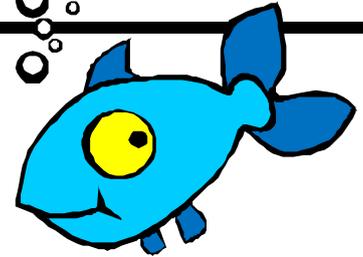


SNAPPETS



Stadium Masters Swimming Club Inc

www.stadiummasters.org.au

early May 2020

PRESIDENT

Wasn't it great news about our Womens 320+ Freestyle relay team recording the 8th fastest time in 2019 in the WORLD? Terrific performance from Audrey, Deirdre, Marg and Merylyn at our LiveLighter Club Challenge in May last year. Congratulations on a fantastic achievement, ladies! The 280+ team has always performed well and now the 320+ team has done really well over the last couple of years, including winning medals at the 2018 Nationals.



Marg Watson, Merylyn Burbidge, Deirdre Stephenson and Audrey Bullough

By the time the newsletter went to press, I had hoped we would know

when the pools would be open again but we are still waiting on an announcement from our Premier. Several States have announced a lifting of some of the restrictions including South Australia where they are opening the pools next week. WAIS is back training at HBF Stadium, so hopefully it won't be too long.

The ocean swimmers had to stay on dry land on Wednesday with Tuesday night's storm creating spectacular swells and crashing waves. Still big swells on Friday but good hard work and lots of fun.

Stay safe, Peter



Members socially distancing at the Kiosk. Spot the border collie!

OCEAN SWIMMING

Over the past fortnight, beach-goers have seen widely variable conditions, from almost flat calm to huge surf whipped up by storm force winds on top of an already big swell. Not even Barry was tempted to try the water that Wednesday! One fine day we were about to go in when the shark alarm sounded. A 2.5m tiger shark had been sighted 100 metres off shore so we went home. Brave Brett and Barry returned later and enjoyed their swim. Another day, just after the number of people permitted to assemble had been increased to 10, some swam and others came for coffee at the Floreat Kiosk. It was great to see the old faces again!



Sara Cann
June Hough
Richard Diggins

3rd May
7th May
19th May

These are lucky people – they can invite nine guests to their birthday party instead of having to make do with a virtual celebration!



WHAT ARE YOU DOING?

Bill: I've upgraded my daughter's kitchen and am now doing ours.

Sara: I'm working with my personal trainer in the park twice a week and riding my bike around Lake Monger with my dog, Balti, in his trailer.

Marg Smithson: I take a 3-4 km walk each morning and do floor exercises three times per week. My back garden is weed free because family visit over the back fence and I pull out weeds as I'm chatting to them!



GOGGLE SAW



- Brett, Angel of the North (groyne at City Beach) modelling a tracksuit top from years gone by when Club colours were black and gold.

- Paralympian swimmer, Elizabeth, winning medals at the Games in Tokyo in 1964. She was booked to go back in 2020. We hope she can go in 2021.



AUDREY WREN Madeleine Denness

The passing of an original and valued Club member, Audrey Wren, is sad news. Without Audrey persuading her husband Kevin to help, we could not at first register our Club to start it up. We were short one person to form a quorum so Kevin stepped in. Later the Wrens offered their home for much needed fundraisers, a generous gesture. They allowed their beautiful home to take a collection of jumble sale donations for what was an amazing revenue raiser.

In later years Audrey donated a trophy for the Kevin Wren Award a generous and invaluable memory of Audrey and Kevin's assistance to the founding of the Club.

Audrey was a stalwart, always enjoying and alert to life and laughter.

RIP Audrey



WISE WORDS FROM A 102 YEAR-OLD

Queensland Masters swimmer George Coronos died recently, holding five World Records in the 95-99 age group and four in the 100-104 age group. His time of 56.12 for 50m Free as a 100 year-old is amazing! George passes on some good advice:

"Tell it as it is. If you don't do it, it will not be done. Nobody else can do it for you. Do today at least what you did yesterday. Doing less is a step backwards. Take charge of yourself."

- Evidence has been found that William Tell and his family were avid bowlers. Unfortunately, all the Swiss League records were destroyed in a fire so we'll never know for whom the Tells bowled.
- A famous Viking explorer returned home from a voyage and found his name missing from the town register. His wife complained to the local civic official, who apologised profusely saying, "I must have taken Leif off my census."

ELENA'S LAND-BASED EXERCISES

With such a long time out of the pool, it's important that you maintain your strength. To help you, here's the first stretch in Elena's "Upwardly mobile" program, working mainly on the upper body. You can find the complete series on our club website at <http://www.stadiummasters.org.au>.

Shoulder Pass Through

Using a long pole such as a broom handle, grip each end. Start with pole in front of body and keeping arms straight lift pole over your head and down to your bottom keeping hands level. The wider the grip the easier it is on your shoulders, which obviously means the narrower the grip the harder it is on your shoulders. Repeat 6-10 times each way. Rest 60 seconds and repeat.



COMMUNITY SHOPPING HOUR

Merilyn Burbidge (from personal experience)

We've heard grim tales of COVID curse -
Enough to make me pen this verse.

I tried Coles Seniors shopping hour
To pick up milk and bread and flour.
After all, I am a Senior
Which I understand to mean yer
Get the chance to shop in quiet
Before the milling crowds cause riot.
(Who can comprehend the issue
Of women fighting over toilet tissue?)

At 7am I fronted up
But the earnest man outside said, "Nup!
Where is your AHPRA card my dear?
Without it you can't enter here."
Three times he asked to see my card,
(These days I find the hearing hard)
And then the light began to dawn,
Early on that Tuesday morn -
Mon, Wed and Fridays are bespoke
For the older group of folk
And Tues and Thurs are likewise set
So the needs of health care staff are met.

Looking glum, I turned to go,
Feeling stupid, spirits low.
The stern man wasn't going to budge
So homeward I would have to trudge.
Without supplies to tide us through
What on Earth were we to do?
One last time I looked and saw
A smile creep slowly 'cross his jaw.
With an impish grin he quietly said,
"Woolies is just up ahead!"

