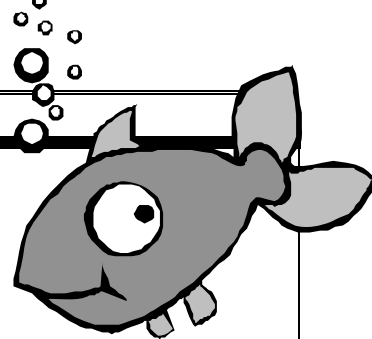


SNAPPETS



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

December 2007/January 2008

SEASONAL SELECTION OF SNAPPERS' SNIPPETS

An interim edition of Snappets to keep you up-to-date with dates and events that are scheduled between early December 2007, late January 2008 and beyond, as well as assorted newsy items.

All items in alphabetical order ...

ACTIVITIES FOR JANUARY & FEBRUARY 2008

This list is incomplete – please check for details of club swims and BACCS at the pool. The pool calendar is still in production. See the OWS program for details of the open water swims through until April

Date	Event	Venue
15 Dec	Tower to Tower Swim Thru 1600m	Scarborough Beach, 8.30 am
16 Dec	Bicton to Bridges and Back 1600m/5km	Bicton Foreshore, 8.00 am
5 Jan	Sunset Coast Ocean Swims 2km/5km	Scarborough Beach, 8.00 am
6 Jan	Water Corp OWS #3 - 1.25k/2.5k/5km	City Beach, 9 am
12 Jan	Cottesloe Classic Mile 1600m	Cottesloe 8.30 am
19 Jan	Sorrento Supa Swim	Sorrento Beach, 8.00 am
20 Jan	2008 Swim Thru Perth 4km/2.2km	Barrack St – Matilda Bay
21 Jan	<i>Snappers Committee Meeting</i>	TBA
25 Jan	Snappers Sculling Championship	Challenge Stadium
26 Jan	Australia Day swim 2km	Scarborough Beach 8.00 am
26 Jan	Water Corp OWS #4 - 5km	Scarborough Beach 8.00 am
27 Jan	Water Corp OWS #5 - 10km	Scarborough Beach 8.00 am
16 Feb	Club Swim	Challenge Stadium
16 Feb	Rottneet Channel Swim	Starts Cottesloe Beach 6am
17 Feb	Beach Picnic & Swim	City Beach (north of Oceanus café)
18 Feb	<i>Snappers Committee meeting</i>	TBA

ANNUAL GENERAL MEETING - NOTICE OF MEETING

The annual general meeting of Stadium Snappers Inc will be held on:

Wednesday 30 January 2008

At 7.30 pm

**At St Cecilia's Church Hall, Grantham Street
(Cnr Kenmore Crescent), Floreat**

All positions for the 2008 committee are open for nomination:

President
Vice President
Secretary
Treasurer

Social Secretary
Day Captain
Night Captain

2 General Committee Members
Membership and PR

Please make sure your membership is paid and please attend the meeting to support your club.

A small plate of tasty nibbles for supper after the meeting would be appreciated.

Thank you

AWARD

2007 Sports Officials Awards presented at Department of Sport and Recreation awards dinner on Friday 9 November included our own Pamela Walter as **Female Rookie of Year (Stadium Snappers)**! Congratulations Pamela - you really have started something!

BIRTHDAYS

DECEMBER		
8	Gail	Parsons
27	Patrick	Carden
31	Donald	Lane
JANUARY		
2	Zelda	Marsland
20	John	Dishon
22	Pat	Sugars
27	Alan	Earnshaw
FEBRUARY		
1	Jean	Beaton
4	Deirdre	Stephenson
16	Kylie	Birch
21	William	Curtis



*Sing a song of Birthdays
Full of fun and cheer
And may you keep on having them
For many a happy year. – Anonymous*

Have a happy one in any language!

- ' **Welsh - Penblwydd hapus**
- ' **Yiddish - A Freilekhn Gebortstog!**
- ' **China - Sheng Ri Kuai Le or Saang yaht faai lokik**
- ' **Croatian - Sretan Rodendan!**
- ' **Esperanto - Felichan Naskightagon!**

BOWLED OVER

Snappers held the annual bowls day on Sunday 25th Nov. in pleasant warm weather at Dalkeith Bowling Club. There were 24 persons present, which included members, partners, husbands and wives. We were divided into six teams of four and every team, except one, had an experienced bowler as its captain. Laiene, Wyvern (Capt.) Geraldine and David were in the one team that really battled!!!

After half an hour of practice with the bowling gurus, George, Don, John, Arthur, and Syd, trying to show and tell us what to do we started the real competition. After 40 minutes, each team was moved to play a different team on a different rink. Talk about herding cats! Organising bowlers (who really are swimmers) was as bad as organising swimmers for a relay at a BACC challenge!!!

The victorious team after two hours was John, Jean, Audrey and Richard, with a close second George, Kay, Judy and Geoff.

We all enjoyed afternoon tea and a drink. Those participants who had not played bowls before said it had been great fun and a new experience. Those of us who had played bowls once before also enjoyed the day.

BREAKFAST SPECIAL

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99.

"Sounds good," my wife said. "But I don't want the eggs."

"Then I'll have to charge you two dollars and forty-nine cents because you're ordering a la carte," the waitress warned her.

"You mean I'd have to pay for not taking the eggs?" my wife asked incredulously.

"YES!!" stated the waitress.

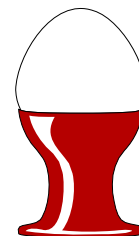
"I'll take the special then," my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell," my wife replied.

She took the two eggs home.

DON'T MESS WITH SENIORS!!! We've been around the block more than once.



CHRISTMAS PICNIC

Jade Dodd Reserve, Mosman Park, was once again the site of the Snappers' Annual Christmas picnic. Weather fine to warm, gentle breeze and plenty of shade. No stingers, but I did see a couple of galahs (feathered variety active around their nest in a hollow of one of the gum trees, no doubt wondering what Snappers were doing so far from their natural habitat!)

Another great spread was provided – some nutritious nibbles, succulent salads, sizzled sausages and delightful desserts. I noticed many people having seconds of the desserts, and June M's famous trifle didn't last long!

Annual awards were also presented to recognize efforts in the pool and for the club. Audrey Wren and Cliffe Webb supported President Pamela in the presentations – so good to have the donors present:

Linda Joachim Award – Pamela Walter (Margaret Somes)
Kevin Wren Award – Wyvern Rees (Brian Somes)
Founders Award – Audrey Bullough (Elizabeth Edmonson)
Cliffe Webb Award – Margaret Somes (Merilyn Burbidge)
President's Award – Sue Colyer
Participation Award – Margaret Somes

Congratulations to all the awardees for services rendered and wonderful achievements in and out of the water! A special thank you everyone, especially those who are mostly behind the scenes, for making the club run so smoothly:

- Coaches: Eleanor, Gail, David, Tricia, Merilyn, Lillian and Sue
- Captains: Margaret and Kim
- Social organizer: Deirdre and all her helpers
- And for all those extra efforts by Merilyn, Marg W, Gerry, Lillian.

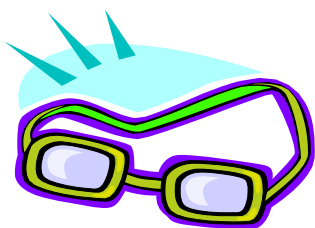
Thank you all, Pamela Walter

DRINK, DRINK DRINK WATER!

Hydrate before, during and after the swim –follow our **HEALTHY CLUB POLICY**

- ' Exercise causes sweating, which deprives the body of vital fluids.
- ' Dehydration can cause headaches, nausea, dizziness and heat stress.
- ' Replace sweat loss with large amounts of water, particularly if you are planning on drinking alcohol later.
- ' Drinking alcohol before or during sport will slow your reaction times and reduce your coordination, accuracy and balance.
- ' Alcohol dehydrates the body further, therefore it is the worst choice of fluid following exercise.
- ' Alcohol will also delay your recovery from injury.
- ' If you sustain an injury, avoid alcohol for 48-72 hours, or risk sitting on the sideline for longer than necessary!

For more information
Sports Medicine Australia
Website: www.sportsmedicine.com.au Email: info@smawa.asn.au
Phone: 92858033



Goggle heard & saw!

' Former Snapper and Federal Police agent Andrea Coleman is in Cyprus working with the United Nations Peacekeeping Force.

- ' Swim Trek swimmers in Croatia winning awards to reflect their outstanding achievements!

<i>Name of award:</i>	<i>Received for:</i>	<i>And the winners is ...</i>
CATNIP AWARD	For attracting the most stray cats and kittens	Gail Parsons
CECIL B AWARD	For video and digital photographic excellence	David Corney
ALEXANDER BELL KOWALSKI AWARD	For being the only swimmer to hide behind a telegraph pole	Eleanor Parsons
CLEAN HEELS AWARD	For always getting through the pack	Robyn Wilson
ONE ARMED BANDIT AWARD	For being the only swimmer who didn't know that two arms are needed for swimming	Sue Colyer

EOM

A 'time saving' tip. It's based on research indicating that 40% of e-mails contain less than 10 words. When you send short emails - consider placing the entire message in the - *Subject Line* and end the message with "EOM"

Examples:

1. Meeting now at 3pm tomorrow EOM
2. Please pick up milk on the way home EOM

EOM is short for - "End of Message" EOM signals that the email may not need to be opened as the whole message is contained within the 'subject line' Possible Result: Valuable time saved. The use of EOM is gaining fast popularity

Thank You. EOM

LANE HIRE OVER CHRISTMAS

IMPORTANT: No lane hire for Snappers from Saturday 22 December 2007 to Friday 4 January 2008

MY FIRST YEAR AS A SNAPPER

I joined Snappers in July last year having never been much of a swimmer. I never made it to school swimming squads and have always stated that I would never be seen wearing Speedos.

Apart from giving me the courage to drop my board shorts and expose the budgie smugglers beneath, the coaching team at Snappers has been a great source of advice and assistance. Here are just a few of the things I have learned in my first year as a Snapper.

Keep your head still; turn from your hips; tuck your chin in; keep one eye below the waterline; long strokes; glide in the water; stretch out; keep your ear close to your shoulder; make your hands enter the water just forward of your eyes; reach out under the water; relax your fingers; swim in the "pipe"; relaxed breathing; don't gasp; keep your legs together; flex from your ankles; don't bend your knees; push off under water; don't go too deep; don't forget to kick after pushing off the wall; stay under water until you reach the flags; come up early and start swimming; bend your elbows; keep your elbows high; don't drag too deep under water; brush your thigh with your thumb; imagine your hand and your elbow are racing each other towards your thigh; pull straight through; keep left; cross to the right for the last few meters of each lap; breathe on both sides; just touch the wall – don't hang off it

While keeping all this in mind we are expected to keep track of the time and distance and understand the terminology on the program sheet!

Thank God I only do Freestyle!

Ain't it great to know that coaches are heeded! Ed.

NEW ADDRESSES FOR MSWA

Masters Swimming WA is excited to announce that we have a new website and subsequently a new web address and email addresses (see below). Please update your address book when convenient.

Wendy Holtom - Executive Officer

Masters Swimming WA

Email: wendy@mastersswimmingwa.asn.au

Web: www.mastersswimmingwa.asn.au

Tel: 08 9387 4400 (Mon-Fri 9am-5pm)

Tel A/H (if urgent) 0417 941 251

RESULTS

Just a reminder that not all swimmers' results are included in this report – only those who have broken a record of some sort, swum a best time or swum close to a previous best.

FREMANTLE MASTERS 23/9/07 - LC

ELIZABETH EDMONDSON	F55-59	FR/Mast	FR0200	04.10.00	PB50	
AUDREY BULLOUGH	F65-69	FR/Mast	FR0100	02.04.16	PB50	
AUDREY BULLOUGH	F65-69	FR/Mast	BA0050	01.03.16	PB50	
MARGARET SOMES	F70-74	FR/Mast	BA0050	01.07.64		best for '07
PAT SUGARS	F75-79	FR/Mast	BA0050	01.14.91	PAB50	by 3 secs
WILLIAM CURTIS	M65-69	FR/Mast	BA0050	00.57.13		best for '07
WILLIAM CURTIS	M65-69	FR/Mast	FR0100	01.48.47		better than any times for '06
WILLIAM CURTIS	M65-69	FR/Mast	FR0200	03.57.94		best for '07

GOSNELLS/ARMADALE BACC 6/10/07 - SC

PAMELA WALTER	F55-59	25	BA0200	03.49.36	PB25	CR25
PAMELA WALTER	F55-59	25	IM0100	01.45.72	PAB25	
AUDREY BULLOUGH	F65-69	25	BA0200	04.47.86	PB25	
MERILYN BURBIDGE	F65-69	25	BA0200	04.35.72	PAB25	
AUDREY BULLOUGH	F65-69	25	FR0050	00.52.93	PB25	
MERILYN BURBIDGE	F65-69	25	FR0050	00.46.13		.06 off PB25
AUDREY BULLOUGH	F65-69	25	FR0100	02.01.30	PB25	
LILLIAN HADLEY	F70-74	25	BA0200	05.27.25		best time since '05
LILLIAN HADLEY	F70-74	25	BR0050	01.15.26		best for '07
MARGARET SOMES	F70-74	25	FR0050	00.58.59		best for '07
LILLIAN HADLEY	F70-74	25	FR0100	02.24.29		best for '07
WILLIAM CURTIS	M65-69	25	BA0200	04.26.12		best time since '05
WILLIAM CURTIS	M65-69	25	FR0050	00.45.39		best time since '05
BRIAN SOMES	M70-74	25	BA0200	06.15.30	inaug25	
BRIAN SOMES	M70-74	25	BR0050	01.07.77		best time since '05
WYVERN REES	M75-79	25	BA0200	05.00.77	inaug25	
WYVERN REES	M75-79	25	BR0050	00.52.34	PAB25	CR25

CLUB SWIM 10/11/07

PAMELA WALTER	F55-59	BA0050	00.52.86		best for '07
PAMELA WALTER	F55-59	BU0050	00.49.86	PB50	
PAMELA WALTER	F55-59	FR0100	01.39.60	PAB50	
HELEN GREEN	F60-64	BR0050	01.04.42		missed PB by .13sec.
AUDREY BULLOUGH	F65-69	BA0050	01.00.95	PB50	by 2sec
GERALDINE KLUG	F65-69	BA0050	00.55.66		best for '07
AUDREY BULLOUGH	F65-69	BA0100	02.13.55		by 7 sec.
GERALDINE KLUG	F65-69	BR0050	00.56.34		best for '07

GERALDINE KLUG	F65-69	BR0100	02.06.42		best for '07
AUDREY BULLOUGH	F65-69	FR0050	00.50.88	PB50	
MERLE LOUKES	F75-79	BR0050	01.35.07	inaug50	
MERLE LOUKES	F75-79	BR0100	03.44.15	inaug50	
BARRY GREEN	M65-69	BA0100	01.43.99		missed PB by .76 sec.
WILLIAM CURTIS	M65-69	FR0100	01.48.45		best for '07
BRIAN SOMES	M70-74	BR0050	01.07.90	PB50	by .04

SOMERSET RESULTS - 18/11/07

BELINDA AITKEN	F35-39	FR0050	00.44.51	inaug50	
BELINDA AITKEN	F35-39	FR0100	01.41.95	inaug50	
GAIL PARSONS	F45-49	FR0050	00.34.84	PB50	
ELIZABETH EDMONDSON	F55-59	BA0100	02.20.30	PB50	
ROBYN WILSON	F55-59	BR0050	00.51.90	PB50=	05 PB =
PAMELA WALTER	F55-59	BR0050	00.51.19	PAB50	CR50
JULIE CROWLEY	F55-59	BR0100	02.16.76	inaug50	
CATHIE PLOWMAN	F55-59	FR0050	00.58.31	PB50	
JULIE CROWLEY	F55-59	FR0050	00.43.29	PB50	best for '07
CATHIE PLOWMAN	F55-59	FR0100	02.09.12	PB50	
ELIZABETH EDMONDSON	F55-59	FR0100	01.57.22	PB50	
JULIE CROWLEY	F55-59	FR0100	01.42.60	PB50	
PAMELA WALTER	F55-59	IM0200	03.47.99	PAB50	
HELEN GREEN	F60-64	BR0050	01.03.28	PB50	
MARGARET WATSON	F65-69	BR0050	01.07.64	best time since '05	
MARGARET WATSON	F65-69	FR0050	00.58.12	best time since '04	
MARGARET WATSON	F65-69	FR0100	02.05.34	best time since '04	
LILLIAN HADLEY	F70-74	BR0100	02.44.86	best time since '05	
MARGARET SOMES	F70-74	BR0100	02.37.60	best time since '05	
MERLE LOUKES	F75-79	FR0050	01.01.26	PB50	
MIKE KANE	M30-34	FR0050	00.30.37	inaug50	
MIKE KANE	M30-34	FR0100	01.14.10	inaug50	
PATRICK CARDEN	M40-44	BR0050	00.41.98	PAB50	
PATRICK CARDEN	M40-44	FR0050	00.33.70	PAB50	
PATRICK CARDEN	M40-44	FR0100	01.21.37	PAB50	
DAVID CORNEY	M50-54	BR0050	00.49.55	best time since '05	
DAVID CORNEY	M50-54	FR0050	00.36.97	PB50	best time since '04
BARRY GREEN	M65-69	BA0100	01.43.17	PB50	CR50
BARRY GREEN	M65-69	BR0050	00.45.66	PB50	
WYVERN REES	M75-79	BR0100	02.13.97	best LC time since '05	

And Snappers came second to Somerset, which won its own trophy! We gained a small, but interesting trophy to recognize our efforts to be the visiting club to score the most points. This means that we came ahead of Claremont. Go Snappers!!!

\$UB\$CRPTION\$!

CLUB SUBSCRIPTIONS FOR 2008. For the very low price of ...

SINGLE MEMBERS \$93.00.

COUPLE MEMBERS \$181.00.

To maintain your full financial membership status, please pay your fees by 31st January 2008.

Payments can be paid to the Treasurer, PATRICK CARDEN or to the Assistant Treasurer, PAT BYRNE. For those with computer facilities a payment can be made by using internet banking and to do this ask for the Club's Bank BSB and Account Number.

SWIM AROUND OZ 2006-2008 - November Progress

Almost home! To the end of October 2007, we had swum 12,159.95 kilometers off the Nuyts Archipelago, and by the end of November we covered 13,462.5 km! That puts us just south of Mundrabilla, west of Eucla and east of Madura!

Point of interest

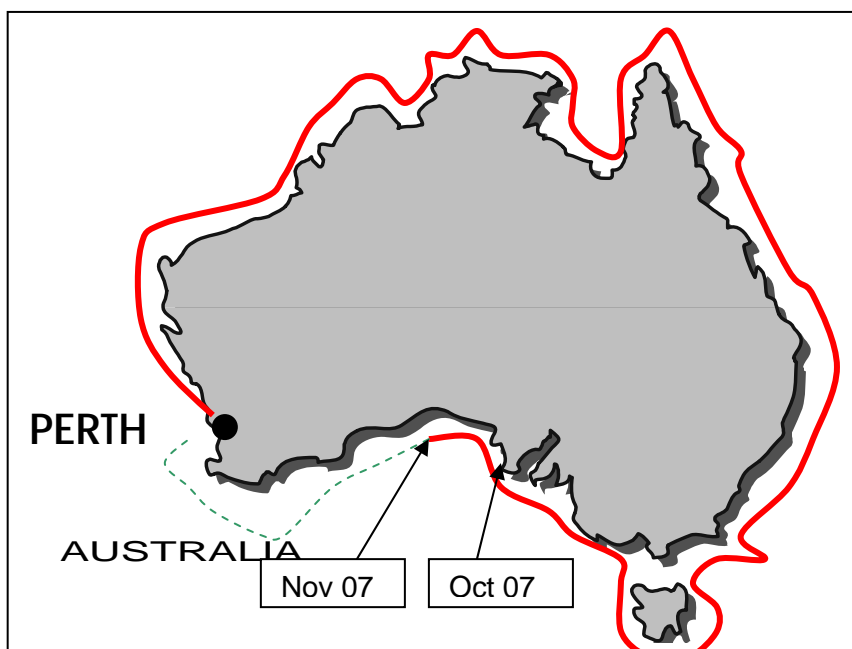
On 28 January 1802 Matthew Flinders named Nuyts' Reef and Cape Nuyts (pron. "neights") and on 8 February 1802 named the whole group of islands Nuyts Archipelago. The Western Australian Christmas tree was later named Nuytsia Floribunda.

Pieter Lauwerijszoon Nuyts' sole claim to fame, as far as Australia is concerned, was his presence on the Gulden Seepaert, captained by Francois Thijssen, which accidentally discovered the Australian south coast on its way to Batavia, after been carried too far south by the strong westerlies. Nuyts being the highest ranking individual on board, Captain Francois Thijssen named the coast and one of the islands after him.

Source: <http://www.southernaustralianhistory.com.au/nuyts.htm>

Submit your swim distances to - Captains: Kim Klug kklug@westnet.com.au or Jeannine Heinrichs yalgoo1@aapt.net.au

Many thanks for to Gerry Krygsman for maintaining an accurate record of our progress these last two year.



TRAINING LOGS

If you are think of taking part in the Worlds in April 2008, or the Nationals just before in March, or maybe just being a little better organized in your training, then TRAINING LOG is the tool for you. Regular use of the log (either as a print version or electronic version) will help you plan for and achieve your goals. If you want a Training Log, ask your coaches. Then record your goal times and keep track of the times and distances that you swim during training sessions.

WISE WORDS 4 NEW YEAR

Lord, please keep your arm around my shoulder and your hand across my mouth!

Source – various web sites!

Whatever you can do, or dream you can, begin it.
Boldness has genius, power and magic in it. Begin it NOW! Goethe

Zee Back Page

A little joke or two!

A man and his wife are dining at a table in a plush restaurant, and the husband keeps staring at a drunken lady swigging her drink as she sits alone at a nearby table.

The wife asks, "Do you know her?" Yes," sighs the husband, "She's my ex-girlfriend.

I understand she took to drinking right after we split up seven years ago, and I hear she hasn't been sober since."

"My god!" says the wife, "Who would think a person could go on celebrating that long?"

A little enlightenment from across the ditch from In Zid!

What did the Cloned Sheep say to the other sheep? *I am ewe.*

What is a good quality in a sheep? *A sense of ewemour*

Why did the lamb call the police? *He had been fleeced.*

Where do sheep go to get their hair cut? *The baa baa shop.*

What do you call a sheep covered in chocolate? *A chocolate BAA.*

What is a sheep's favourite newspaper? *. The Wool Street Journal.*

Baa humbug! Ed.

Our sponsors

Stadium Snappers values the support we receive from our sponsors.



What am I doing here?

A few of the moments in my around the world trip when I asked myself this question!

- ' Being finger printed and photographed when entering USA – especially the second time when returning from Canada after only three days. *So pleased I was not up to anything illegal!*
 - ' Leaving Port Angeles on the ferry at 8 am, bound for Canada, and looking back at my friends fading into the backdrop of the Olympic Mountains, Washington State.
 - ' Trying to figure out which coach to take between Heathrow and Gatwick – I was booked on the 201 from Bus bay 15 I finally took the 210 from Bus bay 14b – when told by the drive that it probably was the same coach!
 - ' Standing on the road outside Split airport at 8pm, having just missed the local bus to take me to the next town.
 - ' Standing of the quay at Sibenik at 10.45pm hoping that a water taxi would arrive to take me to the island of Privic to join the Swim Trek adventure.
 - ' Being frisked by security officers at Vienna airport. Mmm!
 - ' Seeing illegal immigrants being taken off the train from Italy to France by French Border Police – after an officer with an eyepiece, closely examined the seam of my passport. Mmmmmmm!!
 - ' Having my moisturizer tested by security officer at Heathrow – they were targeting suspicious looking Nivea tubes!
 - ' Getting caught in the train strike in Paris.
 - ' Boarding my 11th flight in 8 weeks!
 - ' Arriving in Perth, even if it was at 2.20 am!
- Sue Colyer, Global nomad

Wishing all Snappers and their families a Happy, Healthful and Prosperous NEW YEAR!
