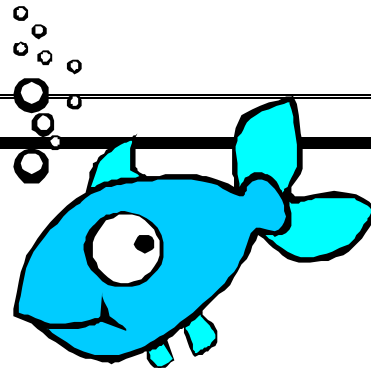


# SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiumsnappers.net.au

November 2014

## FROM THE EDITOR

This edition of *Snappets* is shorter than usual: all the LiveLighter Club Challenges that Snappers nominated for 2014 are over, the 2014/2015 Open Water Swim season hasn't quite begun, the Management Committee didn't meet in October and activities at Masters Swimming WA have been interrupted by a fire adjacent to their office in Sports Lotteries House WA! However I feel that it is important to keep members "in the picture" and hope some of the material included here holds your attention.

Keep up your swimming training: a fit body and mind will make it easier to cope with Christmas preparations. Even if the theory doesn't hold up, you'll still be in better form to begin the Endurance 1000 program anew next year.

And how about giving serious thought to what you can do for your club by nominating for a position on the Management Committee for 2015?

Merilyn

### Regular features

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## BIRTHDAYS

### November

Barry Green	2 <sup>nd</sup>
Ann-Maree Lynch (60)	26 <sup>th</sup>
Helen Green (70)	29 <sup>th</sup>

### December

Peter Williams	8 <sup>th</sup>
Gail Parsons	8 <sup>th</sup>
Thelma McKenzie	9 <sup>th</sup>



Happy birthday wishes to these Snappers. Extra special greetings to Ann-Maree on her 60<sup>th</sup> and Helen on her 70<sup>th</sup>!

## DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Sunday 9 November	Lake Leschenaultia 1600m OWS LiveLighter Novice 400m Swim	Rego: 8:30 am	Lake Leschenaultia, Chidlow
Monday 17 November	Committee meeting	7:00pm	Regent Park
Saturday 22 November	BBB River Swim, 1.5km or 3km	Start: 8.30am	Bicton Baths, East Fremantle
Saturday 13 December	Fremantle Ports 1600m Swim Thru LiveLighter Novice 400m Swim	Start: 8:30am	South Beach, South Fremantle
Sunday 14 December	Snappers Christmas Picnic	11:30am	TBA
Monday 15 December	Committee meeting	7:00pm	Regent Park

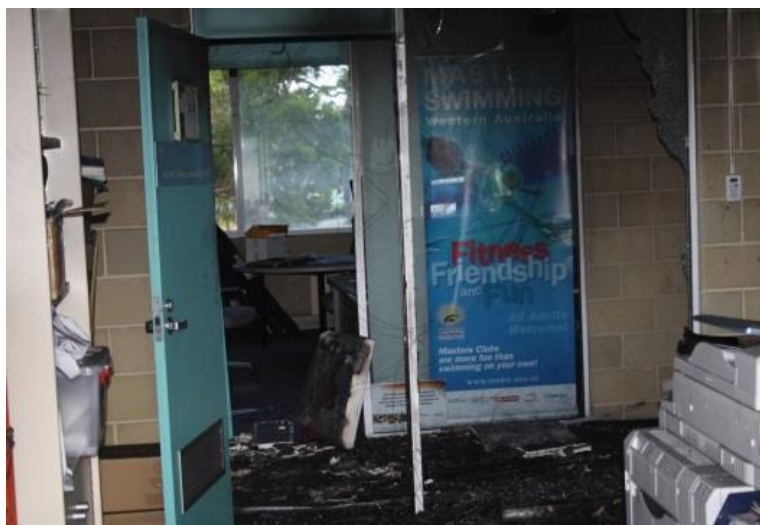
## CORRECTION

In the September issue of *Snappets* it was reported that, at Snappers LiveLighter Club Challenge in the 280-319 age group, the **mixed** team of Barry, Bill, Vic and Stuart won the 4x50 medley relay. Of course this should read **mixed-up!**

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## FROM MASTERS SWIMMING WA

### Fire at Masters Swimming WA Offices on Monday 20<sup>th</sup> October



To all Masters Swimming WA members we wish to advise that we had a fire at our Mt Claremont office yesterday. As you can see the damage is quite extensive and we are unable to return to the office at present. We will keep you posted but we should be up and running next week all be it from a different location! Many thanks for your understanding.

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## CLUB CLOTHING

While it is true that our Club name has changed, our navy and teal colours have not, and we have quite a few items of clothing in excellent condition just waiting to be worn again. Why not try some of them on and, for a small donation to the Club, you can look the part?

Currently available in the newer style:

- Navy fleecy sleeveless Vest      1 Small
- Navy Tracksuit Top                      1 Small
- White Long sleeved cotton Polo shirt with motif on the back      1 Small

And in the older style:

- Aqua short-sleeved Polo shirt      1 Small, 2 Medium, 2 Large, 1 X-Large
- Navy long-sleeved fleecy Jacket      1 Medium, 1 Large
- Navy and aqua Tracksuit Top      1 Small, 1 Large

Contact Marg Watson: 9387 5463 or [dmawatson@inet.net.au](mailto:dmawatson@inet.net.au)

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## GOGGLE SAW

A small group of Friday swimmers suffering through a program euphemistically called "Lovely Legs". A better title would have been "Stuart's Sadistic Set". The only consolation was that Stu was in the water kicking with the rest of us. There was more straining than training that day!

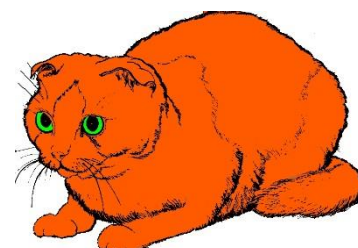


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## JOKE

At last here's a joke that's neither sexist nor racist, does not discriminate against age or hair colour and touches religion only very gently:

Two mice front up at the gateway to Heaven to be greeted by St Peter. He welcomes them, shows them around and asks if they have any concerns. The mice say their legs are short which will make it hard for them to cover the vast distances up there. St Peter very obligingly gives them each a tiny bike and they pedal off, blissfully happy. Some time later, a cat rocks up at the pearly gates. St Peter gives the cat a warm welcome, too. After a few days, St Peter bumps into the cat and asks him how he's settling in. The cat replies that he's finding the life very comfortable indeed, especially the meals on wheels!



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## REFLECTIONS from Marg Watson

### Fundraising, Fun and Finance

As the new fiscal year looms high on the horizon, it's time to think club finances and how things are going. We've had some pretty quirky fundraising ideas over the years, all in the spirit of keeping fees to a minimum and fun to a maximum.

There was great success with the sale of hot cross buns in the first couple of years, made possible by Audrey and Kevin Wren's connection with a bakery. Getting the orders correct and in time for Easter was the challenge! We tried a Swapmeet at an undercover market (a big thing in the 90s and made \$352.45 nett), but were left with exhaustion and a trailer of unwanted rubbish for disposal.

We've organised Fun Swims and BBQ, Movie and Meal, Golf/Bowls/Croquet Days. There have been Beach Picnics, Christmas Picnics, Steam Train excursions and Melbourne Cup luncheons with a chocolate wheel and all the trimmings.

In recent years we've held a sausage sizzle outside Bunnings and provided volunteers for a number of kids' and women's triathlons, all of which have raised substantial amounts for the Club.

Umpteen hampers have been raffled, as well as Superdrome vouchers, Qantas Mystery Flights, and Breakfast for Two at the cafe at the Floreat Forum. The one that has outlasted them all is the Wednesday one dollar raffle! This started in about 1995 when Jean Creeper donated some of her handcraft for a raffle at the Dappers' after-swim-coffee. Jean died in 1996, but the raffle continued with the format of whoever won had to bring a small gift to raffle the next week. After a while, and to ease the pain of winning the raffle, it was decided that if everyone brought something small, and gender-neutral, the prize would be a lucky dip. The expectation and anticipation when the winner opened the parcel were half the fun and the choice did not always benefit the beneficiary! Audrey Wren carried that Lucky Dip sack to the Wednesday swim for months, until she eventually handed it on. When the novelty wore off, the current Guess the Number of the \$10 note became the weekly fundraiser, still \$1 for a guess.

Who said the 'F' word was crude and rude? F for Fundraising in all its forms has been going for nearly 20 years now, which is not a bad record.



Marg Somes and Dee Stephenson with one of the hampers raffled at Snappers' LiveLighter Club Challenge in September. This raffle raised the record sum of \$440.



"Oh Betty, I *knew* something awful would happen if you went swimming so soon after a meal!" cried Mavis.

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## WORLD RECORDS – 50 YEARS AGO from Barry Green

Early in 1964, at the age of 14, Elizabeth Edmondson set an unofficial world record while swimming at Beatty Park, according to her coach! At the age of 15 months she contracted polio, and had started swimming at age five, but serious swimming training started only in February 1964.

At the 1964 Australian Paraplegic Games held in Adelaide in September, Elizabeth broke a world record and a Commonwealth record. She won a gold medal in the 50 metre backstroke class E\* event with a time of 51.2 seconds, 15.2 seconds faster than the previous Commonwealth record time that she beat.

The Adelaide event was the Australian qualifying competition for the 1964 Tokyo Summer Paralympic Games in November. At the age of 14 years and 4 months, Elizabeth was an Australian Paralympic competitor. She was the youngest competitor at these 1964 Summer Paralympics in Tokyo among athletes from all nations. She remained the youngest Paralympic medalist for Australia for 48 years, until Maddison Elliott won a bronze medal at the 2012 London Paralympics. Elizabeth is still the youngest individual gold-medal winner for Australia at Olympics or Paralympics.

In 1964, Elizabeth won three gold medals and set three world records in the following events: Women's class D\*, 50 metre breaststroke with a world record time of 1:04.6; Women's class D, 50 metre backstroke with a world record time of 50.8; Women's class E, 50 metre complete\* freestyle with a world record time of 39.7. She also won a silver medal in the class 4 incomplete\* 50 metre backstroke event with a time of 52.3, that beat the old world record.

Well done Elizabeth!

\* Disability categories



Elizabeth with her medals and her sisters

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## VITAMIN D TRIAL: D-Health

Some of you may already have been randomly contacted via the Commonwealth electoral roll regarding this trial, as I was. Skeleton information is given below in case others are interested in participating.

The QIMR Berghofer Medical Research Institute in Brisbane is recruiting Australians to take part in a vitamin D trial.

Vitamin D in your body comes from exposure to the sun or from your diet. Having enough vitamin D in your blood stream is important for maintaining healthy bones, but it is not really known how much our bones need. Having higher vitamin D levels might also reduce risks of diseases such as diabetes, heart disease, multiple sclerosis and some cancers, **but this is uncertain.**

To fully understand the health effects of vitamin D it is necessary to do studies with very large numbers of people. D-Health is one of the largest trials of vitamin D in the world – the QIMR Berghofer Medical Research Institute **is aiming to recruit about 25,000 Australians aged 60-84.** The aims are to see if taking a vitamin D tablet changes the risk of a person being diagnosed with health conditions such as cancer, heart disease or infections (like flu). D-Health will provide much-needed information so people can be given correct advice in the future.

If you are interested in finding out about the study you can contact the D-Health helpline on 1300 735 920 or email [dhealth@qimrberghofer.edu.au](mailto:dhealth@qimrberghofer.edu.au).

Merilyn

### ACKNOWLEDGEMENTS AND DEADLINE

Thanks to Marg Watson and Barry Green for contributing to this issue of *Snappets*. I always look forward to receiving items from as many people as possible, so please send your items for the last issue for the year to me at [amburbidge@westnet.com.au](mailto:amburbidge@westnet.com.au) by **Friday 5<sup>th</sup> December.**

Merilyn Burbidge