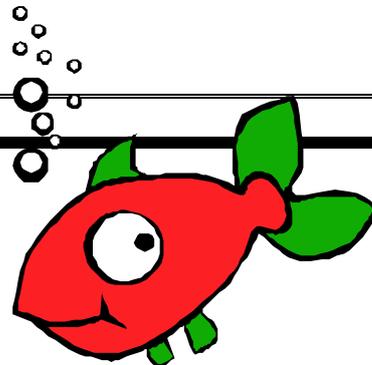


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiumsnappers.net.au

December 2014

PRESIDENT'S JOTTINGS

I would like to wish all members a very happy Christmas and a bright and healthy New Year.

Following are some notes from the Council of Clubs meeting in November:

- As you know, some weeks ago there was a fire in the roof of Sports Lotteries House where Masters Swimming WA have their office. The damage was considerable and the building is closed until repairs are carried out in about six months' time. MSWA are still contactable by telephone and email.
- The new starting procedures for open water events have come into operation with the HBF 2014/2015 season now underway.
- Perth was due to host the Masters Swimming Australia National Championships in 2017. However the World Masters Games are being held in New Zealand that year and it has been suggested that either Sydney or Melbourne hold the 2017 Nationals instead as it is easier for participants to carry on to NZ from the Eastern States.
- The new name for what was called the State Championships is now LiveLighter All Club Challenge. This has been brought about in the hope that more people will participate. The format may also change.

Now for some Snappers news:

- Please remember that Masters Swimming Australia now requires that all re-registrations and new registrations need to be completed online by December 31st 2014. The previously allowable one month period of grace no longer applies. If you are not re-joining for whatever reason, please let me know and then we know not to follow up with you if you have not paid by December 31st.
- Attendance at Tuesday and Thursday night sessions is currently three or four swimmers only. Lane hire charges are now \$15.00 per lane per hour. The Committee agreed that at \$30.00 for two lanes this cost cannot be substantiated. If the numbers do not pick up the lanes may be
 - (1) cancelled altogether
 - (2) cut to one lane
 - (3) cut to Tuesday night only
- The Committee agreed that the lanes on Saturday will now be booked in the ten lane pool, thus cutting out the need to have a coach on deck.
- It was also agreed that lanes would not be booked for three weeks over the Christmas/New Year period, from December 22nd to January 12th. We can all swim at the usual times but the cage cannot be used.
- The Committee would like to see members putting their names forward for positions on the Management Committee for next year. Those interested should complete a nomination form and give it to Secretary Robyn Wilson no later than one week before the AGM. A copy of the form is on the back page of this newsletter. Or email Robyn at bretmall@gmail.com and ask for a form.
- I have received only 10 names from members who have said they will help with the Tadpole Triathlon on March 8th next year. If any of those people have a friend, teenage child or grandchild who would be able to help, please let me know.
- The LiveLighter Club Challenges we have been allocated for next year are Newman Churchlands, Melville, Stadium Masters and Swan Hills.
- The Annual General Meeting will be held on Saturday January 17th 2015 in the Claremont club rooms (Crab Palace) at 3:00pm.

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Geraldine Klug



ANNUAL CLUB AWARD WINNERS

Congratulations to the winners and runners-up of the following Club awards for 2014 and to all the other swimmers for making for exciting competitions:

Lynda Joachim Award for the female Club champion:

Winner **Pamela Walter**
Runner-up **Eleanor Parsons**

Cliffe Webb Award for outstanding performance at the Masters Swimming WA State Swim and Stadium Masters' LiveLighter Club Challenge:

Winner **Eleanor Parsons**
Runner-up **Barry Green**

Kevin Wren Award for the male Club champion:

Winner **Mark Etherton-Beer**
Runner-up **Bill Woodhouse**

Founders' Award for commitment to and improvement of swimming over the year:

Winner **Jackie Egan**
Runner-up **Beng Hooi Chua**

Participation Award: Anne Edmondson

Over the last two years Anne has been a regular contributor at Committee meetings. She participates in three to four swim sessions a week, does many hours of timing for Endurance 1000 swims and was invaluable as our Meet Director for the last two Stadium Masters LiveLighter Club Challenges.

President's Award: Marilyn Burbidge

As PR and Membership member Marilyn has made sure every new member gets their new member pack as soon as they have joined. She has brought out *Snappets* regularly every six weeks, finding interesting subjects as well as the set items. Marilyn has also encouraged swimmers in the Endurance 1000 timed swims on a Wednesday and Friday, as well as doing a lot of timing for these swims.

WELCOME NEW MEMBERS

Stadium Masters extends a warm welcome to its three newest members, Peter Lyster, Kay Zani and Louise Norris.

Peter is looking to improve his stroke technique and build up his swimming strength. Originally from Northern Ireland, he and his wife came to Australia when their children were small and have lived here for 30 plus years. Swimming was not big in Ireland when Peter was learning to swim and Freestyle took precedence over other strokes. This means that new challenges are in store for him!

Peter says: "I thought I was moderately fit, but Barry and Stuart have dispelled that myth. I have a lot of catching up to do! We are going to Ottawa, Canada to be with our son and his family over Christmas."

Kay began swimming in the Wednesday morning group under Coach 'Tricia in order to keep active after injury limited her participation in other sports.

Kay says: "I am presently 'between jobs' and looking for 3-4 days per week as an Environmental Scientist in assessment and management of contaminated sites or environmental management systems. So I decided to put more time into increasing my fitness through swimming. The Wednesday 9:30am Snappers 'try out swimming with a squad' was a good way to give it a go. I didn't think I would be able to swim with a squad.... it all looked so hard and confusing from the outside. Enter 'Tricia who has been gently helping me redefine the meaning of swimming through her patient coaching. Joining Stadium Masters was a natural progression. Thanks to those who have made it easier for me by translating the program acronyms! I also like being outdoors, including paddling my surfski, hiking, enjoying wildflowers and camping in WA."

Louise joined only a day or two ago – she appears in a photo taken at the Swim Thru Rottnest – and we look forward to hearing from her in the next newsletter.

We wish this trio all the very best as they strive to meet their swimming challenges and achieve their goals.

Father Christmas' sleigh broke down on Christmas Eve. He flagged down a passing motorist and asked, "Can you give me a hand?"

"Sorry," the motorist replied, "I'm not a mechanic, I'm a chiroprapist."

"Well," asked Father Christmas, "can you give me a toe?"

BIRTHDAYS

December

Thelma McKenzie 9th
Mathew Lovelock 20th
Lisa Dwyer 24th
Andrew Wilson 27th
Maree Crouch 29th
Peter Downey 29th

January

Mark Etherton-Beer 1st
Zee Marsland 2nd
Bill Woodhouse 7th
Jil Mogyorosy 8th
Kay Zani 10th
Peter Lyster 17th
Pat Sugars 22nd
Alan Earnshaw 27th



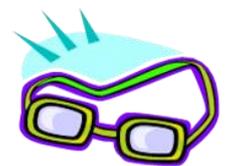
A very Happy Birthday all!

DIARY ENTRIES FOR DECEMBER AND INTO 2015

<i>Date</i>	<i>Event</i>	<i>Time</i>	<i>Venue</i>
<i>Monday 15 December</i>	<i>Committee meeting</i>	<i>7:00pm</i>	<i>Regent Park</i>
<i>Monday 22 December to Monday 12 January</i>	<i>No Club lanes hired at HBF Stadium</i>	<i>Members are welcome to swim but the cage may not be used</i>	
<i>Saturday 17 January</i>	<i>Stadium Masters AGM</i>	<i>3:00pm</i>	<i>Claremont Masters clubroom</i>
<i>Sunday 18 January</i>	<i>2015 Minara Resources Swim Thru Perth: 4km Solo, 1.6km Solo & Teams</i>	<i>Check-in: 7:30-8:30am</i>	<i>Matilda Bay, Swan River</i>
<i>Monday 26 January</i>	<i>Australia Day Swim 2km Solo</i>	<i>Check-in: 7:30- 8:30am</i>	<i>Doddi's Beach, Halls Head, Mandurah</i>
<i>Sunday 15 February</i>	<i>Newman Churchlands LiveLighter Club Challenge Long Course</i>	<i>am</i>	<i>Newman College</i>
<i>Saturday 21 February</i>	<i>Karma Resorts Rottneest Channel Swim</i>	<i>from 5:45 am</i>	<i>Cottesloe Beach</i>

GOGGLE SAW

- Our new name, STADIUM MASTERS, in red lights on the notice board at HBF Stadium
- About eight Club members knitting and crocheting poppies for a display in Melbourne on Anzac Day next year



AND FOUND

- One \$3000 hearing aid on the bottom of the pool. After drying and testing it, the owner is very pleased that it still works!

FROM MASTERS SWIMMING WA

FINA Backstroke Start Device

FINA has provided advice that they are introducing the backstroke start device and OMEGA lap counters at the upcoming World Championships in Doha. The knock on effect of this is that these devices may (if they prove successful) be in operation at the **World Masters Championships in Kazan** next year. **Please advise any members who maybe considering international competition next year.**

FROM THE RECORDER Kim Klug

The final date for Endurance 1000 files to be in the cage for end of year processing is Wednesday 31st December, but if you have finished your swims, it would be even more helpful if you could leave your file in the cage by Friday 19th December. If you have completed either an internal butterfly time or a 3000 or 5000 km swim, you will also need to fill in an Internal Time Swim sheet and put it in your file for collection. Anyone who needs an Internal Time Sheet and hasn't received one please let me know via email kklug@bigpond.com.

OPEN WATER SWIM SCENE

Lake Leschenaultia, 1600 m, Sunday 9 November 2014

	Age Group	Time	Age Group Posn
Mark Etherton-Beer	45-49	27:43	7 th
Jackie Egan	45-49	27:52	2 nd
Barry Green	70-74	34:31	3 rd

This was a great start to the open water season for our three on a lovely warm day. Maida Vale's new big buoys (floating on their sides) made the course easier to follow. Maida Vale are hoping to work out how to get the buoys upright before next year! The buoys also generated lots of jokes about Big Boys! A bushfire broke out nearby just after the picnic was over. Barry claims our lot lit it and scarpered which is why they missed seeing the helicopter filling its tanks from the lake!



BBB River Swim, 1.5 km or 3 km, Bicton Baths, East Fremantle Saturday 22 November 2014

	Distance	Age Group	Time	Age Group Posn
Jackie Egan	3 km	45-49	48:59	1 st
Mark Etherton-Beer	1.5 km	45-49	24:09	2 nd
Barry Green	1.5 km	70-74	29:36	2 nd



The same three enjoyed the next swim on the calendar in clear, cold water at Bicton with a few white jelly fish just below arms' reach. Jackie was really stoked by her victory in the 3 km event and reckons she could have swum the course again no problem. Rottnest, here she comes! Melville's sausage sizzle went down very well.

Jackie, Stuart, Vic, David and Barry

38th Swim Thru Rottnest, 1.6 km, Saturday 6 December 2014

	Age Group	Time	Age Group Posn
Jackie Egan	45-49 (27 in age group)	27:03	2 nd
Joanna Kagi	45-49	34:28	15 th
Sue Bird	50-54 (34 in age group!)	25:58	4 th
Lisa Dwyer	50-54	30:05	10 th
Eleanor Parsons	55-59 (24 in age group)	25:25	1 st
Louise Norris	55-59	40:43	



Jackie, Lisa and Louise

A bigger turn-out for this one, with six Stadium Masters among the field of almost 800 swimmers. Conditions were near perfect, sunny, calm, and a breeze to swim into on the last leg. A few stingers selected certain people, like Jackie, whose arms came up in big welts just to prove she had been chosen! Well done to new member, Louise Norris, on entering her first-ever open water swim.

ROTTNEST CHANNEL SWIMMERS

Gail Parsons and friend, Erin, are swimming in a duo. In 2014 they were Wonder Women and next year they'll still be Wonder Women!

Money will buy a fine dog but only kindness will make him wag his tail.

A good time to keep your mouth shut is when you're in deep water.

TRIP TO ISRAEL by Barry Green

A reunion for people who had worked in Japan in the period 1993-2006 on the design of the international fusion energy project, ITER, at present being built in the south of France, has been held every two years for the last decade. Because the parties involved in the ITER design were European, Japanese, Russian and American, the location of these reunions has moved around. This year, an American Israeli arranged for it to be held in Jerusalem! Helen and I decided to go!

Jerusalem has more than 4,000 years of history: Kingdom of Israel, Babylonian, Persian, Greek, Roman, part of the Byzantine Empire, Muslim, Christian (occupied by the Crusaders), Marmeluke (Muslim), and part of the Ottoman Empire. The ceasefire line established through the 1949 Armistice Agreements between Israel and Jordan cut through the centre of the city until 1967, during which time western Jerusalem was part of Israel, and eastern Jerusalem was controlled by Jordan. In 1949, west Jerusalem became Israel's capital. After the Six-Day War in 1967, all of Jerusalem was claimed by Israel as its capital.

Jerusalem contains the holy places of the three faiths; Judaism, Christianity and Islam. The Old City of Jerusalem is the area enclosed by grand walls built by the Ottoman Turkish sultan, Suleiman the magnificent, in 1538. It has 7 gates. In the Old City we viewed the Tower of David Museum, displaying the history of Jerusalem in David's Citadel. We did a walking tour around the 4 quarters of the Old City, Armenian, Christian, Jewish and Muslim, walked the 14 Stations of the Cross on the Via Dolorosa and visited the Church of the Holy Sepulchre. We went to the Wailing Wall, and the tunnels underneath it. Because of security concerns, we did not go to Temple Mount on which the



The Wailing Wall

Dome on the Rock and the Al Aqsa Mosque are built. In Jerusalem, we also visited the L.A. Mayer Institute for Islamic Art, and the Yad Vashem (Holocaust Memorial and Museum). This museum (2005) graphically recalls the genocide of Jews in the lead-up to and during the Second World War.

One day, we took a bus trip east from Jerusalem to Masada and the Dead Sea, which is the lowest point on earth at about 427 m below sea level. On the road south, along the western edge of the Dead Sea, we passed the turnoff to Qumran, the location of the caves where the Dead Sea Scrolls, the oldest Biblical manuscripts in the world, were found (1947-56). We saw these in the Israel Museum in Jerusalem. The fortress of Masada was built by Herod (37 BCE-4CE), king of Judea, under Roman occupation, and was a palatial fortress. This was built on a plateau, 450 m



above the level of the Dead Sea. At Masada, 900 Jewish zealots held the Roman legions at bay for 4 years between 69 and 73 CE. Its fall signalled the violent destruction of the kingdom of Judea and the end of the Second Temple Period. After the Masada visit, we returned to Ein Gedi by the Dead Sea for our "swim". With 34.2% salinity, because water loss is by evaporation only, the Dead Sea is one of the saltiest bodies of water in the world. The sensation in the water was fabulous but it was very difficult to remain upright because, as soon as one exposed a limb, the buoyancy force provided a turning moment to cause the body to go horizontal. Floating on the back was the preferred position.

After the reunion in Jerusalem was over, Helen and I spent 3 days at the seaside in Tel Aviv. This is a lovely city right next door to the ancient port of Jaffa, more than 4,000 years old. The concept for a new garden city to be called Tel Aviv, was developed on the sand dunes outside Jaffa in 1909, but even before this, some neighbourhoods had been built outside Jaffa, from which Jonah is said to have set sail, before he encountered a whale!. There is a wonderful walk (the Promenade) along the beaches from North Tel Aviv to Jaffa in the south, and there are many restaurants on the beach.

We swam in the Mediterranean and also visited the Tel Aviv Museum of Art and Bet Hatfutzot, The Diaspora Museum of the Jewish people – a vast ensemble of multimedia exhibits that illustrate the histories of Jewish communities throughout the world. Each section represents a specific area of Jewish life which together enabled a nation, scattered around the world for 4,000 years, to keep its unique nature, tradition, heritage and values.

Looking from Jaffa at the southern end of the Promenade over Tel Aviv



**STADIUM MASTERS SWIMMING CLUB INC
NOMINATION FOR MANAGEMENT COMMITTEE 2015**

to be given or emailed to Robyn Wilson before 10 January 2015

NAME OF NOMINEE:

POSITION:

NOMINATED BY:

SECONDED BY:

SIGNATURE OF NOMINEE: