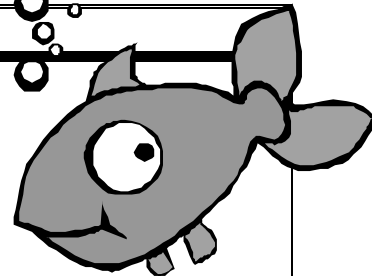


SNAPPETS



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

Nov / Dec 2007

PRESIDENT'S REPORT

Hi all and an especially warm welcome to our new members Richard Diggins, Patrick Cooney, Murray Kornweibel and Murray McDonald (Marg Watson's big brother).

On 6th October a small contingent of Snappers headed to Gosnells for a short course BACC. Everyone swam well and all are mentioned in the results (see later).

Somerset is the last opportunity to win a BACC on my watch. My wish is for 45 swimmers plus to be swimming. Somerset is a strong club and always has a strong contingent of swimmers. The club that wins is usually the club with the most swimmers. In order to have a chance of winning we will need 45 plus in the water. The events are 200 IM or 200 Fly, 100 Breast, 100 Free, 50 Fly, 50 Breast, 100 Back and 50 Free. Decide what you're going to swim and start training for those events. **What about it?** This is a rally-around-the-flag request.

Congratulations to Elizabeth who travelled to Adelaide for the Australasian Masters Games which recognised disabled swimmers. She arrived back with literally a bag of 9 gold medals and 1 bronze. The bag is royal blue. She trained hard prior to the event, coming to day and night sessions and was rewarded by swimming PBs in 50 and 200 Breast and 200, 400 and 800 Free. The PBs have continued to mount since her return, with improvement in two other aerobic swims.

Congratulations to Audrey Bullough and Pat Sugars for taking huge chunks of time off their 800 Free and 800 Back respectively. Audrey took 1½ minutes off her previous 800 Free time and in her second ever 800 Back, Pat improved by nearly 2 minutes. I doubt that will happen again so enjoy the moment. Audrey has also just swum her first 1 hour aerobic swim and has now finished the whole aerobic program in Freestyle. Well done.

Robyn, Eleanor, Gail and David have just returned from an organised swim in Croatia and Sue will soon be home too. Before they went it sounded as if it was going to be very enjoyable island-hopping with swims between the islands in the morning and then wandering around the island, shopping and strolling through villages in the afternoon. It sounded like a fantastic way to spend a holiday. However from the little bit I've heard since Robyn's return it wasn't at all a breeze. We are all waiting eagerly for a swim-down.

Keep swimming, stay fit and enjoy life.

Pamela



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DIARY ENTRIES FOR NOVEMBER AND DECEMBER 2007

Date	Event	Venue
Tue 6 November	Melbourne Cup lunch	The Roundhouse Tavern, 12 noon
Sat 10 November	Club Swim	Challenge Stadium, 1.00 pm w-u
Sun 11 November	Lake Leschenaultia Swim	Lake Leschenaultia, 10.00 am
Sat 17 November	MSWA Club Captains' meeting	Crab Palace, 2.00 pm
Sun 18 November	Somerset AUSSI BACC	Aqualife, Somerset St, Vic Park
Mon 19 November	Snappers Committee meeting	Merilyn's, 7.00 pm
Sat 24 November	Officiating course (Timekeepers)	Joondalup Arena, 9.00 am – 10.30 am
Sun 25 November	Bowling afternoon	Dalkeith Bowling Club
Sat 1 December	Fremantle Swim Thru 400m/1600m	South Beach, 8.30 am
Sat 8 December	31st Swim Thru' Rottnest 1600m	Thomson Bay, 1.30 pm
Sun 9 December	Snappers Christmas Picnic	Jabe Dodd Park, 11.30 am
Sat 15 December	Tower to Tower Swim Thru 1600m	Scarborough Beach, 8.30 am
Sun 16 December	Bicton to Bridges and Back 1600m/5km	Bicton foreshore, 8.00 am

BIRTHDAY WISHES

A very happy birthday to these Snappers:

2 Nov	Barry Green
5 Nov	Gerry Krygsman
10 Nov	Michael Crowley
22 Nov	Belinda Aitken
29 Nov	Helen Green
8 Dec	Gail Parsons
8 Dec	Peter Williams
27 Dec	Patrick Carden
31 Dec	Don Lane (80!!)

BIRTH NOTICE

To Eleatha and Andrew Beare, a daughter, Callie Nicole, and to Olive and Terry Beare, a grand-daughter.

Eleatha says:

"We are very happy with the safe arrival on 29 September of our beautiful, healthy daughter, weighing 2910 grams (6lb 6oz), and rapidly gaining weight.

In true Callie style, she slept soundly through the whole drive home to Capel and conveniently woke just as we arrived at the front gate.

We have a solution for when she cries too much: we just run the tap and she quietens down as soon as she hears the water - must've been all that swimming."

Congratulations to the Beares!

A DATE IN COMMON

Four Snappers share the same birth date: 18 April. They are Julie Crowley, Murray Kornweibel, Geraldine Klug and Barbara Fentiman. Next year their birthday falls on Day 1 of the FINA World Masters Swimming Championships. All have potential to swim in this event. What a great way to celebrate a birthday!

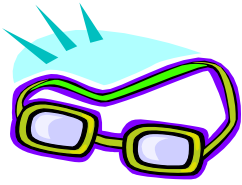
OFFICIAL CONGRATULATIONS TO PAMELA!

Each year Masters Swimming WA has the opportunity to nominate five of its officials to receive commendation certificates at the annual Dept of Sport and Rec Officials dinner.

Congratulations to Pamela who has been chosen as one of the five this year.

Pamela is a fully fledged Timekeeper, Chief Timekeeper and Starter and is currently working toward becoming accredited as Check Starter and Inspector of Turns.

GOGGLE SAW



- A stalwart Senior Coach crouching in teeming rain on a September evening under a huge, but inadequate, umbrella, offering encouragement to a depleted band of swimmers.
- The Bookends (see explanation below) continuing their look-alike theme by wearing their new wildly-patterned funky bathers at the last training session before leaving for their swim trek around islands off Croatia.
- Concern on the faces of the day swimmers when stormy weather meant they had to swim in the dive pool and put up with no black lines and no backstroke flags as well as calling on arithmetic to convert 21 metre lengths to kilometres for their Swim Around Oz tallies.

THE BOOKENDS

At the Mandurah BACC in June this year sisters Eleanor and Gail Parsons enhanced their look-alike appearance by wearing identical, distinctive neck-to-knee swimsuits (modern-style of course). Similar nominated times put them in the same heat of the 100 IM, one in lane 1 and the other in lane 8, ie two strong swimmers on the outside, holding all the others in place. Realising the threat that their presence posed to the rest of the field, a spectator from another club sang out to a swimmer from her club, also in that heat, "Don't worry about the bookends!"

The epithet has stuck.

MAKING A BOLD MOVE

At our stage in life, most of us have worked out what we're good at. It follows that we also know what we're not good at. Human nature is such that we tend to keep doing the things we can already do well: it's easier, it gives us a buzz and we may even score the admiration of others.

Trying something new is difficult, yet participation brings its own rewards. Clearly only one person can take first place, but we can all succeed without finishing first. Success is conquering resistance to change and fear of failure and joining in; success is taking part and making the event more fun for more people; success is broadening the scope of our own experience; success is swimming in a team and gaining points for our club. (For those new to Masters Swimming, everyone who finishes an event gains a point. If you are lucky enough to be the only entrant in your age group, you will score four points! This happens surprisingly often.)

There is one more Club Challenge in 2007, at Somerset on 18 November. Let's all sign up, support each other, and our President, and give it a go. No need to bust your boiler: just enjoy the swim. Forget the words 'race' and 'compete'. Try 'heat' or 'event' for 'race' and 'swim' for 'compete' and the whole exercise becomes less threatening. Is it a date?

Merilyn Burbidge
Guest Editor

If your ship doesn't come in, swim out to it!

FROM THE RECORDER

CLUB SWIM 22/9/07

AUDREY BULLOUGH	50 BA (PB50), 100 BA (PB50), 50 FR (PB50=)
MERILYN BURBIDGE	50 BA (PAB50), 100 BA (so close to PAB), FR 50 (best since '05)
JULIE CROWLEY	100 BA (inaug50), 50 BR (PB50), 50 FR (inaug50), 100 FR (PB50)
WILLIAM CURTIS	100 BA (best '07), 50 FR (best '07)
JOHN DISHON	100 BA (PAB50)
ELIZABETH EDMONDSON	50 BR (20/100 off PB), 100 BR (PB50), 100 FR (PB50)
BARRY GREEN	50 BU (inaug50, CR50), 100 FR (inaug50)
JUNE HOUGH	50 BR (PAB50)
GERALDINE KLUG	50 BR (best '07)
KIM KLUG	100 FR (PAB50, best since '05)
PAT SUGARS	50 FR (PAB50)
PAMELA WALTER	100 BU (PB50, CR50)

GOSNELLS / ARMADALE Short Course Be Active Club Challenge 6/10/07

AUDREY BULLOUGH	200 BA (PB25), 50 FR (PB25), 100 FR (PB25)
MERILYN BURBIDGE	200 BA (PAB25), 50 FR (.06 off PB25)
WILLIAM CURTIS	200 BA (best since '05), 50 FR (best since '05)
LILLIAN HADLEY	200 BA (best since '05), 50 BR (best for '07), 100 FR (best for '07)
WYVERN REES	200 BA (inaug25), 50 BR (PAB25, CR25), 50 FR (PAB25)
BRIAN SOMES	200 BA (inaug25), 50 BR (best since '05)
MARGARET SOMES	50 FR (best for '07)
PAT SUGARS	200 BA (2nd best ever)
PAMELA WALTER	200 BA (PB25, CR25), 100 IM (PAB25)

REQUEST TO AEROBIC PROGRAM PARTICIPANTS

Please could you highlight on your cover page your best 400/800 time for the year so far for each stroke? If you have a best time for the year that is an internal time in an aerobic swim and want to submit it for the State Top Ten can you also highlight it and bring it to my attention? Remember for an internal Backstroke time to be eligible you have to have a signature on the sheet to say you turned on your back at that distance.

Pamela Walter, Recorder

RECENT WINNERS OF THE IMPROVES LIKE FINE WINE AWARD

Gerry Krygsman was selected as the winner of the ILFWA for September for achieving his own 40-60-80 challenge to swim 2 km (40 laps) in 60 minutes as an 80-plus year-old. Gerry is keen for others to take up the 40-60-80 challenge. For those of us who have a long way to go before turning 80, this is a worthwhile future goal.

Elizabeth Mills, who swims under her maiden name, Edmondson, won the Award for October in recognition of the extra training she put in for the Australasian Masters Games, resulting in nine PBs just before, during and just after the Games. As a Paralympian, Elizabeth swam only sprints. Since joining Snappers she has become very competent over all distances in the Aerobic Program.

Well done to both swimmers.

THE AUSTRALASIAN MASTERS GAMES

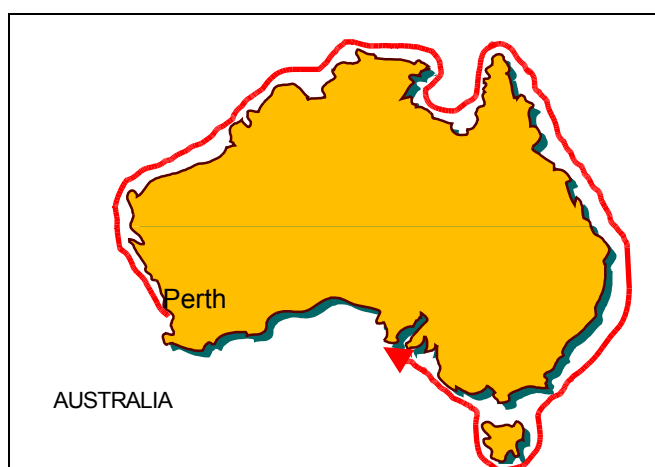
I had a wonderful time at the Australasian Masters Games in Adelaide in October. I would recommend the Oaks Horizons, where I stayed, as every room had a washing machine and dryer - a must for swimmers' towels. At the opening ceremony I was lucky to meet comedian George Kapiniaris who was a compere. Luck stayed with me: I won a bottle of red wine and a commemorative crystal wine glass in a raffle.

I entered seven individual events and, as Pamela has mentioned in her report, brought home a few medals. I was also in four relays and was very pleased to be in the team that came third out of twelve in the mixed medley relay 200-239.

I renewed friendships from the Darwin Nationals and met more kind people who drove me home from swimming every night.

Elizabeth Edmondson

SWIM AROUND AUSTRALIA Progress Report



Snappers swam 554 km in August and 380 km in September to reach Port Lincoln, South Australia, and bring the total distance swum to 11,670 km. As we are ahead of schedule to return to Perth for the Worlds by April 2008, Gerry is recharting the course to take us much closer to shore in the Bight - and a chance for close encounters with whales.

It was disappointing that only 24 out of 58 participants sent in distances for September. Please remember to submit your tally ASAP at the end of each month to Oz Swim recorder Gerry Krygsman: gerald.k@iinet.net.au

Fremantle Masters Games September 23rd 2007

Six of us braved the cold winds at the Fremantle Pool and enjoyed our morning. William was the only male Snappers representative. Next time we need a few more men to keep him company!

The water was warm, thank goodness. There were only about 59 swimmers in all but apparently the numbers were up on last time. The meet was well run and all the officials and timekeepers did a great job. Some of the young champion swimmers from the Fremantle Port Club presented the medals, plus other Fremantle swimming identities and also our own Elizabeth.

I thought everyone swam well, most faster than their nominated times, and we all came home with a swag of medals: Audrey B (2 silver, 2 bronze, 2 PBs), William (1 gold, 3 silver), Elizabeth (1 silver, 2 bronze, 1 PB), June H (1 gold), Pat S (1 gold, 1 silver, 1 PAB), Marg (2 gold, 2 silver).

In another arena, Rob Shand won the javelin (State record), discus and shot put.

Well done everyone!

Margaret Somes

It seems that if you are keen to win a medal, the Fremantle Games gives a very good chance.



NOT THE BACK PAGE

A brunette, a redhead, and a blonde were stranded on an island. The brunette looked over the water to the mainland and estimated about 20 km to shore. So she announced, "I'm going to try to swim to shore." She swam 5 km and although really tired she kept going until she was 10 km from the island. Sadly she was too tired to go on and she drowned.

The redhead said, "I wonder if she made it. I guess it's better to try to get to the mainland than stay here and starve." So she attempted the swim. The redhead had a lot more endurance than the brunette and she reached 10 km before she grew tired. But after 15 km she was too exhausted to continue and she drowned.

The blonde thought to herself, "I wonder if they made it! I think I'd better try too." So she swam out 5 km, 10 km, 15 km and finally 19 km from the island. The shore was just in sight when she became too tired to go on. So she swam back.

APRÈS SWIM

Snappers love to kick and swim,
Emulating Jones and Klim
But afternoons are incomplete
Without a coffee, strong or sweet.
Two-thirty is the magic hour
When Snappers rush from pool to shower.
As Derek deftly stows the toys
(Paddles, kickboards, fins and buoys),
They shower at speed and dress in haste,
Not letting seconds go to waste.
They scale the stairs in record time -
Consummate athletes in their prime

Where will the party be today?
In coffee shop or far away?
On concrete concourse at the top,
A longish hike from the coffee shop?
Where ere it is, they can't be late:
There's someone's birth to celebrate!
There could be chocolate cake to eat
And no-one wants to miss a treat.
First things first: they join the queue.
It's way too long, but then "What's new?"
As seniors, hearty guys and chicks,
Line up to get their caffeine fix.

On concourse, temperature is cold
Chairs mismatched and trestles old..
For Captain, though, this site's preferred:
Her words of wisdom might be heard.
As Margaret starts to say her bit,
Shouts of "Can't hear!" muffle it.
Rejoinder's quickly, loudly made,
"Turn up your flipping hearing aid!"
Don raises high his homemade baton,
To toast the one with birthday hat on.
The birthday song is sung with gusto,
Though pitch and tempo rarely 'just so'.
The passers by hoot, wave and cheer:
They could be joining in next year.

SOCIAL EVENTS

Melbourne Cup Lunch

At 12 noon on Tuesday 6 November,
Roundhouse Tavern, Balcatta. \$49.95 per
head. Contact June Maher 9383 4629.

Bowling Afternoon

At 1.00 pm on Saturday 25 November,
Dalkeith Bowling Club. Cost \$7.00. Flat-
soled shoes to be worn, please.

Christmas Picnic and Awards Presentation

At 11.30 am on Sunday 9 December, Jabe
Dodd Park, Mosman Park. There will soon be
a box in the cage in which you are asked to
place your item for the Christmas hamper to
be raffled at the picnic.

SOUNDS BETTER

Snappets

The title of the Snappers newsletter is "Snappets",
with emphasis on the first syllable, Snap-pets as in
Mup-pets. In 1999 a competition held to name the
previously untitled newsletter was won by Thrym
Kristoffersen, then Captain, who suggested that
Snappers' snippets be called "Snappets".

Cas Brown

Cas's first name rhymes with 'lass' and 'gas'. At least
Brown presents no challenges.

Murray Kornweibel

In new member Murray's surname weibel rhymes
with Bible. Murray says that the German word
Weibel is a sort of tax collector. Maybe we have
treasurer material here!

Barbara Stuart

Alister and I, with our two young children, arrived in Perth in the very hot summer of January 1989, having left snow in Darlington in the north-east of England. Samantha, now 22, is working as an Assistant Manager on Hamilton Island and Alexander, 19, is in Sydney training with the RAN as a Clearance Diver. My job is Practice Manager for a group of seven Consultant Physicians in Rehabilitation and Aged Care.

I am a fairly new member to Stadium Snappers joining in April 2006. I was inspired to do so after registering for the Women's Triathlon in 2006 and attending the eight-week swim training course at Challenge. I had put a lot of effort into swimming and wanted to continue. At that time my main exercise was running. Over the past eighteen months I have tried to balance swimming with running and more recently cycling. You can only get better at a discipline by doing more of it, but I have continued to try to do all three! I am often asked which I prefer. Over the summer months it was swimming. After swimming ten open water events which were completely new to me and finishing the Busselton Jetty swim in February 2007 I was flying high! I then found it difficult to come back to the short fast pool swims because I had become comfortable over longer distances, but perhaps slower! Being a member of Snappers and receiving valuable coaching improved my confidence in the water and enabled me to venture into open water. I am hoping that some of the confidence remains as the open water season is almost upon us, my first being in the cold water of Glen Mervyn Dam, Donnybrook on 17 November!

I have registered as a volunteer for the FINA World Masters for medal distribution, runner and general help. It will be my way of contributing to this exciting event.

I have a carbon road bike and have participated in three CycloSportif events doing the middle distance ride of approximately 55 km at Toodyay, Swan Valley and more recently York where I won an award of a custom-made jersey after clipping a back wheel at 33 km/hour only half an hour into a two hour race and landing in the bush some 10 metres away but managing to pick myself up and finish the race. I think the fall has contributed to an injury sustained whilst running the next day. It seems the more I do, the more I push myself to do. My goals are varied and take in each of the disciplines. Finding the balance is difficult!



Alister Stuart

I was born in June 1948 in Croxdale, Co Durham. I am a Marine Engineer and have been in the Merchant Navy since 1969. At present I am employed with Farstad, a Norwegian shipping company operating offshore anchor handling supply vessels, currently working offshore in the north-west of Australia.

Barbara and I met in a small village pub called The Fox and Hounds near Darlington in Co Durham. We arranged to meet and play a game of Squash and ended up getting married two years later in 1982. We have two children, Samantha and Alexander.

Barbara was dragged kicking and screaming to the other side of the world in 1989, as this was something she did not want to do. Some things do not change! We arrived in Perth in the early hours of a very hot January morning, coming from a cold winter's day in the north-east of England. What happened? She liked it and decided to stay.

I was introduced to Stadium Snappers through Barbara who suggested I have a go instead of standing around waiting. My attempts to survive in the pool resulted in smiles, strange looks and interesting comments like, "Never seen it done like that", but with lots of friendly encouragement and advice. My aim in swimming is to glide effortlessly through the water as it was once described to me.

Other interests are golf and cricket and to continue the role of Sherpa, fully supporting my wife in her many time-consuming activities. It has been suggested that I need to try harder at that as well!



Helen Green

I grew up in Perth and swimming for pleasure was a part of that experience. I had no formal swimming coaching, although my older sister tried to teach me as best she could.

Our children were all taught swimming at a fairly early age and I was involved in this process. Because my husband, Barry, became involved with swim coaching I spent more and more time around swimming pools and participated in some swimming races. Of course with a family of swimmers I began to swim much more than as a child.

A recent high point of our year was when our second son, Julian, successfully completed a solo swim of the English Channel in 10 hours 35 minutes. This has been an enormous inspiration and, although I have no wish to emulate him, it has spurred me on to greater efforts.

After leaving Australia 40 years ago, Barry and I, with our three children, lived in several countries (the USA,

Germany, England, Japan and Belgium) but it is only in the last few years that I started swimming in order to keep fit. It has been a great pleasure to continue that here in Perth, particularly as most of the training is done in the open air.

On returning to Australia, Barry and I were keen to swim regularly. Because we are making our home in City Beach we felt that the Challenge Stadium would be our "local" pool, and so joined the Stadium Snappers where the coaches have kindly taken me in hand. As a result of this training my swimming has improved and I have competed in some swims for the club. I much enjoy the friendly atmosphere of the Club and the warm welcome we have received as new members. I look forward to continuing with the swimming for many years to come.

Barry Green

I was born in Brisbane, 2 November 1941 and attended Ascot State School. I swam competitively for the school and for the Valley Swimming Club. My coach was Bill Fleming a "colleague" of the Perth Olympian, Percy Oliver, with whom I also trained (at the old Crawley baths) during a 2-month stay in Perth in 1958.

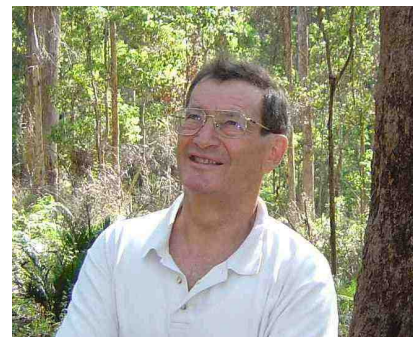
When my father's job moved the family to Wellington, New Zealand I continued competitive swimming at secondary school, Wellington College, and the Karori Swimming Club. At the Victoria University of Wellington, swimming took a backseat to cricket and was resumed briefly for Saint Pauls' College of the University in Sydney when I studied for my PhD there.

Later on, after the birth of our 3 children and their swim training, I returned to competitive swimming when I established the Masters section of the City of Oxford Swimming Club where I was a swim coach. As a result, I swam in several National Masters Championships as well as other Masters swimming competitions in England.

More recently I competed in some Masters swimming events, including one national Championship, during a 10-year stay in Japan, although the pressures of my job as a research scientist working on an international project strongly limited my time for this.

On my retirement at the end of November 2006, I was keen to resume competitive swimming and looked around for a Masters Club to join. As there are relatively few such clubs based at the Challenge Stadium, a world class facility where I wanted to train, it was a fairly simple choice to elect to join the Snappers.

I try and swim every day and supplement the swimming with some gym work. I thoroughly enjoy swimming with and for the Snappers and hope to continue for some time to come.



2008 FINA World Masters Championships

Swimmer registration

For all information on how to register as a competitor or a volunteer in the 2008 FINA World Masters Championships, please visit the event website at www.2008finamasters.org. The Information Booklet is now available as is event registration. The entire Information Booklet can be downloaded or you may download the registration forms separately. Those who do not have Internet access may phone the Event Office 9441 8361 to ask for hard copies to be mailed to them.

Volunteers Wanted

The volunteer registration page has been updated to include more details so please check this out if you wish to volunteer. You MUST be registered on-line to be considered for this great experience. However those who do not have Internet access may give your details to your Captain, Marg Watson. Lillian has kindly offered to enter the information on the volunteer database. Appropriate tasks include Timekeepers (MSWA accredited), Runners, Basket carriers and False Start Rope controllers. You will need to specify day and time available and T shirt size!

Accreditation of Timekeepers

For those who would like to volunteer as timekeepers, but do not have the required accreditation, a Timekeepers course is to be conducted at Joondalup Arena from 9.00 am to 10.30 am on Saturday 24 November. Registration forms for the course are available from Marg Watson.

NEWS FROM OUR UK FRIENDS

An email from the Fentimans on 30 September

I would very much like to compete in the 2008 Masters Swimming Australia Nationals next March. If Snappers will be represented in Melbourne and the club look into accommodation before we arrive in Perth in February, can you please include us?

Derek is well, except for the odd ache here and there especially after a good bout in the garden - plenty to do at this time of year. I have had another enforced rest and 10 days off swimming. I twisted my back awkwardly and was unable to straighten properly. My training so far since April has been very intermittent to say the least. Also my favourite 50m pool has closed two months ahead of schedule and will remain closed for the next 9 months, due to finding asbestos in the building. I now have to swim in 25m or 33m pools which usually have only a couple of lanes set up and not during school holidays or if the schools are having lessons during term time. Not making excuses, just trying to convince myself I have some reason for my poor showing of late!

Our weather has turned really cold this past couple of weeks and at times very wet. The central heating is on and it is lovely to snuggle down in bed these nights.

Best wishes to all our friends at Snappers.
Barbara and Derek.

A phonecall from the Webbs

Beryl and Cliffe sent their best regards to Snappers. They will be arriving in Perth very early in November. Although they'll be in time for our Nation-stopping horse race, that day they will be collecting their son from the airport after he's cycled 1400 km from Mareeba to Cape Tribulation, Queensland, in the Crocodile Trophy. They are looking forward to our warm weather and swimming in the upgraded Challenge Stadium pools. So are we!

*A good time to keep your mouth closed is when you're in deep water.
(Source unknown)*

COMMITTEE JOTTINGS

- Our application for a Volunteer Small Equipment Grant from the Department of Families, Community Services and Indigenous Affairs of \$1600 towards the purchase of a laptop has been successful. The laptop will be used for maintaining Club swimming and administrative records as well as by coaches.
- The Club's AGM will be on Wednesday 30 January 2008. All positions on the Committee will be open for nominations.
- Except for members who joined after 1 September 2007, membership fees of \$97.00 single or \$190 for a couple are due by 31 December 2007.
- Club badges are for sale for \$5.00 from Pat Byrne.
- Masters Swimming WA's email address is now wendy@mastersswimmingwa.asn.au and the web site is www.mastersswimmingwa.asn.au.

Elizabeth doing a Julie Bishop



In Adelaide at the Australasian Masters Games



Christening the new chair hoist at Challenge Stadium

Newsletter Deadline
Please send items for the newsletter to
sco61637@bigpond.net.au
Deadline last Friday of the month!
Please help out with stories, personal profiles,
jokes and items of swimming interest