assets going to Amnesty International and the local dog's home and our children being looked after by my sister. I don't think my 22 yr old daughter would have been happy with the latter arrangement. In our usual Walter 'don't leave things to the last minute style' we got Suzanne and Graham to witness the documents then sealed them at the airport, gave them to the kids before getting on the plane.

Once at Moshi in Tanzania we travelled for 3 hrs by car up a windy dirt road to reach the Rongai Gate (1500m) which was the start of our climb, picking up the porters on the way. We worried that we'd have BO after 5 days And not be able to live with each other. No need to worry - being confined in a bus with the porters got us accustomed right away. We were required to take porters for every 15 kilos which included tents (5) food (including for the porters) and all the clothes and gear we needed for the assault. We ended up having 11 porters and 2 guides for our group of 4.

We started the steady climb through cultivated paddocks of maize, potatoes and scattered pines then through rain forest where we saw some colobus monkeys. When we arrived at the first campsite the tents were quickly put up and cooking started. It was dark by the time we ate. We had no idea how meals would be served and whether for dinners we would be sitting on any rock we could find. However Graeme covered my eyes And guided me to a dining tent. It was a tall tent so we could stand upright. There was a table and 4 chairs, a red tablecloth with a candle in the centre. What luxury! Dinner was soup, spaghetti with a vegetable mix to the side(not like a sauce) and some fruit for afters. While this was heartily enjoyed on the first night, it was often repeated and lost its appeal.

The next morning was clear and provided us with awesome views of Kili And Mawenzi both with snow. The climb was relentlessly up with our guide frequently saying "Pole pole" (slowly, slowly) to us until we finally reached the Kikelewa

campsite. The altitude and maybe exertion was already starting to affect some members of the group. The next day was relentlessly up again until we reached the Mawenzi tarn campsite at 4330m. It is within a crater And the only tarn on Kili with the craggy snow covered slopes of Mawenzi Peak as a backdrop. Two porters (1st timers) were affected by the altitude and had to descend with a 3rd making it harder for the others because they had to share the remaining load. To help our chances of success we had decided to add an acclimatization day to help us get accustomed to the altitude so the next day we climbed 200m up Mawenzi then back to camp and rested for the remainder of the afternoon.

Next morning we packed up and set off for Kibo campsite. We had a long walk across the saddle. The landscape was very bare like a moonscape. In all directions there was chocolate brown soil, lots of small rocks and very little vegetation. The track continued relentlessly up to Kibo which is at 4700m. Graeme was struggling. We arrived about 3pm. The weather was miserable. There was a large bunkhouse and lots of tents scattered around and the boys were thrilled to find Coca-Cola available to purchase. The 6 pit toilets were absolutely disgusting. Kibo is the culmination of nearly all the tracks up and nearly all assaults on the summit start from the Kibo campsite. Hence it is by far the most populated campsite on the mountain.

We had a rest, dinner, a final briefing by Thadeus (our guide) then went to bed early.

We woke at 11.30pm, got dressed in: **-bottoms** - 2 pairs thermals, walking pants and waterproof pants plus gaiters: **socks** – 2 prs -1 thermal pair and 1 ordinary thick walking pair; **top** - 2 pairs thermals, sleeveless zip up fleecy vest, thick/lined jacket and waterproof jacket with a warm scarf tucked in and my S. American warm hat; and **gloves** - woollen pr And a waterproof pair plus us we all wore a head torch.

We had a cup of tea then set out at about 12.30pm. Thadeus lead the four of us like a caterpillar 'pole, pole' (slowly, slowly) walking in the dark with Raymond (asst. guide) walking behind. It was very steep. There were headlights above us so high that we initially mistook them for stars. At one stage it rained into our faces and at another time it snowed. The walk was tedious And torturous up a zig zag path heading for Gillman's Point almost 1000m above Kibo arriving at about 6am.

The final 100m was clambering over rocks. With the altitude and the lack of oxygen getting to his lungs and the muscles of his legs Graeme got very distressed and fell. He was checked out by Thadeus looking into his eyes and asking him some questions. He was really weak but coherent. We were nearly to Gillman's so he continued. Several times Raymond caught him from behind

and helped him up over the rocks. He found it better to use his hands rather than the poles and we finally made it to Gillman's Point. We were all exhausted. We rested and had a cup of sweet tea. Graeme rallied and convinced Thadeus that he was capable to continue so we all started out again. The trail from here was over white snow. We looked down to the crater on our right. The path was flat with only small ups allowed us to recover a little. We passed the glacier that has sheer sides about 200' high like you see in documentaries on Antarctica but which has receded about ½ km in the last 5 years from global warming. The climb to the summit is only another 200m higher, but takes 2 hours as you have to walk around the crater hence most people choose to not continue passed Gillman's Point.

We trudged on relentlessly, gradually up, all of us pushing through our limits until we finally reached the summit. We all felt emotional, we all cried and hugged. We were all totally spent. We took a photo with the Cambridge Post and the 'I'm a happy Snapper' sign.

Now we had to face the descent. Back to Gillman's Point and down over the rocks. When we got to the zig zag slope there was a scree slope cutting through the middle of the zig zag going straight down. We had to 'ski' down, digging our heels in and sliding. I had to focus really hard to keep in rhythm as it was very steep and loss of control could have caused dire consequences. Everyone went at their own pace until we finally returned to Kibo by about lunch time. No-one was hungry. We lay down, We still had another 3 1/2 hour walk to Horombo campsite but we all decided to have an hour's rest before starting out again. Back across the saddle getting gradually more vegetation though still open and lowish, At one stage I noticed a pile of plant debris and asked Thadeus what it was. This was the place were a porter had previously died. He had seen 12 such sites during the course of our climb.

Graeme asked about the deaths on the mountain. The official line is 'much reduced from reality' though Thadeus was reluctant to talk too openly. The official line is 6-7 this year. He said earlier this year there had been that many deaths in a rock fall at the one time. More people die on Kili than any other mountain in the world including Everest. We finally arrived at the Horombo campsite (3700m). We'd already come down over 2000m. We had walked for over 14.5 hours since starting out from Kibo the previous evening. Bed was gr.....zzzz.

Graeme said later he could feel himself getting stronger as he descended.

We continued the descent, walking through gradually thickening vegetation to rain forest. We saw some beautiful waterfalls and fern covered gullies, tree ferns and elk horn covered trunks. At times through a window in the forest canopy we

caught glimpses to the plains below. As we got closer to our final destination and civilization the track was crossed occasionally by vehicle access paths. Finally we reached the Manangua Gate. Everyone hugged, shook hands and congratulated each other. Then we were all congratulated by the guides.

I think this is the hardest thing I've ever done and am ever likely to do.

AEROBIC SWIMS: Participation and Cooperation

At the recent Snappers' AGM, the point was raised that participation of day swimmers in the Aerobic Program had declined in 2006. There is no denying that this is true. It is also true that we coaches, Lillian, Sue and Merylyn, and newly-elected Day Captain, Marg Watson, are all keen to see more swimmers taking part in the Program in 2007.

The Aerobic Program is valuable because:

- longer distances develop the swimmer's ability to control breathing
- for the swimmer to complete a segment persistence is required over at least five months, resulting in well-deserved satisfaction
- the swimmer aims to improve his or her own times and is not in competition with others
- having achieved one distance, the swimmer can build up to a longer distance or try another stroke
- the swimmer accumulates points for the Club (Snappers have come second in WA to Somerset AUSSI for several years now).

This year, as we did last year, we plan to set aside one lane every third session for timing 400s and 800s. We will draw up a schedule of timing dates, perhaps best left until after the Newman Churchlands Club Challenge on 25 February, and place a copy in the cage. In order to make the best use of the timing lane (especially when attendance figures reach 38 as they did on Wednesday 31 January!), there is a need for swimmers to be organised and cooperative.

Coaches intend to run an initial session to instruct new members, and remind older ones, in the procedure to be followed for timing an aerobic swim. For more efficient lane usage, it will help if swimmers:

- decide in advance the distance and stroke they intend to swim
- arrive well before 1.30 pm, retrieve their appropriate recording sheet, fill in the necessary information and clip it to a clipboard
- warm up, possibly in a public lane
- are ready to start, on deck at 1.25 pm
- are prepared to time other swimmers before or after their swim
- are responsible for maintaining their own recording and cover sheets and return them to the Aerobics file after the session
- for longer distances, take the initiative and arrange to swim and timekeep with a partner in a public lane at an off-peak time, or during the Sunday morning Club session.

We look forward to improved participation in the Aerobic Program in 2007.

Marg Watson, Lillian Hadley, Sue Colyer and Merilyn Burbidge.

Ashes scull off

On February 2, we ran the annual Snappers' Sculling contest for the Mini Ashes urn. Geraldine organised it and Derek Fentiman and Merilyn helped with timekeeping. Newly elected Captain of Day Swimmers, Marg Watson, took lots of photos and we'll send them to you a bit later. Heats were over 12.5 metres, in lots of three or two. Times were recorded for all participants and from these we took the best five for the final. Finalists were Alan Earnshaw, Geoff Barnard, Marg Watson, Wyvern Rees and Colin Beaton, as well as a night swimmer, Eleatha Beare, who happened to be there at the time. The final was over 25 metres. After Eleatha was DQ'd for an illegal leg action, Colin came out the winner in a time of just over 50 seconds. Geraldine presented the trophy to Colin at afternoon tea. Colin's win is recorded on the lid of the box and the urn is returned to the display cabinet where it rests with all the other Snappers trophies - Colin declined the offer to show the trophy off on his mantelpiece!

Cliffe and Beryl send their congratulations to Colin!

Perhaps the Ashes winners deserve a place amongst the other record holders and awardees in the Club Handbook? Ed.



Promote Masters Swimming WA

If you enjoy swimming with Snappers, and have friends interested in swimming, tell them about this meeting.

It promotes all Masters Swimming clubs in WA!

TAKE THE PLUNGE!

- Was your New Year's resolution to get FIT?
- Do you enjoy exercising with a group?
- Would you like to be involved in ocean swims?
- Are you training for triathlons and wish to improve your swim leg?

YOU'RE INVITED

To an information evening about Masters Swimming WA clubs and how they can provide training and stroke correction for adults (20 years+) of ALL swimming abilities

Date: Wednesday 28 February

Time: 6.00pm to 7.30pm

Venue: UWA Boat Shed
Cnr Hackett Drive and Mounts Bay Road
Crawley

Refreshments: Finger food and soft drinks provided (cash bar available)

RSVP: Essential by Friday 23 February (maximum 50 people).

For more information contact Trina Lane, Project Coordinator, Masters Swimming WA on 9387 4400 or aussiwa@aussiwa

Take the risk

To laugh is to risk appearing the fool
 To weep is to risk appearing sentimental
 To reach out for another is to risk involvement
 To expose our feelings is to risk exposing our true self
 To place your ideas and dreams before the crowd is to risk loss
 To love is to risk not being loved in return
 To live is to risk dying
 To hope is to risk despair
 To try at all is to risk failure
 But risk we must because the greatest hazard in life is to risk nothing. The man or woman who risks nothing, does nothing, has nothing, is nothing

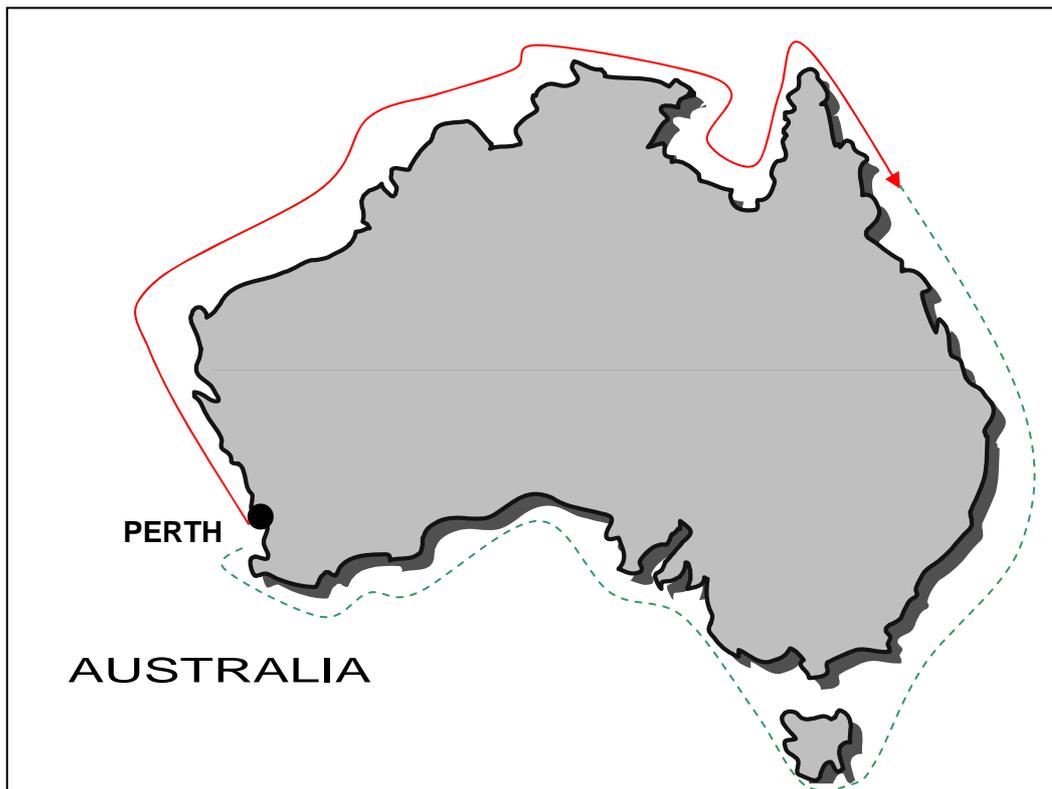
Anonymous

SWIM AROUND AUSTRALIA - 2006-2008 - September Progress Report - Our great pace is holding!

We are still making good progress on our swim around Australia, to return to Perth in time for the Masters World Swimming Championships in April 2008. Our present position is near about level with Cairns. BUT only a few swimmers have registered their distances for January, so the total below is less than actual.

To the end of January 2007, we have swum **6772.2 kilometers** (Red solid line). Remember every 50 metres counts. Report your monthly tally to our captains or Gerry.

Captains: Kim Klug kklug@westnet.com.au Marg Watson dmawatson@iinet.net.au or **Oz Swim recorder:** Gerry Krygsman gerald.k@iinet.net.au



Dark Chocolate Has Health Benefits Not Seen in Other Varieties

It's the best medical news in ages. Studies in two prestigious scientific journals say dark chocolate -- but not white chocolate or milk chocolate -- is good for you.

Dark Chocolate Lowers Blood Pressure

Dark chocolate -- not white chocolate -- lowers high blood pressure, say Dirk Taubert, MD, PhD, and colleagues at the University of Cologne, Germany. Their report appears in the Aug. 27/03 issue of *The Journal of the American Medical Association*. But that's no license to go on a chocolate binge. Eating more dark chocolate can help lower blood pressure -- if you've reached a certain age and have mild high blood pressure, say the researchers. However, you have to balance the extra calories by eating less of other things.

Antioxidants in Dark Chocolate

Dark chocolate -- but not milk chocolate or dark chocolate eaten with milk -- is a potent antioxidant, report Mauro Serafini, PhD, of Italy's National Institute for Food and Research in Rome, and colleagues. Their report appears in the Aug. 28/03 issue of *Nature*. Antioxidants gobble up free radicals, destructive molecules that are implicated in heart disease and other ailments. "Our findings indicate that milk may interfere with the absorption of antioxidants from chocolate ... and may therefore negate the potential health benefits that can be derived from eating moderate amounts of dark chocolate." So say "Dark, please," when ordering at the chocolate counter. Don't even think of washing it down with milk. And if health is your excuse for eating chocolate, remember the word "moderate" as you nibble.

The Evidence

Taubert's team signed up six men and seven women aged 55-64. All had just been diagnosed with mild high blood pressure -- on average, systolic blood pressure (the top number) of 153 and diastolic blood pressure (the bottom number) of 84. Every day for two weeks, they ate a 100-gram candy bar and were asked to balance its 480 calories by not eating other foods similar in nutrients and calories. Half the patients got dark chocolate and half got white chocolate.

Those who ate dark chocolate had a significant drop in blood pressure (by an average of 5 points for systolic and an average of 2 points for diastolic blood pressure). Those who ate white chocolate did not.

In the second study, Serafini's team signed up seven healthy women and five healthy men aged 25-35. On different days they each ate 100 grams of dark chocolate by itself, 100 grams of dark chocolate with a small glass of whole milk, or 200 grams of milk chocolate.

An hour later, those who ate dark chocolate alone had the most total antioxidants in their blood. And they had higher levels of epicatechin, a particularly healthy compound found in chocolate. The milk chocolate eaters had the lowest epicatechin levels of all.

Chocolate for Blood Pressure: Darker Is Better

What is it about dark chocolate? The answer is plant phenols -- cocoa phenols, to be exact; which are compounds known to lower blood pressure. Chocolates made in Europe are generally richer in cocoa phenols than those made in the U.S. And....Just remember to balance the calories. A 100-gram serving of Hershey's Special Dark Chocolate Bar has 531 calories, according to the U.S. Department of Agriculture. If you ate that much raw apple you'd only take in 52 calories. But then, you'd miss out on the delicious blood pressure benefit.

A hint: Don't replace healthy foods with chocolate. As most people's diets have plenty of sweets, switch those for some chocolate if you're going for something sweet.

SOURCES: Taubert, D. *The Journal of the American Medical Association*, Aug. 27, 2003; vol 290: pp 1029-1030. Serafini, M. *Nature*, Aug. 28, 2003; vol 424: p 1013. U.S. Department of Agriculture Nutrient Data Laboratory

RESULTS

OWS Roving Report and Associates

Open Water Swim Results - Start of the Season

Here we are again, lined up for the start of the 2006/2007 Open Water season.

And we're off, the first Open Water Swim being the Lake Leschenaultia Swim Thru, obviously not a hit with any Snappers as no Snappers were spotted there, but I believe it is a very pleasant day out.

If you're interested in these swims, please see your Captain. You'll find a calendar at Masters Swimming (WA) site: www.aussiwa.com.au

Caroline Burke 18th November 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	0.25.25	2	101
35-39	BEARE Eleatha	0.30.57	5	46
50-54	DISHON John	0.31.56	9	136
60-64	BURBIDGE Merilyn	0.35.08	4	113

Weather - bit overcast and coolish

Conditions - slight chop but bearable

Stinger Count - they are out there lurking in the depths

Pretty good conditions for this swim with 162 swimmers participating. This was the first ocean swim for the seasons for 4 keen Snappers. The race was against nominated time so anybody can win the event. Eleatha won closest to nominated time for her age group. Well done Eleatha. So where were David, Gail and Robyn? Well rumor has it they were seen goofing off BIG TIME at Bold Park Pool.....tsk tsk. Also, did you know that numbers were down by 3 from last years swim? Gee I wonder who those three were.....David, Gail and Robyn perhaps! A swim worthy of mention, as proceeds go to Cancer Research.

Koombana 26th November 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	24:53:00	1	18
45-49	PARSONS Gail	26:50:00	2	21
35-39	BEARE Eleatha	29:56:00	2	39
50-54	CORNEY David	31:15:00	5	46

Weather - beautiful summers day

Conditions - slight easterly

Stinger Count - just one

David, Gail and Eleanor headed down to Bunbury to participate in this swim. Eleatha lives in Capel (15 minutes from Bunbury) so she was already there. The swim start line is in front of the dolphin centre, so it is quite pleasant to see the dolphins gather around just before the race, not to be mistaken for you know whats!! This swim is another closest to nominated time swim, David winning closest to nominated time for his age group.....AGAIN!! Unfortunately the others didn't even get a look in, not even a spot prize was won.

Rottnest Swim Thru 2nd December 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	25:39:00	2	141
55-59	WILSON Robyn	28:39:00	4	259
50-54	DISHON John	31:15:00	31	403
35-39	BEARE Eleatha	31:51:00	19	434
60-64	COLYER Sue	32:57:00	4	482
55-59	SUMMERFIELD Tricia	35:34:00	21	575
60-64	BURBIDGE Marilyn	35:41:00	5	577
45-49	STUART Barbara	35:49:00	22	583

Weather - fine and sunny

Conditions - excellent, very fast water

Stinger Count - low to medium - they were there and let the swimmers know occasionally

A contingent of nine Snappers made the trip over this for the annual Rotto swim thru - Eleanor, Marilyn, Eleatha, Barbara (Barbara's inaugural ocean swim), John, Robyn, Sue, Cas (21 years since her last Rotto swim thru), and Alistare (official bagman, and keeping everyone up to date with the cricket score). The day was fine and sunny and the course looked pretty good. It turned out to be a fast track as we were all pleased with our times - some of us did a lot faster than last year. I think the current had a lot to do with that but perhaps we were just faster! A few swimmers left on the early ferry but the diehards stayed until after the announcements and came back on the later ferry. All in all, a terrific day was had by all!

By RRR (Roving Reporter Robyn)

Water Corporation OWS Series - Mullaloo Beach 3rd December 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
N/A	PARSONS Gail	41:59:00	N/A	6th
N/A	CORNEY David	50:38:00	N/A	19th

Weather - fine and sunny with an early sea breeze

Conditions - excellent, until the sea breeze

Stinger Count - thousands

First day of daylight saving and I think it has a great advantage for ocean swimming. It might be a little cooler but at least you have a chance of beating that early sea breeze.

Mullaloo Beach was host to the second of the WASA Water Corporation Open Water Series. Approximately 115 dedicated swimmers hit the water for one of the 2.5km, 5km or 10km swims; they also hit the shield of stingers that lay waiting. Many stinger victims squealing as they swam along.

The conditions were near perfect, the sea breeze came in after Gail and David had finished their 2.5km swim. Phew!!

Fremantle Ports Swim Thru 9th December 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	27:12:00	1	36
45-49	PARSONS Gail	28:09:00	3	45
55-59	WILSON Robyn	30:17:00	1	73
50-54	DISHON John	32:56:00	4	110
50-54	CORNEY David	33:07:00	5	114
60-64	COLYER Sue	34:57:00	2	148
35-39	CARDEN Patrick	35:23:00	18	152
55-59	CROWLEY Julianne	35:44:00	6	155
60-64	BURBIDGE Marilyn	36:27:00	3	165
45-49	STUART Barbara	39:44:00	11	197
60-64	BROWN Cas	43:16:00	5	207
400 Metre short course				
	Marg Somes	No times recorded		
	Pat Sugars	No times recorded		
	Marg Watson	No times recorded		
	Gayle Sargent	No times recorded		Inaugural OWS event
	Audrey Furlough	No times recorded		Inaugural OWS event
	Elizabeth Mills	No times recorded		Inaugural OWS event
	Ruth Mills	No times recorded		Elizabeth's daughter

Weather - fine

Conditions - near perfect

Stinger Count - none

Another beautiful day for an open water swim. A popular swim for the Snappers and I wonder if the draw card is the actual swim or the infamous hearty breakfast served after the swim. Congratulations to Gayle Sargent, Audrey Furlough, and Elizabeth Mills for their inaugural 400m short course OWS event. Great to see Marg Somes, Marg Watson, and Pat Sugars back to tackle the short course swim again.

Trigg Tower to Tower Swim 16th December 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-59	PARSONS Eleanor	24:12:00	1	77
40-49	PARSONS Gail	25:53:00	5	93
50-59	CORNEY David	28:31:00	16	152
30-39	BEARE Eleatha	28:53:00	19	153
50-59	DISHON John	29:00:00	18	161
40-49	STUART Barbara	33:44:00	13	222

Weather - fine

Conditions - near perfect

Stinger Count - none

A new swim to the OWS calendar. This swim is from the Scarborough tower to the Trigg Beach Tower, always nice to swim in one direction, navigation is a lot easier. And what does one do to get back to Scarborough, catch a taxi of course. David, Gail and Eleanor were seen in the back of a taxi being driven by John back to Scarborough. David has set a goal, and that is to beat a fellow AUSSI swimmer (who will remain nameless as he is from another club). So how did he go you ask? He popped out of the water just one place behind his fellow target swimmergo David. And where was Robyn, should she be frightened? Alistair Stuart, (Barbara's husband) who is very supportive thought he would take some photos with his digital camera but unfortunately experienced a memory problem, forgot to put it in the camera!! Doh!!

BBB Open River Swim 10th December 2006

Age Group	Swimmer	Time	Age Group Place	Overall Place
60-64	BURBIDGE Merilyn	1.06:33	3	92

Weather - fine and sunny

Conditions - on the surface it looked good but read the report

Stinger count - nil

I learned my lesson the hard way this year at Bicton: always check the tide tables before entering a river swim.

Each year the Bicton Swim organisers offer a 7 km swim as well as a swim over a shorter distance. Last year the shorter one was 3.5 km, from the Stirling Bridge in Fremantle upstream to the Bicton baths. Assisted by an incoming tide, I finished in 63 mins. This year the shorter swim was a 1.6 km loop, 800 metres downstream and 800 metres back. It took me the tedious time of 66 mins and only half the swim was against the tide!

Why was I the only Snapper in this event? Could it be that the others had studied the tide tables and knew that with the intervention of daylight saving slack water would be an hour later?

By RRM (Roving Reporter Merilyn)

Sunset Coast Swim 5km & 2km 6th January 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	38:12:00	1st 2km	14
50-54	DISHON John	45:32:00	3rd 2km	52
35-39	BEARE Eleatha	46:22:00	5th 2km	59
45-49	STUART Barbara	53:06:00	3rd 2km	93
45-49	PARSONS Gail	94:39:00	2nd 5km	171
50-54	CORNEY David	112:42:00	3rd 5km	187

Weather - clear and calm

Conditions - not bad

Stinger count - nothing to really mention

This swim gives you a choice of 2km or 5km. If you do 2km, AUSSI Masters OWS points are earned, if you do the 5km you are either mad or training for the Rottnest Channel Swim. Everyone had a great swim as the conditions were nearly perfect.

Where is Robyn??

Cottesloe Classic Mile 13th January 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	27:20:00	1st	No results
50-54	DISHON John	34:20:00	15th	No results
55-59	CROWLEY Julianne	37:13:00	9th	No results
45-49	STUART Barbara	38:35:00	14th	No results
60-64	BROWN Cas	41:03:00	8th	No results

Weather - clear

Conditions - very rough with strong undertow

Stinger count - nil

Very rough conditions for this swim. Well done guys for tackling the conditions.

Where is Robyn?? Obviously very frightened, she has packed her bag and headed for the Antarctic. I wonder if she is doing secret training there.

Back Page

LANE 1

A tour busdriver is driving with a bus load of seniors down a highway. He's tapped on the shoulder by a little old lady who offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and hands him another handful of peanuts. She repeats this gesture about five more times. When she is about to hand him another batch again, he asks the little old lady,

"Why don't you eat the peanuts yourself?"

"We can't chew them because we don't have teeth," she replied.

The puzzled driver then asks,

"Why did you buy them?"

The old lady replied,

"We just love the chocolate around them."

WORDS 4 OUR WORDSMITHS

A rag man to amuse you, but swimmers suffer from an arm sag!

Presbyterian = best in prayer

Astronomer = moon starrer

Desperation = a rope ends it

The eyes = they see

George bush = he bugs Gore

The morse code = here come dots

Slot machines = cash lost in me

Animosity = is no amity

Election results = lies - let's recount

Snooze alarms = alas! No more z 's

A decimal point = im a dot in place

The earthquakes = that queer shake

Eleven plus two = twelve plus one

Who has the time to sit and work these out, even with the aid of the computer? Ed.

Resuscitation training opportunity

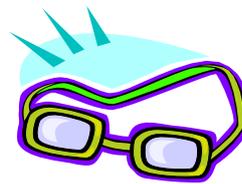
In the Dec/Jan edition information about the latest resuscitation methods were described. It is important that we know what to do in case of an emergency at home on holiday if someone stops breathing

If anyone is interested in undertaking a three hour Resuscitation training course conducted by the Royal Life Saving Society at Challenge Stadium - please let me know.

There is probably one restriction - you need to be able to kneel on the floor for the exercises during the course.

There cost for the three hour course is \$40.00. If there are five starters from Snappers then I will arrange with RLSSA to run a class for us.

At any time, however, you can take a course in your own time.



Goggle saw & heard!

- *Four smart new bicycles in a line at Challenge Stadium – Who are the lucky cyclists? M, T, G and D?*

Looking forward to lots of contributions throughout 2007!

Keep those cards and letters rolling in!

Newsletter Deadline

Please send items for the newsletter to sue.colyer@bigpond.com

**Deadline last Friday of the month!
Please help out with stories, personal profiles, jokes and items of swimming interest!**