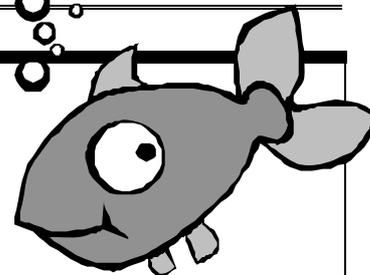


# SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910 March April 2007

## Editorial

### Consumers or volunteers in sport?

*The 2007 Leisure Market Research Handbook\** estimates annual consumer expenditures in the U.S.A. on leisure activities at \$2.1 trillion, distributed as follows:

Travel and tourism: \$663 billion	Sporting goods: \$52 billion	Social caterers: \$20 billion
Do-it-yourself projects: \$175 billion	Gardening and lawns: \$38 billion	Radio: \$22 billion
Casual full-service dining: \$165 billion	Pets: \$38 billion	Photography: \$17 billion
Cultural, the non-profit arts industry: \$134 billion	Wildlife watching: \$38 billion	Recreational boating: \$15 billion
Consumer electronics: \$126 billion	Consumer books: \$36 billion	Motorcycles: \$14 billion
Gambling: \$79 billion	Toys and video games: \$32 billion	Recreation vehicles: \$14 billion
Fishing and hunting: \$70 billion	Craft and hobby supplies: \$30 billion	Theme and amusement parks: \$11 billion
Hobby collecting: \$70 billion	Specialty auto accessories: \$29 billion	Fine art: \$10 billion
Television: \$70 billion	Spectator sports: \$26 billion	Musical instruments and products: \$7 billion
Golf: \$62 billion	Adult entertainment: \$26 billion	Popular music concerts: \$3 billion
Motion picture and sound recording industries: \$58 billion		

What is missing from this U.S.A. list? Community club sport and recreational sport that are the main stay of Australian sport. In the USA sport is based in the college system, not the community. We have a huge reliance on community, volunteer management of sport in Australia. Its value can only be estimated.

The foundation of sport and recreation in Australia since the very early days was, and remains today, volunteers at every level. The Sydney Olympics were known as the "Olympics for Volunteers", with 47,000 trained volunteers involved during the two-week event (Walker & Gleeson, 2001).

In Western Australia, 121,000 sport and recreation volunteers were identifiable in 2004 (DSR, 2004), and we know many more work behind the scenes in their clubs. Sport and recreation volunteers contribute services worth more than \$200 million a year to the West Australian community (DSR, 2004).

Volunteers can be found in many levels of the Australian sport system, with the largest proportion found in the community and *grass roots* sport club level. It is estimated in April 2003- 2004 that 9.6% of the Australian population or 1.5 million people volunteered in some capacity in a *grass roots* sport club (Shilbury, Deane & Kellett, 2006).

Often we forget that our club, and the state and national branches of Masters Swimming are managed by volunteer board/council members, very ably supported by very few paid staff. So hats off to our volunteers!

#### Acknowledgement

To Elissa Burton for permission to use some details from her Masters thesis: *Effectiveness in grass root sport clubs: Some Western Australian evidence.*

#### References

- Department of Sport and Recreation. (2004). *Economic value of sport and recreation in Western Australia* (Vol. 2005). Perth: Government of Western Australia.
- \*Richard K Miller email communication 2/27/2007, \$2.1 trillion spent on leisure.
- Shilbury, D., Deane, J., & Kellett, P. (2006). *Sport management in Australia: An organisational review* (3<sup>rd</sup> ed.). Bentleigh East, Victoria: Strategic Sport Management

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## Urban adventures of a Snapper

### The day I tried to get to RAC

I had two things to do this day - visit the Dept of Planning and Infrastructure (DPI) in City West, and the RAC.

I found the DPI OK, and proceeded to Sutherland Street and then under the Railway Bridge, turned left into Market Street (alongside the railway line on the South side). I knew that I had to turn right into the lane after the Harbourn town parking area, so was proceeding slowly. But I missed the turn-off and because there was a large truck coming up fast on my tail, decided to carry on and return (somehow). BUT the only way on was to go onto the Freeway (going South). The first off-ramp was to the City, so I took one of those new roads going "in every direction" near the works area for the new railway/tunnel etc. Found myself in Riverside Drive, with no way to get out before Governors Ave, (no L turn at Barrack Street, and no Right turn into the Ferry area. I turned left into Governors Ave, right into Terrace Road, then Victoria Avenue, and back to Riverside Drive. Counted myself lucky not to have had to cross the Narrows Bridge and U-turn over in South Perth somewhere.

I then managed (somehow) to get the correct road back to the Freeway North and got off at Market Street. However, I couldn't turn into the "lane" leading to RAC because I was going the wrong way. Next to the "lane" was another "sort of lane" into which I had to practically U-turn to enter. As I got into this lane, there was a loud horn, but I thought it must be from a train that was just passing, so I continued up this "lane". I noticed that there were no arrows saying it was one way, and it was only wide enough for one car, but as I couldn't back out, I kept going. Got to the top and realised that the "lane" was actually a footpath, which continued around the building at the end, and into Wellington Street.

At this stage I realised I was in a fix, but undaunted, I decided to U-turn into George Street, where there were vehicles waiting at the lights. I was actually on a corner turn-left diversion road, as this was the start of the on-ramp for the Freeway North. I drove down the kerb, and started down the on-ramp, when I noticed two rather breathless men running up towards me, carrying something official. However, I couldn't stop because the mass of vehicles was through the lights and catching me up. I mouthed "sorry" at the men, and I could see that they were somewhat amused.

This on-ramp carried me back onto the freeway, and I exited at Vincent St., turned left, and left at the next turn, ending up in Cambridge Street once more. I got back to Sutherland Street, went under the railway bridge, and continued up to Wellington Street, where I turned left and arrived safely at the RAC. A lot of fun!

#### Healthy club policy

Healthy eating and an active lifestyle are a vital part of good health.

The *Dietary Guidelines for Australian Adults* highlights the groups of foods and lifestyle patterns that promote good nutrition and health.

#### **Dietary guidelines include;**

- Enjoy a wide variety of nutritious foods.
- Eat plenty of vegetables, legumes & fruit.
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain.
- Include lean meat, fish, poultry and/or alternatives such as nuts/ legumes.
- Include milks, yoghurts & cheese. Choose reduced fat varieties where possible.

- Drink plenty of water.
- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt.
- If you drink alcohol, limit your intake.
- Eat only a moderate amount of sugars and foods containing added sugars.
- Maintain a healthy body weight - be physically active and eat according to your energy needs.

#### **For more information**

#### **Sports Medicine Australia**

Website: [www.sportsmedicine.com.au](http://www.sportsmedicine.com.au) Email: [info@smawa.asn.au](mailto:info@smawa.asn.au) Phone: 92858033

#### **Heart Foundation**

Website: [www.heartfoundation.com.au](http://www.heartfoundation.com.au)

## 2008 FINA WORLD MASTERS EVENT

If you want information about the 2008 FINA World Masters, please go to the event web site at [www.2008finamasters.org](http://www.2008finamasters.org) - do not seek information on this from the Masters Swimming WA office!

## DIARY ENTRIES FOR

### March, April and May 2007

Interclub and other events.

*Full details of the Open Water Swims 2007 Calendar and BACC 2007 program*

*Please check for details of club swims and BACCS at the pool. Sign-up forms and location details are to be found in the cage.*

Date	Event	Venue
18 Mar	Geraldton Mile 1.6km	Geraldton
19 Mar	Snappers Committee Meeting	TBA
20 Mar	Octogenarian Outing	Roundhouse, Balcatta
24 Mar	Club Swim	Challenge Stadium
7 April	Albany Harbour Swim 4km	Albany
8 April	Southern Ocean Mile 1.6km	Denmark WA
16 April	Snappers Committee Meeting	TBA
21 April	Osborne Park 400/800m	Beatty Park
29 April	Snappers Swimathon for MND	Challenge Stadium
4-7 May	NATIONAL SWIM	Darwin
19-20 May	BE ACTIVE STATE SWIM	Challenge Stadium

## BIRTHDAYS

*The more birthdays you have  
the longer you live!*

MARCH		
6	Pamela	Walter
14	Nomai	Jago
16	Beatrice	Norris
17	Brian	Somes
20	Robert	Shand
21	Heather	Brooks
23	Geoffrey	Barnard
27	Trudy	Vandewerdt
APRIL		
1	Jeannine	Heinrichs
5	Barbara	Stuart
8	Eleanor	Parsons
18	Geraldine	Klug
18	Barbara	Fentiman
18	Julianne	Crowley
21	Olive	Beare
22	Margaret	Somes
25	Geoffrey	Lane
30	Carmen	Harrison
MAY		
1	Sue	Colyer
6	Cathy	Plowman
7	June	Hough
13	Laiene	Maxted
14	Sue	Trenaman
15	David	Corney
16	Merle	Loukes
19	Lucy	Marshall
20	Mollie	Lalor
27	Patricia	Summerfield

## SOCIAL EVENTS

### Octogenarian Outing

A tribute lunch to honour club members  
who turn 80 in 2007

Tuesday 20 March 2007

Roundhouse, Balcatta

RSVP – June M or Deirdre

### **MIRROR, MIRROR?**

***Have you ever been guilty of looking at others your own age and thinking, "Surely I can't look that old?" Well, you'll love this one!***

I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma, which bore his full name. Suddenly, I remembered a tall, handsome, dark-haired boy with the same name had been in my high school class some 40-odd years ago.

Could he be the same guy that I had a secret crush on, way back then? Upon seeing him, however, I quickly discarded any such thought. This balding, grey-haired man with the deeply lined face was far too old to have been my classmate. Hmmmm ...or could he

After he examined my teeth, I asked him if he had attended Morgan Park High School.

"Yes. Yes, I did. I had a Mustang," he gleamed with pride. "When did you graduate?" I asked.

He answered, "In 1969. Why do you ask?" "You were in my class!" I exclaimed.

## PRESIDENT'S REPORT

Commiserations to the Snappers who had trained hard and long for the Rottnest Channel Swim. The conditions were such that for the first time the swim had to be cancelled, disappointing all, many who had travelled from around the world for the event.

The beach picnic, as usual, was a huge success. The waves were daunting but some braved the aftermath of the cancelled Rottnest Swim conditions. Once passed the crashing surf the water and swim were very pleasant. All too soon, however, it was time to negotiate the surf again on the incoming leg. Coming in Barbara Stuart lost her goggles, which were later found further up the beach. The breakfast was gobbled up by the appreciative hoards and the games were enjoyed, as were the chocolates at the end. The competition was tight and some team members resorted to underhand tactics to try and put opposition teams off their concentration. There was "Brian's Bunch," "Margaret's Mob," "Robyn's Rabble," "Gerry's Gang," "Marion's Merry Band" " Rob's Renegades," "Mollie's Mob and the last team was dually captained by Beatie and Trudy so was called "Beatie's Beauties" or "Trudy's Troop." The 8 teams vied for the chocolate prizes, which everyone, as usual, received anyway.

There were higher than normal numbers at the club swim in Feb., reflecting my earlier observations since the beginning of the year that there seems to be a greater commitment to swimming and personal improvement.

The day coaches have made up a roster timetable for swimmers to take the opportunity to swim aerobic swims at every third Day group swim session.

The coaching clinics conducted by Kareena Preston were very informative and all members who attended seemed to learn a lot.

The next club swim is on the 31<sup>st</sup> March and the sign up sheet is in the cage. The choices are your choice of swim stroke over 50m and 200m. There is a sign up sheet in the cage for the Osborne Park hosted 400/800m swim where you can take the opportunity to swim one or two of your aerobic swims. Remember if you are trying for a State record you must supply one or two timekeepers and be prepared to time others.

I hope you are all training for longer distances as well as short so you can take part in our Swim-a-thon that is on the 29<sup>th</sup> April. Just after the swim-a-thon a contingent of Snappers will be heading to Darwin to compete in the National Master's Championships. Good Luck to all our representatives.

Happy swimming and see you around the pool



*Gerry risks all at the darts 'football' competition at the beach picnic!*

Pamela Walter  
President of Stadium Snappers

### **SNAPPERS WERE TRI-ING!**

#### **Swim, Cycle, Run**

Four Snappers participated on the Women's triathlon recently. The swim was held in the waters of Matilda Bay, the bike leg from Matilda Bay to Point Resolution and back along the streets of Nedlands and the run leg along the foreshore to Jo Jo's and back to the start.

Previous Snapper Sam Vanderford must have made a special effort to come to Perth from Jurien.

Barbara Stuart, having entered her first tri this time last year, was brave enough to enter the long course on her second tri/try and even though she had had a fall from her bike the previous week still participated.

Both Julie Crowley and Marilyn Burbidge competed the shorter course in their first ever triathlon.

Pamela Walter

### ***New members – 2006/7***

*Welcome back to current members and those re-joining.*

*\*\*\* Also a very big welcome to New Members:*

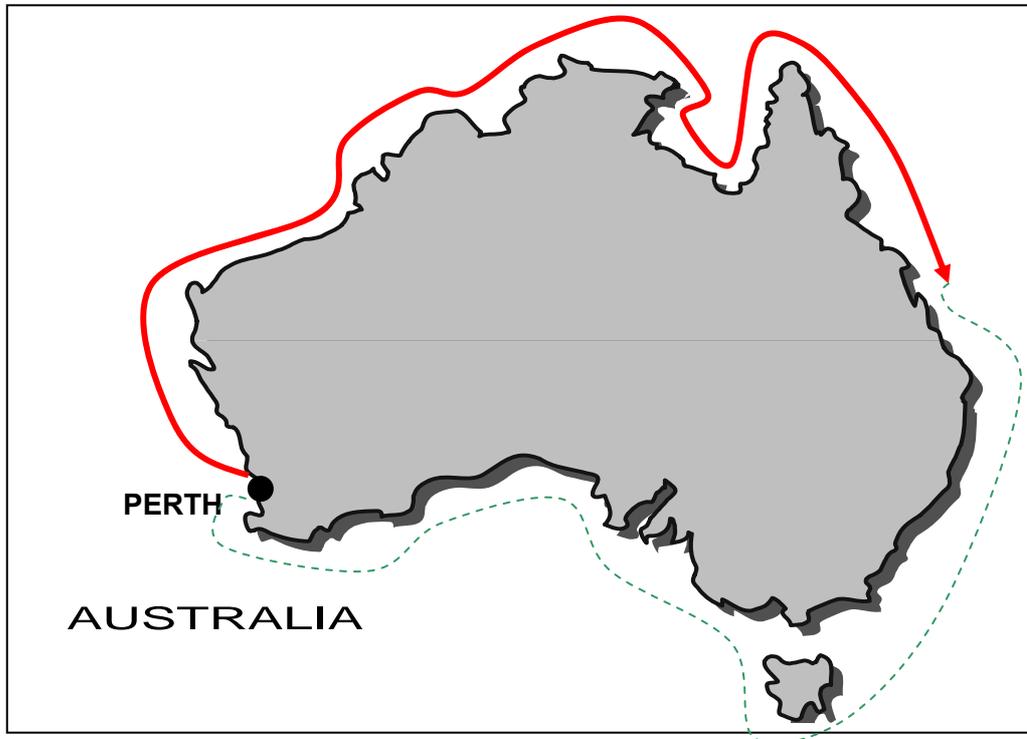
**Belinda Aitken  
Olive Beare  
Julianne & Michael Crowley  
Wayne Davies  
Robin Dinsdale  
Helen & Barry Green  
Cara Lithgo  
Cathy Plowman  
Alister Stuart**

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## SWIM AROUND AUSTRALIA - 2006-2008 - March Progress Report

- **Our pace is still holding!** To the end of February 2007, we have swum **7824.55 kilometres** (solid line). Remember every 50 metres counts. Report your monthly tally to our captains or Gerry.

Oz Swim recorder: Gerry Krygsman [gerald.k@iinet.net.au](mailto:gerald.k@iinet.net.au)



## RESULTS

Recorder, OWS Roving Report and Associates

### *Sorrento Supa Swim 20th January 2007*

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	32:29:00	1st	37
45-49	PARSONS Gail	33:49:00	2nd	49
	<b>STAN - David's Target Swimmer</b>	37:50:00		
50-54	<b>CORNEY David</b>	38:16:00	5th	86
55-59	DISHON John	39:49:00	10th	100
55-59	CROWLEY Julianne	43:22:00	5th	141
45-49	STUART Barbara	49:10:00	4th	159

**Weather** - coolish

**Conditions** - moderate south easterly

**Stinger Count** - too cold for stingers

Pleasant day though a little on the cool side. In fact I think it may have been the coldest day (air temp) for the OWS this season. David was excited!! This was a first for him, someone was actually drafting off him. Perhaps it was his target swimmer teasing him before he beat David by 26 seconds. David was later seen with a very tense face, squeezing a stress ball muttering "just 26 seconds, 26 seconds....grrrrrrrr" David's target swimmer has now been affectionately named "STAN". Electronic timing was introduced for this swim and it was extremely efficient. Results and presentations were done and dusted by 10:30 - that's an OWS PB!! Robyn was still secret training in the Antarctic.

## Australia Day Swim 26th January 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	37:03:00	1st	73
45-49	PARSONS Gail	38:53:00	2nd	107
50-54	<b>CORNEY David</b>	44:09:00	11th	203
	<b>STAN - David's Target Swimmer</b>	45:04:00		
70-74	FENTIMAN Barbara	44:36:00	1st	210
40-44	CARDEN Patrick	46:49:00	32nd	268
55-59	CROWLEY Julianne	51:45:00	11th	312
50-54	STUART Barbara	57:52:00	8th	340

**Weather** - 90% perfect

**Conditions** - moderate south easterly

**Stinger Count** - no stingers

Who am I.....?

Moon walk, moon walk, skip, pirouette, punch the air!!!

For those who have been following David's progress through out the OWS will have noticed in this swim results that he beat "STAN" by 51 seconds. All together now.....moon walk, moon walk, skip, pirouette, punch the air!!! Well done David!! Interesting start to the swim. All swimmers were sent off together. That is 370 people all starting at once. Lots of pushing and shoving went on and on and on. Barbara Fentiman entered this swim being her first since arriving from the UK and won her age group – well done to Barbara too.



### GOODIE TWO SHOES SEGMENT

Eleanor, who was on the outskirts of the pack, made comment that she had the best swim ever. I think there is a message there – coz she won her age group – well done Eleanor.

Where's Robyn? ..... Robyn who?

## Water Corporation OWS Series - Coogee Beach 27th January 2007

Distance	Swimmer	Time	Age Group Place	Overall Place
5 KM	PARSONS Gail	01:37.43	N/A	31st
5 KM	CORNEY David	01:56.11	N/A	58th

**Weather** – first it was cold, then it was really hot and humid

**Conditions** - easterly

**Stinger Count** - nil

Two laps of 2.5km. David and Gail had their paddler with them to practice for the Rottnest Swim.....well that was a waste of time.

## Cottesloe to Swanbourne 3rd February 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-59	PARSONS Eleanor	33:07:00		120
40-49	PARSONS Gail	34:51:00		183
50-59	CROWLEY Julianne	44:15:00		458
	<b>STAN-David's Target Swimmer</b>	41:30:00		
70-79	FENTIMAN Barbara	42:43:00		398
50-59	DISHON John	42:43:00		399

**Weather** - one of those mild summer days

**Conditions** - moderate south easterly

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### Stinger Count - nil

We swam and we finished. All in all it's a good swim to participate in. David was missing in this swim but he is confident he would have beaten "STAN". Where's Robyn? ..... Who cares!!

### ***Busselton Jetty Swim 4th February 2007***

Age Group	Swimmer	Time	Age Group Place	Overall Gender Place
50-54	PARSONS Eleanor	01:04.11	1st	37
45-49	PARSONS Gail	01:07.17	3rd	43
	<b>STAN-David's Target Swimmer</b>	01:13.39		
50-54	<b>CORNEY David</b>	01:15.16	22nd	225
55-59	DISHON John	01:18.10	23rd	270
35-39	BEARE Eleatha	01:21.33	17th	137
45-49	STUART Barbara	01:43.22	30th	209

**Weather** – cold and windy

**Conditions** – howling south easterly

**Stinger Count** - no stingers

Over 1000 swimmers participated in this event. The first wave were waiting patiently waist deep in the water for the start. There was quite a delay for some reason. A spectator on the jetty yelled, "Go Ben". As quick as a flash one of the swimmers yells "everyone get behind Ben, come on Ben, go Ben". This went on for a bit then some one yells, "who is Ben, Ben put your hand up". Ben's arm shot up, he was just a random swimmer that had a fan (I suspect his mum) on the jetty. The Mexican wave started, quickly followed by the all swimmers jumping up and down in the water. Things you do when you are cold, but it would have been quite entertaining to watch. Alister was there cheering Barbara on, armed with his camera – unfortunately he suffered another memory problem, this time it was full....doh!!

Congratulations to Eleatha and Barbara for swimming solo. It was their longest distance yet in the OWS. We won't talk about David and "STAN" in this segment.

### **Busselton Jetty Swim 2007 - another perspective**

**Six Snappers** - Eleanor and Gail Parsons, David Corney, John Dishorn, Eleatha Beare and Barbara Stuart took part in the ILUKA Busselton Jetty Swim on Sunday 4 February 2007. This was the 12<sup>th</sup> year that the swim has been held.

The swim is 3.7km and is unique in that spectators can view the entire course from the jetty. The amateur event attracts serious and novice swimmers. Many swim for personal challenge and participation. Eleatha and Barbara joined Snappers last year and both took up the personal challenge of swimming the jetty, neither having swum that distance before! It was a cool start but each wave of swimmers started as expected. The water was warm and clear. Everyone was eager to do his or her best. The end of the jetty brings dark deep water and lots of fish, and swimmers bumping into each other as each one attempts to get round the end without going too wide.

The return swim was very choppy. The worst in five years some of the experienced swimmers told us. It was hard going but we were on the homeward straight. Soon we were into shallow and calm water and finished feeling very pleased with ourselves. The personal achievements of both Eleatha and Barbara took them 1:21:33 and 1:43:22 respectively and Eleanor took her age group prize finishing in 1:04:11 her trophy being a restored piece of the Busselton Jetty. A lady unknown to all of us, I think she was called Monika did the jetty swim for the first time finishing in 2 hrs 20mins: a great personal achievement as this lady was blind! Her guide dog waited excitedly on the beach for her. Well done to everyone! RRBS (Roving Reporter Barbara Stuart)



## Swim Thru Leighton 1.6km 10th February 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-59	PARSONS Eleanor	25:51:00	1st	74
40-49	PARSONS Gail	28:58:00	2nd	120
50-59	WILSON Robyn	31:28:00	5th	179
50-59	DISHON John	31:30:00	14th	181
50-59	<b>CORNEY David</b>	32:32:00	17th	197
	<b>STAN-David's Target Swimmer</b>	32:39:00		
70-79	FENTIMAN Barbara	34:00:00	1st	223
50-59	CROWLEY Julianne	35:42:00	12th	255

**Weather** - stormy

**Conditions** – rough as

**Stinger Count** - nil

**ROBYNS BACK!!!!!!** ☺☺☺☺☺☺

What a shocker of a morning, the weather was just horrible. A few of us contemplated skipping the swim and just moving onto coffee but we didn't.

This event started in four waves of swimmers, 2 minutes apart and what a shamble for each wave.

- First wave was a false start; all the swimmers were stopped and bought back to the start, a feat in its self really.
- Second, third and fourth wave had 2 minutes to swim out to the buoys and only some of the swimmers making it before the starter said GO!!

The conditions were quite tough. Robyn headed for a tanker off shore. Gail obviously zig zagging as she passed the same swimmer three times. David, not sure where he headed but he took the long route, and he managed to just beat "STAN" by 7 seconds. Robyn's secret training at the Antarctic has paid off, managing to pop out of the water before John and David.

## Mandurah Canal Swim 11th February 2007

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	38:59:00	1st	29th
55-59	WILSON Robyn	47:23:00	3rd	60th

**Weather** - calm

**Conditions** – cold but not as cold as the previous year

**Stinger Count** – 1 active stinger

Snappers represented by Eleanor and Robyn. They swam and they swam around the canals. On the trip back was a lot quicker due to a ripper of a current running.

Eleanor finished strong and very pumped because she beat Vic Paul across the line.

Moon walk, moon walk, skip, pirouette, punch the air!!!

At this stage we won't talk about which wave they were both in.

Prior to the race commencing Vic Paul was demonstrating how to beat a Snapper across the line. Using Eleanor as his crash dummy, you grab the ankle, cross over to the shoulder, push down and pull through on the shoulder. So that is why Eleanor was determined not to let Vic pass her as he was starting in the second wave.

## Rottnest Channel 17th February 2007

Category	Name	Team Name	Time	Category Place	Overall Category Place
<b>CANCELLED</b>					

**Weather:** windy, cold, overcast, overcast, cold, windy

**Conditions:** waves breaking over the bell

**Stinger Count:** they were all bashed to death by the rough conditions

Rottnest Channel Swim – Recollections of Team 60/40

The Team 60/40: Swimmers - 60% Gail and 40% David; Paddlers - Eleanor and Simon; Boaties: Curly – skipper, and Newton – first mate

There were a few clues that the swim would be cancelled.

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40% - The alarm goes off, I get up and stagger outside to check the weather (I hate early mornings). **First clue** - Clouds were scudding across the sky. I thought to myself I must check that doorframe for white ants.

60% - Knock, knock, knock – knock, knock, knock. Gail is beavering away in the kitchen preparing food, drinks and herself for the day. She is thinking, what's that knocking noise.....Gail counts to 10.

40% - I then appear in the kitchen to read the paper and eat my breakfast, still with the white ants in the back of my mind. Finished breakfast, Gail still beavering so I just wander back to the bedroom and pop my bathers on, dress, then drape myself across the bed and proceed to read my book until Robyn arrives. Gail appears in the bedroom looks at me and counts 10 again.

Robyn arrives, both Robyn and myself popping our Kwells.

60% - Eleanor arrives to collect Gail and parents. Driving casually to Cottesloe making light conversation, **Second clue** - Eleanor says, "Gail there's a car with a ski on it going the other way." Gail ever positive replies, "Oh they have probably forgotten something".

**Third clue** - Eleanor, "there's another car with a ski". Gail, "Oh".

**Fourth clue** - Eleanor, "Gail there's a branch on the road" Gail, "STOP IT!!"

**Fifth clue** - Gail, "Oh look Eleanor there's lots of parking".

They park the car leaving the ski on, and just wander down to check things out. Gail still ever positive grabs her swim bag. They didn't get very far before finding out that the event had been cancelled. Gail's thoughts – thank goodness! Eleanor's thoughts – little jumps of joy (considering Eleanor was seen the day before purposely falling of her ski to practicing getting back on).

40% - Meanwhile Robyn and David are still driving to Fremantle to meet our skipper, oblivious of the decision. It was touch and go if we would make it to Fremantle as we nearly collided with a truck. **Sixth clue** - And speaking of trucks, one rolled over on the road to Rous Head so no one would have been able to get through to the ferries.

I received the call from Gail that the event was cancelled. I thought, "Bugger". Robyn thought out loud and broke into song – "que sera sera, whatever will be will be". She shouldn't sing you know.

We continued onto the boat, making team phone calls along the way. Curly and Newton (the boaties) waited for me to board. Robyn headed back to our house for a calming cup of tea with the others. Curly, Newton and I then headed back up the river to Royal Perth Yacht Club. We had to head out to the ocean to get to the heads. Once we hit the rough waters I quickly scanned the boat for life jackets. My God, it was rough; I hung on for dear life for the 5 minutes that we were out there. I was so glad I wasn't swimming in this!! Once we entered the calmer waters of the Swan River I started to relax. A very pleasant journey upriver followed and we soon were at Matilda Bay loading the boat back onto the trailer.

The whole gang eventually met at the Matilda Bay Tearooms for an early cuppa and soon we waved Curly and Newty off. Off to Cottesloe to look at the Gigantic Waves and then to the movies (The Good Shepard – not bad). Robyn feeling the effects of the Kwells, wanting a nap everywhere we went.

Perhaps next year!

By RRD (Roving Reporter David)

### ***Dale Alcock State Open Water Swim 4th March 2007***

Age Group	Swimmer	Time	Age Group Place	Overall Place
<b>2000 metre course</b>				
50-54	PARSONS Eleanor	34.44:94	2nd	33
45-49	PARSONS Gail	35.46:18	7th	43
55-59	WILSON Robyn	39.22:79	3rd	52
70-74	FENTIMAN Barbara	40.32:33	1st	60
50-54	<b>CORNEY David</b>	40.37:06	3rd	61
	<b>STAN-David's Target swimmer</b>	40.47:08		
55-59	DISHON John	42.44:39	5th	72
40-44	CARDEN Patrick	47.01:08	9th	90
<b>1000 metre course</b>				
35-39	AITKEN Belinda	31.45:32	2nd	9th
65-69	CURTIS William	32.41:42	1st	10th

**Weather:** air temperature was very cool

**Conditions:** slight easterly

**Stinger Count:** just one

This was the first year of two options on distance for this swim, the choice being 1km or 2km. Good to see William and our newest member Belinda Aitken tackling the 1km. This was Belinda's first ever ocean swim finishing strong, confident and smiling. Congratulations, great effort Belinda! William was shivering, but felt he could have swum for longer. Well done William!

The usual suspects tackled the 2km. There were a few technical hitches that delayed the start, which was probably a good thing because it was cold. Conditions were near perfect with everyone finishing well.

David was walking around with his chest puffed out – "STAN" beaten, again. Moon walk, moon walk, skip, pirouette, punch the air!!!



**Results of the final OW Swims will be published in the next edition**

**Quiz** - Which swimmer had a little lump on head from swimming straight into one of the buoys?

#### **CLUB SWIM 17TH FEBRUARY**

TRICIA SUMMERFIELD	F55-59	BA0050	01.02.08	PAB50	by 4 sec's
ELIZABETH EDMONDSON	F55-59	BR0100	03.02.55	inaug50	
PAMELA WALTER	F55-59	BU0050	00.55.59	PAB50	
AUDREY BULLOUGH	F65-69	BA0050	01.05.86	PB50	by nearly 5 sec's
AUDREY BULLOUGH	F65-69	FR0050	00.56.09	PB50	by nearly 3 sec's
MARGARET SOMES	F70-74	BR0050	01.11.74	better that any time in '06	
MERLE LOUKES	F70-74	FR0050	01.05.24	PB50	
DEIRDRE STEPHENSON	F70-74	FR0100	02.19.94	better than any time in '06	
MARGARET SOMES	F70-74	FR0100	02.11.90	better than any time in '06	
PAT SUGARS	F75-79	BA0050	01.20.16	PAB50	
<b>PAT SUGARS</b>	<b>F75-79</b>	<b>BA0100</b>	<b>02.52.47</b>	<b>PAB50</b>	<b>CR50</b>
PAT SUGARS	F75-79	FR0050	01.19.19	PAB50	
ROBIN DINSDALE	M30-34	FR0050	00.33.77	inaug50	
ROBIN DINSDALE	M30-34	FR0100	01.10.18	inaug50	
BRIAN SOMES	M70-74	BR0050	01.10.14	better than any time in '06	

#### **Prepare to volunteer at FINA 2008 World Masters**

A Referee workshop will be held at Challenge Stadium on 12th and 13th May 2007. Many referees will be needed for the FINA World Masters in April so the workload can be distributed.

Think about attending.

More information to follow. Ask Pamela Walter

#### **Captains' reminder**

With the end of the Open Water Swim season, we move into the BACC\* series for 2007. Calendar is available from the cage. So a timely reminder:

- Please make sure you turn up for the BACC if you have put your name down to swim (No excuse will do) as it makes life hugely difficult for the Club Captains working out the relays. Let Club Captains know at least the day before or earlier if possible if you can't attend.
- At the recent Council of Clubs meeting there was a discussion about timekeepers for swimmers attempting to set new state records. If you are trying for a state record please supply your own timekeepers.

*\*BACC – Be Active Club Challenge*

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**BACC NEWMAN CHURCHLANDS - 25/2/07**

KIM KLUG	F40-44	FR0050	00.40.36	PAB50	better than best '06 time
BARBARA STUART	F50-54	BA0050	00.58.76	PB50	
ELIZABETH EDMONSTON	F55-59	BA0050	01.07.42	PB50	
PAMELA WALTER	F55-59	BA0050	00.53.04		best for '07
ELIZABETH EDMONSTON	F55-59	BR0100	02.58.58	PB50	
ROBYN WILSON	F55-59	BR0100	01.54.85		best since '05
<b>PAMELA WALTER</b>	<b>F55-59</b>	<b>BR0100</b>	<b>01.53.57</b>	<b>PAB50</b>	<b>CR50</b>
MERILYN BURBIDGE	F65-69	BA0050	01.02.22	PAB50	
MERILYN BURBIDGE	F65-69	BR0100	02.09.33	PAB50	
MERILYN BURBIDGE	F65-69	FR0200	04.04.62	PAB50	
DEIRDRE STEPHENSON	F70-74	BA0050	01.20.19		best time for '07
BARBARA FENTIMAN	F70-74	BA0050	00.57.65		best time for '07
LILLIAN HADLEY	F70-74	BR0100	02.50.95		best time since '05
MARGARET SOMES	F70-74	BR0100	02.30.67		best time since '05
MERLE LOUKES	F75-79	FR0050	01.05.62	PAB50	
BARBARA FENTIMAN	F70-74	FR0050	00.41.51		best time for '07
MARGARET SOMES	F70-74	FR0200	04.41.03		best time since '05
BARBARA FENTIMAN	F70-74	FR0200	03.22.60		best time for '07
NOMAI JAGO	F80-84	BA0050	01.32.36	PAB50	
<b>HAZEL CHRISTIE</b>	<b>F80-84</b>	<b>BA0050</b>	<b>01.18.44</b>	<b>PAB50</b>	<b>CR50</b>
JUNE HOUGH	F80-84	FR0050	02.19.13	PAB50	
<b>NOMAI JAGO</b>	<b>F80-84</b>	<b>FR0050</b>	<b>01.05.50</b>	<b>PAB50</b>	<b>CR50</b>
NOMAI JAGO	F80-84	FR0200	05.37.40	PAB50	
<b>HAZEL CHRISTIE</b>	<b>F80-84</b>	<b>FR0200</b>	<b>05.29.42</b>	<b>PAB50</b>	<b>CR50</b>
<b>MOLLIE LALOR</b>	<b>F85-89</b>	<b>BA0050</b>	<b>02.39.87</b>	<b>PAB50</b>	<b>CR50</b>
PATRICK CARDEN	M40-44	BR0100	01.37.17	PAB50	
PATRICK CARDEN	M40-44	FR0050	00.34.72	PAB50	
PATRICK CARDEN	M40-44	FR0200	03.19.40	PB50	best time since '04
WILLIAM CURTIS	M65-69	BA0050	00.57.47		better than best '06 time
BARRY GREEN	M65-69	BA0050	00.46.10	inaug50	
<b>BARRY GREEN</b>	<b>M65-69</b>	<b>FR0050</b>	<b>00.38.50</b>	<b>inaug50</b>	<b>CR50</b>
BRIAN SOMES	M70-74	BA0050	01.17.86		best time for '07
BRIAN SOMES	M70-74	BR0100	02.43.70		better than best '06 time
BRIAN SOMES	M70-74	FR0050	00.59.50		best time for '07
COLIN BEATON	M75-79	FR0050	00.39.60		better than best '06 time
COLIN BEATON	M75-79	FR0200	03.52.66		better than best '06 time
JACK JAGO	M80-84	FR0050	01.05.70		better than best '06 time
ALAN EARNSHAW	M80-84	FR0050	00.46.17	PAB50	

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**A SENIOR MOMENT**

A very self-important college freshman attending a recent football game, took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

"You grew up in a different world, actually an almost primitive one," the student said, loud enough for many of those nearby to hear. "The young people of today grew up with television, jet planes, space travel, man walking on the moon, our spaceships have visited Mars. We have nuclear energy, electric and hydrogen cars, computers with light-speed processing and..." he paused to take another drink of beer.

The Senior took advantage of the break in the student's litany and said, "You're right, son. We didn't have those things when we were young . . . . so we invented them. Now, you arrogant little \*@#, what are you doing for the next generation?"

The applause was resounding...

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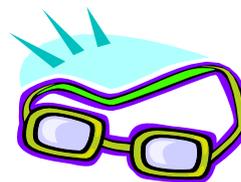
## Could someone help you?

If you had an accident when you are on your own, would you have sufficient information on you that would allow health professionals or police to get you help and contact your family? Here is a sample of the sort of information that may assist you in such an emergency. The size can be cut to fit in a wallet or billfold. Think about it!

<b>Personal Details:</b> <b>J. SMITH</b> <b>414 Upper Valley Road</b> <b>SNAPPERVILLE WA 6084</b> <b>Phone</b>	<b>In case of emergency CONTACT</b> <u><b>Wife/Husband:</b></u>  <u><b>Son/Daughter:</b></u> <b>List all phone numbers</b>  <u><b>Local (Friend):</b></u>  <u><b>Doctor:</b></u>
<b>Medication and medical conditions:</b> <i>List name and dose</i> <i>Allergies etc</i>	

### LANE 1 [Short Course] - Yes they are out there!

- I couldn't find my luggage at the airport baggage area, so I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because she was a trained professional and I was in good hands. "Now," she asked me, "has your plane arrived yet?"
- My friends and I were on a beer run and noticed that the cases were discounted 10%. Since it was a big party, we bought 2 cases. The cashier multiplied 2 times 10% and gave us a 20% discount
- While working at a pizza parlor I observed a man ordering a small pizza to go. He appeared to be alone and the cook asked him if he would like it cut into 4 pieces or 6. He thought about it for some time before responding. "Just cut it into 4 pieces; I don't think I'm hungry enough to eat 6 pieces."



### Goggle saw & heard!

- ' One of Snappers' large blue kickboards return to our cage after a 2-4 year holiday in some other cage.
- ' **A late item!** A University of Calgary professor has recently published his magnum opus on the subject of procrastination - and it's only taken him 10 years.
- ' **Expert knowledge may be important**  
A recent study raises questions about the validity of mandatory retirement policies by suggesting that expert 'crystallised' knowledge may reduce the impact of age-related cognitive decline. *Source: Taylor, J. et al. Neurology 2007; 68: 648-653.*

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#### Newsletter Deadline

Please send items for the newsletter to [sue.colyer@bigpond.com](mailto:sue.colyer@bigpond.com)

**Deadline last Friday of the month!**  
Please help out with stories, personal profiles, jokes and items of swimming interest!