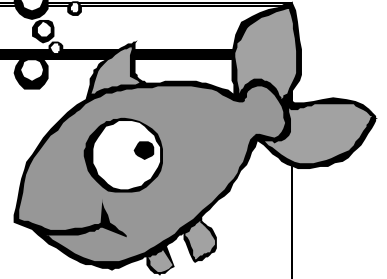


SNAPPETS



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

Christmas 2008

FROM THE PRESIDENT

“Be the change you want for the world.” Mahatma Gandhi

It's that time of the year when we are easily caught up in the hustle and bustle of Christmas shopping, writing cards, preparing menus ... and trying to finish aerobic swims. Lots of pressure, stress and anxiety as we pursue our own agendas for the festive and holiday season. Hard though it is to escape commercialism and consumerism, even in these tough economic times, at the end of the year it is good to look back on our activities and think about the way we treated others and ourselves throughout the year. Some recent scientific reports suggest that kindness (an inclination to help others) can make us feel happier and even live longer. A bit like swimming! Snappers know how to mix kindness and swimming.



In 2008, Snappers collectively exemplified generosity in their swimming and in their contributions to the club by welcoming new members and willingly supporting the operations of the club. This support came in many forms, often quietly behind the scenes, such as making our cage safer and more manoeuvrable, taking on a leadership role as BACC meet director, organising raffles, collecting monies, setting up the club computer, maintaining extensive swim results, organising social events, chasing up new club clothing or serving as coaches or committee members.

Snappers too gave generously at the FINA World Masters Championships. We had 26 swimmers competing and 38 volunteers (15 swimming volunteers, 18 non-swimming and five non-member). Three people took on roles such as Chair of the Swimming Committee, Secretary of the Swimming Committee and Volunteers Coordinator, requiring a huge commitment of time and energy in the year leading up to the event in April 2008. Other volunteers served as chief timekeeper, timekeeper, runner, customer service provider, marshal and Meet Manager operator. Our swimming achievements were reported in a previous issue of *Snappets*.

Participation at training, club swims and BACCs was very good this year. We did well to come first at Newman Churchlands and second at Fremantle. The Swan Hills short course BACC was a very special event for us. We fielded only a small contingent, but every swimmer was part of at least one record-breaking swim. What a great effort! At the State Swim, Snappers were in the thick of the event as swimmers and volunteers. Our own BACC was a great success for new meet director, Barry Green. Many Snappers swam and volunteered to make the event run smoothly – all the more rewarding as we won our own trophy!

While these achievements are to be admired and aspired to, weekly participation in swim sessions, coaching, meetings and officiating keeps the club alive and kicking (metaphorically and literally!). Our club provides a friendly, welcoming and supportive environment that encourages members to achieve their goals of fitness, fun and friendship.

Congratulations to all swimmers on their many achievements in 2008, from completing a 50 metre swim to breaking a National record, starting an aerobic program or entering a BACC. Thank you all for supporting the club's activities. I really did appreciate the gentle reminders that helped me “learn the ropes” (Oops! Another aquatic cliché) in my first year as President. Please let me know if you have ideas for club activities or changes in the way we do things.

I wish you and your families an enjoyable, restful, safe festive season and look forward to seeing you back in the swim in the new year.

Sue Colyer, President

“That best portion of a good man's life, his little, nameless, unremembered acts of kindness” William Wordsworth.

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BIRTHDAYS

December

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

January

2	Zelda Marsland
8	Jil Mogyrosy
16	Gary Steenkamp
19	Brett Machielsen
22	Pat Sugars
27	Alan Earnshaw



*Hippie, hippie birdie!
Wishing you all double fun for birthday and
Christmas!*

FROM THE DAY CAPTAIN: CHRISTMAS 2008

Thanks everyone! I've had a great two years as Day Captain. The job is made so much easier with such a good club! Your enthusiasm has been tremendous - always a good turn-up, no matter the weather.

And plenty of sharing too. Here's one of many good examples. Over the last ten years or so, Snappers have helped with the annual Alzheimers street appeal, thanks to the urgings of Geoff Lane. On Friday 5 December, at the annual breakfast held at the beautiful Kings Park Zamia Café, a small group of us were thrilled to witness Geoff being presented with a Certificate of Appreciation honouring his 25 years of volunteer service to the Alzheimers Association. We are a Masters Swimming Club with a proud reputation and it's thanks to you all.

Happy Christmas, with best wishes for a healthy and prosperous New Year.

Marg Watson

DIARY ENTRIES FOR DECEMBER, JANUARY AND BEYOND

Date	Event	Time	Venue
Saturday 20 December	Tower to Tower 1.8km Swim Thru	8.30 am	Scarborough Beach
Sunday 21 December	BBB River Swim at Bicton 1.6km/5km	8.00 am	Bicton Baths
23 December 2008 - 5 January 2009	No lanes hired for Snappers	all training session times	Challenge Stadium
Saturday 3 January	Sunset Coast Swims 2km/5km	8.00 am	Scarborough Beach
Saturday 10 January	Cottesloe Classic Mile 1.6km	8.30 am	Cottesloe Beach
Sunday 18 January	Swim Through Perth 2.2km/4km	9.30 am	Barrack St
Sunday 25 January	Rotto Rehearsal 10km	7.30 am briefing	Sorrento Beach
Monday 26 January	Australia Day Swim 2km	8.00 am	Scarborough Beach
Wednesday 28 January 2009	Snappers AGM	7.30 pm	St Cecilia's Church Hall, Floreat
February 2009	Injury Prevention talk		Challenge Stadium
20 February - 1 March	12th Australian Masters Games		Geelong, Vic
30 April - 4 May	34th Masters Swimming Australia National Swim		Brisbane, Qld

WELCOME

This month we are fortunate to be able to welcome two more members to Snappers: Alistair Doorey and Richard Devlin. Eleanor is already working at bringing these two potential champions into line. We hope their rigorous training pays off and they enjoy their swimming.



INTERNATIONAL DAY OF PEOPLE WITH DISABILITY

Katrina Porter

On International Day of People with Disability, Wednesday 3 December, Snappers were enlightened by a talk and video given by Jane Porter on the achievements of her daughter, Katrina, at the Beijing Paralympic Games earlier this year.

Jane explained that Katrina was born with a condition that caused stiffness in the joints of her legs as well as a reduction in muscle strength. The Porter family was already blessed with triplets before Katrina arrived, so there was little opportunity for her to receive special attention. When one of the triplets was quizzed at kindergarten as to why Katrina's legs were the way they are, the child paused and then answered matter-of-factly, "She came like that."

Katrina proved reluctant at exercise therapy. Wisely, her physiotherapist tried another tack, suggesting water therapy. She took to water immediately, quickly learning to swim. Katrina's progress continued while being coached as a Superfin and eventually she joined West Coast and began training with able-bodied swimmers. At the age of 15, Katrina was selected into the Australian Paralympic team in Athens, where she came 5th in the 100 metres Backstroke.

At the Beijing Games, Katrina, then aged 19 and more focused and better prepared, broke the World record in 100 metres Backstroke twice in one day. In the thrilling final, having been placed about 5th at the turn, she convincingly overtook those ahead of her to finish well in front in the time of 1:24.30.

Throughout the Games, the organisers had insisted that Katrina, and other swimmers, use wheelchairs to move around the venue. Katrina much prefers to use her familiar elbow crutches. When the moment arrived for medals to be presented, she showed her individuality by abandoning the wheelchair and walking onto the podium with her crutches. Such is her indomitable spirit.

Elizabeth Edmondson

Also on Wednesday 3 December, Elizabeth gave a talk at Beatty Park to a group of people with disabilities. Most of you know that Elizabeth has very limited use of her legs, due to contracting polio at the age of 15 months. Although she learned to swim at the age of five, she really blossomed when she accompanied her sister in training with Tony Howson. As a 14 year-old, Elizabeth won three gold medals and broke three world records at the Paralympic Games in Tokyo in 1964 and was also successful four years later in Israel.

After a long break from swimming, Elizabeth "found" Snappers during a club promotion at a local shopping centre and has now regained her old enthusiasm for the sport. She is a born competitor, displaying an unsinkable attitude in her approach to all aspects of swimming and to life.

GOGGLE SAW AND HEARD

- Once only, on a Friday afternoon, a sign on the long table in the Challenge Stadium foyer stating RESERVED FOR SNAPPERS
- Audrey Bullough with a smile from ear to ear on learning she had won first prize in the HeartSwim raffle: two nights for four people at Quay West, Bunker Bay. Sue is organising a roster of parties to accompany Audrey! (The raffle raised \$12,500.)
- A slightly older David Fairclough (a former Club Champion) at evening training, thriving after his first 12 months of fatherhood and keen to get back to open water swimming
- One of the Founding Members of Snappers to Social Organiser: "Sorry, but we can't come to the Christmas Picnic on Sunday because we have to sing in the church choir."

Social Organiser: "I'm sure God will forgive you this once."

Founding Member: "It's not God I'm afraid of. It's the choir master!"



ANNUAL CLUB AWARD WINNERS

Congratulations to the winners and runners-up of the following Club awards for 2008:

Kevin Wren Award for the male Club champion swimmer:

Winner Colin Beaton
Runner-up Wyvern Rees

Lynda Joachim Award for the female Club champion swimmer:

Winner Eleanor Parsons
Runners-up Kim Klug and Pamela Walter

Cliffe Webb Award for outstanding performance at the MSWA State Swim and Snappers' BACC:

Winner Margaret Somes
Runner-up Pat Sugars

Founders' Award for commitment to and improvement of swimming over the year:

Winner Elizabeth Edmondson
Runner-up Barry Green

President's Award

Geraldine Klug - for service to the Club as Social Convener, Safety Officer and deputy Day Captain and for general assistance with relay team assembly and a myriad of Club activities.

Participation Award

Kim Klug - for participation in swimming events (all BACCs, MSWA State Swim and World Masters Swimming Championships) and as Club ambassador as an official organiser at the Worlds and the State Swim.

NOTICE OF MEETING

The annual general meeting of AUSSI Stadium Snappers Inc will be held on
Wednesday 28 January 2009
at 7.30 pm
at St Cecilia's Church Hall,
Grantham St and Kenmore Cres,
Floreat

A small plate for supper after the meeting would be appreciated

Please attend the meeting to support your club

THE POWER OF PUNCTUATION

An English teacher wrote the words 'A woman without her man is nothing' on the blackboard and asked his students to insert correct punctuation.

All the males in the class wrote:
'A woman, without her man, is nothing.'

All the females in the class wrote:
'A woman: without her, man is nothing.'

NEW WINE FOR SENIORS (heard through the grapevine)

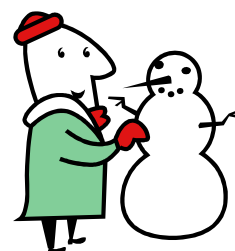
Californian vintners in the Napa Valley area, primarily producing Pinot Blanc, Pinot Noir and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic. It is expected to reduce the number of trips older people have to make to the loo during the night. The new wine will be marketed as Pinot More!

WHERE'S THE FUN IN THIS?

Five visiting clubs attended Somerset's Club Challenge on 16 November this year. The results were Somerset 406, Armadale 61, Melville 56, etc. Nine relay teams were fielded. Eight of them were from Somerset! Aren't you glad we didn't pick this one?



For those in the UK, who have a chance of a white Christmas: Did you know that snowmen fall from the heavens unassembled?



EASTERN EUROPE AND JEWELS OF EUROPE RIVER CRUISE

Brian and I thoroughly enjoyed our recent trip to Eastern Europe, including a cruise along the Danube, Main and Rhine Rivers, through 68 locks and under 599 bridges. In many of the locks there were only centimetres to spare and some of the bridges were so low that the top deck and ship's bridge had to be lowered.

We began our trip in Vienna. What a graceful city - Strauss seemed to be around every corner! To Budapest by train to stay with friends in a time-share log cabin 15 km from the city and surrounded by the most beautiful forest. The autumn colours were unbelievable. We enjoyed two tours from here into the countryside, one to Lake Balaton, the largest lake in Europe and took great pleasure in the Hungarian fare wherever we ate or drank.



To start our bus trip we returned to Vienna and joined 36 others led by an experienced guide and a driver. The driver had to manoeuvre a huge bus in and out of extraordinary spots. We travelled to Prague, Dresden, Berlin, Warsaw and Krakow and back to Budapest. The amazing thing in all these cities was that they were over 90% destroyed in World War II and have all been restored again. It is hard to believe that they are up to 60 years old and now back to their original appearance. There were many highlights.

In Budapest we boarded the 160 passenger ship Scenic Emerald, very luxurious and comfortable. Each day it stopped once or twice with guides waiting to take us on interesting tours. If only we could remember the history of each place! You would all be interested to know the width of the river could be swum quite easily!

Of all our wonderful experiences, such as beautiful Christmas shops, gingerbread from Nuremburg, a Chopin concert in Warsaw, an orchestral concert in Vienna, the vineyards, wine, food, pastries, plus, plus, we just could not say what we liked the best.

We reached our destination in Amsterdam and made a quick trip to Antwerp to visit relatives who took us to Ypres, where we watched the impressive service at Menin Gate. This ceremony has been enacted every night since 1928 in memory of those lost in World War 1. Back in Amsterdam, we had to watch ourselves with the many thousands of bicycles. Brian had two near misses and guess what? The riders were both young, well-groomed females!

All in all a memorable trip.

Margaret and Brian

DEADLINE

Many thanks to Sue C, Pamela, Marg Watson, Marg and Brian Somes, Elizabeth, Eleanor and Barry for providing material for *Snappets* in December. Please send your contributions for the first issue in 2009 by Friday 23 January to amburbidge@westnet.com.au.

Wishing everyone a wonderful Christmas and great swimming in the new year,
Merilyn

Stadium Snappers values the support we receive from our sponsors



POOL SWIM RESULTS from Recorder Pamela Walter

Club Swim Saturday 29 November

Audrey BULLOUGH BR50 (inaug50)
Julie CROWLEY BR50 (PB50)
Barry GREEN FR200 (inaug50)
Cathie PLOWMAN BA50 (PB50 by 5 sec), FR50 (best '08), FR100 (best '08)
Deirdre STEPHENSON FR100 (best '08)
'Tricia SUMMERFIELD BA100 (best since '06), BR200 (best since '06)

OPEN WATER SWIM RESULTS from Eleanor and Barry

West Coast 1000m World Record Swim, Cottesloe Beach Saturday 29 November

Age group	Swimmer	Time	Age place	Gender place	Overall place
50+	Sue Colyer	27:05	6	187	538
50+	Barry Green	28:19	28	401	623

About 1500 swimmers took part in this inaugural event– enough to make it exciting, but not quite enough to take the world record from the Victorians, who have staged a swim involving more than 3000 entrants. The 1 km course was in a direct line from North Cottesloe back to Cottesloe. Human arms and legs at close quarters were more of a hazard than stingers. Only two Snappers entered. (Others chose to follow a 7 km training program in the pool!)

Next year another attempt will be made on the Victorian record and it is to be hoped that more Snappers will participate. Various reasons for non-participation were given this year, the main one being the perceived high cost of registration (although this included money for charity). This has been communicated to the organisers so hopefully it will not be seen as a problem next year.

Koombana Bay Swim Thru 1600m Sunday 30 November

Age group	Swimmer	Time	Age place	Overall place
30-34	Mike Kane	19:51	1	4
50-54	Eleanor Parsons	21:43	1	15

The two Snappers who went to Bunbury to swim with the dolphins recorded times close to Olympic standards, due to either a short course or strong current or really fit swimmers. Needless to say, they both missed out on the prize for closest to nominated time. (In fact, all but two of the field of 66 entrants swam faster than their nominated time. It could have been that when the farthest buoy drifted away, a Surf Life Saving Club helper retrieved it and placed it closer inshore!) Never any stingers, no wind, and a bit chilly to start but fine after 100m.

Background Nonsense

One Snapper (you guess) was spotted by the other older and wiser Snapper, sprinting to the first turning buoy to beat the pack. He made it by the way.

32nd Swim Thru Rottnest 1600m Saturday 6 December

Age Group	Swimmer	Time	Age place	Overall place
50-54	Eleanor Parsons	25:41	2	84
55-59	Robyn Wilson	30.58	3	254
60-64	Sue Colyer	33.40	3	377

Rottnest Island has recently upgraded its facilities so it was very pleasant after the swim eating and drinking fine foods and beverages. Numbers were down, stingers were about but nothing serious, bit of chop on the homeward run made the view with a glass of crisp white wine at the end even more enjoyable.

Background Nonsense ...

Who (hint: R_ _ _ _) went off to the shower without her clothes and shoes and planned to shock the 630 swimmers by wandering around in just her towel to collect them?

