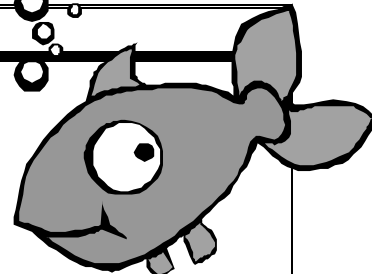


SNAPPETS



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

November 2008

PRESIDENT'S REPORT

You know when we have swum at the Fremantle BACC that the end of the year is nigh! And you have every right to ask, "Where did this year go?"

Every year just goes by faster, not only because we are trying to fit in more and more into our lives, but also as we age each year is a smaller proportion of our lives! Just think at two years of age, one year is 50% of a life, whereas at 70 one year is one 70th or 1.43% of that life. As the economic chaos of the recent months shows us, these little percentages just slip on by! However, it is all a personal perception – some days (and years) go so slowly, and some (usually when we are enjoying ourselves) go all too fast! Enough philosophy for this edition!

Your committee is working hard to improve the effectiveness and efficiency of the club operations, and to plan for the future of the club, so we all have more time to enjoy our swimming and savouring our achievements in the environs of a viable and stable club.

In the last couple of months the committee has taken action on the following items:

- Absorb the State and National increases in the 4 and 16 month membership fees.
- Adopt a membership fee for 2009 of \$93.00 for single, \$181.00 for couples and \$75.00 for those over 80.
- Investigate strategies for attracting new and young members.
- Commence action on the Club 20 year history shortly.
- Review our Healthy club policy to comply with the conditions of our grant to run an injury prevention course and a first aid course (now proposed for February 2009).
- Review the constitution in the light of the new legislation, but decided not action is necessary at this stage. We also await the outcome of State and National changes that may affect our operations and constitution in the long term.
- Submit a proposal to the State Branch for electronic timing equipment to be available for BACC swims – a response to a request to clubs for ideas on which to spend some of the funds that were received from hosting the FINA World Masters in April 2008.
- Submit a report on the low attendance at Snappers BACC with suggestions that larger clubs should be allocated to our event to take advantage of the excellent facilities at Challenge Stadium.
- Endorse dual membership policy and welcome our first dual member – Vic Paul who has swum regularly with the Saturday swimmers.
- Decide to raise again the matter of a Snappers' clubroom with Rob Verboon, but no date set yet for this meeting.
- Introduce a Certificate of Appreciation on a trial basis for 6 months, to acknowledge extraordinary contributions to the club's activities.
- Apply dedicated software Team Manager to manage club results, which is progressing slowly as many results have to be entered manually. However, electronic results from interclub and State events can be up loaded in about 5 seconds, saving hours of labour intensive manual entry. So next year I anticipate we will be operating from the laptop, with an extended information management system for much of club business, not only swim results.
- Club "shut down" over the Christmas / New Year period will be from 23 Dec 2008 – 5 Jan 2009 inclusive. No lanes will be hired for this time; however, club members can still swim together when they choose.
- On December 3, 2008, International Day for People with Disabilities, Jane Porter, from Challenge Stadium reception desk, will talk to the day swimmers about her experiences at the Beijing Paralympics with her daughter, Katrina, who was a participant swimmer.

Wishing you safe and enjoyable swimming
Sue Colyer, President

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WELCOME

We warmly welcome Kelly Askew as a new member. Kelly significantly extends the age range of Snappers, being the youngest by a country mile! We also welcome Fen East's return: he was a member about four years ago. Happy swimming to both.

IMPROVES LIKE FINE WINE AWARD

Congratulations to Alan Earnshaw! He is the latest winner of this award, presented in recognition of his most successful return to participation in interclub events.

BIRTHDAYS

November

2	Barry Green
10	Michael Crowley
22	Belinda Aitken
23	Susan Phillips
29	Helen Green

December

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



Hoppy, hoppy birdie to those of you born late in the year. Hope you still have enough 'party' left to enjoy Christmas!

DIARY ENTRIES FOR NOVEMBER AND BEYOND

Date	Event	Time	Venue
Saturday 29 November	West Coast 1000m World Record Swim	9.30 am	Cottesloe Beach
Saturday 29 November	Club Swim	1.00 pm for 1.30 pm	Challenge Stadium
Sunday 30 November	Koombana Bay 1600m Swim Thru	10.00 am	Koombana Bay, Bunbury
Wednesday 3 December	Talk by Jane Porter on Beijing Paralympic Games		Challenge Stadium
Saturday 6 December	Swim Thru Rottnest 1600m	1.30 pm	Rottnest Island
Wednesday 10 December	Snappers Committee meeting	7.00 pm	28 Mimosa Ave, Mt Claremont
Saturday 13 December	Fremantle Ports 1600m Swim Thru and Novice 400m	8.30 am	South Beach, Fremantle
Sunday 14 December	Snappers Christmas picnic	from 11.30 am	Jabe Dodd Park Mosman Park
Saturday 20 December	Tower to Tower 1800m Swim Thru	8.30 am	Scarborough Beach
23 December 2008 to 5 January 2009	No lanes hired for Snappers	all training session times	Challenge Stadium
Wednesday 28 January 2009	Snappers AGM	7.30 pm	St Cecilia's Church Hall, Floreat
February 2009	Injury Prevention talk		
20 February - 1 March 2009	12th Australian Masters Games		Geelong, Vic
30 April - 4 May 2009	34th Masters Swimming Australia National Swim		Brisbane, Qld

GOGGLE SAW!

- Geraldine swimming a very cool backstroke in sunglasses at the Freo BACC.
- Some very happy faces on the day swimmers when they jagged two days in one week in their favourite pool, the 8-lane outdoor.
- Barbara and Alister Stuart's son, Alexander (20), winning the gruelling 250 km Kalahari Extreme Marathon in South Africa in a time of 31 hours 36 minutes. Such stamina!



FORD AND DOONAN COACHES' WORKSHOP

Masters Swimming WA Branch presented the third Ford and Doonan Coaches' Workshop on Sunday 19 October; 16 coaches attended.

Tamara Bruce (open water swimming champion) presented her experiences in marathon open water swimming including the Rottneest Channel swim (several crossings; fastest 4:13.58) and the English Channel (fastest crossing by a woman, 7 hours 53 minutes). Some hints given by Tamara for open water swimming are listed below.

Bill Kirby took the coaches through common stroke faults and drills to help correct them, then applied these poolside very successfully with a squad of swimmers from Claremont AUSSI and Stadium Snappers.

'Tricia Summerfield

Masters Swimming WA Director of Swimming

A message received from Masters Swimming WA Executive Officer, Wendy Holtom, reads:

"Please pass on our thanks to your wonderful members (Cas Brown, Audrey Bullough, Elizabeth Edmondson and Pamela Walter) who attended last Saturday and swam as demo swimmers for the Ford and Doonan Coaches' Workshop. It was much appreciated."

HINTS FOR OPEN WATER SWIMMERS from Tamara Bruce

For first-timers:

- Enter shorter, lesser-known events with fewer participants and increase gradually
- Pick conditions: don't swim if conditions are unfavourable
- Resist the temptation to lift head often to sight course.

General tips for the more experienced open water swimmers:

- Be aware of the course, eg landmarks are important
- Never wear new goggles or bathers
- Re-adjust equipment, eg goggles, immediately, rather than swimming in discomfort
- Relax at the start (and be prepared for knocks!)
- Concentrate on stroke and breathing, especially at the start
- Changing stroke occasionally helps the swimmer to stretch
- Maintaining good technique is very important
- To overtake, alternate 20 strokes faster with 10 strokes at normal rate
- Swim hard to the finish and stop swimming when hand touches the bottom.

FREMANTLE BE ACTIVE CLUB CHALLENGE

Well done to all who participated in the BACC hosted by Fremantle Fins on Sunday 26 October. We had a 26-strong team in attendance again and consequently gave Fremantle a run for first place, finishing second by only 24 points at the final count. The results suggest that Fremantle had more younger swimmers and more relay teams. But all in all, Snappers did a great job. I am sure that there were some Personal Bests, as well as several inaugural swim results achieved.

It was great to see June Maher, Alan Earnshaw and Merle Loukes back earning points for Snappers after their breaks from swimming at interclub meets. With youth on her side, Kelly Askew, our very new member, scored points aplenty in the 20 – 24 age group.

Every time we compete I am convinced that our excellent swimming, together with a large contingent of swimmers keeps us in the top one or two clubs at these BACC swim meets! Congratulations everyone. Well swum! And we did rather well out of the raffle prizes, too!

Sue Colyer

MELBOURNE CUP, Tuesday 4 November

Twenty-four people went to The Round House to enjoy a lovely three course meal on Melbourne Cup Day. Many thanks to June Maher for organising the venue once again. Margaret Watson ran a club sweep and one prize remains uncollected!

Elizabeth Edmondson

SNAPPERS' BOWLS DAY Sunday 9 November

The bowls day was held in warm, sunny weather with 23 players and four extra for afternoon tea. Four players were totally new to bowls, five knew how to play and the rest had played three times before at a Snappers bowls day, so you can see there was a great deal of experience on the greens! One of the totally new players, in finally getting close to the kitty after one and a half hours, was heard to say, "About bloody time!"



John Vandewerdt's team comprising Helen, Deirdre, and Sue blitzed the field and won.

Thank you to all those players who provided food for a lovely afternoon tea. I think a fun day was enjoyed by all.

Geraldine Klug

SNAPPERS' COLLECTION FOR ALZHEIMER'S

About two months ago, on 19 September, Snappers showed their community spirit by collecting at two local shopping centres for Alzheimer's Australia WA. Each year for the past ten or so years, Geoff Lane has "sweet-talked" Club members into a session of tin-shaking. This year, Marg Somes and Marg Watson helped Geoff organise a group of ten volunteers, the biggest Snappers contingent to date. Of a grand total for the day of \$17,917, our members collected \$2209, showing that Snappers was a significant contributor to the success of the appeal.

One of the many jokes on the theme

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of adventures but lately their activities had been limited to meeting a few times a week to play cards. One day they were playing cards when one looked at the other and said, "Now don't get mad at me. I know we've been friends for a long time.... but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared at her. Finally she asked, "How soon do you need to know?"

SNAPPERS WRITING HISTORY

As Sue mentioned in her report on Committee activities, action will begin soon to write a 20-year history of Stadium Snappers – some happenings will need to be recorded as they occur as the Club is still in its teens. A sub-committee, comprising Richard Diggins, Barry Green and Marg Watson, has been set up to coordinate the writing. They see the importance of making an early start and have already drawn up a well-considered format for the work. Twenty or so members have been invited to accept responsibility for different sections and most have agreed.

STADIUM SNAPPERS CHRISTMAS PICNIC LUNCH AND PRESENTATIONS

Sunday 14 December, Jabe Dodd Park, 11.30 am

Club provides sausages, sauce, serviettes, plates

You bring (by surname)

Q-Z – Nibbles

D-P – Salads (with salad servers)

A-C – Cakes, slices, fruit platters

BYO: Drinks, glasses, cups, cutlery,
chairs or rug



Please leave donations for the Christmas hamper in the cage by Wed 10 December

HEARTSWIM 2008

Two Snappers teams entered this year's HeartSwim: "Hearts on their Sleeves" (Laiene Maxted, Colin Beaton, Audrey Bullough and Helen and Barry Green) and "Hale and Hearty" (Peter Williams, Elizabeth Edmondson, Philip Hoff, Dee Stephenson and William Curtis). Barry and Elizabeth were team captains.



As the start drew near Laiene got busy with some red make-up paint and drew hearts on her team members' arms. The hooter sounded at 1.00 pm and Colin and Peter were off. Colin swam 1500m while Peter swam 400m, with some coaching advice from Geraldine. After that, different tactics were used to swim for the remaining time. "Hale and Hearty" team members chose to do aerobic swims, so Elizabeth swam 3/4 hour. Next was Philip swimming one hour and Dee swam an 800 m, which left our last swimmer, William. He wanted to swim 1500 m, so was there enough time? As all the other team members were dressed we let William swim till the hooter went to signal the finish of the three hours. Only when he got out of the pool did we tell him he had swum 1700 m! Meanwhile the other team had a different strategy, with the remaining swimmers taking turns to swim distances from 100 m to 400 m at a time.

Congratulations to all swimmers and thank you very much for doing so well for HeartSwim 2008. Your contributions, both with the raffle tickets and the swim itself were terrific. Together, both teams swam 16,000 m in the three hours!

A huge thank you to Susan Phillips for recording the lap times for the duration of the event, to Kim Klug, who was one of the overall organisers, and to all Snappers' members who supported the teams financially and otherwise.

Barry Green and Elizabeth Edmondson

The Guy In The Glass by Dale Wimbrow 1934

This poem has become also known, incorrectly, as "The Man in the Glass" or sometimes "The Man in the Mirror", but the thought is the same, the message clear...you can fool the whole world down the pathway of years, but you can't fool the guy staring back from the glass'.

When you get all you want and you struggle for pelf*,
and the world makes you king for a day,
then go to the mirror and look at yourself
and see what that man has to say.

For it isn't your mother, your father or wife
whose judgment upon you must pass,
but the man, whose verdict counts most in your life
is the one staring back from the glass.

He's the fellow to please,
never mind all the rest.

For he's with you right to the end,
and you've passed your most difficult test
if the man in the glass is your friend.

You may be like Jack Horner and "chisel" a plum,
And think you're a wonderful guy,
But the man in the glass says you're only a bum
If you can't look him straight in the eye.

You can fool the whole world,
down the highway of years,
and take pats on the back as you pass.
But your final reward will be heartache and tears
if you've cheated the man in the glass

* 'pelf' is an informal word for money or wealth etc

ON THE KOKODA TRACK by Malcolm Hay

**22 – 31 August 2008
(8 days walking 6-8 hours/day)**

With six weeks to go my wife, Rosemary, and I were invited to join a small group to walk the 92 km Kokoda Track in Papua New Guinea. So we went into training – 4-5 hours walking 3-4 days per week including eventually 20 laps of the "Kokoda Track" in Kings Park and leaving the car at the University.

The Track can be walked from either end and, I think fortuitously, we started from the southern end at Owers Corner. This is simply the end of the road 2 hours' drive from Port Moresby. The previous day we had been taken to the Bomana Cemetery, a sad and moving experience. This is where about 3,000 Australian soldiers were buried after the War.

At Owers Corner we met our guide and porters, a total of 14. Our Australian group of six, plus one young lass from Port Moresby, made up a very small group, which is a real advantage.

The next eight days were demanding but full of joy and wonder. Papua New Guinea is a very, very beautiful country and our guides and porters could not have been more generous and helpful. The seven of us carried only a day pack (say 8 kg) and we were able to pass a further 8 kg to our porters who also carried everything else. They were amazing. The track goes up to 2190 metres which brings its own demands. The ground is strewn with living tree roots and for several days a lot of mud. We were fortunate to experience real rain on only three days. Although our porters carried tents we were able to stay in local huts all the way, sleeping on the floor with our own air mattresses and sleeping bags. We walked 6-8 hours/day with a break for lunch. The food was good and at least 50% was purchased along the way.

At Kokoda there was much to see and we were picked up by a "passenger truck" and taken to Gona on the coast via the town of Popondetta. We spent our last night on the beach, having been welcomed by a troupe of local dancers – it was wonderful. We were able to have a swim in the Solomon Sea in the morning before trucking to the airport and thence to Port Moresby. The next morning we were very fortunate to have time to visit the National Capital Botanical Gardens (and zoo) – very worthwhile.

Any regrets? Only that we did not arrange for more time in this unique and beautiful country.

Advice: If interested, do it, but you must be fit. Although there are many outfitters now doing this journey, I can say we were very pleased with a small Port Moresby based group – Ecotourism Melanesia.



THE ONE ABOUT THE LONE RANGER, TONTO AND SILVER

The Lone Ranger and Tonto walk into a bar one day and sit down to drink a beer. After a few minutes, a big tall cowboy comes in and asks, "Who owns the big white horse outside?"

The Lone Ranger stands up, hitches his gunbelt, and says, "I do. Why?"

The cowboy looks at the Lone Ranger and says, "I just thought you would like to know that your horse is just about dead outside!" The Lone Ranger and Tonto rush out and find that, sure enough, Silver is almost dead from heat exhaustion. The Lone Ranger gets him some water and soon Silver is starting to look a little better.

The Lone Ranger turns to Tonto and says, "Tonto, I want you to run around Silver and see if you can create enough of a breeze to make him start to feel better." Tonto says, "Sure Kemo Sabe", and begins running circles around Silver. The Lone Ranger returns to the bar to finish his drink.

A few minutes later, another cowboy struts into the bar and asks, "Who owns that big white horse outside?" The Lone Ranger stands again and claims, "I do. What is wrong with him this time?"

The cowboy says to him, "Nothing much, I just wanted you to know - you left your Injun running..."

OPEN WATER SWIM RESULTS: Start of the 2008/2009 Season Gail Parsons

The Open Water Swim season has begun a full-on calendar this year, running from the start of November right through to April. So think about the swims you would like to enter and pencil them in your diary. If you're interested in open water events, please see your Captain. There are printed calendars in the cage or go to the Masters Swimming WA site: www.mastersswimmingwa.asn.au.

Champion Lakes 2 November 1.25km, 2.5km, 5km or 10km

Age group	Swimmer	Distance	Time	Age place	Gender place
18 years and over!	Mike Kane	5 km	1:24.58	2nd	15th

This first swim off the mark was new to the calendar, run by Swimming WA at the man-made Champion Lakes venue. One lone Snapper, Mike Kane, entered, choosing the 5 km course. His comment was that it was cold, rough, and muddy! Swimming WA age categories are different from Masters and Mike was up against much younger swimmers, some of them half his age!

Background Nonsense



What Tha!!!

Being only one swimmer we will never know, but Mike being Mike I'm sure something happened!

Rockingham 15 November 1.25km, 2.5km or 5km

Age Category	Swimmer	Distance	Time	Age place	Gender place
18 years and over!	Mike Kane	5 km	1:20.00	5th	11th

Still only Mike braving the elements, undeterred by his experience at Champion Lakes. His report was it was rough heading out but nice to come home in. Oh and the water was cold, again.

Background Nonsense



What Tha!!!

We still don't know what nonsense Mike is getting up to.

EXPECTED COMPANY MERGERS

Goodness knows the sad state of the stock market has affected many people. For those of you with any money left, be aware of some expected mergers so that may help you to get back on the road to recovery. Watch for these consolidations in 2009!

- Hale Business Systems, Mary Kay Cosmetics, Fuller Brush and WR Grace Co will merge and become Hale, Mary, Fuller, Grace.
- Polygram Records, Warner Bros and Zesta Crackers will become Polly Warner Cracker.
- Fairchild Electronics and Honeywell Computers will become Fairwell Honeychild.
- Zippo Manufacturing, Audi Motors, Dofasco and Dakota Mining will become ZipAudiDoDa.
- Knotts Berry Farm and the National Organisation of Women will become Knott NOW!



POOL SWIM RESULTS from Recorder Pamela Walter

Club Swim 18 October

Cas BROWN	FR50 (best for '08)
Julie CROWLEY	BA50 (PB50), BR200 (inaug50)
Elizabeth EDMONDSON	BR50 (best for '08)
Philip HOFF	BA100 (inaug50, CR50), FR200 (PB50 by 11 sec)
June HOUGH	FR50 (best for '08)
Eleanor PARSONS	BA50 (best for '08), BR50 (PAB50), BU100 (PAB50, CR50)
Deirdre STEPHENSON	FR100 (best for '08)
'Tricia SUMMERFIELD	BR50 (best for '08)
Pamela WALTER	FR200 (PAB50)

Fremantle BE ACTIVE Club Challenge 26 October

Kelly ASKEW	BR50 (inaug50, CR50), FR50 (inaug50)
Colin BEATON	BA50 (PAB50, CR50), FR50 (PAB50, CR50)
Cas BROWN	BR50 (best since '06)
Sue COLYER	FR50 (PB50 beating an '06 time)
David CORNEY	BR200 (best time since '06)
William CURTIS	BU50 (PAB50), FR50 (PAB50), FR200 (PAB50)
Elizabeth EDMONDSON	BA50 (PB50 by nearly 2 sec), BR50 (PB50)
Barry GREEN	BA200 (PB50), FR50 (PB50, CR50)
Philip HOFF	BA50 (PB50, CR50)
Mike KANE	BA50 (inaug50), FR50 (PB50), FR200 (PB50 by 6 sec)
Geraldine KLUG	BA50 (best time for '08)
Merle LOUKES	BR50 (1st for '08)
Eleanor PARSONS	BU50 (PB50, CR50 beating an '04 time), FR50 (PB50, CR50)
Gail PARSONS	BR50 (PB50 beating an '02 time), FR50 (PB50)
Wyvern REES	BA50 (best time since '06)
Pat SUGARS	BR50 (PB50 by 2 sec)
'Tricia SUMMERFIELD	BU50 (missed '05 PAB by 0.2 sec)
Margaret WATSON	BA50 (best time for '08), BR50 (best time for '08), FR50 (best time for '08)
Peter WILLIAMS	BA50 (PB50 by 2 sec)

DEADLINE

Many thanks to Sue C, Pamela, Elizabeth, Malcolm, Geraldine, 'Tricia, Barry, Gail, Cliffe and Marg Watson for providing material for Snappets in November.

Please send in your contributions for the last issue of the year by Friday 5 December.

Thank you, Merilyn

Email: amburbidge@westnet.com.au

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