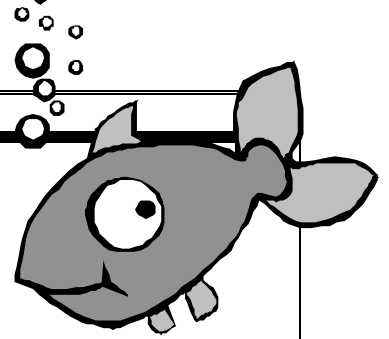


SNAPPETS



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

June 2009

FROM THE PRESIDENT

Talk about the “merry month of May”! In swimming terms, this has to be the busiest time we have spent. Have a look at the club calendar! Six weeks of swimming and swim-related events. No wonder we are feeling tired! Out of all that busyness, some good results.

First the National Masters Championship in Brisbane at the end of April/early May, at which 17 Snappers achieved many personal bests and brought home medals of different hues, including gold. Gail Parsons and Eleanor Parsons gained firsts in the 1.25 km and 2.5 km open water swims, respectively. Well done to all the Snappers who represented us in Brisbane (more on pages 5 and 6).

Then there was the State Swim two weeks later: Snappers came third (1193 points) behind Osborne Park (1919) and Claremont (1352), an excellent effort when we were competing against clubs with more swimmers in total and in different age groups. Congratulations to Eleanor Parsons for her State Record, and to Marg Somes for her best in age group with 56 points (out of 60 maximum points). And well done to Vic Paul, our dual member who achieved 6 State and 4 National records and was recognised as male swimmer of the meet. Pity Bold Park is his first claim club! (More on page 7.) At the awards presentation after the State Swim, the Dale Alcock Open Water Swim Series awards were also presented, and again Snappers featured: Eleanor Parsons and Mike Kane were age group winners. In the final results, six Snappers women accrued 347 points to come 6th overall, and seven men accrued 152 points to take 14th place. All the details are on the Masters Swimming WA web site.

On Sunday 24 May we held our Swimathon to raise funds for the Motor Neurone Disease Association. This year we saw a new strategy used to allow people to participate. I was pleased to see Geraldine and her team of Richard Diggins, Patrick Cooney and Geoff Barnard take part in a relay-style swim. More swimmers could form teams to swim a short aerobic distance or two to add to their aerobic tally and raise some money if possible. ‘Tricia used the event to complete four of her aerobic swims. A special thank you to all who were involved. A summary of the Swimathon statistics is shown on page 7. Just a reminder that I would like to have the money all paid to me or to Pat Byrne by 14 June (earlier than advertised on the sponsor sheet). This way we will have the money in and processed before the dinner at which we make a presentation to the President of the Motor Neurone Disease Association.

By the time you read this our hosted 1500 Metre Swim will be history for another year, but don’t relax just yet, we have a trip to Mandurah to come.

Wishing you continued good swimming.
Sue Colyer, President

WELCOME NEW MEMBERS

We warmly welcome Vivienne Edwards and Bill Woodhouse as the newest members of Snappers. Both have been advised to swim to help their ‘dicky’ backs recover. Bill has taken the advice to heart: he joined on Friday and on Saturday swam in a Club swim and signed up for Mandurah’s BACC the following weekend. Another parallel exists between Viv and Bill: both heard about Snappers by word of mouth. Not only do we swim, but we talk about it, too. During a training session, the ratio of time spent talking to time spent swimming varies widely amongst members, increasing markedly with age!

It was a pleasant surprise a couple of weeks ago to see John Dishon back in the water. Happy swimming all three.

In this issue

Regular features

President’s report	1
Welcome	1
Diary entries	2
Birthdays	2
ILFWA	3
Goggle	3
MSWA news	3
Pool swim results.....	5,7,8
Pool etiquette and safety.....	6
Deadline for next issue.....	8

Special features

2008 aerobics results	4
2008/9 OWS results	4
Swimathon for MND	7
Profile: Theresa Elliott	9
Profile: Brian Downing.....	9

BIRTHDAYS

Happy birthday to the winter babies - hope we get lots of rain to make your special days notable! June Maher is celebrating her 80th (and husband Bill's 80th, too) with a trip to Bali. None of us can believe you're really 80, June, but we wish you a wonderful holiday all the same.

June

11	John Christie
12	Jack Jago
13	Philip Hoff
18	David Fairclough
23	Wayne Davies
23	Brian Downing
24	Lillian Hadley
29	June Maher

July

1	Elizabeth Edmondson
3	Warwick Maxted
4	Colin Beaton
22	Merilyn Burbidge
26	Natasha Stone
28	Steph Weston



DIARY ENTRIES FOR JUNE AND BEYOND

Date	Event	Time	Venue
Sunday 14 June	Mandurah BACC Short Course	8:15 am for 9:00am	Mandurah Aquatic Centre
Monday 15 June	Committee meeting	7:00 pm	26 Berkeley Cres, Floreat
Saturday 20 June	Snappers' Annual Dinner and Awards Presentation	7:00 pm	Ocean Gardens Retirement Village
Sunday 19 July	Club Swim	TBA	Challenge Stadium
Monday 20 July	Visit to Perth Zoo	1:00 pm	Zoo, South Perth
Monday 20 July	Committee meeting	7:00 pm	TBA
Sunday 26 July	Gosnells Short Course 400/800		Gosnells Leisure World
Sunday 9 August	Somerset Long Course 1500		Aqualife Centre, Somerset St, East Victoria Park
Sunday 16 August	Claremont Short Course Relay Carnival	from 8:30 am	Challenge Stadium
Sat 22 and Sun 23 August	Level 1 Masters Coaching Course	TBA	WA Sports Lotteries House/Challenge Stadium
10 - 17 October	2009 World Masters Games		Sydney, NSW

NEW TO SCIENCE

Lawrence Livermore Laboratories has discovered the heaviest element yet known to science. The new element, Governmentium (Gv), has one neutron, 25 assistant neutrons, 88 deputy neutrons and 198 assistant deputy neutrons, giving it an atomic mass of 312.

These 312 particles are held together by forces called morons, which are surrounded by vast quantities of lepton-like particles called paeons. Since Governmentium has no electrons, it is inert; however, it can be detected because it impedes every reaction with which it comes into contact. A tiny amount of Governmentium can cause a reaction that would normally take less than a second to take from 4 days to 4 years to complete.

Governmentium has a normal half-life of 2 to 6 years. It does not decay, but instead undergoes a reorganisation in which a portion of the assistant neutrons and deputy neutrons exchange places. In fact, the mass of Governmentium will actually increase over time, since each reorganisation will cause more morons to become neutrons, forming isodopes.

This characteristic of moron promotion leads some scientists to believe that Governmentium is formed whenever morons reach a critical concentration. This hypothetical quantity is referred to as critical morass. When catalysed with money, Governmentium becomes Administratium, an element that radiates just as much energy as Governmentium since it has half as many paeons but twice as many morons.



GOGGLE SAW

- ◆ Five intrepid swimmers turning up to Thursday night training as winter storms finally arrived, only to be asked to leave the pool when the lights on the towers went out. A lot of effort for a 500m swim!



- ◆ One of the Patricks setting a new trend in bathing suits – green-striped, balloon-seated trunks. His trend-setting attempt was very brief! The same Patrick, clearly identifiable in his Snappers shirt, appearing on TV striding up to register his NO vote in the daylight saving referendum
- ◆ Arthur looking cool in his very swish new bathers.

At the Nationals

- ◆ A resourceful Snapper kindling a flame to light the gas stove to cook dinner at Pelicans Nestle Inn, Brisbane, by putting a scrap of newspaper into a turned-on toaster (the gas lighter didn't work and there were no matches). Luckily there were no smoke alarms - they would have raised the roof!
- ◆ A worried Snapper taking a day to find her roll of \$50 notes hidden in a place (which she couldn't remember) where no one would think of looking - between two pairs of clean knickers!
- ◆ In the showers at the pool, hands kept busy rubbing in shampoo and pushing the timer button to restart the water every 8 seconds.

At the States

Theresa Elliott (sans underwear) being photographed with Dale Alcock presenting her with accreditation certificates for Timekeeper and Chief Timekeeper. She had complied with the advice to wear 'smart casual', but was so intent on thinking about her events and her official commitments that she forgot to pack her underwear. Well done, Theresa! (*DISCLAIMER: The editor is not hung up on underwear, although some contributors may be!*)

FROM MASTERS SWIMMING WA

Website For Member Communications

Masters Swimming WA Executive Officer, Wendy Holtom, asks us to use the MSWA website www.mastersswimmingwa.asn.au for up to date information on events, activities, courses etc. Also wherever possible please use the registered business name of Masters Swimming WA.

Level 1 Masters Coaching Course

Tricia Summerfield, Masters Swimming WA Director of Swimming, advises that a refined, shortened Level 1 course will be conducted by the WA Branch at Sports Lotteries House and Challenge Stadium on the weekend of 22-23 August 2009, as long as at least ten people sign up - looking very likely from a show of hands at the May Council of Clubs meeting. Pooldeck hours required to complete accreditation is in a range of 40-60 hours depending on the individual's experience, a recommended minimum of 10 hours being conducted under the supervision of a Mentor Coach. Tricia has already received one expression of interest from a Snapper and looks forward to hearing of others. Please go to the MSWA web site for more details and to register your expression of interest by 30 June.

Officiating Courses

MSWA Technical Officer, Jude Crawford, advises that accreditation courses for officials will be conducted on the following dates:

Saturday 20 June 2009, 11:30 am to 1:30 pm: Marshal; Check Starter; Starter

Saturday 11 July 2009, 9:00 am to 11:30 pm: Inspector of Turns; Judge of Stroke

More details are on the MSWA web site, from which registration forms may be downloaded.

ILFWA

Congratulations to new member, Theresa Elliott, on winning the Improves Like Fine Wine Award. Over the few months since she joined Snappers Theresa has shown dramatic improvement in all swimming strokes, resulting in significantly faster times being recorded at every swim. She has been endorsed by Senior Coach Eleanor as 'showing potential!'

STRETCHING WITH BEN (AND BARRY)

On Wednesday 13 May, Ben Mather, a physiotherapist with Ascend Physiotherapy at Challenge Stadium, spoke to about 25 Snappers on the benefits of stretching to prevent neck and shoulder soreness. Since then Sue, Geraldine and Marilyn have supervised a short session of stretching with an expanding group of day swimmers before the 1:30 pm whistle blows. Barry is making his mark as a leader in the stretching arena, too, proving that gender is no bar to the desire to increase flexibility. We are indeed a Healthy Club!



NATIONAL AEROBIC TROPHY RESULTS FOR 2008

Snappers returned a good score in the 2008 National aerobic swims points table, the results of which were released in May (a copy is in the cage). Even though our total number of points and points per club member were both lower than scores in 2006 and 2007, we came 13th nationally and 2nd amongst WA clubs. As in 2007, Somerset was the one WA club to finish ahead of us. Well done to the 18 women and 7 men who participated in the program last year.

	Snappers' achievement		
	2006	2007	2008
National ranking: on points alone on points per club member (ppm)	17 th (2800 points) 26 th (35.44 ppm)	12 th (3169 points) 21 st (38.18 ppm)	13 th (2736 points) 23 rd (34.63 ppm)
State ranking: on points alone on points per club member	5 th 9 th	2 nd 8 th	2 nd 5 th

Day swimmers have a great incentive to increase their aerobic swimming this year, due to the generosity of Challenge Stadium in granting us the use of two lanes for an hour before the start of Wednesday and Friday training sessions. Being allocated the two lanes in the indoor pool every month or so is icing on the cake. If you have been thinking about embarking on the aerobic swims program but not yet acted, it's not too late. There are enough months left in 2009 to allow you to complete as much of the program as you want and you'll do your club a favour by scoring points.

DALE ALCOCK 2008/2009 OPEN WATER SWIM SERIES RESULTS

Congratulations to two Snappers who won their age groups in the OWS series, running from November 2008 to April 2009:
Eleanor Parsons (50 - 54)
Mike Kane (30 - 34)

With six women and seven men, Snappers did well to finish 5th of 29 clubs ranked according to the average number of points scored.

SWIMMER	AGE GROUP	TOTAL POINTS	POSITION
Gail Parsons	45 - 49	45	2
Eleanor Parsons	50 - 54	149	1
Robyn Wilson	55 - 59	28	12
Julie Crowley	55 - 59 and 60 - 64 (!)	17 + 20 = 37	probably 7 (55 - 59)
Sue Colyer	60 - 64	41	3
Marilyn Burbidge	65 - 69	47	5
Mike Kane	30 - 34	30	1
Richard Devlin	30 - 34	10	7
Beng Hooi Chua	35 - 39	14	10
Warwick Maxted	40 - 44	17	13
David Corney	50 - 54	10	17
Phil Hoff	55 - 59	41	6
Barry Green	65 - 69	20	8

A life spent making mistakes is not only more honourable but more useful than a life spent doing nothing
George Bernard Shaw

2009 AUSTRALIAN NATIONAL MASTERS SWIMMING CHAMPIONSHIPS

Brisbane 30 April to 3 May

Seventeen Snappers competed at the Brisbane Nationals. The accommodation at Pelicans Nestle Inn was really good, looking out on Moreton Bay towards Stradbroke Island. Five team members were in a 4-bedroom typical Queenslander house on stilts with louvres all along one side. The others were in 2-bedroom town houses, also upstairs. We got our knees working well with all the stairs and if we wanted more exercise we could go for a walk along the waterfront. Elizabeth stayed in accommodation at the pool and Julie stayed with relatives.

Competition began at 8:45 am every day so it was an early start if you were in the first event. Barry and Helen had hired a car as had David and Gail so sometimes they helped with transport. At other times a maxi taxi was used as it was a fifteen minute drive to Chandler Pool, which is really a long way from anywhere. The drive takes you through semi-rural lots well wooded with gum trees, where you see an occasional sheep and horse. Signs on the road tell you to look out for koalas and kangaroos. None were seen.

All the team swam well with some getting PBs and others doing their nominated time. Of course we all had swims that were not so good. The overall tally of individual medals was 2 gold, 2 silver, 3 bronze. One relay of women in a medley got a bronze. Each evening we would meet for a meal at a different restaurant, discuss the day's happenings and organise transport for the next day.



Most of the Snappers Team at the Brisbane Nationals. Elizabeth and Julie were there too, but missed the photo.

For those planning to enter the 2010 Nationals (25 metre format), they will be held in Launceston from 7 to 10 April.

Geraldine Klug

RESULTS – from Pamela Walter, Recorder

Cas BROWN	BR 100 (best since '07)
Audrey BULLOUGH	BA 100 (PB50 beating '07 time), FR 200 (PB50)
David CORNEY	FR 50 (0.03 sec outside PB set in '07)
Julianne CROWLEY	BA 50 (PB50)
William CURTIS	FR 50 (PAB50), FR 200 (PAB50 by 5 sec)
Elizabeth EDMONDSON	FR 50 (PB50), BA 100 (best '09), BR 100 (PB50), FR 200 (PB50 by 6 sec), BA 200 (PB50 by 5 sec), BR 200 (PB50), FR 400 (PB50 by 6 sec), BR 50 (PB50)
Helen GREEN	FR 50 (PAB50)
Barry GREEN	FR 200 (PB50)
Kim KLUG	FR 50 (PB50), BA 50 (PB50), BR 50 (PB50), FR 100 (PB50), FR 400 (PB50 by 20 sec)
Geraldine KLUG	BA 50 (best since '07), BR 50 (best since '05), BR 200 (best since '05)
Gail PARSONS	FR 50 (best '09, 0.28 sec outside PB), BA 0100 (PB50), BA 200 (0.24 sec outside PB)
Eleanor PARSONS	FR 50 (PB50), BA 50 (PB50), IM 200 (PB50)
Margaret SOMES	FR 50 (PAB50, best since '07), BA 100 (PAB50 best since '07), BR 100 (PAB50), BR 200 (PAB50, best since '07), FR 400 (PAB50), FR 800 (PAB50, best since '07)
Brian SOMES	BA 100 (best since '07)
Deirdre STEPHENSON	FR 50 (best since '07), BA 50 (1 sec outside PB set in '05), BR 100 (best since '07)

National OWS 4 May (How lucky was it that the Open Water Roving Reporter just happened to be in Queensland to report on the National OWS? This turned out to be an OWS with a difference.)

The Parsons sisters headed off in the Blue Bubble hire car with a GPS affectionately named Steve. An hour north of Brisbane they arrived at Kawana Lakes, a tad early – 1½ hours! Hmm, no ablution facilities ...

interesting. There was a huge rec centre on site, but it wasn't open. Drove in the Blue Bubble to the closest shopping centre. Steve was not happy, demanding, "Make a U turn now! Turn left!" Back at Kawana, port-a-loos arrived (a total of two for about 150 people) ... interesting; tents were erected for changerooms ... interesting; food was delivered and all looked good.

The briefing also was, well, 'interesting': turn left at the yellow buoy, right at the black and white buoy, left at the yellow buoy, left at the yellow buoy, right at the black and white buoy, left at the yellow buoy, then head for a deep water finish at the blue buoys! It was so windy that the finish line fell apart. A group of people called your number as you passed the imaginary finish line interesting. A quick rinse under the cold water tap in the horrible cold, biting wind. Coffee was drunk, egg and bacon roll eaten and fruit nibbled at.

It took an absolute age for the results, but they finally came, announcements were made and gold went to both Gail and Eleanor. Congratulations!

Distance (1.25, 2.5 or 5 km)	Age group	Swimmer	Position	Time
1.25 km	45 - 49	Gail Parsons	1	18:11
2.5 km	50 - 54	Eleanor Parsons	1	34:56

Stinger count: it's a lake for God's sake

Weather: a cold wind cutting to the bone

Water conditions: slight chop, dirty water – couldn't see your hand in front of you!

Gail Parsons

PRE-CHECK YOUR SUBMITTED TIMES by Eleanor Parsons

"And we're off and racing in heat 2 of the 50m freestyle...." For those who were not present at the Nationals, we were all amused over this particular heat. Days prior to the event, we were given the opportunity to review the submitted times. Probably most of us glanced over our individual events and thought, yes, all seems in order. However there was one error that resulted in one of our "faster" swimmers competing in an early heat. The event unfolded like this:



1. And he touches first



2. The time goes up on the board – the crowd roars!



3. A winner's grin – woo hoo!!



4. And then there was the waiting

But it doesn't stop there. Moments later, the 37 sec speed barrier was challenged again with David locating the 'go faster' switch on Elizabeth's Happy Scooter.



5. Tired now....

POOL ETIQUETTE AND SAFETY INFORMATION

Sue and I are pleased to see day swimmers abiding by the 'no-dive' point of etiquette and safety raised in the last issue of *Snappets*. We realise that some swimmers are inconvenienced by this request, so a compromise has been reached. On a trial basis, cautious diving is now permissible at the end of the pool distant from the cage, only in lanes where no training program has been set, ie lanes 3,4 and 5 when we are in our familiar 8-lane outdoor pool. Further, to provide an opportunity to improve diving technique, supervised diving (open to any swimmer) is included in programs in the week leading up to events such as BACCs. Marilyn Burbidge

MASTERS SWIMMING WA STATE SWIM 16-17 May 2009

A team of 30 Snappers swam its way into third place at the States. Organised by Geraldine, our club, represented by June Maher, Patrick Cooney, Brian Downing, Audrey Wren, Alan Earnshaw and Richard Diggins, excelled in its role of Meet and Greet. Others helped as timekeepers: Jeannine, Hazel Spong, Jean, Merle, Marg Watson, Geoff Barnard and Brian Somes. From her timekeeping spot, Jeannine had a good view of the events and enthusiastically wrote in an email: "Congratulations to all the swimmers who participated in the States. It made me feel proud to belong to such a strong, supportive and successful club as Snappers. By Saturday evening I had nearly lost my voice and needed an odd red or two to lubricate the vocal cords!"

The mixed clubs, mixed age groups, Have a Go medley relay has been a feature of the States since its introduction about four years ago. The winning team is decided on a closest-to-nominated-time basis. Congratulations to Pamela Walter, who swam in this year's winning team.

RESULTS – from Pamela Walter, Recorder

Colin BEATON	FR 200 (best since '05)
Merilyn BURBIDGE	FR 100 (PAB50, best since '06)
Patrick CARDEN	BR 200 (PB50 by 18 sec, beating '06 time)
Beng CHUA	FR 50 (inaug 50), BU 50 (inaug 50), FR 100 (inaug 50), IM 200 (inaug 50)
Sue COLYER	FR 50 (PAB50), FR 100 (PAB50), BR 50 (best since '06), BR 100 (best since '07), FR 200 (PB by 2 sec), IM 200 (PAB50)
David CORNEY	FR 100 (PAB50, best since '07)
Julianne CROWLEY	FR 50 (PB50), BA 50 (PB50), BR 50 (PB50), FR 100 (PAB50), BR 100 (PB50)
William CURTIS	FR 100 (PAB50)
Wayne DAVIES	FR 100 (PB50)
Elizabeth EDMONDSON	FR 100 (PB50)
Theresa ELLIOTT	FR 50 (PB50), BA 50 (PB50), FR 100 (PB50), FR 200 (PB50), BR 100 (PB50)
Helen GREEN	FR 200 (inaug 50)
Barry GREEN	BU 50 (PB50)
Lillian HADLEY	BA 200 (best since '06), BR 50 (best since '07), FR 100 (best since '06)
Mike KANE	FR 50 (PAB50)
Kim KLUK	BR 100 (PB50), FR 200 (PB50 by 17 sec)
Gail PARSONS	BA 50 (best '09, 0.44 sec outside PB), BU 50 (PB50), BR 50 (PAB, best since '04), BA 100 (PB50), IM 200 (PB50 by 3 sec)
Eleanor PARSONS	FR 100 (PB50, BA 100 (PB50)
Wyvern REES	BA 100 (best since '07), BA 200 (PAB50 best since '03, CR50)
Margaret SOMES	BA 50 (PAB50), BR 50 (PAB50), FR 100 (PAB50 best since '06), FR 200 (PAB50)
Gary STEENKAMP	FR 50 (PAB50), BR 50/100 (PAB50), BR 100 (PAB50), IM 200 (PB50), BR 200 (PAB50)
'Tricia SUMMERFIELD	BR 100 (best since '06)
Robyn WILSON	FR 100 (best since '05), BU 100 (best since '07)

Club Relay Records broken at the States

160+ Men's Free:	Beng, Barry, Mike, Gary
200+ Women's Medley:	Pamela, Kim, Eleanor, Gail
200+ Mixed Medley:	Barry, Kim, Beng, Robyn
240+ Mixed Free:	Colin, Barry, Kim, Sue
240+ Women's Free:	Sue, Julie, Helen, Pamela

2009 SNAPPERS' SWIMATHON SUMMARY from Sue Colyer

Twenty one swimmers completed 45 km in 5 hours. Here is a generalised tally sheet to show the distances swum. Not our best effort in terms of distance, but average in terms of number of swimmers and best in terms of hours for distance swum. Congratulations to everyone for your dedication to the cause and the memory of Betty and Heather. And you managed to "knock off" a few more aerobic swims for the year.

METRES SWUM BY SNAPPERS

0-400	Patrick Cooney, Geoff Barnard, Richard Diggins	400-1300	Kim, Geraldine
1600-1800	Colin, Beatie, Pat Sugars, Jil Mogyorosy	2000-2600	Elizabeth, Cas, Audrey Bullough, Marg Somes, Rob, Theresa, 'Tricia
2600-3600	Eleatha, Merilyn, Sue Colyer, Eleanor	5300	Pamela

SNAPPERS 1500 METRE DISTANCE SWIM Saturday 30 May

Snappers received many entries for their invitation 1500 metre swim, the first of only three for this year. This event gives swimmers a chance to attempt a State or National record or, for those whose clubs don't promote distance swims, an opportunity to try a longer distance. With smooth organisation, 28 swimmers (9 of them Snappers) were timed in 4 lanes in 3 hours. Meet Referee, Hilary Arber, had high praise for Snappers' seamless organisation and MSWA Technical Officer, Jude Crawford, was impressed with the number of officials that we mustered from our own ranks.

Many thanks to Meet Director Robyn Wilson, Elizabeth Edmondson, who capably combined looking after registrations with marshalling, and Andrew Burbidge, who ran the Meet Manager program. We also acknowledge the value of the band of MSWA officials (gathered at the eleventh hour!) in helping to conduct the event, including our in-house accredited officials: Pamela Walter and Theresa Elliott. Thanks, too, to those who came just to timekeep and those who brought afternoon tea.

RESULTS – from Pamela Walter, Recorder

Club Swim 6 June 2009

Cas BROWN	BA 50 (best since '07), BR 100 (best since '06)
Merilyn BURBIDGE	BA 50 (PAB50), BA 100 (PB50 beating '05 time)
Hazel CHRISTIE	BR 50 (best since '07), FR 50 (best since '07)
Julianne CROWLEY	FR 200 (PAB50)
Theresa ELLIOTT	BA 200 (inaug50), BR 100 (PB50), FR 50 (PB50)
Helen GREEN	BR 100 (PB50)
Barry GREEN	BU 50 (PB50)
Lillian HADLEY	BA 50 (PAB50), BR 50 (best since '07), BR 100 (best '09)
Geraldine KLUG	BR 100 (best '09)
Merle LOUKES	FR 50 (better than '08)
Margaret SOMES	BR 100 (PAB50), FR 50 (PAB50, best since '07)
Pat SUGARS	BA 100 (best '09)
Tricia SUMMERFIELD	FR 50 (best '09)
Pamela WALTER	BA 50 (best '09), FR 50 (PAB50, best since '00)
Bill WOODHOUSE	BR 50 (inaug50), FR 50 (inaug50), FR 100 (inaug50)

Stadium Snappers values
the support received from



DEADLINE

Many thanks to Sue Colyer, Pamela Walter, Tricia Summerfield, Brian Downing, Theresa Elliott, Elizabeth Edmondson, Marg Watson, Gail Parsons, David Corney, Barry Green, Eleanor Parsons, Geraldine Klug, Marg Somes and Jeannine Heinrichs for providing material for this issue of Snappers. I look forward to receiving your contributions for the next issue sent to amburbidge@westnet.com.au by Friday 17 July.

Merilyn Burbidge

SNAPPER PROFILES

For this issue of Snappers, I approached several of the newer members of Snappers for a thumbnail sketch to give an insight into their lives in and out of the swimming pool. Here are the first two that I received. There may be other members, not necessarily new, who haven't been 'profiled'. If you are one, I would love to include your 'sketch' in a future issue, so please send your offering to me at amburbidge@westnet.com.au.

Thanks, Merilyn

Theresa Elliott 13 May 2009

I have always loved swimming. I used to play squash but being a member of a religious order I relocated interstate fairly often and it became harder to find squash courts and partners so I returned to swimming which I could enjoy as an individual. I was a teacher, then I worked in Adult Education in parishes around Australia. Each time I moved I would locate a pool and swim my laps, so I have swum in Adelaide, Melbourne, Ballarat and Sydney as well as Perth.



When I returned to Perth in 2008 my sister, who had just moved from Kalgoorlie to Mandurah, kept suggesting I join the Masters Swimming. She loved the company and the exercise and I had met the Mandurah Masters a few times, timed for them and timed at the World Masters. My neighbour, Audrey Bullough, invited me to Stadium Snappers and kindly shepherded me through the introductions and procedures. I loved it from the very first moment. I loved the friendliness, encouragement and companionship of the members and the generosity of the coaches. I have never belonged to a club before, nor swum competitively and I am enjoying the challenge.

I surprised myself by entering the open water swims. Although growing up with ocean 'dips' each weekend I was very apprehensive about deep water, currents and sharks. I started with the short novice swim of 400 m at South Beach and gradually moved to 1 km at Coogee. Next season I hope to do the 1.6 km swims at smooth beaches in calm water!

Currently I am working in School Archives, having just completed post graduate studies in Archives and Records Management through Edith Cowan University. I have always loved family history and I enjoy the history aspect of the archives work.

Brian Downing 14 May 2009



I was born a strictly terrestrial animal, my main interests being firmly rooted in geological, pedological (you may need to consult a dictionary here) and botanical subjects. I avoided associations with matters aerological (association with vertigo), nautical or aquatic (fear of drowning). A few exceptions in the case of water were necessary because of a need for bathing. My first boarding school did in fact possess a swimming pool. This pool was not used for swimming but was employed as a giant tub for ensuring a twice weekly, compulsory wash for all boys. Scarcity of

water in my African homeland precluded an opportunity for conventional showering. It is no surprise that I did not learn to swim. My recreation in those days was cross-country running – quite safely on land (or so I thought) until the running prematurely wore out my joints.

Why then this sudden infatuation with water and the Stadium Snappers? It came about through a thoughtful invitation from John Christie to attend a few sessions. Now, he is just a little senior to me, and infinitely wiser, so it made good sense to attend. What a happy decision because a new life experience has emerged. Firstly, I am learning to swim a couple of strokes through assistance given by our patient coaches and through encouraging words made by friendly fellow Snappers. Secondly, tremendous health benefits arise from swimming when I am freed from mechanical problems in the joints associated with weight-bearing exercise on land. Thirdly, but not least, membership of Snappers has revealed water as being a medium which supports pleasure, where abound colonies of delicate water nymphs, naiads, and grizzled Neptunes - all of whom provide a unique and pleasant social association when we gather after our swimming events.

I spent many years of my professional career as a consultant in land resource development stumping around some parts of eastern Africa, south-east Asia and Australia. Now in settled conditions of retirement I hope to enhance my new-found interest in swimming, and to continue with earlier interests in music (baroque), reading (history and biography), and gardening.