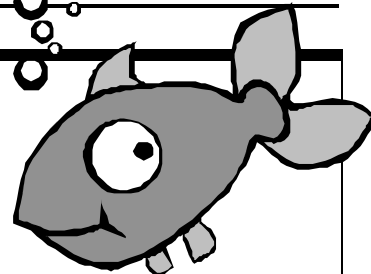


# SNAPPETS



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

May June 2007

## SPECIAL YEAR

### Snappers achieve their OBE – Over Bloomin' Eighty.

In 2007 Snappers has fourteen 80-year-old+ members in a club of 14/74 members! They make up about 20% (19.18% to be precise!), or one fifth of our club membership. Whatever way you look at these statistics, it is a mighty achievement to reach 80 and still be active mentally and physically, and enthusiastic about life. As John Christie said in his response speech at the 80+ luncheon – *once past the three score and 10 then every year is a bonus to be enjoyed to the full.*

Congratulations to: Ken Bruce, Alan Earnshaw, Don Lane, June Hough, Zee Marsland, Nomai Jago, John Christie, Hazel Christie and Arthur Jenkins - who join the ranks of the Snappers OEB – Over Eighty Brigade in 2007, and to our OE mentors and pioneers: Audrey Wren, Gerry Krygsman, Jack Jago, Beatie Norris and Mollie Lalor. Our octogenarians have 169 membership years with Stadium Snappers.

**Pioneer in our midst** - In all the excitement of the 80th birthday celebrations, an important event has slipped into the water right under our noses. Mollie Lalor is our first member to advance to the 85-89 age category and because she competed at Newman Churchlands obtains the first ever club record in that age group. She always was a trend-setter - forging the path for others to follow.

Congratulations and best wishes to all.

## Swimathon

The 2007 swimathon on 29 April was a great success with more swimmers taking part than in the previous couple of years. Twenty-one swimmers completed more than 53 kilometres in about 7 hours.

### Swimmers

Audrey Bullough	Sue Colyer	David Corney
Elizabeth Edmondson	Cas Brown	John Dishon
Marilyn Burbidge	Pat Sugars	Laiene Maxted
Kim Klug	Robyn Wilson	Tricia Summerfield
Marg Watson	Gail Parsons	Deirdre Stephenson
Pamela Walter	Belinda Aitken	Barbara Stuart
Eleanor Parsons	William Curtis	Julianne Crowley

### Timekeepers & helpers

Marg Somes  
Jeannine Heinrichs  
June Hough



Lanes sponsored by Challenge Stadium

Thank you to the swimmers, timekeepers and helpers.  
Please collect your sponsorship money and hand in to:  
Treasurer Patrick Carden or Pat Byrne by end of May

### Letter to the editor

Words from our Hon. Life member in response to the new handbook ...

*„,Think of you all often and hoping everyone who is in and out of the water are having just the best time and enjoying the moment, not necessarily the "best time".*

*kind regards to all*

*Lynda Joachim*

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## PRESIDENT'S REPORT

Remember last year at the Melville BACC - the host club had 44 swimmers who competed, and they doubled our score, understandably, as we had half that number. I'm still hoping that at a BACC this year we will equal that number of members who enter and swim. The State swim is fast approaching to be held on 19-20 May, and early in June is the Mandurah BACC. Mandurah BACC is a short course meet and always an enjoyable event. The sign up sheet will be on display in the cage after the State Swim, so start thinking about car pooling and what events you're going to swim at Mandurah.

The Saturday (12 May) before the State Swim Meet there is a Club swim organized with 50's and 100's, so use it to practice your dives and race techniques.

Thank you very much to Geoff Barnard for making and installing our flash new Stadium Snapper's notice board. It takes the place of the old board that was so old it was in the old club colours. The new notice board, which you'll find on the wall near the outdoor 8 lane pool, will display up to date information on the club and coming events.

I write this on the evening of the swim-a-thon. I swam first with Elizabeth and Merylyn. When I arrived at the pool at 7.45am Snappers were there setting up and getting things organized.

Twenty-one swimmers took part with 2 more yet to swim, with over 53 km swum. That's more swimmers involved than any previous year. Congratulations to the swimmers. All took the opportunity to get one of their longer aerobic swims ticked off for the year. Also thank you to those who came to time keep and help. It was wonderful to see so many members working together to support and help to make sure the day was successful. Now let's collect the money that has been pledged and get it in to the treasurer Patrick Carden or Pat Byrne. The motto of MNDA is NEVER GIVE UP. Such a good Motto! And a big thank you to all our sponsors.

Farewell and good luck to our swimmers who leave soon to swim at the Nationals in Darwin. We'll all look forward to your stories on your return.

Take care of yourselves, keep swimming and I'll see you in the pool.

Pamela Walter  
President

### Healthy club policy

#### Puffed Out?

##### How often do you see elite athletes smoking on the sidelines?

Probably never. This is because sports people care about their health and fitness and most know cigarette smoking is detrimental to their performance.

##### People who smoke are less likely to participate in sport and physical activity.

When smokers do play sport, poisons from cigarettes reduce their ability to perform. The poisons that really hurt sports performance are carbon monoxide, nicotine and tar.

##### Carbon monoxide causes:

- Swelling of the respiratory tract lining, which makes the passageway smaller. So a smoker has to breathe harder to get air into their lungs.
- Reduced availability of oxygen. Instead of delivering oxygen to muscles the red blood cells are carrying carbon monoxide and poisonous gas.
- Reduced ability of muscle cells to take up oxygen. This means muscles don't function as well and sports performance is reduced.
- Damaged vision.



##### Nicotine causes:

- Increased heart rate, which means the smoker's heart has to work much harder to produce the same effect as a non-smoker's heart.
- Constriction of blood vessels, leading to reduced blood flow and increased blood pressure.

##### Tar causes:

Reduced elasticity of the lungs, resulting in less air being breathed in and out.

##### During exercise, smokers:

- Are more easily exhausted.
- Suffer shortness of breath
- Have reduced endurance
- Are slower to react
- Have poorer visual judgement.

##### BENEFITS OF QUITTING SMOKING:

Within one to two days, carbon monoxide and nicotine will be cleared from the body. After one month, blood pressure returns to normal and lung function improves. After three months, the lungs are able to clean themselves and blood flow improves.

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: 9285 8033

**Smarter Than Smoking**

Website: [www.OxyGen.org.au](http://www.OxyGen.org.au)

# DIARY ENTRIES FOR

## May, June & July 2007

Interclub and other events.

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

<b>Date</b>	<b>Event</b>	<b>Venue</b>
<b>4-7 May</b>	<b>NATIONAL SWIM</b>	<b>Darwin</b>
12 May	Club Swim	Challenge
<b>19-20 May</b>	<b>BE ACTIVE STATE SWIM</b>	<b>Challenge Stadium</b>
21 May	Snappers Committee	TBA
10 June	Mandurah BACC Short	Mandurah Aquatic Centre
17 June	Gosnells 400/800 Short	Gosnells Leisure World
18 June	Snappers Committee	TBA
<b>23 June</b>	<b>Annual Dinner</b>	<b>Ocean Gardens, City Beach</b>
1 July	Swan Hills BACC Short	Swan Park Leisure Centre
23 July	Snappers Committee	TBA
28 July	Margaret River Open Short	Margaret River Aquatic Centre

### BIRTHDAYS

Celebrate "YOU"!

#### MAY

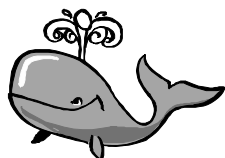
1 Sue	Colyer
6 Catherine	Plowman
7 June	Hough
13 Laiene	Maxted
14 Sue	Trenaman
15 David	Corney
16 Merle	Loukes
19 Lucy	Marshall
20 Mollie	Lalor
27 Patricia	Summerfield

#### JUNE

1 Alister	Stuart
2 Kathryn	Buttfield
9 Bernard	West
11 John	Christie
12 Jack	Jago
23 Wayne	Davies
24 Lillian	Hadley
25 Joan	Youngberg
29 Patricia	Maher

#### JULY

1 Elizabeth	Edmondson
2 Alton	Jackson
4 Colin	Beaton
8 Robin	Dinsdale
16 Leon	Musca
22 Marilyn	Burbidge



### SOCIAL EVENTS

**Annual Dinner**  
**Saturday 23 June 2007**  
**Ocean Gardens, City Beach**  
 Details from Club Captains and notices in cage  
 and on notice board ... Soon!

#### Reflections on self and the sea

A Hindu story tells of a fish who asked of another fish:  
 "I have always heard about the sea, but what is it?  
 Where is it?"

The other fish replied: "You live, move and have your  
 being in the sea. The sea is within you and without you,  
 and you are made of sea, and you will end in sea. The  
 sea surrounds you as your own being."

The only true answer is the one that you find for  
 yourself.

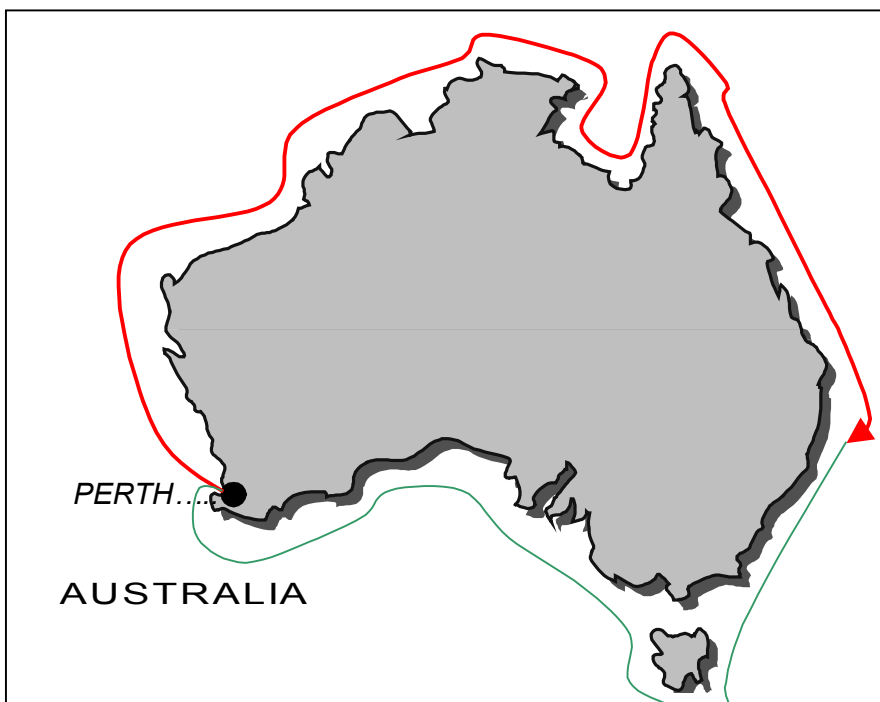
#### Thoughts for the month

*Care more than others think wise.*  
*Risk more than others think safe.*  
*Dream more than others think practical.*  
*Expect more than others think possible.*

*(Author unknown)*

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

- **Our pace is still holding!** In March 2007, we swam **700.95 kilometres** (solid line). Keep right on swimming. Report your monthly tally to your captains or Gerry.



The project has been in progress for 16 months as of the end of March 2007, and in that period we have swum, collectively, a total of 8551.5 kms. This puts us in a position off Coff's Harbour. I've calculated that there are still 5438.5 kms to go with 11 months in which to do it. The good news is that if we maintain our current progress we should be able to complete our mammoth task in 10 months, just prior to the 2008 World Masters.

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

## You swam how far?

Swimmers and their distance contribution on the around Australia voyage in 2006

Kilometres	Name	Kilometres	Name	Kilometres	Name
<b>0-49</b>	Jack Jago	<b>50-59 cont</b>	Margaret Somes	<b>100-149cont.</b>	Kim Klug
	Nomai Jago		Margaret Watson		Beatie Norris
	John Dishon		June Maher		Colin Beaton
	Joan Youngberg		Bernie West		Tricia Summerfield
	Merle Loukes		Arthur Jenkins		Wyvern Rees
	Sue Trenaman		Alan Earnshaw		Pat Sugars
	Geoff Lane		Brian Somes		Barbara Stewart
	John Christie		Wayne Davies		Patrick Carden
	Elizabeth Mills		Cas Brown		Dee Stephenson
	Audrey Bullough		Lillian Hadley	<b>150-199</b>	William Curtis
	Pat Byrne		Hazel Christie	<b>200-249</b>	Geraldine Klug
	Jeannine Heinrichs		Gerry Krygsman	<b>250-299</b>	Merilyn Burbidge
	Don Lane		Rob Shand	<b>300-349</b>	David Corney
<b>50-99</b>	Cliffe Webb	<b>100-149</b>	Sue Colyer	<b>350-399</b>	Eleanor Parsons
	Jean Beaton		Geoff Barnard		Pam Walter
	June Hough		Ken Bruce	<b>750-799</b>	Gail Parsons

## 2008

Qualifying times for XII FINA World Masters Championships (in Perth in April 2008) are on the National website [www.aussimasters.com.au](http://www.aussimasters.com.au) and on event website [www.2008finamasters.org](http://www.2008finamasters.org).

### RESULTS RECORDER, OWS ROVING REPORT AND ASSOCIATE *Barrett Bunbury Swim Thru 10th March 2007*

Age Group	Swimmer	Time	Age Group Place	Overall Place
50-54	PARSONS Eleanor	28:35:00	1st	25
45-49	PARSONS Gail	30:34:00	1st	36
55-59	WILSON Robyn	33:24:00	1st	56
50-54	<b>CORNEY David</b>	33:41:00	6th	59
	<b>STAN-David's Target swimmer</b>	33:43:00		
50-54	FENTIMAN Barbara	34:26:00	1st	72
55-59	CROWLEY Julianne	37:00:00	2nd	87

**Weather** - coolish

**Conditions** - moderate south easterly and strong undercurrent

**Stinger Count** – nil

We swam it, we finished it. None of the usual suspects won any prizes but Julianne who is new to this swim won closest to nominated time in her age group. Congratulations Julianne.

David beat "STAN". "STAN" was ok about it, even shared his spicy nuts with him over a beer, reliving the race!



#### GOODIE TWO SHOES SEGMENT

Eleanor decided that a warm up was in order and wanted it noted. Not to be out done, we all did a warm up.

### *Coogee Jetty to Jetty Swim 11th March 2007*

Age Group	Swimmer	Time	Age Group Place	Overall Place
<b>1500m Event</b>				
65-74	FENTIMAN Barbara	27:23:00	1st	138
55-64	BURBIDGE Marilyn	30:48:00	10th	220
45-54	STUART Barbara	33:14:00	18th	256
35-44	AITKEN Belinda	33:43:00	21st	266
55-64	BROWN Cas	34:42:00	23rd	275
<b>750m Event</b>				
65-74	SOMES Margaret	18:21:00	1st	72
65-74	WATSON Margaret	18:44:00	2nd	77
65-74	CURTIS William	20:00:00	5th	94
65-74	BULLOUGH Audrey	20:25:00	5th	101
75 & over	SUGARS Patricia	22:17:00	1st	114
75 & over	JAGO Nomai	23:08:00	2nd	121
55-64	PLOWMAN Cathie	23:22:00	6th	124
65-74	SOMES Brian	24:49:00	9th	131
75 & over	LOUKES Merle	25:26:00	4th	137

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**Weather** - coolish

**Conditions** – I believe the breakfast was excellent

**Stinger Count** – nil

What a superb morning for a dip in the ocean on Sunday 11 March! TS Leeuwin was there to add to the spectacle and a big contingent of Snappers rolled up, with excellent results. Cheer squad and bearers, Big June, Little June and Derek, enjoyed the walk along the beach and the very substantial post-swim breakfast put on by Spearwood AUSSI and Rotary.

In the 750 metre event, Nomai (one of nine Snappers who celebrate their 80<sup>th</sup> birthdays this year), Merle and new member Cathie Plowman completed their inaugural open water swims. For Audrey Bullough and Brian, this was their second only OWS. Brian swam breaststroke the whole way for the second year running. Someone needs to convince him that it's easier to do freestyle! William overcame the disadvantage, for him, of daylight saving, and finished before he froze. Pat Sugars won the prize for fastest in her age group. Yay, Pat! Marg Somes hit the beach seconds before Marg Watson to win their age group. Yay, Margs!

In the 1500 event, Barbara Fentiman and Marilyn were in the same age group. Guess who won? Yay, Barbara! On top of a strenuous run and cycle that weekend, Barbara Stuart swam a creditable OWS. Belinda Aitken, a previous member returning after knee surgery, also did very well and Cas had energy left for a sprint to the finish.

For those wanting to launch their OWS careers, but feeling apprehensive about it, the Coogee Jetty to Jetty is the one to get you started, with its clear, warm, shallow water, light breezes, no stingers and a hearty breakfast.  
RRM (Roving Reporter Marilyn)

### ***Mussel Mile 21st April 2007***

Age Group	Swimmer	Time	Age Group Place	Overall Place
40-49	PARSONS Gail	26:45:00	2nd	12
50-59	<b>CORNEY David</b>	29:49:00	2nd	21
	<b>STAN - David's Target Swimmer</b>	DNS		
50-59	CROWLEY Julianne	33:44:00	3rd	24

**Weather** – cool autumn morning

**Conditions** - perfect

**Stinger Count** – nil

This was an inaugural swim and a little late being advertised so numbers were on the low side – 59 in total. The venue was great with the Mussel Mile just near the beach so you could wander around the stalls after the swim. The water temperature was just on the chilly side but very calm. The 30m run up the beach to the timing plate was probably being a little over cautious (as the timing gear should not get too wet). David was slightly disappointed that Stan was a no show, nothing like a bit of competitive spirit.

Anyway this is it for the Open Water Roving Reporter for this year. Keep swimming and hope to see more Snappers at the OWS next year.

*Many thanks to Gail and her roving associates for these informative and entertaining reports on the open water swims! Ed.*

### **PLAN YOUR SWIM DIARY TO 2009**

The next three years are the most important phase in Australia's history for hosting major Masters Swimming events. From now to the end of 2009, the following major Masters Swimming events will be held:

- 32nd AUSSI Masters National Swim, Darwin May 4-7, 2007 – *You will have missed this one!!!*
- 1st Australasian Masters Games, Adelaide October 5-14, 2007
- Asia Pacific Outgames, Melbourne Feb 1-3, 2008
- 33rd AUSSI Masters National Swim, Melbourne March 20-23, 2008
- 12th FINA Masters World Championships, Perth April 15-25 2008
- Australian Masters Games, Geelong, 13-22 February, 2009
- 34th AUSSI Masters National Swim, Queensland 2009
- World Masters Games, Sydney October 2009



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## IMPORTANT TECHNICAL INFORMATION

Rule changes reported in the 2007 March/April edition of AUSSI Masters News – from John Marshall, National Technical Committee.

**AUSSI Rule Changes for 2007** - Changes to the AUSSI rules were adopted in October 2006 to bring them into line with the Swimming Australia (SAL) rules. Previously the AUSSI rules had different numbering and often different wording. For those who wish to look at the detail, any AUSSI rules which differ from the Swimming Australia rules are now clearly identified with an "M" after the rule number, see website [www.home.aussimasters.com.au/html/rules\\_regulations.html](http://www.home.aussimasters.com.au/html/rules_regulations.html)

There were some FINA/SAL changes that had not been adopted by AUSSI and some other issues that have been addressed as part of the same update. Most of the differences between SAL and AUSSI rules relate to the key differences in the way the respective competitions are run such as AUSSI working with age groups and timed finals and a few Masters variations such as the starts and allowing breaststroke kick in butterfly. There are some significant changes that will only affect officials or Meet Directors. They will be addressed by your Branch office.

### ***SO WHAT ARE THE CHANGES FROM AN AUSSI SWIMMERS PERSPECTIVE?***

#### **General:**

Sitting on the block or pool edge for the start is considered unsafe and is no longer an option in the rule. Swimmers can start in the water, standing on the block or standing on the pool edge. Swimmers should take up their starting position on the long whistle from the referee. There is no requirement to advise the referee or starter about the type of start.

**SW 10.15** - New to AUSSI and reads "No pacemaking shall be permitted, nor may any device be used or plan adopted which has that effect." I understand that in FINA competitions wristwatches are considered pacemaking devices and cannot be worn. This currently does not apply in AUSSI but I suggest that those swimmers in the habit of wearing watches during events should cease doing so. Quite clearly, any swimmer wearing a watch who reads the watch during the turns can be considered pacemaking and will be disqualified.

#### **Breaststroke:**

During the single dolphin kick, which is permitted at the start and after each turn, the feet may break the surface.

#### **Backstroke:**

The wording changes bring this rule into line with SAL and the clarification on turning now reads "Kicking of the legs while on the breast is allowed provided it is part of the continuous turning action." The focus is on the word "continuous" which still leaves it open to the officials' judgment. In practice, if you misjudge the point at which you roll over for the backstroke turn, kicking on the breast to get to the wall is not part of the "continuous" turning action and you can expect to be disqualified.

#### **Butterfly:**

The arm stroke in butterfly must be continuous. This has now been clarified for those choosing to do a breaststroke kick in butterfly by limiting it to two kicks per stroke.

#### **Relays:**

It is no longer possible for a swimmer who breaks to recover by going back to the starting point. Each team member must be in the water or standing on the block or pool edge immediately prior to their start. Running starts are not permitted.

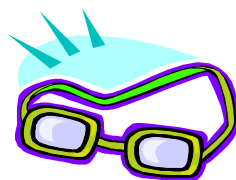
### ***TECHNIQUES FOR COMPETITION SWIMMING***

At the recent Referees' and Starters' Workshop held in Sydney one of the key discussions was about swimmers not being properly briefed by their clubs or coaches before a swim meet, especially when they have not competed at AUSSI meets before. The points that must be covered are:

1. If you are seen wearing a watch or pacing device in races you will be disqualified (SW 10.15).
2. During warm-up sessions, lanes will be marked for specific purposes or strokes. To make these work you will need to:
  - enter pool feet first except in the supervised dive lane
  - swim in the correct stroke lane
  - if doing freestyle pick the right speed (slow/medium/fast)
  - if you stop at the end, hold onto the rope so you don't stop swimmers from turning.
3. Marshalling:
  - be aware of events and heats being marshalled
  - be there when your name is called
  - stay with your heat. If you need to go to the toilet tell someone you are going.
4. Starts;
  - adjust your cap and goggles as soon as you are behind your block.

The Referee and Starter do not have to hold the start while you adjust them on your block.

- don't jump onto your block or enter the pool until the whistle signal is given
- when the signal is given, stand on your block or the pool edge with at least one foot at the edge, or enter the water and hold onto the pool end or backstroke grips.



## Goggle saw & heard!

### 5. Backstroke Starts;

- there are two whistle signals; the first to enter the water, the second to take up your starting position. Don't tire yourself by holding a starting position before the second whistle.

### 6. Finishes;

- when you have finished your race move 1 metre from the wall and hold onto the lane rope
- except in relays do not exit the water until you are given the signal to do so (usually two short whistle blasts)
- exit pool from the sides not over the end as this is a safety issue and you may also interfere with timing equipment. If you need to, ask to be placed in a lane next to the side wall
- do not ask the timekeepers your time until you have left the water.

### 7. Talking to Officials;

- please wait till a break in heats or when the swimmers are at the other end of the pool
- do not interrupt officials at the start, turns and finish of a race.

### 8. Your Right to question;

- if you feel you have been wrongly disqualified ask for an explanation
- if you are not satisfied by the explanation you may ask the Meet Director for a Protest Form
- never become aggressive no matter how upset you feel.

If every swimmer follows the above we will all have smoother and happier swim meets.

Gary Stutsel  
Chair National Technical Committee

- A dramatic incident at Cottesloe Beach:

If you value your life (and nose), you don't get in the way of a Snapper (who shall remain nameless) when on a mission.

*Time:* 8.00 am

*Place:* Cottesloe Beach

*When:* Saturday 28 April

*Water conditions:* Perfect

*Circumstances:* Testing a wet suit for the swim leg of the marathon to be held at Busselton next weekend.

*Time taken to put on wet suit:* 25 minutes (obviously not a PB but still a few more days for vast improvement).

*Occurrence:* After donning said wet suit, said Snapper walked stiff legged to the water's edge with the aim of swimming to North Cott and return.

With head down and tail up, Snapper commenced swimming towards the bell tower focusing on wet suit swimming.

Everyone knows not to mess with a snapper on a mission – one poor, unsuspecting, innocent swimmer didn't.

*Result:* One poor, unsuspecting, innocent swimmer, obviously not looking where he is going, swims into said Snapper's elbow.

*Consequence:* Blood streaming from face with a suspected broken nose.

*After-Thought:* Hope poor, unsuspecting, innocent swimmer is not swimming in the marathon next weekend!

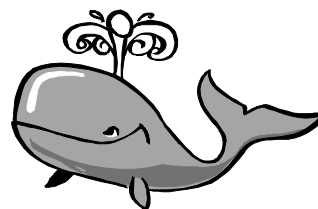
- Marg Watson gaining the attention of the day group to the announcements at afternoon tea by means of a three-hand clapper. Worked just as well as Gerry's cowbell.

## Aerobics Results

Snappers came 17th in a field of 84 clubs nationally and 5th of 19 clubs in the state. (We usually come 2nd to Somerset in WA!)

In WA: Points (%) of members participating  
Somerset 4328 (62)  
Albany 3779 (45)  
Maida Vale 3113 (48)  
Inglewood 2859 (39)  
Snappers 2800 (30)

We need more aerobic swim times to regain our former position in WA!!





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# Back Page

## LANE 1

Top 45 Oxymorons\*

Something to think about!

45. Act naturally
44. Found missing
43. Resident alien
42. Advanced BASIC
41. Genuine imitation
40. Airline food
39. Good grief
38. Same difference
37. Almost exactly
36. Government organization
35. Sanitary landfill
34. Alone together
33. Legally drunk
32. Silent scream
31. Living dead
30. Small crowd
29. Business ethics
28. Soft rock
27. Butt Head
26. Military Intelligence
25. Software documentation
24. New classic
23. Sweet sorrow
22. Childproof
21. "Now, then ..."
20. Synthetic natural gas
19. Passive aggression
18. Taped live
17. Clearly misunderstood
16. Peace force
15. Extinct Life
14. Temporary tax increase
13. Computer jock
12. Plastic glasses
11. Terribly pleased
10. Computer security
9. Political science
8. Tight slacks
7. Definite maybe
6. Pretty ugly
5. Twelve-ounce pound cake
4. Diet ice cream
3. Working vacation
2. Exact estimate
1. Microsoft Works

\* Oxymoron - figure of speech with pointed conjunction of seeming contradictories! Oxford dictionary.

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## Crack Pot

An elderly Chinese woman had two large pots, each hung on the ends of a pole that she carried across her shoulders. One of the posts had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the walk from the stream

to the house, the cracked pot arrived only half full.

For two years this went on daily, with the woman bringing home only one and a half pots of water. Of course the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

"I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?"

That's because I have always known about your flaw. So I planted flower seeds on your side of the path, and every day while we walk back you water them.

For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

### Moral:

*Each of us has own unique flaw, but is capable of great beauty.*

*It is the cracks and flaws we each have that make our lives together so very interesting and rewarding. Over look the flaws to find the beauty.*

### **Short Story:**

Students were asked to write a short story that contained three themes – religious, sexual and mystery. One student wrote:

*Oh God, I'm pregnant! How did it happen?*

### **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!**