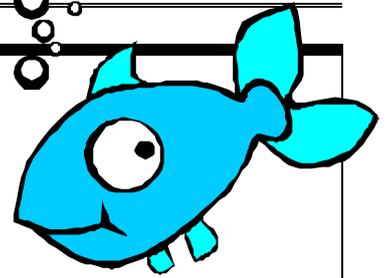


# SNAPPETS



Stadium Snappers Masters Swimming Club Inc [www.stadiumsnappers.net.au](http://www.stadiumsnappers.net.au) July 2012

## Snappers' 20<sup>th</sup> Anniversary Dinner



**Past Presidents:** Lillian Hadley 2002-2003, Sue Colyer 2008-2009, Tricia Summerfield 1998-1999, Christine Ryan 2000/2001, Barry Green 2010-2011, Pamela Walter 2006-2007, Julian Keys 1995/96-1997, Julianne Crowley 2012, David Corney 2004-2005, with Lynda Joachim 1992 cutting the 20<sup>th</sup> Anniversary Cake on 16<sup>th</sup> June 2012.

### Membership Awards:

**5 Years:** Peter Williams, Julianne Crowley, Barry and Helen Green, Richard Diggins, Patrick Cooney,

**10 years:** Cas Brown, Jean and Colin Beaton, Sue Colyer, Carmen Harrison, Geraldine Klug,

**15 Years:** Marg Somes

**20 Years:** Nomai Jago, Hazel and John Christie, Doris Kimber. Audrey Wren.

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Navy, aqua, blue and gold  
Tall and short, young and old,  
We are Snappers!

Don't mind the weather, hot or cold,  
Snappers, we're a friendly lot,  
Happy Snappers!

Derek checks the time for our aerobics,  
Sprints and lengths at leisure are fantastic,  
Backstroke, free, fly or breast,  
Choose the stroke you like best,  
Snappers! Hooray!

Words: Zee Marsland.  
Tune: Bye, Bye Blackbird



### **Goggle saw:**

- Fish flying and swimming at the Snappers 20<sup>th</sup> Anniversary Dinner;
- Snappers singing and dancing at the same Dinner.

### **Goggle heard:**

- The Swimathon total is over \$3700. Well done swimmers.
- A frustrated swimmer explaining how difficult it is to know whether one has swum 3mins or 4mins because the hands on the clock keep going around.

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## Book Launch

Lynda Joachim was given the honour, as Snappers' inaugural President, of launching *Snappers' Score*, our history of the first twenty years. Barry Green coordinated the writing of the club history, which was then edited by Sue Colyer and printed by SNAP with the aid of a generous grant from Masters Swimming WA, negotiated by President Julianne Crowley. Each author focused on a period which they had lived through and it is a tribute to the team that it came together in a most interesting, readable and enjoyable format. Congratulations and thanks to all writers and editors.



## Snappers Diners offered special thanks to:

- Andrew Burbidge and Bernard Egan for technical assistance,
- Geoff Hadley for piano skills,
- Pat Sugars for catering and organisation,
- Pamela Walter for artistic direction and expertise,
- Marg Watson for table allocation skills,
- Zee Marsland for music composition and choreography,
- Marg Somes for hospitality talent.



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## Improves Like Fine Wine Award June 2012



The ILFW Award was given to Cas Brown last month for her improved performance at the Masters State Championships and at the Nationals Masters Swim Meet. Cas has many talents, one of them being song and dance!



### **News to date:**

- **Aerobic Results 2011** are online. See MSA or MSWA websites for National scores and placings.
- **False Starts at Swim Meets:** Take Care. Do not

start until the hooter is sounded. The policy is to allow the race to continue with the breaker receiving a DQ at the end. Race Recall is frowned upon because it disadvantages the rest of the starters.

## Welcome to New Members

### **Mark Barlow**

Greetings to my fellow Snappers. My name is Mark Barlow. I am almost 52 and well entrenched in my mid-life crisis. I live in Karrinyup with my long suffering wife, Kerry and work as a community mental health nurse. I recently joined the Stadium Snappers after realising that they are the only Masters Swimming Club that I regularly swim with these days.

I have enjoyed the Stadium Snappers Saturday afternoon sessions for some years now and appreciate the swimming expertise and wonderful dark humour of the 'twisted sisters' Eleanor and Gail Parsons. Actually, I strongly suspect that 'The Coach' Eleanor was probably separated at birth from the infamous Madam Lash.

I have been an honorary "Yummy Mummy" since this group formed six years ago and quite a few of my fellow 'mummies', Anne, Pam, Carmen, Theresa, 'Tricia and sometimes Robyn and Kylie, are also Snappers members. I was formerly with Bold Park Masters, but due to my work hours, I have been unable to attend their sessions for some time, so I allowed my membership to lapse. Upon being 'encouraged', the Snappers' code-word for relentless arm-twisting, by the above-named ladies and reminded that I was not covered by insurance to swim with you, unless I was a paid-up Masters member, I readily joined your hallowed club. I'm now happy and proud to be a snapper.

### **Andrew Wilson**

Andrew, pictured on the right next to Leon and Beng, gave a very brief summary of his past to the editor:

Andrew was born in Ballarat on 23 December 1982. After attending Damascus College near Mt Clear Andrew did an Electricians' Apprenticeship. He travelled for three years in Europe, combining work with sightseeing in both Germany and Ireland. On returning to Australia he secured a Fly in Fly out job with the mines in Paraburdoo. With time on his hands in the north and a very attractive pool available for the use of the mining staff Andrew took up swimming again. For the last year he has worked in Perth and, wanting to continue his swimming and keep up his fitness, Andrew joined Snappers, where he is now a 'slave to Eleanor!' Welcome Andrew.



## Past Members

Past members were contacted by Marg Watson and they sent apologies and congratulations: David Philpott, Leslie Barwise (1997-00), Thrym Kristofferson and Marianne Yrke (1995-03), David Macgill (1994-99), Gordon Metcalf, former coach, Trevor Sutton (1993-03), Cynthia Taylor (1998), Lucy Marshall (1999-07), Margaret Simpson (1994-00), Gerry Barnard (1997-02), Patrick Carden (2003-09), Malcolm Hay (2007-09), and Helen Hopwood (1995-04). Marg said that many of these people look forward to catching over a cup of coffee with the Snappers.

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## Our Guests: Catching Up with Past Members

by Marg Watson

Barry sent the first invitation to Lynda last year, including the offer of hospitality. Such a generous overture couldn't be ignored and Lynda enjoyed a fantastic weekend catching up with everyone. As our only Life Member and the founding President, it was good that she was able to join us from Brisbane and to launch the 20 year history book, *Snappers' Score*. Seven other Office Bearers from past years came along:

\* Julian Keys (1992-02: Night Captain, Recorder, Membership/PR, President) and Christine Ryan (1995-02: Secretary, President) shared a table with current Member/Past-Presidents Lillian Hadley and Sue Colyer. Each of them chaired a period in the club's evolution.



\*Table No.10 treated David Corney (2000-10: Treasurer, V/President, President, Night Group Coach) to a wonderful trip down memory lane with all the girls wearing tiaras! It was in 2004, when David was President, that the annual dinner was held at the Victoria Leagues Club. David was resplendent on that occasion in bow-tie and waistcoat with the girls looking right-regal in those very same tiaras.

\* I shared a table with Madeleine Denness and Barbara Barker-Strong, both foundation members and both with roles of Treasurer, Membership/PR and Secretary between 1992-06. They were both rather proud of the development and sense of history in the club. Shirley Lewis was also at the table, 'little Shirley' as she was known and, although now with a walking stick due to several minor falls, she revels in her days with the Snappers. She is particularly proud of holding the club record for the slowest 1500m in 102:46:17, in 1996!! But as Madeleine reminisced on the night, she did it by sheer determination and because anything was possible. Shirley didn't have a car and got to swimming by public transport no matter what and I particularly remember her in the change-room with the biggest tin of talcum powder and great puffs of powder, accompanied by non-stop chatter! She came to the dinner by taxi and Deirdre took her home.

\* Bernie West was another stalwart, and club Auditor for many years, who never attempted timed swims and competition. He swam in lane 1 for fitness and fun. When he first joined the club (1997-09) he was a volunteer with the Hotham Valley Railway and through him that we enjoyed several social outings. He was also our impromptu sing-along pianist so the 'Snappertoons' brought back memories! Bernie shared a table with Jeannine Heindricks whom he introduced to the club.

\* John Mills (1995-04) was noted for swimming underwater with the goal of doing 50m, not such a good idea at our age! He shared a table with June M, June H, Trudy, Doris and Pat Byrne, his old mates, and he met some new mates, Merle and Elizabeth. John was another from Lane 1 with many memories to share as do those who recall him below them on the bottom of the pool!!

\* Nomai Jago was thrilled that her son Brett (1996-01) and his wife Margaret were able to join her in the celebrations. Nomai is a foundation member and Brett swam with the night group until work commitments took him north for a while.

\* It was great to have Rob Shand (2000-11) and Marion, and Arthur Jenkins (2003-10) back in the fold, sharing a table and catching up with their old friends. Both have only recently left the club. Arthur can't drive at night so Richard and Pauline Diggins picked him up.

\* I caught up with the adventures of Kay Stanley (1998-04) who moved to Mandurah on retirement of husband Mike but wasn't happy there and is now building in Wilson. Kay was introduced to the club by Marilyn. They both share grand-children. Kay enjoyed the Snappers so much she joined the Mandurah club for a while.

Thanks to Marg for contacting these past members. Our guests brought a special joy to the celebration.

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## Helen and Barry Swim with Whale Sharks at Ningaloo

Helen and I have enjoyed swimming with Snappers, so we decided to swim with the biggest fish of them all, the Whale Shark.

Fortunately, Western Australia has a unique location where this is possible, the Ningaloo Marine Park. Ningaloo is one of the few places in the world where whale sharks appear regularly in numbers in near-shore waters where they are accessible to observers.

The whale shark is the world's largest fish, and can grow up to 18 m in length. They weigh roughly a tonne per metre length. A 12 m whale shark has a mouth 1 m wide. The whale sharks off the Ningaloo reef are in the range 3-12 m. It is believed that they mature at the age of 30 years and live for over 100 years. They are filter feeders, like whales, living on tiny planktonic organisms and they do not need to bite or chew their food. The season at Ningaloo for the whale shark watching is March to July when the whale sharks are attracted by the spawning of over 200 species of coral which occurs in March and April.



The swimming with whale sharks can be done with any one of a number of companies operating out of Exmouth or Coral Bay. We chose Exmouth, about 1260 km north of Perth, and the Three Islands Whale Shark Dive Company.

The company picks up its boatload of swimmers early in the morning from accommodation in and around Exmouth and transfers them to its boat, the 17 m 'Draw Card' at Tantabiddi on the west coast of North-West Cape. After snorkelling inside the reef to observe the beautiful coral and marine life, fish, dolphins, turtles and rays, we went outside the reef while the company's spotter plane located whale sharks for us to swim with.

The first sighting was of three whale sharks to the south, but when the boat arrived there they had dived so we had to return northwards to a whale shark, which another boat had already 'engaged'. The 19 tourists aboard our boat were divided into two groups and were informed of the rules for the encounter with the whale shark; no attempt to touch, ride or restrict the normal movement or behaviour of the whale shark, no approach closer than 3m from the head or body and 4m from the tail, no flash photography, no motorised propulsion aids, nor more than ten people in the water within the contact zone at any one time.



This first whale shark turns out to be a 5m male, which appears to be circling. We enter the water with our fins, snorkel and goggles and go to the centre of the circle which the whale shark seems to be describing. However, while we are there the whale shark seems to be making the circle smaller, so we end up being very close indeed! Magic! Because other sightings by the spotter plane are not immediately successful, we make a second encounter with this gentle giant. Roughly 5 tonnes of fish, swimming effortlessly and regally, only metres away! Marvellous!

The spotter plane identifies another whale shark and the remaining three encounters we have are with this one, which turns out to be a 4m female. It seems genuinely unconcerned about the observers being so close and following from its sides and rear. The experience is amazing. The photos show a whale shark with its characteristic dots and the intrepid snorkeler in Stadium Snappers club cap!

From Barry Green

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## Gail's Ride for Youth from Albany to Perth

Youth Focus is a unique, independent, Not for Profit organisation that supports vulnerable young people in Western Australia by offering a range of mental health services. They operate with a team of highly trained and skilled psychologists, social workers and occupational therapists to provide a range of early intervention and prevention services free of charge, aimed at supporting young people and their families to overcome the issues associated with suicide, depression and self-harm. This was David's second time for the ride and he was very enthusiastic. I did the training, raised the funds and there I was in the line-up of 88 riders. Each rider is required to raise a minimum of \$5,000 to participate, not to mention the six months of training covering nearly 7,000 kilometres. This was Youth Focus' 10th anniversary of the ride so they opted to have two pelotons. Route A were to ride the original route, from Albany, through Walpole, Pemberton, Busselton, Mandurah then Perth. Route B, affectionately known as the 'Rooters Route', as all the couples were on this route with the exception of David and me, rode Albany through Franklin River, Bridgetown, Collie, Mandurah then Perth.

The big day arrives, done the training, got my kit, bike talk for uniform, and we are heading to Albany on a bus with multiple support vehicles in tow with our bikes. Arrive Albany and the word goes out....we are going out for a ride. I reluctantly get on my bike and head out muttering &@?!\$& to anyone who wanted to listen. We did the tour of Albany, few hills I have to say.



**Day 1** Albany - Walpole: Distance 129 km, Average speed 28.4 kph, Total climb 879m. Big hearty breakfast, very nice. My team was the lead out team, meaning we are right up the front setting the pace and breathing in the support vehicle diesel fumes.....nice! Funnily enough I was happy as! The two routes went their separate ways, Route A heading for Walpole and Route B heading for Franklin River. We would cycle approx. 30–40 km and have a break to stretch, eat etc. Arrived Walpole, checked into the Tree Top Hotel, tired, sore butt, legs, arms, back, neck and even eyelashes. Nice hot shower was in order, a massage and I was ready for dinner. Once fed and watered, collapsed into bed ready to do it all over again the next day.

**Day 2** Walpole - Pemberton: 131 km, Average speed 29.5 kph, Total climb 1469m. Up at 6:00am, shower, dressed, breakfast, to eat as much as you can, back to the room, pack the bag, check the bike, make up the sports drinks and pack food bars for the day. Assemble at 7:30am for a briefing and a stretch.....ouch! Then on the bike, Pemberton here we come! Double ouch, OMG my butt. I spent the next half hour wriggling around on the seat to get comfy. I think it just went numb. This was my worst day of the whole ride. I was in the wrong position in the peloton and was working hard all day. I hit the wall about  $\frac{3}{4}$  of the way, jelly legs, absolutely nothing left in the tank and an attitude off this planet. Not a good place to be. I managed to give the support vehicle expletives that were coming out of my mouth like verbal diarrhoea. I was overtired. Arrive Pemberton and the school is on the highest hill in town, so more expletives all the way to the top. Finally arrive at the school, get off the bike and I nearly fell over. We had to play games with the kids, but not me; I sat on the detention bench with the other naughty kid. I figured I should sit there too and gather myself together and get rid of ugly Gail.

**Day 3** Pemberton - Busselton: 155 km, Average speed 28.9 kph, Total climb 1142m. Amazing what a good night's sleep does. No more ugly Gail, feeling a lot better, with the exception of my butt. Sorry to keep bringing it up, but it was so painful. Same deal in getting ready; dress, pack, make drinks etc. We hit the road...OMG my butt. I didn't think I would be able to sit down but I managed to get into a comfy position. It is very important to get your nicks, bike talk for bike shorts, in the right spot. Nothing worse than when they are in the right spot and you have a pee stop and they don't get back to that same spot. It then takes you half hour to get comfy again. I then have another pain; my right quad was getting really tight. At least it took my mind off my butt. At one of our stops the masseuse shoved her elbow into my thigh...OMG....ouch. I didn't want to

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mention my butt to her. Something else also happened; it is called Hot Foot! Your foot gets really hot and once you are off the bike it disappears. At least it took my mind off my butt and quad.

**Day 4** Busselton - Mandurah: 178 km, Average speed 31.2 kph, Total climb 326m.

My butt, my butt, I can't feel my butt. The best day of the whole ride, just awesome really. We had the wind behind us, no hills, we were flying. Hot foot was still hanging around but I was trying to ignore that. Arrived Mandurah where the two pelotons merged together to share stories over a drink or two.

**Day 5** Mandurah to Perth: Distance 79 km, Average speed 29.2 kph, Total climb 304m.

This felt like a cool ride. The two pelotons joined at Riverside Drive where we had a police escort all the way to Kings Park where we rode up Fraser Avenue to the music of Chariots of Fire, a very emotional home coming.

Wow, what a Ride! You will be pleased to know that my butt is back to normal now and my foot is no longer hot. It was lovely to watch the faces of the kids in the schools we visited engaging with the speakers and embracing the message that they are not alone and that support networks are available made all the training worthwhile.

We raised just over \$1.9 million. I am glad that I shared this experience with David and you will be pleased to know that the soreness was all worth it.

Gail Parsons, 2012 Rider for Youth. Well done Gail. What a champion!



Thanks to all our contributors. Photographers, Marg, Lynda, Barry, Helen and others have shared their snaps with us on the website.  
Comments and contributions are welcome.  
Deadline for next issue is July 30<sup>th</sup> 2012.  
Please send material to [elliott.theresa@johnxxiii.edu.au](mailto:elliott.theresa@johnxxiii.edu.au)