



Gladstone Gropers Masters Swimming Club Inc.

NEWSLETTER

2/2010
April 2010

Training Venue: John Dahl Pool Cost: \$4.00 normal , \$3.00 Health card holder

Times: Tuesday 6.30pm – 7.30pm
(Summer) Thursday 6.30pm – 7.30pm
Sunday 7.30am – 9.00am followed by morning tea

Gladstone Gropers Executive:

President:	Joan Green	Club Captain:	Elaine Harper
Vice President:	John Feddersen	Registrar:	Adrian Draney
Secretary:	Trudy Zussino	Head Coach:	Don Jones
Treasurer:	Richard Dick		

Winter swimming

**A reminder to all that the winter season in the aquatic centre indoor pool starts on Sunday 2 May, at 7.30 a.m.
Pool entry is paid direct to pool attendant at entry. Discount multiple pool entry passes are available.**

Wishing you well!!

Ken Onions is now home in Gladstone and has received good reports from his Specialist in Brisbane. Unfortunately wife Val had a fall in Brisbane and is in Ward 2 at the Gladstone Mater hospital until about the end of April. Please visit Val and wish her well.

It is pleasing to see Elaine and John back enjoying their swimming.

Club Merchandise

We now have the new Club Embroidered Shirts available. They come in Mens and Ladies sizes. The Men's shirts have a pocket and are priced at \$34. The Ladies have no pocket and are priced at \$32. We also have 3 shirts left from older stock. These are in Mens sizing and are available for \$24.50

We also have available plenty of caps, goggles, embroidered hats and shorts, nose clips, paddles, ear plugs, ear band, strap kits for goggles, Zoggs shoes, men's Cannibal togs and a kickboard. Anyone wishing to have a look at what is available in the Club's Merchandise, please see Pauline Walters or Bev Baldock.

SWIMMING BEST FOR OLDER WOMEN

Women aged between 50 and 70 benefit more from swimming than walking or jogging, according to a new study. Researchers from the University of Western Australia (UWA) studied 120 women over a 12-month period and found that in terms of fitness and weight control, **swimming came up trumps**. "Until now, swimming was thought to have the same health benefits as other aerobic exercise such as cycling, jogging or walking", says Dr. Kay Cox from UWA's School of Medicine and Pharmacology.

Researchers targeted this age group in an attempt to change physical activity behaviour before an increasingly sedentary lifestyle could have lasting effects on their health.

The above article was extracted from The Sunday Mail (body and soul) 4 April, 2010 p.7.

2010 State Titles Cairns



The State Swim this year was held from 12 – 14 of March in Cairns and Don Jones, Trudy Zussino and Joan Green attended. The first day was set aside for long swims and it became an adventure to swim in between heavy showers. The Swimmers in the Pool enjoyed the showers but spectators and non-swimmers on the Grand Stand and time keepers and officials didn't appreciate the heavy rain falls! There was a mad scrambling for umbrellas...nevertheless the day was enjoyed. Swimmers and Officials were prepared for the showers during the following days!

The Championships was a success for our participants. Don came home with 5 gold and one silver, Joan with 3 silver and 3 bronze, Trudy with three silver and one bronze.

A memorable social function was held on the Saturday evening. It was at Tjapukai – One of Tropical North Queensland's most unique venues. It is an aboriginal Cultural Park with seven separate arenas to allow visitors to experience every facet of the rainforest people's culture. On arrival we were offered drinks and had our faces painted. We were then taken to one of the arenas and experienced how fire is made from sticks in a most glorious outdoor setting. The evening finished with a sumptuous buffet dinner and performance by the World Famous Tjapukai Dancers.

The three days gave us experiences we will not forget. Hopefully more of our Members will participate in the 2011 State Championships.

Joan Green
President

2010 Hervey Bay swim meet presentation night



Major Swim meets 2010 & 2011

2010		
Date	Event	Location
27 July - 7 Aug	XIII World Masters Championships	Gothenberg, Sweden
23 October	Gropers short course meet (Revert back to March in 2011)	John Dahl Pool
6 to 14 November	Pan Pacific Masters Games (Pan Pacs) www.mastersgames.com.au	Gold Coast
2011		
Date	Event	Location
26 - 30 April	2011 AUSSI Masters National Swimming Championships	Perth, Western Australia
20 - 28 Aug	Mildura Masters Games	Mildura, Victoria

Proposed 2010 BUNDABERG SWIM MEET

Bundaberg has applied for the 2010 Swim Meet at Bundaberg. Proposed dates are 14 or 28 August, 2010.

At the QMS State Branch Meeting I was told that the Swim Meet will be approved and sanctioned on either one of those dates. I have advised Bundaberg and as soon as they receive OFFICIAL confirmation from

QMS the programme will be prepared and A flyer will be sent out.

It would be good if we could support them. (*Trudy*)

Social activity

Mid-year May presentation proposed for Saturday 8 May

A suggestion has been made to have the mid-year presentations on SATURDAY 8 May (day before Mothers Day).

Update: The mid year presentation will be held at Spinnaker Park (the last shelter on the right hand side on entering the Park) on Sunday 30 May at 2.30 p.m. for presentations at 3.00 p.m.. What to bring? – a plate of finger food to share; BYO; your own chairs. RSVP: to Elaine on 49791215 by 25 May, 2010.

25 Year celebrations

September 2011 marks 25 years of the club's existence. To date the ten year and twenty year milestones have been very well recognised and attended.

A committee has been formed and no doubt would welcome your suggestions to ensure that this Gropers milestone is celebrated in a suitable manner.

Wine and cheese evening held at John and Elaine's on 19 March

A Wine & Cheese evening was held at the Feddersen's at the end of March. About 33 members, family and friends attended the evening and a good time was had chatting and enjoying the company of those present.

There were some very interesting and tasty cheese ideas and no one went hungry.

Thanks to Sandra and Reg for putting together a very challenging trivia segment which was fiercely contested and debated by some.

Thanks also to Geoff and Judie Graham for organising a wine tasting for those who wished to partake in.

There are still **unclaimed items** – they are 2 stainless steel cheese knives – one has "Maxwell & Williams" on it and the other one has "tablekraft" on it.

If you are the owner of one of these knives, please ring Elaine on 4979 1215 to arrange collection.

Answers from the "collective nouns" exercise

[Collective nouns](#) are words used to define a group of objects, where "objects" can be [people](#), [animals](#), [emotions](#), [inanimate](#) things, concepts, or other things.

Whilst some collective nouns, such as herd or flock, can be used for many subjects, others are specific to a single species of animal or other object. Some are even more restrictive, and are only used for creatures in a specific environment.

See how many animals your team can match to the collective noun which is most unique to them. Source Wikipedia

Apes	Shrewdness:
Baboons	Congress:
Boars	Singular:
Butterflies	Rabble:
Chickens	Brood:
Crocodiles	Bask:
Crows	Murder:
Doves	Flight:
Elephants	Parade:
Flamingo	Stand:
Foxes	Skulk:
Geese on Land	Gaggle:
Geese in flight	Skein:
Goats	Trip:
Hippopotamus	Bloat:
Jelly Fish	Smack:
Ladies	Bevy
Lions	Pride:
Locusts	Plague
Magpies	Steal:
Monkeys	Circus:
Mice	Mischief:
Owls	Parliament:
Parrot	Pandemonium:
Penguins	Huddle:
Platypus	Implausibility:
Polar Bears	Aurora:
Ravens	Unkindness
Salmon	Run:
Sharks	Shiver:
Snails	Rout:
Sparrows	Quarrel
Swans Flying	Wedge:
Toads	Knot:
Whales	Gam:

Qld. Masters Swimming (QMS)

Some notes from Branch (QMS) Committee Meeting held on 26 & 27 March 2010
Minutes of this Meeting have not yet been received to confirm decisions made.

Items relating to all Members in this Region

1. Coaching Clinics (level 1) have been offered to this Region – all we need to do is
 - a. set preferred dates – 3 days required (1st in – best dressed)
 - b. decide on venues
 - c. catering and hire of Pool, handouts and presentation equipment
 - d. Decide on how much to charge and what Clubs are prepared to pay
2. Course information:-
 - a. 20 hours of contact time
 - b. Cost \$50 per topic
 - c. There are 6 topics such as coaching, physio, nutrients, etc. Included in the course
 - d. Stephen Cornelius has offered to be the presenter
3. QMS has decided to pay travel expenses

All we need to do is decide when we want the Clinic and who will be interested in becoming a practising coach

Overall there are changes ahead. Some examples are:-

- constitutional changes to align QMS to QS for a flatter structure
- encourage to have non-members swim at Swim Meets as guests (once only)
- the present Committee will become a Board
- Web site will be made more user friendly – at present there is a lot of outdated & duplicate material

The Saturday afternoon session was particularly interesting with QS people in attendance. Lots of issues were discussed which I will report on after they have been confirmed. As there is still an unease about the partnership with QS and QMS, in this region, I asked the CEO of QS if QMS was going to be a Sub-Board to the QS Board. This was emphatically denied and we were told that we are at equal levels.

ACRONYMS USED :-

QMS = Queensland Masters Swimming

QS = Queensland Swimming

CEO = Chief Executive Officer

Trudy Zussino

VP Central