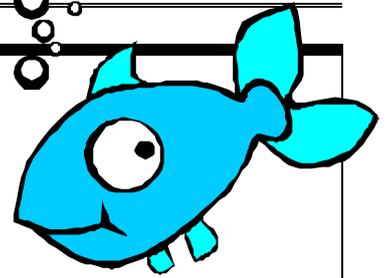


SNAPPETS



Stadium Snappers Masters Swimming Club Inc www.stadiumsnappers.net.au March 2012

Presidents Report

Welcome to my first report as Snapper's President.

The year started with a successful AGM where we farewelled Barry Green and Marilyn Burbidge from the committee. Under Barry's Presidency we have moved into a more solid financial position despite Venues West increasing our lane hire dramatically and I thank him for the work and energy he brought to the role. Marilyn's wise and thoughtful input to the committee will be missed. I am sure she will continue to guide and support the new committee from afar. I welcome Geraldine Klug as Vice President and Theresa Elliott who takes on the role of Membership and producer of Snappets. We also welcome Kim Klug, night club captain, as a now regular member of the committee. Her role was shared previously with Robyn Wilson.



The Open Water Swim season has seen several Snappers competing and the Rottnest swim on Saturday saw many more heading out to sea in individual swims or as members of teams.

We had a successful BACC at Newman/ Churchlands where we achieved a close second place and our Snappers team swam well. The State Championships are being held in Bunbury over the long weekend of the 4/5 March and Snappers has a team of 10 competing. We also have members attending the Nationals at Marion, South Australia, on 14-17 April and I have heard that some globetrotting Snappers are heading to the 14th FINA World Masters Championships, 3-17 Jun, in Riccione Italy.

The new aerobics program, Endurance 1000, started at the beginning of the year and even one swim at a specific distance will be counted towards a swimmer's points.

We have also had two very different social events with many Snappers and friends enjoying the twilight sail on the Leeuwin in windy conditions and, in better weather, the Beach Breakfast on 26th February. Thanks to Pat Sugars and her helpers for these very pleasant events.

I would like to finish by thanking Elizabeth Edmondson in her role as Registrar for helping with the re-registration of swimmers as we moved to the new online system so we start 2012 with nearly 70 members.

Happy swimming, from Julianne Crowley

Contents

President's report	1
Birthdays	2
ILFW	2
Goggle saw	2
Diary Dates	3
OWS Results	3
Club Swim Results	4
Newman BACC	5
Gail's Ride	6
Recipe Book	6
Beach Picnic	6
Leeuwin Sail	7
New Member Joan	8
Sue Colyer	8

Birthdays

March

6th Pamela Walter
14th Nomai Jago
17th Brian Somes
21st Anne Edmondson
21st Sue Shilling
23rd Geoff Barnard
27th Trudy Vandewerdt

April

1st Jeannine Heinrichs
8th Eleanor Parsons
14th Jackie Egan
18th Geraldine Klug
18th Julianne Crowley
22nd Margaret Somes
25th Geoff Lane
30th Carmen Harrison



Congratulations to Sue Shilling who celebrates a big O birthday this March.

Congratulations to June and Bill Maher and to Nomai and Jack Jago who both celebrated 60 years of Marriage. Stories will follow!

ILFW Improves Like Fine Wine Award for February 2012

Peter Williams was awarded the ILFW medal for completing five of the 400 Freestyle and five of the 400 Backstroke Swims for the 2011 Aerobic Program. Well done Peter.



Goggle saw:

- Elizabeth was being timed and the brand of one of the watches looked unfamiliar. A look at the back of it revealed that it was engraved 'Mandurah Masters'! So another Snapper checked the rest of the watches in the cage and reported that two of them bore the inscription MSW, suggesting that they belonged to Masters Swimming WA. However, she mustn't have been wearing her glasses because a third Snapper reported that all the watches were engraved with 'WSU'!
- Following afternoon tea one Wednesday about a dozen Snappers, all women, engrossed in finger painting fish to decorate the venue for the 20th Anniversary Dinner. As soon as instructor, Pamela, mentioned the words 'finger painting', the men were off like a bride's nightie!



- One of the lady Snappers struggling to convert her extra pair of knickers into a substitute bra, since she had inadvertently packed two pairs of knickers and no bra. Helpful suggestions were plentiful but delayed our appearance at afternoon tea!

- And Goggle heard: one of the key Picnic planners, in an effort to bi-locate, organising a timer for her Endurance 1000 Swim at the same time as she was due at the Beach Picnic to organise the Games.

Diary Dates for March and April

Sun 4, Mon 5 March	MSWA State Swim	9am warm-up	Bunbury Pool
Sun 11 March	Coogee Jetty to Jetty	6.45 Rego	Nyerbup Ccl, Coogee
Sat 24 March	MSWA State OWS	7.30 Rego	Coogee Surf Lifesaving
Sun 25 March	Club Swim	9am warm-up	Challenge Stadium
Sun 1 April	Geraldton OWS	7.30 Rego	Geraldton Town Beach
Sat 8 April	Albany OWS	6.30 Rego	Albany Harbour
14-17 April	National Championships	8am warm-up	SA Aquatic Centre, Marion
Sat 16 June	Snappers 20 th Dinner	7pm for 7.30pm	Cambridge Bowling Club

Open Water Swim Results

Sorrento Swim 10km and 5km Sunday 29th January 2012

Swimmer	Event	Age Group	Time
Leon Musca	10km	35/OM	2.22.10.47
David Fairclough	5km	35/OM	1.22.02.46

David's comment: 'very windy, revolting conditions!'

Cottesloe to Swanbourne 2.4km Saturday 4th February 2012

Swimmer	Age Group	Time	Age Group Position
Andrew Wilson	18-29	32.20	31
David Fairclough	40-49	27.15	10
Sue Shilling	40-49	29.50	8
Eleanor Parsons	50-59	27.53	1
Julianne Crowley	60-69	40.45	4

Julianne said:

The 2.2 km event, held by Swanbourne-Nedlands SLSC on a beautiful summer morning, was a good swim with no sighting of what are called at these events 'our little friends' although the circling helicopter was a bit of a concern as the swim progressed. The event was contested by 433 swimmers and was won in 22.09 minutes. Though swimmers said it was a fast event it was not so fast for me! Notable was the organisation which saw the swim complete, coffee drunk and prize giving done by 9.20 am.

Busselton Jetty 3.6 km Sunday 5 Feb 2012

Swimmer	Age Group	Time	Age Position
Leon Musca	40-44	48.29	1
Sue Shilling	45-49	1.02.28	10
Eleanor Parsons	55-59	55.26	1

Comment: We have been assured that the conditions were excellent.

Alcoa Mandurah Swim 1.5km and 3km Sunday 19th February 2012

Swimmer	Event	Age Group	Time	Age Position
Sue Shilling	3km	50-54	45.53	3
Eleanor Parson	3km	55-59	42.18	1
Theresa Elliott	3km	65-69	58.54	2
Barry Green	1.5km	70-74	25.49	1

Barry's comment:

The Alcoa 1500m/3000m swim was held at Silver Sands beach near Mandurah. This was the first time the event has been held in the ocean, as prior to this it was a swim through the canals!

The organisers were surprised at the large number of late entries but did not modify the start, which was one huge wave of more than 160 swimmers.

The conditions were ideal; no stingers and perhaps a little current assistance on the outgoing leg of the rectangular course. All were pleased with their times, with Eleanor and Barry being first in their age groups, Theresa 2nd in hers, and Sue third in hers.

Rottneest Channel Swim Saturday 25 February 2012

Swimmer	Event	Category	Time	Age Position
Leon Musca	Solo	Male	5.19.47	18
Ergs Express: Eleanor, Robyn, Gail, Sue	Team	Female 200+	6.07.20	2
Andrew Wilson	Team	Male 100+	6.26.42	43

Leon did a PB! Well done Leon. Robyn commented: our team swim went well and we came 2nd in our age group category. Andrew's team members were first-timers and very pleased with their time. Cas Brown was very proud of her son Damon who achieved a Solo time of 6.23.

Lake Burley Griffin, Srichinmoy Swim, Canberra 2.5km swim, 26 February 2012

Elizabeth reported that Ruth Mills swam her first Open Water Swim in a time of 54.05 and finished 7th in the 25-29 age group. Well done Ruth.

Club Swim 4 February 2012 (LC outdoor 8 lane)

Cas Brown	FR200	(PAB50 best since '06)
Audrey Bullough	FR200	(best since '10)
Hazel Christie	BR50	(PAB50/CR50)
	BR100	(PAB50/CR50)
	FR50	(PAB50/CR50)
Julianne Crowley	BA50	(best since '10)
Theresa Elliott	FR200	(PB 50)
Sally Gaunt	BR200	(inaug. 50)
	BA50	(inaug.50)
	FR100	(inaug.50)
Helen Green	BR100	(best since '10)
Carmen Harrison	FR200	(PB50 by 9 sec. beating time set in '04)
	FR50	(best since '04)
	FR100	(best since '04)
Pat Sugars	BR50	(PAB50 best since '10)
	FR50	(PAB50)
	BA100	(PAB50)

Thanks to Pamela Walter, our Recorder, for these results and encouraging comments.

Newman/Churchlands BACC 12 February 2012

Audrey Bullough	BA50	(1/100s outside best '11 time)
Merilyn Burbidge	BA50	(PAB50)
	FR200	(PAB50)
	BR100	(PAB50)
Hazel Christie	BR100	(PAB50/CR50/ best since '07)
	FR50	(PAB50/CR50)
Beng Hooi Chua	BU50	(best since '09)
	BU100	(inaug.50/CR50)
	FR50	(PB50)
Julianne Crowley	BA50	(best since '09)
	BU50	(best since '10)
Jackie Egan	BR100	(PB 50)
Theresa Elliott	BU50	(PB50)
	FR200	(PB50)
Sally Gaunt	BA50	(PB50 by 5 sec)
	FR200	(inaug.50)
Barry Green	BA50	(best '11)
	FR50	(best '11)
Helen Green	BA50	(best since '10)
	FR200	(best since '10)
	FR50	(best for '11)
Kim Klug	FR200	(best since '09)
Jill Mogyorosy	BR100	(best since '06)
Leon Musca	BU50	(PB50/CR50)
	BR100	(inaug.50)
	FR200	(PB50)
Gail Parsons	BU50	(best since '10)
Sue Shilling	BR100	(PB50 by 3 sec)
	BU100	(PB50/CR50)
	FR200	(PAB50)
Marg Somes	BA50	(best for '11)
Pat Sugars	BA50	(PAB50 best since '10)
	FR200	PAB50
	FR50	(PAB50 best '11)
Tricia Summerfield	BU100	(best since '10)
Pamela Walter	BA50	(best since '10)
	BU50	(best since '10)
Andrew Wilson	FR200	(PB by 5 sec)
Andrew Wilson	FR50	(PAB50)
Bill Woodhouse	BR100	(PB50)



Thanks to our generous timers, Hazel, Pat, Trudy and Marg Watson. Thanks also to Marg for her skillful photos. We swam well at Newman and came a respectable Second.

Clarification Note about FINA Swim Rules:
In competition swimming MSWA abides by FINA rules. This means that extra items such as rash vests and jewelry are not permitted to be worn. Please be aware that wearing such items will involve an automatic disqualification.



Gail's Bike Ride for Youth

27th to 31st March

As some of you know I have been doing a bit of cycling. It was really by accident that I ended up getting involved in the 2012 Hawaiian Ride for Youth but here I am in the team pushing those pedals around. I have seen more of Perth in the last few months than I have the whole time I have lived here. I don't really have a cycling base and often question myself.....what have I done? To put it in perspective, it would be like learning to swim and then 12 months down the track start training for a Rottneest solo. You just don't have that swimming endurance base. But it is for a good cause and I think the training is doing good things. I will let you know when I work it out. Please read on about this worthy cause and I hope you can help me.



I will be riding in the 2012 Hawaiian Ride for Youth from the 27th to 31st March 2012 to raise funds for Youth Focus. Each rider needs to raise a minimum of \$5,000 each. The target this year is \$1,250,000.00. Youth Focus help troubled West Australian youths in the prevention of youth suicide, depression and self-harm – and I need your support!!

I will be riding with a peloton of other riders from Albany to Perth, and we will be covering approximately 700km on the ride and an average of 7500kms each in training alone. My legs just don't feel like they belong to me anymore.

Please take a moment to view the online fundraising page and donate to support a very worthy cause. It's easy and will take no time at all – simply click on the link below, click Donate then select me as a rider to donate. <http://www.rideforyouth.com.au>

All information provided online is secure and all donations will be processed and sent directly to Youth Focus. A tax-deductible receipt for donations above \$2.00 is tax deductible. Thank you, from Gail Parsons

Recipe Book Fund Raiser

Snappers have always excelled in cooking delicious goodies for birthday afternoon teas and Marg Somes, as you know, is gathering some of these tried and true favourites as well as other recipes into a book.

Marg is seeking 100% participation, especially from the men who are always so appreciative of our birthday cooking. She is hoping to receive three favourites from each member and would like the recipe to be simple and easy to prepare.

Suggested categories are: Finger Foods Soups, Entrees, Salads, Pasta, Mains, Desserts, Cakes, Biscuits, Slices, Jams and Chutneys, Gluten Free Recipes, Cooking Tips.

This is sure to be a winner and Marg is looking forward to receiving lots of contributions as soon as possible, preferably by the end of March.



Picnic and Swim at City Beach Sunday 26th February 2012

The weather was pleasantly cool and the ocean was calm beyond the dumpers and surprisingly warm. Only six swimmers managed to penetrate the dumpers and enjoyed their swim from groyne to groyne, Pat and Dee were unable to get past the dumpers and both lost their goggles in the melee. The return to shore was more challenging and most got dumped unceremoniously.

David Watson and his band of merry cooks made light of cooking hamburgers and hash browns and had them ready for the swimmers after they had showered the sand from their bathers and could sit comfortably.

After breakfast, Pamela arranged a challenging minefield which we had to negotiate blindfolded with the help of a partner issuing instructions to avoid out getting blown-up. Pamela said she could hear the support of her friends as they warned her of the dangers! Thanks to those who provided the food, to the cooks, to the games expert and to all who came and enjoyed the morning. Pat Sugars



Leeuwin Twilight Sail

Friday 3rd February 2012

The weather was hot and sultry and the overcast sky looked threatening but by the time we were all on the deck of the Leeuwin the wind was quite stiff. It was Friday 3rd February and fifteen Snappers, including some husbands and friends, boarded the STS Leeuwin II at 4pm for a three hour twilight sail. As the wind was from the South-West, the ship went out from the harbor under power and the rigging was hoisted outside.

We had heard much about the Leeuwin from former Snapper swimmer, Dr Malcolm Hay, who in 1974 had a dream. The result of that dream is the Leeuwin, a barquentine rigged tall ship; the largest sail training ship in Australia. The organization offers sail training, youth adventure schemes and Eco-voyages as well as short sails for the public.



It was all hands on deck as we were invited to hoist the rigging, first the mizzen sail then the mainsail which had been out in the rain and spilt water over us as it unfolded. Then the wind picked up and the ship sailed ahead swiftly, rocking and rolling as ships do, and causing a few to feel quite squeamish!

The ship's ten crew were identified as Redshirts, trained volunteers who do the heavy and the skilled works, directing the hauling of the sails and making sure that all ropes and sheets were belayed properly.



Then the ship was opened for inspection and hands-on jobs were offered to the passengers such as climbing the mast rigging and taking the helm on the poop deck. The more daring among us, Pamela, climbed the rigging on the main mast. She had to pass a test by hanging from a beam for fifteen seconds without falling before they would let her climb the rigging. Good one, Pamela!! It looked very dangerous and there was extra sway up in the crow's nest. Cas bravely took the opportunity to climb out onto the bowsprit. A few of us tried our hand at steering the ship which was not easy as the helm had to be turned one way before the boat responded so if one went too far it had to be corrected. Finger food, tea and coffee were brought around although keeping the hot drinks in the mugs proved a challenge.

The Leeuwin tacked in a SW direction and then turned to tack back to port. By that time we were amongst the cargo ships anchored in Gage Roads so steering became more challenging. Approaching port, the sails were lowered and stowed and we chugged into port with the motor.

All Snappers really enjoyed the trip, especially Bill who loved the strong wind after being becalmed during a previous sailing experience.

Pat Sugars and Helen Green



Thanks to our contributors, Julie, Helen, Pat, Barry, Joan, Marg Somes, Gail, Sue and Pamela.
Thanks to Merilyn for facilitating the handover of Snappets. Comments and advice are welcome.
Deadline for next issue is Wed 18th April. Please send material to elliott.theresa@johnxxiii.edu.au

Welcome to New Member Joan Sheppard

I joined Snappers late last year. It had been many years since I had swum other than recreationally but the love of water and the feeling of wellbeing in the water had never gone. The desire to not just swim again but commence more competitive swimming had been developing and additionally I was seeking not just swimming but being involved in a community of people who also enjoyed a similar interest. In the five months since I started I have enjoyed increased physical fitness and a great feeling of wellbeing, as well as enjoying the companionship of the members. It is rewarding to see my times reduce and feel stronger. I am looking forward to my first official Open Water Swim having registered for the Coogee Jetty to Jetty.



Apart from swimming my life is very full. I work full time at Bethesda Hospital in management; it is a challenging and fulfilling job and has been one of the most exciting and rewarding jobs I have had over many years in nursing. I also consult to health organizations focusing on safety and quality.

In my spare time I spend many hours doing craft work, felting, painting, mosaics and many other forms of craft that allow me to be creative. I am a member of the Felting Club and enjoy being in the stimulating company of like-minded people. I also love to drive around in 'Marigold' my bright yellow 1976 Triumph Spitfire with my hood down and my 70's and 80's music playing!

I have two beautiful sons, one in Perth and one in Melbourne, and I have two 'adopted' grandchildren. I love being around people and lead a full and happy social life. Joan Sheppard, February 2012

Sue Colyer's USA adventures

It was about 41 years since I was last in Washington DC and I enjoyed revisiting the architecture and being reminded of its place in US history and life. I have a greater appreciation of the role of Washington DC not only as the seat of Govt, but as the custodian of USA history and culture. I was just about 'museumed' out but I enjoyed it all; the galleries, museums and monuments, walking everywhere, up to 4 or 5 hours a day. I saw the Holocaust Museum, the Bureau of Engraving and Printing where the US dollars are printed, the National Portrait Gallery, to see some wonderful portraits of the well-known historical personalities and several of the Smithsonian Natural History and Aerospace Museums.



On one walk down the National Mall towards the White House, Marine 1, the President's helicopter, flew over and landed at the White House. We waited at some distance to see it take off and it flew directly overhead. We had to assume that it was collecting President Obama.



Monuments are everywhere and I was particularly impressed by some of the more recent ones: Vietnam Memorial, Navy Memorial, Korean War Memorial and especially the Martin Luther King Jr Stone of Hope memorial located in the National Mall that runs from the Capitol to Lincoln Memorial and which was officially opened October 16, 2011, the 16th anniversary of the 1995 Million Man March.

It was cold but fine in Washington DC ranging from 29-45F though no snow until I was back in Washington State at Port Angeles on the Olympic Peninsula. My abominable snowperson impersonation is in the back yard of my friend's property!

I look forward to my next adventure in USA and elsewhere later in the year. Welcome Home Sue.