



SWIMMING CLUB INCORPORATED

P.O. Box 455

Mermaid Beach, Qld. 4218.

Vic Laws Pool, Pizzezy Park, Miami, Qld.

# NEWSLETTER

## January 2004

### Committee:

President:	Alan Grant	5575 4235	
Vice President:	Lance Kunde	5598 1009	<a href="mailto:LanceCrocodile@aol.com">LanceCrocodile@aol.com</a>
Captain:	John Crisp	5591 6117	
Secretary:	Denise Robertson	5575 2468	<a href="mailto:denise.robertson@bigpond.com">denise.robertson@bigpond.com</a>
Treasurer:	Brenda Robotham	5576 3117	
Social Committee:	Alison Fahlbusch	5593 2120	<a href="mailto:agfah@elanorashs.qld.edu.au">agfah@elanorashs.qld.edu.au</a>
	Julie Stuart	5576 1989	<a href="mailto:julie@stuartconsulting.com.au">julie@stuartconsulting.com.au</a>
Webmaster	Lance Kunde	5598 1009	<a href="mailto:LanceCrocodile@aol.com">LanceCrocodile@aol.com</a>
Gear Steward	Julie Gunthorp	5534 9904	<a href="mailto:jgunthorp@optusnet.com.au">jgunthorp@optusnet.com.au</a>
Newsletter:	Brett & Julie Stuart	5576 1989	<a href="mailto:brett@stuartconsulting.com.au">brett@stuartconsulting.com.au</a>
Club Website:	<a href="http://www.aussimastersqld.com.au/MiamiMastersWebpage.htm">www.aussimastersqld.com.au/MiamiMastersWebpage.htm</a>		

### Coaches:

Ben Hiddlestone	0413 513 969
Norm Toward	5576 2473

### Aerobics:

Philomena Marshall	5520 3239
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### Training Start:

Saturday	3:45 pm (briefing and stretches), 4:00 pm Swim
Tuesday	6:30 pm Swim

### Aerobics Start:

Saturday	1:30 pm
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### Dates:

#### Swim Meets

o Sunshine Coast Masters	Long	7/2/04	Cotton Tree Swimming Pool
o <b>Miami Masters</b>	<b>Long</b>	<b>21/2/04</b>	<b>Miami Olympic Swim Pool</b>
o Hervey Bay AUSSI Masters	Long	13/3/04	Hervey Bay Aquatic Centre
o Noosa AUSSI Challengers	Long	27/3/04	Noosa Aquatic Centre
o National Swim	Long	31/03/04	Adelaide
o Brisbane Southside	Postal	1/04-31/05/04	Australia-wide
o State Swim	Long	1 - 3/05/04	Woree Pool, Cairns

#### Social Events

o Australia Day Theme Party,	3 pm Sunday, 25 <sup>th</sup> January	Lorrie & Harry Bishop's home, 33 The Promenade, Isle of Capri.
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### Registrar Notes:

Reminder from the Registrar, Sue Johnston:

CLUB FEES ARE OVERDUE !  
\$70 or \$55 for pensioners.

Quite a few members (including yours truly !) have still not paid their dues and these must be paid before they can compete in any carnival. Note the Sunshine Coast and Miami Masters meets in February.

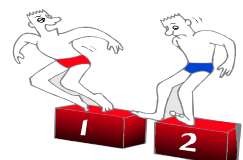


### Committee Notes

From Denise Robertson

#### Coming Competitions:-

- o Sunshine Coast carnival at Cotton Tree pool, Saturday, 7th February. Most of those who are spending the weekend are



staying at Elouera apartments, Maroochydore. For details, contact Margie, 5593 3423

- o Miami Carnival on Saturday, 21st February. All members are urged to swim and/or help to make this another successful day. REMEMBER, THIS IS OUR MAJOR FUNDRAISER OF THE YEAR! Ask Swim Meet Director, Clive Robinson how you can help! Please contribute liquor, non perishable foodstuffs, or any suitable items for raffle prizes, a.s.a.p. Ask Phil how you can help! Volunteer to make sandwiches, cakes, cookies for sale on the day. Ask Alison how you can help!
- o National Swim, Adelaide, 31st March - 4th April. Entries close Friday, 13th February. See Club Captain, John Crisp.
- o State Swim, Cairns, 1-3 May, 2004. Please help us to retain the Championship Cup which we have won for the last 3 years. Guaranteed great fun weekend. Cheap airfares on the Internet.

Inexpensive accommodation available close to pool.

Entries close Friday, 2nd April. See Club Captain, John Crisp.



- o Oceania One Hour Swim Competition is open until 31st March. Entry \$5. Why not use this as your aerobic swim?

### Coming Events:-

- o Special Aerobic Swim Morning, Sunday, 29th February - famous sausage sizzle to follow!
- o "Everest Club" for those who want to attempt to complete the entire Aerobic programme for the year - special swims on designated Sunday afternoons at 4pm. BYO BBQ to follow. Ask Tony Smith, 5572 6213.
- o Lennox Head Swim Camp, 5-7th March, 2004. Details, noticeboard.



### Coming Social Events:-

- o Australia Day Theme Party, Sunday, 25th January, at the home of Lorrie & Harry Bishop, 33 The Promenade, Isle of Capri. Start from 3pm when games will be played in a nearby park, including Bocci and Cricket. Food to be catered by Spits 'n Pieces. Dress up theme, "Favourite Aussie Icon", prizes for Best Dressed. Cost: \$15
- o "Relay for Life" on again in May. Last year Moyra Galton, the biggest fundraiser of the event, inspired 15 club members to keep the baton moving from 4pm for 20 hours, raising almost \$5,000 for a cure to cancer. Each member contributes \$100 to participate, then takes turns to keep the baton moving around the track, in between snacks and sing-alongs around the campfire.



### Future Outings:

- o Bike Ride at Burleigh Heads
- o Dinner at Draculas
- o Visit to "Wet and Wild"

### Annual General Meeting

To be held Saturday, 13th March.

IMPORTANT. PLEASE ATTEND, NOMINATIONS WANTED.

All committee positions are open. Please indicate if you are willing to stand for the following positions, or give your proposals to Secretary by 12th March.

<b>President:</b>	Alan Grant wishes to stand down
<b>Vice President:</b>	Lance Kunde will stand
<b>Secretary:</b>	Denise Robertson will stand
<b>Treasurer:</b>	Brenda Robotham wishes to stand down
<b>Registrar:</b>	Sue Johnston wishes to stand down
<b>Recorder:</b>	Peter Mitchell will stand
<b>Captain:</b>	John Crisp will stand
<b>Vice Captain:</b>	Jay Neville will stand
<b>Aerobics Director</b>	Phil Marshall is willing to share this position
<b>Social Committee:</b>	Alison Fahlbusch wishes to stand down, Julie Stuart will stand, but needs assistance from other(s)
<b>Newsletter:</b>	Brett & Julie Stuart will stand
<b>Merchandising Officer:</b>	Julie Gunthorp ?
<b>Gear Steward:</b>	Rob Bradford wishes to stand down
<b>Safety Officer:</b>	Rod Greensill will stand
<b>Publicity Officer:</b>	Noel Dalgleish ?

### Captain's Reminder:

PLEASE REMEMBER TO BRING WATER TO TRAINING DURING THESE HOT DAYS!

### Sick List:

Our best wishes for a speedy recovery go to Jean Walkden and John Irvine.



### Congratulations

to those members who competed in the Magic Millions Open Water Swim, particularly to Eleanor Quin who won her age group. Also to Wal Mayr who won his age group in the Tweed River Classic Open Water Swim.



## Club Member Bios

Two more brave swimmers baring their souls (photos from Trivia Night).

### Corinne Kitching

Nickname: Cor  
 Age: 63  
 Favourite Colour: Autumn Tones  
 Are you available? For What ?  
 Favourite Food: Anything  
 Denise makes  
 Favourite Book: Jinne by Josephine Cox  
 Favourite Movie: Anything ending "Happily Ever After"  
 Place of Birth: Ipswich  
 Pet Hate: Ignorance  
 Occupation: A bit of Dis, and a bit of Dat



### Margaret Kelly

Nickname: Margie  
 Age: 73  
 Favourite Colour: Green  
 Are you available? Not really  
 Favourite Food: Chinese  
 Favourite Book: Anything by Audrey Howard  
 Favourite Movie: Ben Hur  
 Place of Birth: Hamilton – Scotland  
 Pet Hate: Long nails  
 Occupation: Retired – ex Paymaster



## Birthdays



Kathie Jary	02-Jan	Moyra Galton	06-Feb
Warren Robotham	03-Jan	Sunny Boyce	13-Feb
John Ashley	05-Jan	Brett Stuart	13-Feb
Geoff Ross	09-Jan	Donald Leslie	14-Feb
Karen Mcpherson	21-Jan	Brian Deane	17-Feb
Ted Puller	21-Jan	Marg Flanagan	27-Feb
Kathy Watt	22-Jan	Anne McMurray	27-Feb
Alison Fahlbusch	23-Jan	John Irvine	29-Feb
Ted Simpson	25-Jan		
Glenn Donovan	28-Jan		
Liali Davighi	28-Jan		
Hank Markus	31-Jan		

## Pool Lane Candid Camera

This month's Lane of happy campers is **Lane 3**



## Taking On The Elements

Finally, an article published in The Australian, Sunday 31st December 2003, by Adrian McGregor.

Alan Grant submitted this newspaper clipping, and it truly captures the spirit of ocean swimming, and for those of you who attended the Bryon Bay Ocean Swim, it will bring back some memories.....

*"I WAS not at Bronte but I was at Byron Bay, floundering from wave crest to trough, swamped by wind-driven white-tops, visibility nil, unseen swimmers calling out indistinct words.*



*For 15 minutes a 50-knot squall roared down upon 1000 swimmers in the Byron Bay ocean swim last May, scattering the elongated swim peleton across the bay.*

*Rubber rescue ducks were overturned, lifesavers were blown off their skis and marker buoys skidded crazily off course.*

*The surprise was that as the squall blew itself out, only 30 swimmers needed help from rescue craft or were herded to the safety of the nearest beach.*

*Anyone who swam at Byron could have predicted what overtook Bronte seven months later, the only unknown being just where and when another sudden change of conditions would demonstrate once more that ocean swimming is not fun-running with waves.*

*On December 7 this year a field of 1078 set out from Bondi for Bronte, but close to the finish swam into the path of a rip known as the Bronte Express. About 75 swimmers needed to be ferried to the beach by jet skis and rescue craft. One swimmer was taken to hospital with hypothermia, while scores swept on to rocks were treated for cuts and bloody grazes.*

*If these descriptions sound dramatic, they do not adequately convey the consternation, nay sense of survival, that fills the breasts of social swimmers when they suddenly discover that the way home in an ocean swim is beset by rips, sweeps or a dumping surf.*

*No drowning has been recorded in modern ocean swims in Australia, not even a heart attack — a miracle considering there are now more than 150 events across the country annually.*

*Whether by good management or good luck, only two swimmers have even needed hospital treatment, one for blue-bottle stings and the hypothermic Bronte fellow.*

*So why ocean swim? Precisely because it is so elemental. Ocean swimmers must be throwbacks to some ancient coastal culture.*

*Postcode analysis of major swims across Sydney shows that 80 per cent of entrants are people living in the inner city, eastern suburbs, northern beaches and north shore.*

*We go down to the sea to refresh, to escape, to exercise and to experience the incredible lightness of floating. Once beyond the surf break, little on land retains any further relevance — no renovation hammering, blattering two-strokes, stereo woofers, shrill mobiles or intrusive television ads.*

*Just the deep blue sea and long swells rising and falling, cradling swimmers like Kon-Tikis lolling in the Pacific.*

*Sometimes, as at Byron, you can make out rocks below, schools of fish, turtles and stingrays. The sense of being a microcosm of this different universe is exhilarating.*

*For me the attraction is also the state of zen into which the mind falls after the cardiovascular system settles into a contented rhythm and natural endorphins flood the brain.*

*Only Olympians and dills race through an ocean swim; the joy is in the journey though there is satisfaction in arriving.*

*But occasionally you strike a Byron, where roiling green-grey clouds heralded a dramatic weather shift. A front crossed the St Helena escarpment just as the peleton swam into the open bay.*



*The storm produced a white-out, the offshore wind so fierce that it created its own sea, a foaming chop broke against the onshore swell in a confusion of water which stalled the stroke of all but the strongest swimmers.*

*I stopped, looked about and could see nothing, not the shore a few hundred metres away, not the orange course marker buoys, not even the sky. It crossed my mind that this must be what it is like to be overboard in a storm.*

*Provided you remained calm, it was remarkable to behold that storm-swept sea surface and after it passed the relief in the peleton was palpable.*

*Now they could see, swimmers found they were treading water near each other.*

*They uttered their common amazement, regained their bearings and swam on.*

*Ocean swimmers have long been testing themselves against the sea. The Cole Classic at Bondi has celebrated its 20th anniversary; the Big Swim, from Palm Beach to Whale Beach, is heading for its 30th. The website [oceanswims.com](http://oceanswims.com) now lists 57 events from November 2003 to June 2004.*

*Ocean swimming is governed by no central authority. It is as anarchic as the internet. Sign a third party insurance waiver pre-race, and you're in.*

*As year's of street jogging produces arthritic deterioration in health-conscious baby boomers, low-impact sports such as pool swimming have become the exercise of choice. And, as an extension, ocean swimming is replacing the fun run.*

*But fun swims are not fun runs with water added. A fun run is a contest with one's own body, ocean swimming is a battle against the elements.*

*If conditions deteriorate during a swim, strong swimmers are rarely inconvenienced — they're likely already home. It is the slow novices who get caught.*

*Research shows that the slowest swimmers in an ocean peleton are in the 30 to 40 age group, the entrants who mistakenly believe that ocean swimming is a path towards fitness.*

*Wrong. Ocean swimming is for the already fit, because that's what you need to be if things turn nasty. The only similarity between swimming 2km in a 25m lap pool and entering a 2km ocean swim is that they both require immersion.*

*As ocean swims proliferate the contrast between fun-running and fun-swimming needs to be loudly broadcast.*

*Ocean swimming has no drink stops and a cramp has far more serious connotations offshore than on bitumen.*

*Organisers estimate that most novice ocean swimmers practise their surf skills between the flags, rarely venturing far beyond the break.*

*Thus, few pool swimmers understand that returning to the beach through a 2m dumping surf can be more hazardous than going out.*

*Peering over the crest of a large breaking wave from behind is like staring over Niagara, a freaky perspective, sufficiently scary to strand an inexperienced swimmer permanently offshore.*

*That's why I made my first ocean swim the Noosa 1km, where there is rarely a large surf. Dawn Fraser welcomed us all at the finish and I was secretly delighted to see that I was not last — I had beaten three other swimmers home.*

*Until the beach announcer called for three cheers for the blind swimmer and his two race guides now emerging from the water. "*

*Ed – Any more takers for our Sunday morning Burleigh to North Burleigh ocean swims ?, we meet on the north side of the Burleigh Surf Live Saving Club's tower, ready for an 8:00 AM start.*

*We're under the guidance of Geoff Ross, who will get us safely beyond the breakers, then we all re-group to monitor the currents (we usually get a free ride with a gentle northerly sweep), then set off in smaller groups to suit your pace.*

*Flippers are encouraged for first – timers, and unlike the above epic, we are never more than 50 metres from the beach, so if something's not right, you can always come in and walk to North Burleigh, with our ever popular "Bag Ladies" who carry the swimmers keys and valuables.*

*The outing finishes with a leisurely walk back along the beach together to Burleigh, then more socialising at the coffee shop.*