

Manly Murmurs

September 2008



From our President

Our own carnival ran smoothly. Two world records & two Australian records were gained. See Steve's cryptic write-up inside. The comments I heard at later carnivals were about the good food we provided afterwards.

At the State Relay carnival 16 swimmers earned 7th place overall. The M200 team gained a NSW record in the 4x100 medley relay.

The State Short-Course is coming up in October. Oleg's training is working us hard to build up our strength and style. Expect more sprints as the S/C approaches. We look forward to seeing everyone at Woy Woy and celebrating over dinner together on the Saturday night.

From our coach

Oleg would like to thank club members for turning up in time to do some stretching before swimming sessions.

He explained that stretching is particularly important as it not only stretches the muscles but also stretches the heart. This enables a better supply of oxygen to the blood during the training session. There are two types of muscles - agonists and antagonists. The agonists are responsible for the main part of the stroke. The antagonists are the muscles which return the muscle to the initial phase - relaxation. These two activities make the whole body work in complete harmony which is very effective for the body. That is why it is very important to stretch the muscles before rather than after (because it will give more potential for work).

Goodbye Jan



JAN ALLPORT
4-11-1924 - 7-9-2008

Sadly, Jan passed away recently. Jan suffered a severe stroke, mild at first, just after an afternoon swimming session. Friends from her lane saw what was happening, helped Jan & summoned medical help. Jan passed away three days later.

Jan swam with Manly Masters for 15 years. She broke several breaststroke records in that time. She assisted the club in many ways including editing our newsletter for many years. We will remember Jan for her wicked sense of humour, fascinating stories, & all the photos she gave us. Most of all, we will remember Jan as a friend.

The Last Lap

passed on in her cos
a pillar she was
this wonderful girl of Aus

fond memories I treasure
while others would measure
a kind, and gentle demeanor

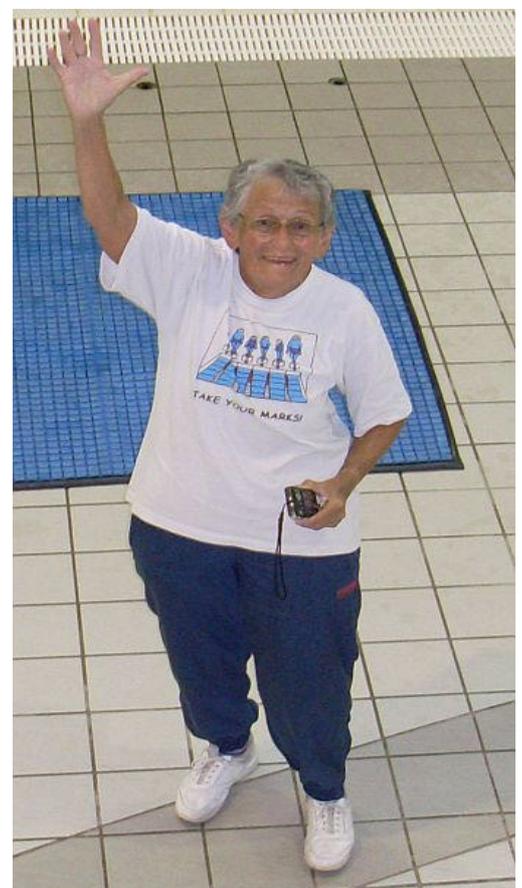
murmurs may well suffer
of course no one was tougher
when it came to pen and paper

camera in hand
and always a plan
to capture
what makes Manly so grand

caring and kind
come easy to mind
but now its your time
you leave a big hole behind

with a heart like Farlap
Jan you've done your last lap
it will be sad to hang up your cap

Chris Dando



Carnival Report from Steve Lamy



Seinfeld is an institution in our house. The repeats seem to come around with the regularity of, well, the annual meet. Which got me thinking.

A Seinfeld episode typically involves the collision of the mundane with the unexpected. Does a Masters Meet imitate Seinfeld? Preparation for the annual meet should be about identifying and reducing the unexpected element. Why then not an episode of Jerry and his pals running a meet? There is the delicious prospect of who would do what. Jerry immediately suggests himself as the cool as a cucumber meet director, delegating freely but at all times ready for the plaudits. Jokes on the mike, that sort of thing. George would have his hand up for marshal and check starter, so as to maximise his exposure to the ladies. Kramer's entrepreneurial streak would see him ideally suited to raffle duties, although with his un-gainly frame he would have to be aware of the hazard presented by wet pool deck surfaces. You couldn't imagine him sitting at a table selling tickets, or even swimming, if a cap were required. That leaves other important functions – notably chief referee, inspector of turns and starter – for Elaine. No doubt, if left alone, she would handle all those roles with aplomb.

How do you think it would turn out? Would the sanction for next time never be in doubt or would the meet descend into a shambles, with tears all-round? No doubt when the credits (?) roll you would be left speculating. So how did we at Manly cope with the possibility of the Seinfeld factor?

This year for the first time we took the plunge to do our own program, and process the results. Potentially a source of tears, you would have to say. However, a thorough preparation undertaken by Lindsay Brice, our President, and Trevor Mills laid the groundwork for an incident free delivery on the day. We are grateful for the assistance of Helen Rubin in this aspect.

This was our seventh meet at Abbotsleigh, so we have the advantage of familiar facilities. Thanks to Jo Wheatley, Mel and Becks of the pool staff for their attention to our needs.

We wish to thank also visiting officials, Colin Casey, Sue Johnstone, Marilyn Earp, Neil Keele, Peter McGee, Jane Noake, Barbara Baird, Dennis Moore, Jodie Moate, Peter Hurdis, Lawrence Powderly, David Sloan and Phil Bridge. Dennis stepped in to do starting when our Ruth Fitzpatrick fell ill and could not attend.

With numbers down on recent years, we foresaw problems with timekeeping, particularly in relation to the 50m free. While we are looking at better reminder arrangements, the fact remains that a portion of the overall membership appears to regard timekeeping as someone else's job, regardless of the circumstances. Thanks to those family members – non-swimming – who helped out on the watches.

The annual meet draws together contributions from many club mates and I wish to thank them, whether for donating to the raffle, the après swim carbo replacement or just giving of their time.

Finally, congratulations to the winning clubs – Warringah for the average, Pirates overall – and record breakers, most notably Jenny Whiteley with world records in the 50 fly and 50 free. With his 100 fly swim Phil Baird brought up his 200th meet swim. Phil, you are well on the way to 300! Well done.

We look forward to welcoming you back next year. Maybe we will have had that Seinfeld episode in the meantime.

Steve Lamy



Hard at work—Trevor and Lindsay—mastering the computer system to run our carnival.

PRE- WIMBELDON TENNIS DAY

Well we finally got to see what fish are like out of water!

On Sunday 22nd June 11 swimmers & friends played a Round Robin at Allambie Heights. The competition was fiercer than in the pool, so much so Tony & Max had to sit out half the competition due to "injury". Alan L. gave us all a tennis lesson & Cush & Gloria showed us they could handle a tennis racquet. I wonder if Nadal & Federer can swim - we might be able to challenge them over 2 sports.

What's our next sporting challenge Tony & Max? Maybe next tennis day should be girls only?

SUNDAY WALK

On Sunday 13th July, 17 members & friends toured the School of Artillery & North Fort at North Head conducted by the Harbour Trust.

We discovered the military history & natural beauty of North Head which has been occupied by the military since 1934. The guided tour included the magnificent parade ground, examples of the art deco buildings, authentic WW11 tunnels & fortifications, North Fort Museum & pristine bush land with magnificent views of the ocean & harbour.

Australia's Memorial Walkway at North Fort is a must see with its beautiful sandstone memorials of all wars and paving bricks donated by family, friends & business to commemorate men & women's service at war.

MID YEAR DINNER

It was a cold, wet Friday night in July when 49 swimmers and friends dined in the grand dining room restaurant at the International College of Management on Manly's Eastern Hill. We enjoyed a Christmas In July three course meal with friendly service by Year 1 students of the college and a great ambience in one of Australia's most impressive historic buildings.

BELIEVE IT OR NOT—Barbara Vickers won her very own wedding cake at the Trinity Carnival, buying a very lucky raffle ticket—who would have guessed a wedding cake would be a prize on the day! We would also like to congratulate the happy couple—Barbara and John were married on Friday 15th August and we may soon see her name in carnival programs as Barbara Vickers-Baker.

WHAT A FEAST!

We certainly know how to feed our swimming friends with a feast worthy for champions. We would like to thank all the Manly Masters swimmers for supplying such a delicious variety of food for our carnival. Margaret L was a busy lady heating pies and frankfurts in the confines of the kitchen. Cush, Marie and Margaret L, as usual, did a wonderful job of grabbing anyone entering the pool and selling them raffle tickets. Thank you ladies for your continued support of our club. A big thank you to everyone who donated prizes or money towards our 7 raffle prizes. Max's lovely photo of Manly Beach was won by a girl from the Blue Mountains; it made her trip to our carnival worth while. Doug was our only successful prize winner.

RECIPE REQUEST

The Welsh cakes were such a hit at the swimming carnival, Vicky was persuaded to provide the recipe.

Ingredients:

- 1lb self-raising flour.
- 8oz butter or good quality margarine
- 8oz granulated sugar, and a small amount of caster sugar to serve
- 8oz currants
- Teaspoon of mixed spice
- Half teaspoon salt

2 large eggs and a drop of milk

Rub the fat and flour together until crumbly and then add all the other ingredients except the eggs and milk. Mix thoroughly, and then add the eggs.

Add the milk slowly while mixing, to get the right consistency. The mix should not be too sticky as it is difficult to roll.

Roll out - not too thin, a bit less than a quarter of an inch - and cut into rounds about 2" across.

Cook on a griddle or hot plate and turn once when brown.

Dust with a little caster sugar to serve

Mark, Kathryn, Karen, Annie and Max—at our carnival.



Upcoming carnivals Get your entries in!

As we go to press, our carnival is now over. Thank you to the 42 members who entered and to Stephen Lamy for his excellent organisation as Carnival Director. Also, congratulations to our technical team for mastering the intricacies of the computer software used to run the meet (a great saving to the club by doing this ourselves) and to the catering crew lead by Dawn and Christine.

Now we look forward to the remaining carnivals on the 2008 calendar.

For us –the next big two are the NSW State Short Course Championships at Woy Woy on October 18th & 19th preceded by our local derby with Warringah Masters on Sunday 5th October.

A comprehensive flyer is now being handed out covering the State Short Course. Please respond as soon as possible.

I have now been informed by our fabulous social committee that the Saturday night will be entitled The Woy Woy Olympic Dinner with an Olympic theme to the entertainment. Attire can be of a sporting nature!

Following on come Port Macquarie on November 1; Novocastrian on November 15, which provides an opportunity to practice for the Long Course Championships at Blacktown on November 22, 23. The last two carnivals of the calendar year are Wests Auburn on December 6 and Raymond Terrace on December 13. Closing dates provided with flyers.

As you will be used to by now, I will be emailing flyers, as well as supplying copies at training sessions at the Diggers. Emailed entries for all carnivals are always acceptable as long as you remember I will be chasing you for the cash!

For those of you without an email address, please give me a call, if you require any information, on 9938 2314.

Ruth Fitzpatrick, Race Secretary

Report from the Kokoda Track—Alain Dupuis

Last month, I accomplished a long time dream with a group of 12 trekkers. Walking the KOKODA track in PNG. The group was a complete mix of ages, gender, professions and backgrounds. Six of us trained for 6 months essentially in the Blue Mountains prior to the trip. The journey was 104Km length and took 7 days of solid walking. The topography of the terrain must have been designed by the devil. The rugged slopes were very steep up or down and the density of the root system on the track required constant concentration every step of the way. The weather was very kind to us with just 2 hours of rain which was enough to transform the track into a mud bath and swell the rivers around us. We also had a party of porters as well as two trekking guides with the trekking leader being ex army namely Major Zac Zaharius. With the military significance of the track, Major Zac was an absolute asset for his second to none historical knowledge of the battle and his organisation skills. We used the services of an Adelaide adventure company called DCXP. This is without doubts their signature trip. The track was very challenging and every day had its share of surprises. We walked an average of 8 hours every day with a wake up call at 5 am to be walking at 7am. The jungle was extremely dense and beautiful; river crossings were frequent. The synergy within the group went very well and we operated as a real team. We got on very well with our porters who sang some songs for us the last night on the track, we responded by singing Waltzing Matilda and our National anthem. There were moving moments during the trek. We had our own dawn Ceremony at the Ishurava memorial. Brigade Hill was the scene of the last bayonet charge from 150 Diggers against Japanese machine guns with only 10 survivors and finally the visit to the Port Moresby war cemetery

were moments that one will not forget. We started the track from KOKODA which is where the first engagements against the Japanese occurred and ended at Owens corner where the Japanese could see the lights of Port Moresby and started to retreat. We all completed the track with no injuries to the group, however, it is still hard to fathom what the diggers went through during this battle; it borders insanity! We finally chilled out at LOLOATA Island where swimming and snorkelling activities allowed us to relax after the strain of the last 7 days. It was an extraordinary trip and new friendships were sealed for life. I recommend this trip to anyone who wants to experience an unforgettable journey.

Intrepid reporter Alain Dupuis



Manly Masters Out & About



News from the Dandos in Ireland

Hi everyone,

We are fine, Chris is really enjoying his job and I am really enjoying my long service leave. We have had a few visitors and are expecting more. Chris is really missing his swimming, the pools are not big enough for him to get wet properly! Anyway still recovering from his shoulder op, which is healing well.

Dublin is a very nice green place, the summer has been mild with a lot of rain, even by Irish standards. But of course that does not stop you from getting out and about. Last weekend we went to an International Cultural Festival. Lots of music, food, entertainment etc, not to mention a swim in the marina. No wet suits allowed, we reckon they were pretty cold. But Chris was still a little envious.

I have attached a couple of photo's of our apt, and the views of a place called Howth, with great walks around the cliff tops, spectacular views.

Hope all is well at your end.

Regards Karen dando.karen@gmail.com

Update:

Claire Dewar recently competed in the World Triathlon Championships in Vancouver. Claire came 8th in her age group—a fantastic result as she had to overcome horrendous conditions to even finish the event, let alone come 8th!

As reported in the Manly Daily, Claire said: "It was more like survival than a race. The water temperature was 11C, the air temperature wasn't much more, it was pouring rain and it was just freezing. My jaw muscles were aching from my teeth chattering throughout the race."

Claire is hoping to have another go at this event but next time the conditions should be more encouraging as the event is to be staged at Noosa.



Irish scenery and Karen and Chris in Howth.



Alain on the Kokoda Track





MANLY MASTERS SWIMMING

Manly Masters

PO Box 560
Freshwater NSW 2096

Welcome to new members

Nick Race
Nickie Race-Jones
Patricia Novikoff
Robyn Nordstrand
Trish Barker
Liz Reed
Lisa
Simon Kennedy
Terry Kirkpatrick
Alana Abercrombie

Happy Birthday Wishes

For July, August and September to Jessica Addison, Pauline Barnard, Michael Edwards, Ruth Fitzpatrick, Christine Liddle, Pamela Louie, Jennie Morgan, Robyn Nordstrand, Doug Patrick, Faye Seeney, Sue Watt and Liz Wallis.

Club Gear

is available from Kerry Ilsley, our gear steward. You can see her at training sessions on Saturday or Tuesday, or telephone her on 9949 4674

Eyeline goggles	\$13
Pool Buoy	\$18
Men's Manly costume	\$40
Women's Manly cost.	\$50
Silicone Manly cap	\$10
Manly peaked cap	\$10
Frog T-shirt	\$15
Manly polo shirt	\$15

An interview with one of our members

our regular feature—this time with a little touch of humour!



Name: **Doug Patrick**

Where did you spend your early years?
Inside my Mum

What schools did you go to? **Roseville Primary and North Sydney Boys High.**

When and where did you learn to swim: **In the surf at Bondi, on my mother's back, age 4.**

Why did you take up Masters Swimming: **To clean my fingernails; I was renovating at the time.**

Your favourite holiday destination is: **Breckenridge, Colorado**

Where is your next holiday to: **Perisher Valley**

Your favourite food is ... **Porridge with stewed apple and golden syrup**

Your favourite book or what you are reading at present **Biggles Flies East**

Your first job was **Playing electric violin on Desolation Row**

Name 3 people you admire or have inspired you.... **Beijing Womens 4 x 200 relay; Marj Simpson; Biggles**

Name 2 unusual things you have done **Skydiving whilst blindfolded; taught my goldfish Buddhism;**

What did you have for dinner last night? **Larks wings in aspic and pheasant under glass.**

Wanted—new home for Jan Allport's goldfish bowl and two goldfish. Even if you do not want the goldfish bowl - can anyone offer a home to the two fish?
If you can help, please give Liz a call on 9905 1811.

