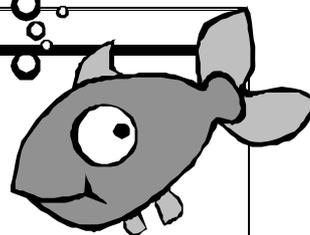


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910 Sept/October 2007

PRESIDENT'S REPORT

Hi all,

Swan Hills (1 July) ran smoothly. All our teams showed up so there was no need to rearrange relays. Thank you all. Congratulations to Robyn and Eleanor for gaining State records. Thank you to June M and Beatie N who gallantly worked as timekeepers for the whole carnival. Again we came second. Since I've been President, Snappers have swum in 10 BACC meets. We have come 2nd at 7, and 3rd at 3. We haven't won any. When I became President I said I get nervous about making speeches, but the acceptance of a trophy at a BACC or Interclub event and the subsequent speech is one I would very much like to make before retiring from the job. It's simple - *The club with the most members swimming is the club that normally wins.* Remember Melville and their 45 swimmers last year. That's my goal so Snappers let's come out in force for the final two BACC's for the year. Let's try and win both. Gosnells is a short course (25m pool) to be held on the 6 October, and Somerset is a long course (50m pool) to be held on the 18 November. Write them in your diaries and don't let anything come between you and the pool that day.

On 28 July AUSSI ran an all day workshop to train swimmers for official jobs like timekeepers, chief timekeepers, check starter, starter and marshal. 12 Snappers nominated to do the course or specific parts of the course making up by far most of the numbers of participants. I note that the 12 were all women. Well done all concerned. What a wonderful club we have!

On Wednesday 8 Aug, 32 Snappers took to the water for the normal training session. Congratulations to Barry Green and Geraldine for swimming their first aerobic swims for the year, and Helen Green for swimming her first BR400. She is therefore one aerobic swim in front of Barry, but who's counting. After years of encouragement Ken Bruce last year swam his first aerobic swim, a FR400. I've heard he's seriously thinking of swimming a FR1500 this year and on Wednesday he swam 1200m so he's building for the challenge. It just goes to show persistence pays off. Peter Williams who has recently joined our ranks kept on swimming backwards and forwards, backwards and forwards and ended up swimming a 1600m. June M timed 6 people for aerobic swims on the day. Thank you to June and congratulations to all swimmers.

Welcome to Mal, Murray and Richard. Mal has been swimming with us for a couple of weeks and Murray and Richard joined us for the first time on the 23 July. Tony and Caroline are also new starters, along with Nat and Steph who swam very fast at the club swim. Welcome to all.

Our hosted 1500 held on the 4/8 ran very smoothly. Thank you to Marilyn and her son Doug who entered swim times into the computer, and checked swims and internal times against existing state records. Thank you to Robyn for organising and coordinating the swims on the day, Deirdre and her team for the afternoon tea spread and everyone who came to help with the time keeping and the provision of food.

All the visiting swimmers I spoke to were pleasantly surprised that we weren't charging a fee for swimming as is the normal custom. This was possible because as part of our sponsorship Challenge Stadium provides us with free allocation of lanes for this event so thank you to Challenge Stadium. Also thank you to the Claremont AUSSI Club for allowing us to use their clubrooms for the eats after the swim.

Well done all and start training for Gosnells and Somerset.

Pamela Walter, President

Letter to the Ed.

Hi Sue and Team Members,

Many thanks for such a wonderful read, so much is going on we feel so pleased and privileged to be part of such a wonderful Team of participants who know how to get the best out of life! So envious of not being able to be there full time. Keep up the excellent work we recognise that there are many unsung heroes behind the scenes, a very big congratulation to Tricia an award so well deserved.

Kindest Regards to all, Cliffe and Beryl (UK)

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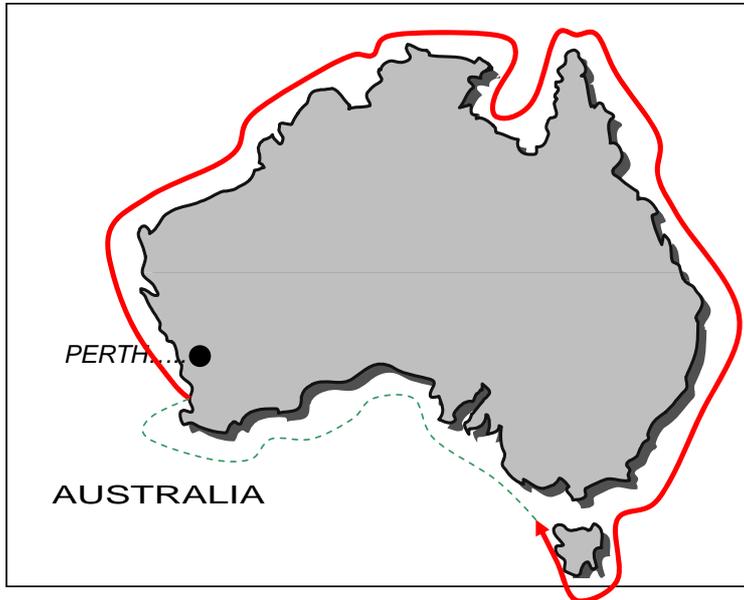
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SWIM AROUND AUSTRALIA - 2006-2008 -Progress Report -
Where are all those outstanding swim distances? Have you lodged
your lot with Gerry?? June (524.7 kms) and July (445.15 kms), we have covered a total
of 10,736.75 kilometres (solid line). We are now opposite Currie on the west coast of King Island.
Swim hard into the prevailing westerlies!

Report your monthly tally to **Oz Swim recorder:** Gerry Krygsman gerald.k@inet.net.au

**And remember that you can add these distances to your Million Metre tally. See log sheet
on the back page!**



Healthy club policy

Get SunSmart and Do It...

Sun exposure can lead to skin cancer and other forms of skin and eye damage later in life.

Apply a thick layer of sunscreen 15 minutes before going out into the sun and reapply sunscreen every two hours.
Do not RUB it in!!

UV radiation will penetrate clouds; so don't be fooled when it's cool. Keep covered up even on a cloudy day.

Be sunwise and protect your eyes with close fitting sunglasses.

UV rays will reflect or bounce off sand, water and paving, so use sun protection even in the shade.

There is no such thing as windburn! The last time you thought you were wind burnt you were actually sunburnt.

Instead of a baseball cap, choose a broad brimmed hat that also protects your ears :



Choose a sunscreen with SPF 30+, that is broad spectrum and water-resistant. Always apply sunscreen thickly.

Stay in the shade as much as possible especially between 10am & 3pm.

Don't forget to drink plenty of fluids on a hot day to avoid dehydration.

Ever believed in a safe suntan ..*Ever seen a pig fly?*
There is no such thing as a safe suntan.

A tan doesn't last but skin damage does!

The Cancer Council Western Australia says:

***Slip on a shirt,
Slop on sunscreen
Slap on a hat.***

For more information
Sports Medicine Australia
Website: www.sportsmedicine.com.au
Email: info@smawa.asn.au
Phone: 9285 8033

DIARY ENTRIES FOR

September & October 2007

Interclub and other events. *Full details found in the BACC 2007 program.*

NOTE: The Open Water Swims 2008 Calendar is now available from Club Captains

Date	Event	Venue
22 Sept	Club swim	Challenge Stadium (long course outside)
24 Sept	<i>Snappers Committee</i>	<i>TBA</i>
6 Oct	Gosnells Twilight meet	Gosnells Leisure World, Thornlie
22 Oct	<i>Snappers Committee</i>	<i>TBA</i>
3 Nov	Heart Swim 2007	
10 Nov	Club swim	Challenge Stadium
11 Nov	OPEN WATER SWIM SERIES STARTS	21st Lake Leschenaultia swim
18 Nov	Somerset BACC	Aqualife, Somerset Street Vic Park
19 Nov	<i>Snappers Committee</i>	<i>TBA</i>
8 Dec	31st ROTTNEST SWIM THRU'	Rottneest Island

Check the respective calendars for precise details.

Check with Club Captains for any event changes

BIRTHDAYS

If you learn to laugh at yourself you will never run out of material.

Helen Keller

SOCIAL EVENTS

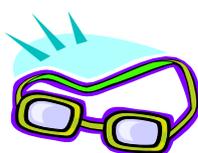
Watch this space ... and listen for announcements at the pool about club social adventures!

AUGUST

4 Cara	Lithgo
7 Kim	Klug
21 Doris	Kimber
26 Audrey	Wren
28 Jane	Cunneen

SEPTEMBER

7 Cas	Brown
19 Hazel	Christie
20 Arthur	Jenkins
22 Robyn	Wilson



Goggle saw!

At a recent Sunday morning swim session – there was a flurry of exciting amongst the boys as 'Tricia turned up with a pole and what looked like a music player.

The thought of a pole dancing routine poolside was too much for some prior to an aerobic swim, but as they watching in anticipation until all was revealed!! 'Tricia was testing a recently repaired underwater video used to view swimmers' technique in the water!

- ' And who, you might ask, was the star of all the filming?
- ' And who won her second ILFWA award last week? Pat Sugars will have to tell us the secret! ILFWA? = Improves Like Fine Wine award for achievement and participation. Who will be next??

Those who laugh, last!

BUMPER STICKERS

A lot of life can be summed up in a bumper sticker –

- Life is short. So buy the shoes!
- Excess is never too much in moderation
- Think globally, Act galactically
- Avoid alliterations always
- An Apple a day keeps Windows away

BE ACTIVE Bumper Stickers

Get your "Clubs are families" bumper sticker to promote Snappers and the benefits of swimming!

Dept. of Sport and Recreation is using stickers to encourage physical activity and Be Active. We have the chance to win some prizes for the club – So get you sticker now and stick in a prominent place on you car.

SWIMATHON HISTORY

At the June Annual club dinner, we presented a large sum of money to Ross Whiteman, President of the Motor Neurone Disease Association of WA. The money was raised from our other annual event – the swimathon!

Marilyn kindly tracked down all the details of the history of the club swimathon – dates, beneficiaries, funds raised and number of swimmers who took part. Interesting reading. We should feel very proud of Snappers' efforts to support charities, especially MNDAWA in honour of two members who succumbed to this disease.

In turn, Ross presented the club with a crystal plaque to thank the generosity of Snappers and their supporters for the financial contribution to the work of the MND Association over the last seven years.

Can we do better in 2008?

DATE	BENEFICIARY	AMOUNT RAISED	CUMULATIVE AMOUNT	NO. OF SWIMMERS	TOTAL DISTANCE (km)	DURATION (hours)
23 May 1999	Paralympic Swim Team	\$2700	\$2700	26	51.5	10
17 June 2000	Paralympic Swim Team	\$1830	\$4530	24	55.8	12
13 May 2001	Motor Neurone Disease Association of WA	\$1400	\$5930 (\$1400 MNDAs)	N/A	N/A	10
19 May 2002	Motor Neurone Disease Association of WA	\$4151	\$10081 (\$5551 MNDAs)	20	54	10
18 May 2003	Motor Neurone Disease Association of WA	\$6000	\$16081 (\$11551 MNDAs)	21	45	8
23 May 2004	Motor Neurone Disease Association of WA	\$5781	\$21862 (\$17332 MNDAs)	17	48	N/A
29 May 2005	Motor Neurone Disease Association of WA	\$3406	\$25268 (\$20738 MNDAs)	13	N/A	N/A
21 May 2006	Motor Neurone Disease Association of WA	\$4829	\$30097 (\$25567 MNDAs)	19	42	7.5
29 April 2007	Motor Neurone Disease Association of WA	\$5935	\$36032 (\$31502 MNDAs)	22	55.95	7

MEMBER PROFILE

From time to time Snappets roving reporters round up some likely members to tell the other members about themselves. This time newcomer Peter is in the spot light.

Peter Williams:

I was born 8th December 1939, attended school in the country, boarding school in Perth and UWA. I graduated from law school in 1961 and have spent 45 years in the law, the last 19 on the District Court. I have been married to Judyth for 40 years and we have three adult sons and one granddaughter.

I have always been active in sports. So far as swimming is concerned, I have been a member of a surf club since university days and attend the club every morning at 5.30am.

Up until 16 October 2006, I trained in the gym, paddled a surf ski and swam modestly. In early October I was diagnosed with severe coronary heart disease that required open-heart surgery and a quadruple bypass. There is a lesson here for everybody.

This came from a general check-up with no prior symptoms of angina or breathlessness. I am a very lucky boy.

Since October last year most of my time has been put in to rehabilitation. I am now back at the surf club each morning doing gym work. I follow that up with a walk with Judyth (my coach and mentor) for approximately 4 kms. In January, I took up swimming at the Claremont pool. Initially all I could manage



was 200m. Alton Jackson, a fellow traveller in the bypass saga, invited me to join the Snappers and I did in April. Unfortunately Alton has not been able to keep up his swimming, but I see him from time to time.

I rate joining the Snappers as one of the best things that I have done. Everybody has been extremely kind and helpful. I have picked up a few tips on swimming that nobody has ever told me before. I am now up to 1600m a session. The coaches have been fantastic. I did my first 800 aerobic swim last week. The time was pathetic, but that only leaves room for improvement.

All of the exercises that I have been doing have contributed to my rehabilitation, but in my view the swimming has contributed the most to my aerobic fitness. My medical advisers have given me a warranty for a further 25 years (not in writing, unfortunately) and I hope to be swimming to the end.

*We hope so too, Peter! Ed.
And thanks to our roving report Pat Sugars.*

GOLF DAY

Photos by Elizabeth, Story by Geraldine

The Annual Golf day was held in beautiful sunny weather on Monday 13 August, with five teams competing. As usual it was held at "Royal " Wembley with a very nice afternoon tea to follow the golf. Several members just came for the walk or afternoon tea.

The winning team was made up of John Christie, Allan Earnshaw, Audrey Wren and Geraldine Klug. The runners up were Hazel Christie, Don Lane and Richard Diggins.

The longest drive by a lady was by Judy Noone, and John Christie hit the longest drive by a man.

Nearest the pin winner was Val Bruce for the ladies, and a male visitor took this award for the men.

It was a great day. Special thanks to Deidre, Don and Margaret for their great organization of this event.



Elizabeth prepares for Adelaide

While in Darwin for the Nationals, Elizabeth read about becoming a Community Ambassador for the Australian Masters Games to be held in Adelaide in October. She applied and eventually received a large box of posters and books with instructions to pass them out to as many people as possible. With this in mind, Elizabeth approached her local shopping centre, Westfield Innaloo, for permission to set up a table on 30 July. Then, with the wonderful support of Snappers, she stayed the whole day and spoke to about a dozen interested people, none of whom had heard of Masters Games. Thank you to Barry for supplying the nibbles - most appreciated by passers-by. Thanks also go Helen, Margaret, Jeannine, Audrey, Marilyn and Merle who gave me support during the day. Next stop Adelaide!



Snapper quiz What do all these words have in common?

Banana Dresser Grammar Potato Revive Assess Uneven

Answer page 6

MUM MAY NOT BE THE WORD!

All our member Mums and Grand mums will relate to this story.

"JUST A MUM" A woman, renewing her driver's license at the County Clerk's office was asked by the woman recorder to state her occupation. She hesitated, uncertain how to classify herself. "What I mean is," explained the recorder, "Do you have a job or are you just a ...?" "Of course I have a job," snapped the woman. "I'm a Mum."

"We don't list 'Mum' as an occupation, 'housewife' covers it," said the recorder emphatically.

I forgot all about her story until one day I found myself in the same situation, this time at our own Town Hall. The Clerk was obviously a career woman, poised, efficient and possessed of a high sounding title like, "Official Interrogator" or "Town Registrar." "What is your occupation?" she probed. What made me say it - I do not know? The words simply popped out. "I'm a Research Associate in the field of Child Development and Human Relations." The clerk paused, ballpoint pen frozen in midair and looked up as though she had not heard right. I repeated the title slowly emphasizing the most significant words. Then I stared with wonder as my pronouncement was written, in bold, black ink on the official questionnaire. "Might I ask," said the clerk with new interest, "Just what you do in your field?"

Coolly, without any trace of fluster in my voice, I heard myself reply, "I have a continuing program of research, (what mother doesn't) in the laboratory and in the field, (normally I would have said indoors and out). I'm working for my Masters, (first the Lord and then the whole family) and already have four credits (all daughters). Of course, the job is one of the most demanding in the humanities, (any mother care to disagree?) and I often work 14 hours a day, (24 is more like it). But the job is more challenging than most run-of-the-mill careers and the rewards are more of a satisfaction rather than just money."

There was an increasing note of respect in the clerk's voice as she completed the form, stood up and personally ushered me to the door. As I drove into our driveway, buoyed up by my glamorous new career, I was greeted by my lab assistants -- ages 13, 7, and 3. Upstairs I could hear our new experimental model, (a 6-month old baby) in the child development program, testing out a new vocal pattern. I felt I had scored a beat on bureaucracy! And I had gone on the official records as someone more distinguished and indispensable to mankind than "just another Mum."

Motherhood! What a glorious career! Especially when there's a title on the door.

Does this make grandmothers "Senior Research Associates in the field of Child Development and Human Relations" and great grandmothers "Executive Senior Research Associates"? I think so!!! I also think it makes Aunts "Associate Research Assistants".

*Thanks to Marg Somes for this contribution.
More about Mums on the back page! Ed.*

RESULTS

Recorder Pamela Walter

A sin of omission!

Two swimmers were disappointed not to be "mentioned in dispatches" in the previous newsletter after Team Snappers competed at the National Masters in Darwin in May. Sincere apologies from the Recorder and Editor for this omission. Audrey Bullough and Merle Loukes did well in their swims at the Nationals, came close to their best times and were well placed amongst the WA swimmers who participated. Well done Audrey and Merle!

AUDREY BULLOUGH	F65-69	BA0050	01.06.65	1 st WA placing
AUDREY BULLOUGH	F65-69	BA0100	02.26.44	1 st WA placing
AUDREY BULLOUGH	F65-69	FR0050	00.54.94	2 nd WA placing
AUDREY BULLOUGH	F65-69	FR0100	02.06.84	3 rd WA placing
MERLE LOUKES	F75-79	BA0050	01.20.83	4 th WA placing
MERLE LOUKES	F75-79	FR0050	01.06.84	3 rd WA placing
MERLE LOUKES	F75-79	FR0100	02.33.64	3 rd WA placing

An explanation of what is recorded in these published results.

Normally our Recorder provides results for club swimmers that highlight: improvements, best since, PBs, PABs, Club Records and other official records. Not every swim time for everyone is reported in the newsletter. However, all swim results are maintained by the Recorder, and swimmers receive a copy of all

their results at the end of each year. Members usually receive their composite results for the preceding year at the AGM in January.

The rationale for this approach is two fold: 1) it highlights those swimmers who swim good times and show marked improvement; and 2) to list all results would give too much information for each edition and require a much larger newsletter! However, for special events such as State, National, and World events, then all swimmers normally get a mention. *Hope this clarifies the situation. Ed.*

SWAN HILLS BACC - 1/7/07 (25m)

BELINDA AITKEN	F35-39	FR0200	03.53.97	inaug25		
BELINDA AITKEN	F35-39	BA0050	01.01.20	inaug25	CR25	
BELINDA AITKEN	F35-39	FR0050	00.44.93	inaug25		
KIM KLUG	F40-44	BA0100	01.58.90	inaug25		
KIM KLUG	F40-44	FR0050	00.39.31	PB25		PB by 3sec.
GAIL PARSONS	F45-49	BA0050	00.44.96	PB25	CR25	PB by 2 sec
GAIL PARSONS	F45-49	BU0100	01.40.58	PB25	CR25	PB by 8 sec
ELEANOR PARSONS	F50-54	BA0100	01.40.96	PB25	CR25	by 4 sec.
ELEANOR PARSONS	F50-54	FR0050	00.33.44	PB25	CR25	
ELEANOR PARSONS	F50-54	FR0200	02.43.06	PAB25	CR25	
ELIZABETH EDMONDSON	F55-59	BA0050	01.05.89	inaug25		
PAMELA WALTER	F55-59	BA0050	00.51.96	PAB25	CR25	
PAMELA WALTER	F55-59	BA0100	01.49.13	PAB25	CR25	
ELIZABETH EDMONDSON	F55-59	BR0050	01.17.09	PB25		PB by 2 sec
ROBYN WILSON	F55-59	BR0050	00.50.47	PB25		PB25 by 8 sec
PAMELA WALTER	F55-59	BR0050	00.49.70	PAB25	CR25	
ROBYN WILSON	F55-59	BU0100	01.58.64	PB25	CR25	
ELIZABETH EDMONDSON	F55-59	FR0050	00.57.26	inaug25		
ROBYN WILSON	F55-59	FR0200	03.04.08	PB25	CR25	PB by 13 sec
AUDREY BULLOUGH	F65-69	BA0050	01.10.20	inaug25		
LAIENE MAXTED	F65-69	BA0050	00.57.56	PAB25		
LAIENE MAXTED	F65-69	BA0100	02.05.80	PB25		by 13 sec
GERALDINE KLUG	F65-69	BA0100	01.59.53	inuag25	CR25	
LAIENE MAXTED	F65-69	BA0200	04.42.24	PAB25	CR25	
MARGARET WATSON	F65-69	BR0050	01.10.16			best time for '07
MERILYN BURBIDGE	F65-69	BR0050	00.57.87	PB25		PB25 by 1 1/2 sec
GERALDINE KLUG	F65-69	BR0050	00.55.34			missed PAB by 3/100
MARGARET WATSON	F65-69	FR0050	01.01.35	inaug25		
MERILYN BURBIDGE	F65-69	FR0050	00.46.08	PB25	CR25	
AUDREY BULLOUGH	F65-69	FR0200	04.31.35	inaug25		
MERILYN BURBIDGE	F65-69	FR0200	03.47.06	PB25	CR25	PB by 6 sec.
MARGARET SOMES	F70-74	BA0050	01.10.09			best time since '05
MARGARET SOMES	F70-74	BR0050	01.10.29			missed PB set in '05 by 2/100's sec
MARGARET SOMES	F70-74	FR0200	04.32.89			missed her PB from '05 by 79/100
PAT SUGARS	F75-79	BA0050	01.13.77	PB25		PB25 set in '03 by 4 sec.
PAT SUGARS	F75-79	BA0200	05.45.64	PB25	CR25	PB by 48 sec
DAVID CORNEY	M50-54	FR0200	03.02.32	PB25	CR25	
WILLIAM CURTIS	M65-69	BA0100	02.10.63			best time for 07
BRIAN SOMES	M70-74	BA0100	02.42.33	PB25	CR25	
WYVERN REES	M75-79	BA0100	02.16.10	PB25		

Relay Club Records

280-319 07 SH 3.29.82 Audrey B, Marilyn, Brian, Wyvern

SNAPPERS HOSTED 1500m 4/8/07

BELINDA AITKEN	F35-39	FR0200	03.47.44	PB25		
BELINDA AITKEN	F35-39	FR0800	16.29.00	PB25	CR25	

BELINDA AITKEN	F35-39	FR1/2HR	1425m	inaug25	CR25
BELINDA AITKEN	F35-39	FR1500	31.32.77	inaug25	CR25
KIM KLUG	F40-44	BR0200	03.48.42	PAB25	
KIM KLUG	F40-44	BR0400	07.49.73	PB25	
KIM KLUG	F40-44	BR0800	16.00.32	inaug25	CR25
KIM KLUG	F40-44	BR1/2HR	1475m	inaug25	CR25
KIM KLUG	F40-44	BR1500	30.27.95	inaug25	CR25
GAIL PARSONS	F45-49	BA0400	07.19.11	PB25	CR25
PAMELA WALTER	F55-59	BR1/2HR	1375m	PB25=	
WAYNE DAVIES	M45-49	FR0800	15.02.72	inaug25	CR25
WAYNE DAVIES	M45-49	FR1/2HR	1500m	inaug25	CR25
WAYNE DAVIES	M45-49	FR1500	28.52.47	inaug25	CR25
JOHN DISHON	M50-54	BA1500	36.56.15	inaug25	CR25
WILLIAM CURTIS	M65-69	BA1/2HR	1175m	PB25=	
WILLIAM CURTIS	M65-69	BA1500	37.38.00	best time since '03	
ELEANOR PARSONS	F50-54	BA0200	03.37.13	PB25	CR25
ELEANOR PARSONS	F50-54	BA0400	07.23.55	PB25	CR25
ELEANOR PARSONS	F50-54	BA0800	15.09.06	PB25	CR25
ELEANOR PARSONS	F50-54	BA1/2HR	1500m	PB25	CR25
ELEANOR PARSONS	F50-54	BA1500	28.45.32	PB25	CR25
SUE COLYER	F60-64	FR1/2HR	1500m	PB25	CR25
SUE COLYER	F60-64	FR1500	29.45.89	PB25	CR25

CLUB SWIM 11/8/07 (25m)

KIM KLUG	F40-44	CL	BA0050	00.53.12	inaug25	
KIM KLUG	F40-44	CL	BR0050	00.46.42	PB25	CR25
KIM KLUG	F40-44	CL	BR0200	03.40.64	PB25	CR25 by 5 sec.
JULIE CROWLEY	F55-59	CL	BA0050	01.01.09	inaug25	
ELIZABETH EDMONDSON	F55-59	CL	BR0200	06.13.35	inaug25	
JULIE CROWLEY	F55-59	CL	BR0200	04.50.73	inaug25	
PAMELA WALTER	F55-59	CL	BR0200	03.57.88	PB25	CR25
PAMELA WALTER	F55-59	CL	BU0200	04.06.52	PB25	CR25
JULIE CROWLEY	F55-59	CL	FR0050	00.43.63	inaug25	
ELIZABETH EDMONDSON	F55-59	CL	FR0200	04.29.86	inaug25	
JULIE CROWLEY	F55-59	CL	FR0200	03.48.31	inaug25	
HELEN GREEN	F60-64	CL	BR0200	05.07.70	inaug25	
SUE COLYER	F60-64	CL	BU0050	00.51.03	PAB25	CR25
SUE COLYER	F60-64	CL	FR0050	00.41.26		best since '04
SUE COLYER	F60-64	CL	FR0200	03.30.89		best since '04
AUDREY BULLOUGH	F65-69	CL	BA0050	01.06.60	PB25	
MERILYN BURBIDGE	F65-69	CL	BA0050	00.59.32	PB25	first time under 1.00.00
AUDREY BULLOUGH	F65-69	CL	BA0200	05.06.08	inaug25	
GERALDINE KLUG	F65-69	CL	BA0200	04.17.11	inaug25	CR25
MERILYN BURBIDGE	F65-69	CL	BR0200	04.29.34	PAB25	
AUDREY BULLOUGH	F65-69	CL	FR0050	00.51.58	PB25	by 2 sec.
MERILYN BURBIDGE	F65-69	CL	FR0050	00.46.88		close to PB
DEIRDRE STEPHENSON	F70-74	CL	FR0200	04.51.83		best time since '05
MERLE LOUKES	F75-79	CL	BA0050	01.24.40	inaug25	
PAT SUGARS	F75-79	CL	BA0050	01.11.89	PB25	
PAT SUGARS	F75-79	CL	BA0200	05.29.74	PB25	CR25 by 16 sec's
MERLE LOUKES	F75-79	CL	BR0050	01.32.29	inaug25	
MERLE LOUKES	F75-79	CL	FR0050	01.04.93	inaug25	
WILLIAM CURTIS	M65-69	CL	BA0050	00.58.21		best for '07
BARRY GREEN	M65-69	CL	BA0050	00.46.05	inaug25	CR25

WILLIAM CURTIS	M65-69	CL	BA0200	04.35.13	best for '07
BARRY GREEN	M65-69	CL	BR0050	00.45.93	inaug25 CR25
BARRY GREEN	M65-69	CL	BU0050	00.50.95	inaug25 CR25
WILLIAM CURTIS	M65-69	CL	FR0050	00.47.61	best since '05

MANDURAH HOSTED 400/800m 12/8/07(25M)

GAIL PARSONS	F45-49	FR0400	06.08.21	PB25	
GAIL PARSONS	F45-49	IM0800	14.54.58	PB25	CR25 State record
ELIZABETH EDMONDSON	F55-59	BR0800	26.27.75		1st time has swum a BR800
SUE COLYER	F60-64	FR400	07.35.47		State record
PAMELA WALTER	F55-59	IM400	08.01.29		State record

SOMERSET HOSTED 1500m 19/8/07

SUE COLYER	F60-64	FR1500	30.17.93		
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CLUB NOTICE BOARD

Volunteers Wanted

2008 FINA World Masters

The volunteer registration page has been updated to include more detailed confirmation so please check this out if you wish to volunteer.

For all information on this event please visit the official event website at - www.2008finamasters.org

You MUST register on-line to be considered for this great experience.

For Sale

Club Badges – only \$5.00

Ideal for cap, hat, jacket ... or to swap with other clubs.

Pat Byrne has one for you!

MEMBERSHIP FEES FOR 2008

16 months (Sept 07 to Dec 2008) = \$135.00 per person*

12 months = \$97.00 or \$190.00 per couple

4 months (Sept – Dec 07) = \$45.00 per person

* For new or re-joining members only

Quiz answer: All words can be spelt correctly backwards when the first letter is placed at the end of the word!

*Happiness keeps you sweet
Trials keep you strong
Sorrows keep you human
Failures keep you humble
Success keeps you glowing
Love keeps you going*

**Dogs have masters.
Cats have staff.**



**Dogs take commands.
Cats will take a message
and may get back to you.**

EXPLANATION OF SNAPPERS SWIM PROGRAM AND EVENTS

Snappers provides many opportunities to swim - from short course (25m) to long distance ocean swims through its own club program and by joining in the pool and open water swim program available.

TRAINING TIMES

Stadium Snappers has six regular swimming sessions per week for which the club books swim lanes, with other swim events organized as required.

Day sessions

Mondays from 8.00 am to 9.00 am - informal

Wednesdays and **Fridays** from 1.30 pm to 2.30 pm – coaching, training and free swim session, followed by afternoon tea.

Saturdays from 1.30 pm to 2.30 pm – for aerobic swims

Sundays from 9.30 am to 10.30 am – for aerobic swims

Night sessions

Tuesdays from 7.00 pm to 8.00 pm – squad training

Thursdays from 7.00 pm to 8.00 pm –squad training

SWIMMING EVENTS

Swimming events fall into three main categories:

Club Swims: these are usually 50, 100 and 200 metre swim events organized by our own Club for our own Club, and are held on a Saturday afternoon, - approximately six-weekly.

Aerobic Swims: these are longer distance swims and are swum either with our own Club members or organized and swum with other Masters Swimming WA clubs.

Be Active Club Challenges: these are 50, 100 and 200 metre events organized and are swum with other Masters Swimming WA clubs. Relay events are included.

Age Groupings - *Age group for the year ahead is determined by age as at 31 December of that year.*

The following age groups, apply for all Masters Swimming events and records: 20-24 yrs, 25-29 yrs, 30-34 yrs, 35-39 yrs, 40-44 yrs, 45-49 yrs, 50-54 yrs, 55-59 yrs, 60-64 yrs, 65-69 yrs, 70-74 yrs, 75-79 yrs, 80-84, etc.

For relay events the ages of the four swimmers are combined. Relay age groups are 80-119 yrs, 120-159 yrs, 160-199 yrs, 200-239 yrs, 240-279 yrs, 280-319 yrs, 320-359, etc.

Club Swims

Each year about nine Club Swims are held to ensure our competitive edge.

Aerobic Swims

Aerobic Swims are a program of middle and long distance swims designed to encourage swimmers to improve their aerobic fitness.

There are two types of Aerobic Swims:

- set distances : 400, 800 and 1500 metres
- elapsed time: half hour, three quarter hour and one hour.

Times for Aerobic swims may be recorded at most official Club training sessions. Longer swims are usually recorded on Saturday afternoons, Sunday mornings. By participating in the Aerobic Swim Program, Club members gain points in the Snappers Aerobic Award, the Aerobic Star Awards and the National Aerobic Trophy, and can set Club records and State and National Top Ten times (but not State or National records).

Ask your Captain for more information on how to start your aerobic swim program.

Many Snappers use the Club Swimathon to complete the 1500 metre, 3000 metre, 5000 metre, half hour, three quarter hour and one hour swims. Only one swim of each is counted.

Each year, several Aerobic Swims are organized together with other Masters Swimming clubs, such as the interclub 1500 Metre Swim hosted by Stadium Snappers, usually in August.

Be Active Club Challenge & State Swim

Masters Swimming swim meets are based on participation and fun. Over the year, each Club may attend a maximum of five Be Active Club Challenges hosted by the bigger Masters Swimming Clubs. Masters Swimming runs a State Swim each year.

National & International Masters Swims

A National Masters Swimming Swim is held annually.

Open Water Swims

During summer there is a calendar of Open Water Swims held in the ocean, rivers and lakes around Perth and in country areas.

Million Metres Award

Swimmers can keep a log of all distances swum and claim an award for swimming t these long accumulated distances over the years. Start your log today. See back page. An electronic version is also available. Ask your coach or email the Editor!

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Not the Back Page

WHY, WHY, WHY ???

- ? Why do we press harder on a remote control when we know the batteries are getting weak?
- ? Why do banks charge a fee on "insufficient funds" when they know there is not enough?
- ? Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- ? Why doesn't glue stick to the bottle?
- ? Why do they use sterilized needles for death by lethal injection?
- ? Why doesn't Tarzan have a beard?
- ? Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?
- ? Why do Kamikaze pilots wear helmets?
- ? Whose idea was it to put an "S" in the word "lisp"?
- ? Why is it that no matter what colour bubble bath you use the bubbles are always white?
- ? Is there ever a day that mattresses are not on sale?
- ? Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
- ? Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?
- ? Why is it that no plastic bag will open from the end on your first try?
- ? How do those dead bugs get into those enclosed light fixtures?
- ? When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, "It's all right?" Well, it isn't all right,

so why don't we say, "That hurt, you stupid idiot?"

- ? Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

What I learned from my mother!

1. **My mother taught me TO APPRECIATE A JOB WELL DONE:** "If you're going to kill each other, do it outside. I just finished cleaning."

2. **My mother taught me RELIGION:** "You better pray that will come out of the carpet."

3. **My mother taught me about TIME TRAVEL:** "If you don't straighten up, I'm going to knock you into the middle of next week!"

4. **My mother taught me LOGIC:** "Because I said so, that's why."

5. **My mother taught me MORE LOGIC:** "If you fall out of that swing and break your neck, you're not going to the store with me."

6. **My mother taught me FORESIGHT:** "Make sure you wear clean underwear, in case you're in an accident."

7. **My mother taught me IRONY:** "Keep crying, and I'll give you something to cry about."

8. **My mother taught me about the science of OSMOSIS:** "Shut your mouth and eat your supper."

9. My mother taught me about **CONTORTIONISM:** "Will you look at that dirt on the back of your neck!"

10. **My mother taught me about STAMINA:** "You'll sit there until all that spinach is gone."

11. **My mother taught me about WEATHER:** "This room of yours looks as if a tornado went through it"

12. **My mother taught me about HYPOCRISY:** "If I told you once, I've told you a million times. Don't exaggerate!"

13. **My mother taught me the CIRCLE OF LIFE:** "I brought you into this world, and I can take you out."

14. **My mother taught me about BEHAVIOR MODIFICATION:** "Stop acting like your father!"

Newsletter Deadline

**Please send items for the newsletter to
sco61637@bigpond.net.au**

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