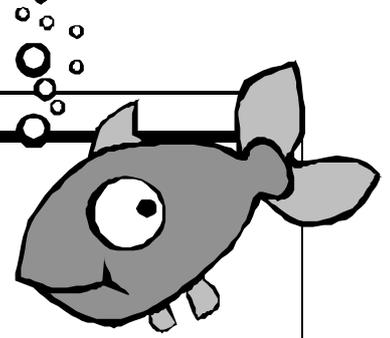


SNAPPETS



Stadium Snappers AUSSI Masters Swimming Club, PO Box 532, Claremont 6910 November 2009

PRESIDENT'S MESSAGE

Greetings all! As the "silly" season approaches and we become caught up in the hurly burly of preparations for Christmas and New Year, wind up work and prepare for holidays, it is often helpful to step off the treadmill for a while – to rest and reflect on what is happening in our lives.

I would like to share this "game" that I came across in another newsletter and tracked its source to the website <http://academictips.org/blogs/juggle-balls/>:

Imagine life is a game in which you are juggling five balls in the air. You name them – *work, family, health, friends, and spirit* – and you are trying to keep all these balls in the air. You soon understand in this game that work is a rubber ball. If you drop it, it will bounce right back. But the other four balls – family, health, friends and spirit – are made of glass. If you drop these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.

(Attributed to *Coca Cola CEO Brian Dyson*).

I wasn't too clear on the moral of this story, apart from needing to be a good juggler! However, such stories serve to remind us of those important aspects of our lives that are worth working to protect and maintain. Masters swimming is a wonderful arena for this game to help us with at least three of these juggling balls – health, friends and spirit.

It is always good to see the Snapper spirit shine through whether it is at a BACC, social event or dealing with the everyday routine at the pool. Congratulations to everyone who attended the Fremantle BACC where we came second (again!) with great swims by individual swimmers and teams. The courage and determination of our swimmers always amazes me, as does the generosity of our volunteers who come to timekeep and otherwise support the swimmers. Well done, everyone, for a great effort at Fremantle!

My term as President is coming to a close, only two months to go, so just a few closing words about change. In the past two years changes have occurred in some areas of club management, most notably, using the laptop to maintain our club results and records and prepare entries to swim events. While we have recovered from the loss of the first laptop, we are not quite there as the software has limitations in producing the types of results that we have been used to receiving over the years from Recorder Pamela's diligent efforts in recording every time of just about every swim you have swum! The transition to the Team Manager software is ongoing, and I will continue to work with Pamela and Eleanor to smooth out the processes to ensure accurate and timely management of our results. Further change is on the way with a new Club name, new constitution and a substantially different committee anticipated as an outcome of the AGM in January.

In the meantime, it is good to see some new faces trying out Snappers day and night groups. We hope they will join us. The coaching program is going well, as our recent results indicate. Our Social Organisers are planning another great Christmas party on Sunday 13 December at which end-of-year awards will be presented. And the open water swim season has started. I wish all our OWS swimmers stinger-free swims and a following swell!

See you in the pool.
Sue Colyer, President

Don't run through life so fast that you forget not only where you've been, but also where you are going.

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CAPTAINS

The day swimmers participating in the Aerobic Swims Program have nearly all completed their swims for the year. Great to see some men becoming involved in aerobic swimming. These newcomers to the program have each completed five 400 metre swims in freestyle. This year it has been easier to time the swims because Challenge Stadium has allowed us to use two lanes for an hour before the start of the training sessions on Wednesdays and Fridays.

Our Recorder Pamela will soon be studying aerobic swimmers' sheets preparatory to assessing award winners and submitting times for Top Ten consideration. To help make the task easier for her, aerobic swimmers are asked to highlight on their cover sheets their best times for 2009 in 400 and 800 metres in each stroke.

Geraldine Klug

Ed: Thanks to Geraldine for negotiating with Stadium staff to secure lanes in the indoor pool for backstroke aerobic timing and for being there in the pre-session hour to organise swimmers into lanes and timekeep as well.

BIRTHDAYS

November

2 Barry Green
10 Michael Crowley
22 Belinda Aitken
23 Susan Hoff
26 Hazel Spong
29 Helen Green

December

8 Peter Williams
8 Gail Parsons
27 Patrick Carden
31 Donald Lane



Best birthday wishes to all those Snappers born in November and December, especially Susan Hoff who celebrates her Big Five O and Peter Williams who is reaching his 'three score years and ten'.

DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Sunday 15 November	Somerset BACC	8:15 am	Aqualife Centre
Sunday 29 November	Bicton River Swim 1600m/5km	8:30 am	Bicton Baths, Swan River
Saturday 12 December	Fremantle Ports Swim Thru 1600m; novice 400m	8:30 am	South Beach, South Fremantle
Sunday 13 December	Snappers' picnic	from 11:30 am	Jabe Dodd Park, Mosman Pk
Wed 20 January 2010	Snappers SGM and AGM	TBA	TBA
March 2010	Zoo visit	TBA	Perth Zoo, South Perth
7 to 10 April 2010	MSA National Championships		Launceston Aquatic venue

CLUB CLOTHING REPORT

There has not been a mad rush for summer wear, so we will not be ordering short-sleeved aqua polo shirts this year. However, enough interest has been shown in the long-sleeved casual white or grey shirts for an order to be placed this month.

The Club Clothing Order Book is on the top shelf of the cage, next to the Attendance diary, and if you enter details of your requirements - even if out of season - it helps to gauge future needs, or to source new suppliers and/or prices.

The second-time-around clothing items mentioned in previous reports have all been recycled. Now I have two aqua/navy old-style tracksuit tops (1 Small; 1 X-large) 'free to a good home'.

Marg Watson

WELCOME NEW MEMBERS

We are very pleased to welcome new Club members Bill Ringland (Julie Crowley's father), who made an outstanding debut at Fremantle's carnival, and Paul Maj. It's great to see Belinda Aitken back in the pool, too, after some time out for study.

CLUB FEES FOR 2010

Just a reminder that 12-month membership renewal for current members is due by 20 December 2009. Renewal forms will be distributed to all current members during November.

The proposed fees for 2010 (to be ratified at the AGM) incorporate the increase in National and State fees with a small increase in the club component.

For current members (1 January to 31 December 2010):

Individual	\$98.00
Couple	\$191.00
80 years and over (50% of club component)	\$78.00

Julie Crowley, Registrar

SOCIAL NOTES

Bowls Afternoon Sunday 4 October

The Bowls Afternoon was a good fun event as usual. We made a small profit and benefited also from kind weather.

Christmas Picnic Sunday 13 December

Our last organised activity is coming up – the Christmas Picnic and presentation of awards. We are looking forward to seeing everyone there: swimmers plus husbands, wives, partners, friends and family. Please remember to put your name on the sign-up sheet, otherwise you may miss out on a sausage! The picnic is at Jabe Dodd Park in Mosman Park, where we've held it for the last few years. It's nice and shady, but still bring your hat. Hopefully the flyer will be out by the time you read this and you will know what to bring. And for the end-of-year raffle: there is a container in the cage to receive your donations of items for the hampers.

Marg Somes and Jeannine Heinrichs

MSWA MATTERS

The November Ford and Doonan coaches' workshop was a successful event attended by 16 coaches from 10 clubs, including four from our newest WA club, Narrogin.

Bernie Mulroy spoke on training for open water swimming. As a veteran coach who has worked with open water swimmers Shelley Taylor-Smith and Melissa Benson, Bernie shared many useful insights into coaching techniques and strategies.

The second session on planning and writing programs was presented by our own Snappers' coach Eleanor Parsons. Eleanor took us through a very practical session from the overview of an annual plan, training phases, the training week and preparing individual session programs.

The workshop was much appreciated by all and I intend to repeat Eleanor's planning session next year, allocating some time for practical work by attendees.

'Tricia Summerfield
Director of Swimming MSWA

GOGGLE SAW

On the care label of recently purchased over-the-top bathers:

"We recommend that you avoid contact with abrasive surfaces such as concrete, steps, elephants, waterslides, cheese graters or rocks. Do not wear your Funkys while operating heavy machinery, do not bleach them, do not store wet, do not swallow and tell your mum not to iron them. As scripture tells us, love your Funkys and they will love you."



The true meaning of life is to plant trees in whose shade you do not expect to sit.

NELSON HENDERSON

DID YOU KNOW? Snippets from Snappers' history: fourth instalment

- David Corney wanted to be one of the paddlers for a Snappers Rottneest Channel team, so Gail Parsons suggested (wisely) that he learn to swim adequately first. Hence he joined the Snappers in 2000. He has clearly achieved his objectives, both paddling for the Snappers teams for the Rottneest swim and swimming in one.
- There is a Snappers theme song (see 1995 Snappers Newsletter): I haven't the tune or the author!

"We are all super Snappers	Some think us crazy
Super dooper super Snappers	Our coaches call us lazy
We're here for the fitness and for fun	But we swim for fitness and fun."
Come on super Snappers	
Dappers and Nappers all are one.	
- Rob Shand has been an athlete all his life and in 2000 held the WA men's javelin record for the 60-65 age group. He was also running distances from 800 metres to the marathon. He converted to the pentathlon but tore ligaments in his knee doing the long jump. Swimming was meant to be "a recuperative exercise" so he joined Snappers in 2000.
- To celebrate the centenary of Federation, AUSSI planned a Swim Around Australia commencing on 26 January 2001 (sound familiar?).
- The Lynda Joachim Award is presented annually to the champion female Snapper. For the first seven years of the Club (1993-1999), this was won by just two of our female swimmers: Hazel Christie (three times, including the first two years) and Pamela Walter (four times).

Barry Green

A WINNING SUBIACO STORY

At the recent 2009 City of Subiaco Local History Awards evening, the open award for Subiaco stories was presented to Jeannine Heinrichs and her colleague Lyn Pushong for their booklet "*Heritage trail: a journey through the history of MercyCare*". The booklet relates the history of the site of the Catherine McAuley Family Centre in Wembley from 1846 to the present day.

The award citation reads: "The site is part of the area that was once known as New Subiaco, and later, into the twentieth century, as Subiaco. The booklet relates the site's history, which it divides into four periods: that of the Benedictine monks (1846-1864), St Vincent's Orphanage for Boys (1872-1901), St Joseph's Orphanage for Girls (1907-1971) and the Catherine McAuley Family Centre (1971 to the present day). The points of interest on the trail are separately interpreted and additional material is offered on the nineteenth century olive industry, a Catherine McAuley rose, historic amenities, and lists of the Sisters of Mercy and the Christian Brothers who lived and worked on the site."

Jeannine, a MercyCare volunteer for many years, says the heritage trail was a major project that took 18 months to complete. She would be pleased to escort anyone interested around the trail and can be contacted at home on 9447 2412.

MEDICAL CHECK OR CLEARANCE

As a safeguard to the health of our members, the Committee has decided to remind swimmers to get medical approval before resuming swimming after injury or illness and to suggest to prospective members that they also have a medical check before joining Snappers.

TRUTH HURTS

After three years of marriage, she was still questioning her husband about his lurid past. "C'mon, tell me," she asked for the thousandth time, "how many women have you slept with?"
"Baby," he protested, "if I told you, you'd throw a fit."
She promised she wouldn't get angry and convinced him to tell her.
"OK," he said. "One, two, three, four, five, six, seven – then there's you – nine, ten, eleven ..."

SYDNEY 2009 WORLD MASTERS GAMES

Who saw Elizabeth at the Games on National TV a few weeks ago? She entered the maximum five swimming events and scored four gold medals and one silver. Congratulations Elizabeth!

ANNUAL ALZHEIMER'S EFFORT

During the Alzheimer's Association street appeal on Friday 25 September, \$2,300 was collected in tins held by Snappers. The total amount for the day was \$13,000, so ours was a substantial contribution to the cause.

TRIVIA: frozen balls

In order to keep a supply of ready-to-use cannon balls near the guns on ships of the line, they were stacked with one ball on top, resting on four, resting on nine, resting on 16; and to prevent the bottom layer rolling away a metal plate was used with 16 indentations and called (for reasons unknown) a monkey. This had to be brass to prevent the iron balls rusting onto it, hence a brass monkey. But when it freezes brass contracts more than iron and the brass indentations shrank, 'squeezing' the iron balls out of the monkey, and the gunner would declare that it was cold enough to freeze the balls off a brass monkey. Some folks wrongly imagine it is a vulgar expression!

From Forces Pension Society E-newsletter 07/09

IN ANOTHER ARENA

In September, only four months after being discharged from hospital after a heart attack, our veteran field athlete Rob Shand took part in the 2009 Fremantle Masters Games. He won gold in the javelin and discus and silver in the shot put. Congratulations Rob!

SPEEDING TICKET

A police officer stops a blonde for speeding and asks her very nicely if he can see her licence. She replies in a huff, 'I wish you guys would get your act together. Just yesterday you take away my licence and now today you expect me to show it to you!'

THERESA GOES TO ROME

This year we celebrate four hundred years since Mary Ward founded a religious order to educate young women. A Pilgrimage to Rome was organised and the Loreto Sisters were invited to submit their names, to be pulled from a hat! The Loreto Order could afford to send only a few Sisters. Imagine my delight when my name was picked. One thousand Pilgrims met in Rome in the first week of October and I joined a group of 12 that would continue on to Munich, London and York visiting the Mary Ward places that we have been reading about for so many years. I was hoping to find some pools to keep up my fitness level but Rome has lots of Churches, fountains and cobblestones so the walking kept me fit. I loved the piazzas, the restaurants and the seemingly chaotic traffic. I learnt to negotiate my way across the road and to use the public transport system. We had an audience with Pope Benedict XVI and hope that he is going to accept Mary Ward into the process for sainthood. As a young boy, the Pope went to a Mary Ward school in Germany. Her ideas were very innovative in the early 1600s and the authorities disapproved of her efforts.

Munich had a beer festival so we had to stay for a couple of nights in an attractive hotel in lovely Garmisch-Partenkirchen in Bavaria. Here was the only pool I found in the course of the trip. Snow on the mountains outside the windows made the indoor pool even more attractive but it was some feat to try to swim laps between the various couples frolicking in the small heated pool. In Munich and Augsburg we were guided by Sister Rita who had a fund of knowledge and who walked very fast in the cold weather.

In London Sister Magdalen walked us fast for two days and some people estimated that we walked fourteen kilometres. From York, Sister Ann took us on a bus, all over Yorkshire. It was beautiful country and Ann was a font of information. I am so grateful for the privilege of being part of the Mary Ward Pilgrimage but I am glad to be safely home again and back in the pool.

Theresa Elliott



PROFILE: HAZEL SPONG (Hazel No 2)

Born in Scotland and spending 11 years of happy childhood there, I had very little opportunity to experience the delights of water sports and had to be satisfied with competition in “puddle splashing”. My family emigrated to WA in 1953 to escape war-torn Britain and to seek a warmer climate to benefit my mother’s health. On this journey on SS Stratheden my father slipped the pool attendant £10 to make sure my head stayed above water. (Equivalent to the total cost of our voyage to WA.)



As my father was employed by BP Kwinana I spent my early teenage years doing “bombies” off the old Rocko and Palm Beach jetties. Hence I became quite proficient in calm water and terrified of surf. I swam competitively in 1957/58 for John Curtin High School at Crawley Baths. I was so proud of my “racing terylenes” that I kept them as school memorabilia for many years. My last memory of Crawley Baths was completing a life saving certificate while attending Claremont Teachers' College and emerging coated in green algae. I graduated, taught primary for several years, married and had a family. Two of my children became involved in swimming and I found myself around water again. My elder girl showed a lot of promise, but decided to follow her other passion: horses.

In total, I worked close to 40 years with the Education Department, the majority of it in the primary service in lower socio-economic areas. I found these schools most satisfying and cemented some very firm friendships. After children and returning to the workforce I had 15 years in Special Education – an experience I feel would benefit all teachers. It broadened my outlook and understanding and increased my tolerance levels. I also had the privilege to be chairperson of a Sports and Recreation Committee organising carnivals, camps, social and sporting activities with Special schools within the State, both metropolitan and country. During this time I spent many an hour at Bayswater and Inglewood Aquatic Centres teaching swimming to children with learning disabilities alongside Fred de Lacy (a well-known identity in the swimming world of yesteryear). His methods were pretty unorthodox but oh so successful. I can recall many, many humorous happenings. Several years after returning to the primary service, having taught children from kindy to year 6, I found I was becoming cynical and disillusioned with the system and where it was going, so I opted for early retirement. As my family had grown and gone their individual ways and I had been widowed for many years, I sold the family home and moved to my unit in Nedlands.

Soon after, I took off overseas, first to East Africa for a couple of months bouncing around in an old truck and sleeping in a tent – a magic experience – and then to Britain for a year, where I was able to work. My first job (just outside Edinburgh) was as a nanny. I was unceremoniously sacked by a very precocious 3 year-old after 10 days. I ventured south to Wiltshire/Somerset and took employment living in and looking after the elderly. I found myself in some very interesting situations. I would work for 7-10 days, then go travelling and spend.

On returning home I took on relief teaching, mainly to finance travel to Canada (to me, a cold Australia) – a great country. I camped from Vancouver Island right across to Newfoundland, then up to the Yukon and into Alaska. I’ve also travelled extensively within most states of Australia and definitely prefer camping and the outdoors to resorts and five star hotels.

I spent two months in the UK this year, mainly in Scotland. Primarily this was to realise places I had come across in researching my mother’s family history. I had minimal knowledge of her background. It was very special to find her birthplace within 200 metres of Wallace’s monument outside Stirling and the foster home in which she grew up in the mountains just north of Loch Ness. I managed several days in the Shetlands and Orkneys – remote, mystical, beautiful and virtually untouched.



Visits to Antarctica and South Georgia would have to be the pinnacle of my travel highlights. The sheer size, colours and shapes of the ice environs, being in a Zodiac amongst a pod of orcas, eye-balling a leopard seal, close proximity to humpbacks and being surrounded by thousands of king penguins going about their daily business is quite humbling.

This brings me back to water and the Snappers. Part of me wants to become truly involved, doing times etc; the other part just wants to have fun. I’m not sure which part will win!

POOL SWIM RESULTS from Recorder Pamela Walter

Club Swim 10 October 2009

Eleatha BEARE FR 50 (PB50), BA 50 (inaug50), FR 200 (inaug50)
Sue COLYER IM 200 (PAB50)
Julie CROWLEY BU 50 (inaug50)
Wayne DAVIES FR 200 (PB50)
Helen GREEN BA 50 (PAB50), BR 50 (PAB50), BR 200 (PAB50)
June MAHER FR 50 (PAB50, CR50), FR 200 (PAB50, CR50)
Margaret SOMES BA 200 (PAB50)
Dee STEPHENSON FR 200 (best '09)
Brendah TAMBERLIN FR 50 (inaug50), BA 50 (inaug50)

Congratulations to Brendah for entering her first Club swim; wonderful to see June Maher picking up where she left off a couple of years ago.

Mandurah Short Course 400/800 18 October 2009

Eleanor PARSONS FR 200 (best '09), FR 400 (PB25, CR25), BU 100 (best '09), BU 200 (best since '05), IM 800 (PB25, CR25)

Great effort, Eleanor, from just two swims!

Fremantle BE ACTIVE Club Challenge 25 October 2009

Eleatha BEARE BA 50 (PB50), BA200 (inaug50)
Meryllyn BURBIDGE FR 50 (best since '07), BA 200 (best since '07)
Sue COLYER FR 50 (PAB50 missing PB by .08 sec), BU 50 (PAB50)
Julie CROWLEY FR 200 (PB50 by 4.00 sec)
Helen GREEN BR 200 (best '09)
Lillian HADLEY BR 200 (PAB50, CR50)
Geraldine KLUG BA 50 (best since '06; .09 sec outside PAB)
Kim KLUG BR 50 (PB50, CR50), BU 50 (PB50)
Eleanor PARSONS BU 50 (best '09)
Gail PARSONS FR 50 (PB50), BA 50 (PB50, CR50), BA 200 (PB50, CR50)
Bill RINGLAND FR 50 (inaug50, CR50), FR 200 (inaug50, CR50)
Margaret SOMES BA 50 (PAB50)
Pat SUGARS FR 50 (best '09)
Pamela WALTER BR 50 (PAB50, CR50)
Robyn WILSON FR 200 (best '09)

- Well done to Eleatha, swimming in her first BACC
- In the last year of her age group, Gail is still rewriting the record book
- Bill Ringland (87) had enough in the tank after his two Club records to help two relay teams to victory!

We entered six relay teams. They all won their events.
Final scores: Fremantle 307, Snappers 266, Osborne Park 149

OPEN WATER SWIM REPORT

The 2009/2010 Open Water Swim season kicked off on 1 November with a WA Swimming event at Rockingham. No Snappers entered.

23rd Lake Leschenaultia Open Water Swim 1.6 km Sunday 8 November 2009

Swimmer	Age Group	Time	Age Group Position
Warwick Maxted	40-44	22:18	1
Merilyn Burbidge	65-69	36:32	2
Theresa Elliott	65-69	38:32	3

The Lake Leschenaultia OWS was the first run by a Masters Swimming WA club (Maida Vale) for the season. It was also a first for two of the three Snappers who entered – Warwick Maxted has done it several times before. Well done to Theresa whose longest OWS before this was 1 km at Coogee. The hardest part was nutting out the convoluted course marked by big pink, blue and yellow balloons, one of which had to be replaced three times because it kept bursting! Maida Vale promotes this swim as being in warm water with no sharks. Incredibly, the water was warm (-ish). I didn't see any sharks, but I saw a long-necked turtle going very fast in the opposite direction. Laiene came to watch Warwick. It was a good thing she did as he came in seventh out of 101 swimmers and she took home a hamper that she won in the raffle.

Merilyn Burbidge

DEADLINE

Many thanks to Sue, Marg W, Jeannine, Marg S, Geraldine, Elizabeth, Cliffe Webb, Hazel Spong, Theresa, Pamela, Barry, Tricia, Richard Diggins and Julie Crowley for providing material for this issue of Snappets. Please send your contributions for the next issue by Friday 4 December to amburbidge@westnet.com.au.

Merilyn Burbidge

Stadium Snappers values the support received from our sponsors



VENUES WEST
Challenge Stadium

