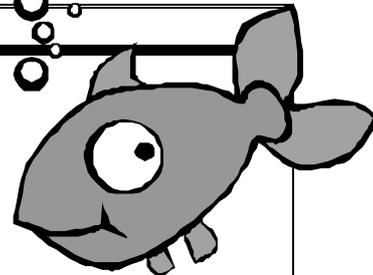


# SNAPPETS



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

July 2009

## PRESIDENT'S MESSAGE

The highlight of the past month was the club's annual birthday dinner on Saturday 20 June 2009. This year we gathered at Ocean Gardens in City Beach (made possible due to two members, Doris and Alan, who are resident there) and we enjoyed the atmosphere of the refurbished lounge. The meal was also up to the excellent standard we have come to expect. Our special guests were Ross Whiteman, President of MNDAWA, and Julie Touchell, who is the MNDA Secretary.

This year we celebrated the 17<sup>th</sup> birthday of Stadium Snappers. It is the time when we reflect on the achievements of the Club due to the efforts of its members over the years to keep it viable and one of the top Masters Swimming clubs in WA. We acknowledged the long time members who have been with the club for 10 and 15 years: 10 years - June Hough, Jil Mogyorosy, Eleanor Parsons and Deirdre Stephenson, and 15 years - Jack Jago, Zelda Marsland, Tricia Summerfield, Trudy Vandewerdt and Pamela Walter. There is a wealth of experience amongst this group of members, and we thank them for their contribution to the club over the years of their membership.

Another tradition at the annual dinner is the presentation of the proceeds of our Swimathon to representatives of the Motor Neurone Disease Association. This year I was able to present to Ross a bundle of cheques totalling \$5567, to which some late sponsorship added another \$70, giving a final total of \$5637 from our generous sponsors in 2009. The total raised over the last nine years is now \$43,419. Another interesting statistic is that we have swum more than 350 kilometres in those nine years of Swimathons (not the complete distance as the distance swum is not available for two swimathons).

The swimming highlight of the past month was the annual trek to Mandurah on 14 June for the Mandurah BACC. Snappers swam well to come second after Somerset, good to be able to "field" some extra relay teams as we have a couple more men (Vic and Bill) available to give us the numbers for mixed relays! After a lull in the competitive swim program, although weekday and weekend programs have kept us in form, we enter into another round of inter-club events during the next month. So sign up, sign up and swim well in these events that will allow you to complete some more aerobic swims to complement the day group's efforts in the special session on Wednesdays and Fridays, and the weekend sessions.

Sue Colyer

*"I can't change the direction of the wind, but I can always adjust my sails to reach my goals."* James Dean

## FEEDBACK ON SNAPPERS' DINNER

Hello Sue,

Congratulations and thanks for the lovely Annual Dinner. For a first-timer it was a most enjoyable evening. It was great to see everyone looking glamorous in their finery and I felt very proud that we had been able to give the MND people such a generous donation. The food was excellent, the venue was most gracious and it was good to hear your report.

With thanks from Theresa.

*We love feedback! Please send us your comments and opinions on Club matters. Writing a letter to the editor is a good way to make your point.*

*Merilyn Burbidge, Ed*

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## BIRTHDAYS

Happy birthday wishes to the august group of Snappers born in the eighth month.



### August

3 <sup>rd</sup>	Patrick Cooney	6 <sup>th</sup>	Eleatha Beare
3 <sup>rd</sup>	Fen East	14 <sup>th</sup>	Ken Bruce
4 <sup>th</sup>	Wyvern Rees	23 <sup>rd</sup>	Neil Ross
4 <sup>th</sup>	Marg Watson	26 <sup>th</sup>	Pat Byrne

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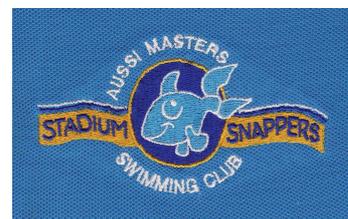
## DIARY ENTRIES FOR AUGUST AND BEYOND

Date	Event	Time	Venue
Sunday 26 July	Gosnells Short Course 400/800	10:00 am	Gosnells Leisure World
Sunday 9 August	Somerset Long Course 1500	9:30 am	Aqualife Centre, Somerset St, East Victoria Park
Sunday 16 August	Claremont Golden Groper Short Course Relay Carnival	8:30 am	Challenge Stadium
Monday 17 August	Committee meeting	7:00 pm	TBA
Sat 22, Sun 23 August	Level 1 Masters Coaching Course	8:45 am	Perth College, Mt Lawley
Monday 24 August	Golf Day	TBA	Wembley Golf Course
Sunday 6 September	Maida Vale Short Course 1500	TBA	Forrestfield SHS pool
Sunday 20 September	Snappers BACC	8:00 am w-u	Challenge Stadium
Monday 21 September	Committee meeting	7:00 pm	TBA
10 - 17 October	2009 World Masters Games		Sydney, NSW
Saturday 17 October	Club Captains meeting		WA Sports Lotteries House
Sunday 18 October	Mandurah Short Course 400/800	TBA	Mandurah Aquatic Centre

## CLUB CLOTHING ITEMS AVAILABLE

The winter order is now complete, with the new style tracksuit and old style fleece jackets keeping everyone warm. The club logo is the dominant theme, on dark navy. The quality and price of the new tracksuit are excellent and the design should be available for several more years. If anyone missed out, I have available for purchase:

- 1 tracksuit, size medium (\$64)
- 1 trackpants, size medium (\$24)



The Club logo: although, here, not on dark navy

The last ordering list had six people wanting the long-sleeved cotton polo shirts. The minimum order is 10, so I shall hold over until more people contact me. We will have to find another supplier for the aqua short-sleeved polo shirt. That will be arranged in September.

Any comments and suggestions with regard to club clothing would be greatly appreciated. Please email me with your ideas and needs. Hoping to hear from you.

Marg Watson (dmawatson@iinet.net.au)

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## GOGGLE SAW

- ◆ In one lane on a Friday afternoon in June: Sue successfully supervising six senior Snappers (65–69) stroking strongly in sequence in short course!
- ◆ About 18 seriously silly Snappers struggling through sleet at a Club swim on a Sunday morn in Siberia (10-lane pool). Some, eg Theresa, Helen, Eleanor and Robyn, swam superbly.



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## SOCIAL NOTES

### Annual Dinner

The annual dinner was a very happy occasion attended by 56. We were all thrilled as Sue presented the MND President with our Swimathon cheque for \$5567 – Sue's close-kept secret! Certificates were awarded to those who have been members for 10 or 15 years and Pamela presented certificates to a record number of swimmers for State and National Top Ten listings.

### Zoo Visit

Due to a weather forecast for Monday 20 July that was full of foreboding (Showers and windy, with the risk of a thunderstorm and hail. Strong and squally W/SW'ly winds, reaching gale force at times! Min 7; Max 14), our visit to the Zoo had to be postponed. We hope we'll be able to reschedule the visit to a finer day so that the 29 day trippers won't be disappointed. I thank Marg Watson for all the organising she's done toward this outing.

### Golf Day

Golfers please note this date in your diaries: Monday 24 August at Wembley Golf Course. Walkers are very welcome. Afternoon tea will be served. Further details will be announced later and a sign-up sheet will be in the cage.

Marg Somes

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## THE LION AND ALBERT

penned by Marriott Edgar in 1932 and made famous by Stanley Holloway, spoken in his adopted, but convincing, "North Country" voice.

*(Even though we still have our Zoo visit to look forward to, I hope you get a giggle out of these lines. Ed)*

There's a famous seaside place called  
Blackpool,  
That's noted for fresh-air and fun,  
And Mr and Mrs Ramsbottom  
Went there with young Albert, their son.

A grand little lad was their Albert  
All dressed in his best; quite a swell  
'E'd a stick with an 'orse's 'ead 'andle  
The finest that Woolworth's could sell.

They didn't think much to the ocean  
The waves, they was fiddlin' and small  
There was no wrecks... nobody drowned  
'Fact, nothing to laugh at, at all.

So, seeking for further amusement  
They paid and went into the zoo  
Where they'd lions and tigers and cam-els  
And old ale and sandwiches too.

There were one great big lion called Wallace  
His nose were all covered with scars  
He lay in a som-no-lent posture  
With the side of his face to the bars.

Now Albert had heard about lions  
How they were ferocious and wild  
And to see Wallace lying so peaceful  
Well... it didn't seem right to the child.

So straight 'way the brave little feller  
Not showing a morsel of fear  
Took 'is stick with the 'orse's 'ead 'andle  
And pushed it in Wallace's ear!

You could see that the lion didn't like it  
For giving a kind of a roll  
He pulled Albert inside the cage with 'im  
And swallowed the little lad... whole!

Then Pa, who had seen the occurrence  
And didn't know what to do next  
Said, "Mother! Yon lions 'et Albert"  
And Mother said "Eeh, I am vexed!"

So Mr and Mrs Ramsbottom  
Quite rightly, when all's said and done  
Complained to the Animal Keeper  
That the lion had eaten their son.

The keeper was quite nice about it  
He said, "What a nasty mishap  
Are you sure that it's your lad he's eaten?"  
Pa said, "Am I sure? There's his cap!"

So the manager had to be sent for  
He came and he said, "What's to do?"  
Pa said, "Yon lion's 'eaten our Albert  
And 'im in his Sunday clothes, too."

Then Mother said, "Right's right, young feller  
I think it's a shame and a sin  
For a lion to go and eat Albert  
And after we've paid to come in!"

The manager wanted no trouble  
He took out his purse right away  
And said, "How much to settle the matter?"  
And Pa said "What do you usually pay?"

But Mother had turned a bit awkward  
When she thought where her Albert had gone  
She said, "No! someone's got to be  
summonsed"  
So that were decided upon.

Round they went to the Police Station  
In front of a Magistrate chap  
They told 'im what happened to Albert  
And proved it by showing his cap.

The Magistrate gave his o-pinion  
That no-one was really to blame  
He said that he hoped the Ramsbottoms  
Would have further sons to their name.

At that Mother got proper blazing  
"And thank you, sir, kindly," said she  
"What waste all our lives raising children  
To feed ruddy lions? Not me!"



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## FROM MASTERS SWIMMING WA

### Level 1 Masters Coaching Course

The Ford and Doonan Level 1 Masters Coaching Course being held on 22 and 23 August has proved to be so popular that a bigger venue has had to be found - Perth College in Mt Lawley. Two Snappers are taking the course: Elizabeth Edmondson and Kim Klug.

### Accreditation as MSWA Officials

Well done to these Snappers who have completed their accreditation as follows:

Beatie Norris (Timekeeper)

Pat Sugars (Starter)

Theresa Elliott (Inspector of Turns)

### Accounts Officer

MSWA has changed the somewhat obsolete title of Bookkeeper to the more relevant title of Accounts Officer, the position currently held by Snapper, Gail Parsons.

### Call for two Volunteers

Executive Officer Wendy Holtom is keen to secure two long-term volunteers to manage

1) Masters Swimming WA's awards program and

2) Masters Swimming WA's equipment.

Both roles involve transporting and handling of gear. Wendy will draft position descriptions soon and asks anyone interested in finding out more to call her on 9387 4400.

### 2011 Masters Swimming Australia National Swim

The 2011 Nationals will be held in Perth at Challenge Stadium. Dates confirmed are Wednesday 27 to Saturday 30 April for the pool events and Tuesday 26 April for the open water swim.

### Suggested name change

Masters Swimming Australia has suggested removing AUSSI from the title of our sport at State and National levels for reasons of relevance, image and marketing. Many Clubs Australia-wide have already removed AUSSI from their official name. When Wendy receives documentation from Clubs addressed to "Aussie", it highlights the need for change! Snappers Management Committee favours the change.

### SAFETY INFORMATION

Swimmers will be comforted to learn that, as a consequence of the 'incident' at Challenge Stadium last month, the Stadium has bought a second defibrillator. It is stored on the wall inside the pool attendant's office beside the 10-lane outdoor pool. The original defibrillator is kept at reception.

### STATIONERY FAIRY

Elizabeth would have difficulty acting in the role of Derek. Instead, she is keeping us supplied with whiteboard markers, pens, files and clipboards. Thanks Elizabeth.

### THE BOWLER'S WIFE

My husband took up bowling  
And bragged upon the phone  
About a wench called Kitty,  
Whom he couldn't leave alone.  
He played with Kitty,  
He stayed with Kitty,  
He picked her up without a hitch.  
He missed Kitty,  
He kissed Kitty,  
He even lay beside her in the ditch.  
So I, too, took up bowling,  
To win my husband back,  
And found that what he did with Kitty,  
I could do with Jack.

## SNAPSHOTS

Initiated by Captain Gail Parsons and introduced recently, 'Snapshots' uses email as a way of keeping night swimmers informed of events, both swimming and social.

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## MILK: THE NEW SPORTS DRINK

Milk is being touted as the “new” sports drink. Natural low fat chocolate milk produces better after-exercise results in hydration, carbohydrate replacement and protein rebuilding. Several recent research studies of the recovery rates and subsequent performances of cyclists and soccer players show that the athletes work longer and faster, with less muscle damage using milk after strenuous exercise when compared to their performances after consuming well known sports drinks.

Colin Beaton gave me a short article from a popular magazine that reported that chocolate milk had benefits for athletes, so I searched the web and found reports of three research studies at USA and British universities. All the studies reported that drinking milk after exercise has positive effects on recovery, muscle building and hydration.

The three studies compared the effects of chocolate milk with two commercial sports drinks on the recovery of endurance cyclists and soccer players. The athletes depleted their glycogen stores through strenuous exercise on three separate days, and after each of the sessions drank one of the three drinks during the rest break. Then they exercised again, the cyclists completing an endurance ride. Eight of the nine cyclists cycled longer after drinking the milk drink. In the study of soccer players, the researchers found that low fat chocolate milk provided better muscle recovery.

Researchers believe that the proteins in milk provide an efficient nutrient supply: caseins provide slow release amino acids, and whey protein is fast acting and taken up rapidly by muscle tissue. Chocolate milk drinkers were found to have lower levels of muscle damage.

Milk is also good for hydration, containing about 80% water; it is also a natural source of electrolytes, containing more minerals than sports drinks. And compared to most sports drinks, low fat milk contains more carbohydrate and higher levels of fat, which enhance muscle replenishment of glycogen. Why choc milk? The chocolate adds a little more sugar and most people like it and drink it!

Sue Colyer

*Thank you for the article, Colin. I think that choc milk could be just as beneficial for Masters swimmers. And I think that a carton of choc milk could be cheaper than the other sports drinks! sc*

References:

[Adamson](#), N (5 June 2009) Chocolate Milk -The Ultimate Sports Drink? Dairy Aids Athletes in Recovery, Muscle Building and Hydration. Retrieved from [http://nutrition.suite101.com/article.cfm/chocolate\\_milk\\_the\\_ultimate\\_sports\\_drink](http://nutrition.suite101.com/article.cfm/chocolate_milk_the_ultimate_sports_drink) on 28 June 2009.

Hoy, D (25 May 2009) <http://www.scienceofsocceronline.com/2009/03/cutting-edge-research-chocolate-milk.html> 28 June 09. Retrieved on 28 June 2009.

Thomas K, Morris P, Stevenson E (2009) Improved endurance capacity following chocolate milk consumption compared with 2 commercially available sports drinks. *Applied Physiology Nutrition and Metabolism*, 34: 78-82.

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## MEMBERSHIP STATUS

*Recently, the Management Committee created the position of Registrar to handle membership matters. Julie Crowley accepted the position and her first report follows.*

As of the end of June 2009 Snappers has 81 members, 46 women and 35 men. On a quick view of the age distribution we have 7 members under 40 years of age and 15 aged 80 and over. Currently, 20% of our members are less than 50 years old, 36% are aged between 50 and 69 and 44% are 70 or over! Happy swimming.

Julie Crowley, Registrar



### WHY DID THE CHICKEN ... ?

A chicken was standing by the side of the road waiting to cross.

Along came a turkey who said, “Don’t do it. You’ll never hear the end of it!”

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## MANDURAH BACC SUNDAY 14 JUNE 2009 from Recorder Pamela Walter

Sue COLYER	BU 50 (PB25 beating '02 time, CR25), FR 100 (PB25 beating '02 time, CR25), IM 100 (best since '04, CR25)
David CORNEY	FR 50 (.08 sec outside PB25)
William CURTIS	BU 50 (.15 sec outside PB, CR25), FR 100 (PAB25)
Theresa ELLIOTT	FR 100 (inaug25), BA 100 (inaug25), BR 100 (inaug25)
Barry GREEN	IM 100 (PB25)
Helen GREEN	BR 50 (2 <sup>nd</sup> best time ever), FR 100 (inaug25)
Lillian HADLEY	BA 100 (best since '05, CR25)
June HOUGH	FR 50 (best since '07), BR 50 (best since '07)
Geraldine KLUG	BR 50 (.43 sec outside PAB set in '06), BR 100 (PAB25, best since '04, CR25)
Kim KLUG	BR 50 (PB25 by 2 sec, CR25), BR 100 (PB25 by 5 sec, CR25), IM 100 (PB25 by 4 sec)
Merle LOUKES	BR 50 (best since '07)
Eleanor PARSONS	FR 100 (.35 sec outside PB)
Gail PARSONS	IM 100 (best since '02)
Vic PAUL	BU 50 (inaug25), FR 100 (inaug25), IM 100 (inaug25)
Brian SOMES	BA 100 (PAB25), BR 100 (PAB25)
Deirdre STEPHENSON	BR 50 (best since '07), FR 100 (best since '07), BA 100 (inaug25)
Pat SUGARS	BR 50 (inaug25), BA 100 (3 <sup>rd</sup> best time ever)
Pamela WALTER	BR 50 (best since '07), BA 100 (PAB25, best since '05, CR25), BR 100 (PB25, CR25)
Bill WOODHOUSE	FR 50 (inaug25), BR 50 (inaug25), FR 100 (inaug25, missed CR by .19 sec)

In the results from Mandurah's BACC, June Hough's name appeared in error in the 75-79 age group - she is 82! After correction, June was placed first in her two events, scoring 8 points for the Club. Onya, June

At Mandurah's short course carnival, attended by 11 clubs, a team of 24 Snappers came second to Somerset with Mandurah 3<sup>rd</sup> and Melville 4<sup>th</sup>. It was Bill's first BACC and Merle's first for a long time. Our six relay teams scored very well, with four firsts, a second and a third.

Thanks to Pamela, Theresa and Elizabeth, who squeezed their swims between their stints as officials, and Trudy, who came just to timekeep.

## SNAPPERS' 20 YEAR HISTORY PROJECT

Last year, the Management Committee set up a sub-committee to prepare for the writing of a Club history to mark its 20<sup>th</sup> birthday in 2012. Barry Green, Margaret Watson and Richard Diggins have been busy planning the many-authored project. Barry writes: "In the course of reviewing archival material, lovingly retained and ordered by Margaret Watson, I have uncovered some facts which may be of interest, particularly to those of us who have not made the 'long march' with the Club. Beginning with this issue of *Snappets*, a selection of these will be featured in a regular 'Did you know?' segment.

### DID YOU KNOW? Snippets for *Snappets* about Snappers' history

- The club, now known as Stadium Snappers, was founded in 1992
- The original name for the Club was Superdrome Snappers
- Club members from the first year who are still swimming with Snappers include Hazel and John Christie, Audrey Wren, Nomai Jago and Doris Kimber!
- The original name for *Snappets* was *Snappers Newsletter*
- The day group was once known as "Dappers" and the night group as "Nappers".

Barry Green

*No pessimist ever discovered the secret of the stars, or sailed to an uncharted land, or opened a new doorway for the human spirit.*

Helen Keller

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## THE BYRON BAY CLASSIC SWIM

I promised this report for the last edition of Snappets, but... ! On Sunday 4<sup>th</sup> May, while other Snappers were competing in the National Masters Open Water Swim in Brisbane, I drove to Byron Bay to visit my father and compete with him in the 20<sup>th</sup> Byron Bay Classic 2.2 km swim. My father had been in training for several months. Last year there were 1200 entries; this year entries swelled to just over 2,000. On the day, the registration area was awash with people and it was raining and miserable. A coffee at the Beach Hotel saw the sun come out and conditions improve. The water had been murky earlier in the week after heavy rains but cleared for the swim and by 10 am conditions were excellent. Swimmers left in 17 waves, each three minutes apart. Dad and I were in the first wave: over 55 years. He finished in just over an hour which was comparable to previous swims so he was pleased. I did a PB and broke 50 minutes so I was also pleased. Dad was quite a hero as at 87 he was the oldest swimmer by 10 years and the organisers even reversed the order of presentation to start with the oldest age group first, 85 – 89. He got an ovation from the crowd and vowed to swim again next year! I am hoping he will visit Perth later this year as I have been telling him about our open water swims and how good the pools at Challenge Stadium are.

Julie Crowley

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## SNAPPER PROFILES

*In the June edition of Snappets, Brian Downing and Theresa Elliott gave us a glimpse into what makes them tick. Since then, Brian has deepened his later-in-life passion for water by learning to dive. Theresa continues to blitz her times for distances long and short with at least one PB per week. Thanks to Warwick Maxted for his sketch in this issue. I'm eager to receive profiles from others, too, so please send yours to me at [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au).*

Merilyn

## WARWICK MAXTED

I've been extremely fortunate to have had a lifelong involvement with swimming. My sister and I were brought up as water babies and greatly encouraged by our parents to be in or on the water. My first memory of competitive swimming was in my first year of primary school, a one lap dash of the school pool. I was well beaten and I've never forgotten it! Although I never got involved with serious squad swimming as a youngster, I did enough to do well in the school swimming carnivals I went to. I was introduced to the wonders of open water swimming by my Uncle John (Watson) in the Murray Lakes swim in the mid-eighties. Since then I've competed in many open water swims and have gradually worked my way to this year completing a solo to Rottneest.

What sets me apart from other swimmers? If anything, probably my stamina, which was born and nurtured by my parents and the examples and support of my family. Since my Mum, Laiene, received her diagnosis of pancreatic cancer, I have watched with great pride, awe and respect her journey of living with, fighting against and accepting this condition. It has made me realise that we are all here for such a short time and that living each moment to its utmost is so important, be it time with family and friends or alone. And when I find myself in a deep dark hole during an open water swim or at training, I think of my Mum and her steely determination, realise that my pain is only temporary (and self inflicted!) and then think, as Mum would say, "Pull finger, boy!"

During my build-up for Rottneest I received training from Vic Paul, which was, and continues to be, priceless in terms of technical stroke correction. My part of that deal was to join the Stadium Snappers. I am hoping to become involved with pool competition as the year goes on, which will see me more involved with the club. My goals for this year are to do that, continue learning how to swim faster and perhaps, just maybe, beat Mike Cook in an open water swim!



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## CLAREMONT MASTERS' SHORT COURSE RELAY CARNIVAL

Sunday morning 16 August

We need YOU! Here's the carnival you've been waiting for, especially the swimmers who are at last eligible for a 320+ team! All events on the program are relays and include every variation you can think of, such as 4 x 25, 4 x 50 and 4 x 100; women, men and mixed; freestyle and medley. Please sign up on the sheet in the cage for as many events as you can to give Snappers the maximum number of teams possible. If 25 metres is your preference, go for it, and if you can stretch to 50 metres, then go for that, too. We can enter more than one team per age group, so let's make this a united club effort.

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### DEADLINE

Many thanks to Sue Colyer, Pamela Walter, Marg Watson, Julie Crowley, Barry Green, Marg Somes, Warwick Maxted, Geoff Lane and Doris Kimber for providing material for this issue of Snappers.

Please send your contributions for the next issue to [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by Friday 4 September.

Merilyn Burbidge

Stadium Snappers values the support received from our sponsors

