



*Aussi Tas*

# NEWSLETTER

TALAYS AUSSI MASTERS  
SWIMMING CLUB INCORPORATED

Volume 4 No. 1  
January 1992

## SUMMER LONG COURSE CHAMPIONSHIPS

Entry fees and social function deposits for this event must be paid to our Secretary, Dorothy Armstrong by Sunday 19 January.

The championships are to be held at New Norfolk on 22-23 February 1992.

There will be a barbecue at the Old Colony Inn at 7 pm on the Saturday. It will cost \$10 for adults and \$7 for children.

The Sunday Presentation Luncheon at the New Norfolk Football Club will be \$15 for adults and \$8 for children.

## AUSSI NATIONALS IN MELBOURNE

Prospective starters in the March Nationals are reminded that all entries must be in Melbourne by 31 January.

## AEROBIC SWIMS

AUSSI Masters is about fun and fitness, particularly aerobic fitness. We tend therefore to encourage distance swimming rather than sprinting.

Aerobic swims offer an incentive to swim further by offering badges to those who achieve prescribed distance goals during the swimming year.

Almost all swimmers are capable of achieving an aerobic award.

If you'd like to give it a go, get yourself to Glenorchy Pool between 8.45 and 10.30 am on Sundays and make yourself known to our recorder Pauline Samson. Pool charges are \$2.20 for adults and \$1.10 for children. There is a paddle pool and water slide.



#### COOGEE-RANDWICK MINI-MARATHON

You can get another certificate for your album by entering the Coogee-Randwick Mini-Marathon postal swim. The object of the exercise is to see how far you can go in half an hour.

Each entrant gets a certificate and the winner in each age group receives a medal. It costs \$5 to be in it and you must do it before the end of January.

See Pauline Samson or phone her at 43 6665 to arrange your swim.

#### CHRISTMAS DINNER

This was held at Glenorchy Football Club on Friday 6 December.

Quite a number of people were pleasantly surprised to receive certificates recognising the fact that they are in the State Top Five or have been nominated for National Top Ten for their age group in particular events.

The Achievement Award for 1991 went to Maureen Pepper - and how well deserved it was.

After about eighteen months of continuous serious illness Maureen made a courageous comeback to the water with a quite remarkable performance in the winter titles.

On top of that, Maureen has been a driving force on our committee, backing her initiatives with solid action.

Congratulations Maureen.

The inaugural Nan Lewis Awards went to Pauline Samson and Gerald Breen.



Two years ago, Nan had both of them under instruction in Helen Lane's pool at Lindisfarne.

At that time it was a struggle to cover the thirteen metres from one end to the other and the prospect of swimming fifty metres a distant dream.

Last November, Pauline and Gerald completed the One Hour Aerobic Swim and each comfortably exceeded two kilometres in the process.

#### HAMPER RAFFLE

In case you don't already know the hamper raffle was won by Maryanne Dalton with a ticket she purchased from Sheree Alcock.

The Club gained \$206.20 from this thanks to the efforts of Maureen Pepper, Nan Lewis and Pauline Samson.

#### LIFE SAVING EXAMS

These were held at Collegiate in December.

All nine candidates eventually qualified for the Royal Life Saving Society's Swim and Survive Level 6 Certificate.

Examiner Gary Pennicott was firm but fair. The efforts of Mary O'Brien, Judy Hyndes and Gerald Breen to keep their heads above water were not up to standard initially, but all three eventually managed to qualify.

Other successful swimmers were Dorothy Armstrong, Carmen Hayes, Dawn Blyton, Jeanette Dickens and Josie and Mendel Tilema.

Jeanette did a spot of teaching one night prior to the exam - quite creditably.



Nan Lewis has now successfully coached this class through two Royal Life Saving Society exams. She has done a splendid job which we all hope she will continue to do in 1992.

REMINDER

Apart from competitors, we would like supporters at New Norfolk. And don't forget that you can enter for just one event if you so desire - so be in it!!!

A handwritten signature in cursive script that reads "Gerald L Breen".

Gerald L Breen  
Publicity Officer

P.S. No swimming on Sunday morning, 12<sup>th</sup> <sup>JAW</sup> December 1992 at Glenorchy Pool due to Carnival.



# NEWSLETTER

TALAYS AUSSI MASTERS  
SWIMMING CLUB INCORPORATED

Volume 4 No. 2  
February 1992

## SUMMER LONG COURSE CHAMPIONSHIPS

If you haven't nominated for any of the events at New Norfolk on Saturday and Sunday 22-23 February next, you would be very welcome to join our band of supporters at the pool and the social events.

On Saturday, there is a BBQ starting at 7 pm at the Old Colony Inn. It will cost \$10 for adults and \$7 for children.

The Presentation Luncheon will be at the New Norfolk Football Club on Sunday. It will be \$15 for adults and \$8 for children.

Swimmers will be given details of their individual events and relay teams next week.

Pauline Samson will have personalised programs for competitors when they arrive at New Norfolk Pool.

On Saturday, warm up is at 1.30 pm followed by the 200 freestyle at 2 pm. Sunday morning warm up is at 8.30 am with the 200 backstroke at 9 o'clock.

## AEROBIC SWIMS

Eleven members have now taken part in the Coogee-Randwick Half Hour Mini Marathon.

They are: Ted Cross, Sheree Alcock, Nick May, Mendelt Tilema, Ruth Langman, Perri Brereton, Dorothy Armstrong, Gerald Breen, Pauline Samson, Mary Reynolds and Christine Duda.

If you missed out this year, it's on again between December next and January 1993.

Pauline Samson, Perri Brereton, Gerald Breen and Sheree Alcock qualified for the One Hour Freestyle Postal Swim sponsored by the Oceana Masters Club of New Zealand.

You can give this one a go between November next and January 1993.

See Pauline Samson or 'phone her on 43 6665 if you want to get into aerob swimming. Aerobic swimming by the way is about extending the distance you cover rather than your speed. It's great for heart and lungs and gives one a sense of achievement.

#### SUPPLEMENTARY LOTTO

The rules have been changed. Both supplementary numbers get a \$5 prize which gives people a better chance of being a winner.

#### SWIM AT KETTERING

We had three representatives in the 2-1/2 kilometre-open water swim at Kettering on 2 February last.

Sheree Alcock was sent off in the first bunch and was first across the line (she thought she had got lost at one stage). Sheree covered the distance in less than 47 minutes and was fifth in the women's section.

Stephanie Bowman led the second bunch out and was second to finish, in under 44 minutes. She was third in the women's.

Alistair Douglas was another to take part and was very happy with his time.

Hobart Masters organised this event which attracted over 40 entries including 16 women.

Swimmers and supporters enjoyed a great meal at the Oyster Cove Inn afterwards.

### RAFFLE

You will be getting a book of ten \$1 tickets in our raffle. Prizes are:-

1st Open order of \$100 at Talays

2nd Four pottery mugs by well known potter, Ruth Langman

3rd Hand painted silk scarf by Di McPherson. Di conducts Adult Education classes in silk screen painting.

### EASTER DINNER

The raffle will be drawn at our Easter Dinner to be held at the Rob Roy Tavern (formerly the Bavarian) in Liverpool Street on Friday 10 April

You will be treated to a four course dinner and music from a three piece band at quite moderate cost

### INTER-CLUB SWIM

We will be conducting an inter-club swim at Collegiate Pool on Saturday 9 May, at 9 am. Both Hobart and New Norfolk Masters will be taking part.

### MORE TO COME

A quiz night in June and a car rally in July are in the planning stages.

### COMMITTEE MEETING

The next committee meeting is scheduled for Wednesday 19 February at the Rob Roy Tavern at 5.30 pm.



Gerald L. Breen  
Publicity Officer

WEDNESDAY NIGHT

ACTIVITIES AT COLLEGIATE POOL

\*\*\*\*

- 1st Wednesday - Nan Lewis provides help in stroke correction.
- 2nd Wednesday - Nadine Brereton and Gerald Breen conduct flipper ball - good fun.
- 3rd Wednesday - Nan Lewis and Nadine Brereton conduct Royal Lifesaving classes.
- 4th Wednesday - Perri Brereton does swimming coaching.





# NEWSLETTER

TALAYS AUSSI MASTERS  
SWIMMING CLUB INCORPORATED

Volume 4 No.3

April, 1992

## DINNER

Our Easter Dinner preparations are well in hand. Get your bookings in now! The cost is \$23 per person and this gets you a four course dinner at the Rob Roy Tavern (formerly the Bavarian). They have a three piece band there which I believe features Neil Heather - he's very good.

The date for this event is Friday 10 April, the week before Easter.

## RAFFLE

The raffle is to be drawn at the Easter Dinner, so make sure you have returned your books (sold of course) by then. If you need more books, see Dorothy Armstrong

## DOROTHY'S NEW ADDRESS

Our Dorothy Armstrong has moved to the Eastern Shore. She reckons its warmer over there. Anyway, if you want to find her, the address is:-

1/143 Flagstaff Gully Road

Lindisfarne 7015

Telephone 446789

## NEWSLETTER DISTRIBUTION

Due to the high costs involved, it has been decided to discontinue the practice of posting the newsletter. After this issue, you will need to pick it up at the door when you attend a Club swim.

## INTERCLUB SWIM

On Saturday morning 9 May next we will be playing host to the Hobart and New Norfolk clubs for a swim at the Collegiate Pool. We have booked the pool from 9.00 till 11.00 a.m. on that day.

We'll be eating at the Rob Roy afterwards - see Pauline Samson's flyer for further details

## COMMITTEE MEETING

The next committee meeting will be at the Rob Roy, 5.30 Wednesday 22 April

### NO MONEY - NO SWIM

If you are rostered for duty on the door at Collegiate you should not be embarrassed to refuse entry to anyone who does not have the required admission money. If someone seeks credit, suggest they try a bank or credit union.

### GOODIES FROM PAULINE

Pauline Samson has some written material and videos that might help you to get fitter or improve your swimming style. You might catch her on 436665.

### GLENORCHY POOL

The 1991/92 swimming season at Glenorchy Olympic Pool finished on Tuesday 31 March. Paul Johannesen, Darren Gosnell and the other people out there have made us very welcome. The pool is a credit to them all.

Encouraged by Pauline Samson, a number of Talayans will be well pleased with their achievements in the aerobic swimming program. You'll soon be able to pick them by the badges on their track suits.

### THE 17TH AUSSI MASTERS NATIONAL SWIM by "Petunia Platypus"

This was held in Melbourne during March with eleven representatives from Talays - Sheree Alcock, Dorothy Armstrong, Perri Brereton, Christine Brezinscak, Geoff Cooper Ted Cross, Chris Duda, Judy Hyndes, Nick May, Mary O'Brien and Marion Skarratt. Hobart's 11, Devonport 7 and Launceston 6 further expanded the Tassie contingent. All told there were 794 competitors from 89 clubs covering all States and Territories.

During the opening ceremony, it was stated that Victoria was having their Summer that week and at 36 degrees on the first day, we wondered what else there was in store. We were soon to know!

The tone of the meet was set in the second event - the 200m backstroke. Marion won gold (70-74) with Perri bringing in the bronze (45-49). This was continued in event 3, the 50m free when Mary O'Brien won silver (70-74). Event 4 was the 100m breaststroke. Marion again won gold, whilst Mary could only manage bronze!!! Day 2 brought about the 800m freestyle with only two Tasmanian women entered out of 112. Perri managed to improve her time by 23 seconds. The 200m breast once again saw our Marion ploughing through the field and taking the bronze. Judy Hyndes competed for the first time in this event and finished in a time WELL under the 8 minutes. Nick continued once again to lower his times - all the more to his credit following illness and muscle injury earlier this year. The 400m free commenced Day 3 with six Tassie women entered out of 148 starters. Perri once again held the Red and White high. Next came the 50m back when in one heat we had 3 representatives. Ted Cross was frustrated with his time, and told me - at 73 - he must learn to swim faster! Chris Duda just flew in her heat and did

her best ever time. At one stage, we had two teams entered in the 4 x 50m women's freestyle relay. , due to the heat, our 200+ had to retire.

This left the the 120+ to "bring home the bacon" - and did they ever!!!

1. Sheree (36) split 37 secs. 2. Christine (42) broke 60 secs. for the first time 3. Perri (45) split 39 secs. 4. Chris Duda (28) split 36 secs.

Not bad - not bad at all!!!!

During the four-day meet, we had visits from friends and relatives, most notable being May O'Brien's handsome son, striking daughter-in-law and beautiful new grandchild. Close on their heels was Ted's daughter, a vivacious lady, and two delightful granddaughters - all interested in swimming, would you believe?

Once again, I'm told, we were unofficially voted the noisiest and most enthusiastic club. No one ever swam without another club member being there for support and encouragement. Great camaraderie.

Day 4 brought forth the 200m freestyle, with Ted, Perri and Geoff doing the honours. Five other Tasmanian ladies and four other Tassie men were entered out of a total field of 368. As you can see from these statistics, Talays was always well represented.

Just about everyone swam the 50m breast, with one heat containing Sheree, Chris Duda and a friend from Hobart Masters who shared accommodation with us - they came in first, second and third. Speaking of accommodation, I would like to give heartfelt thanks to Christine Duda, on behalf of the Club for organizing our very comfortable, well-equipped, centrally located and inexpensive accommodation. It was certainly a job well done. The final event was the 50m fly, with Sheree and Perri carrying the colours. They comprised half the Tasmanian contingent.

The social functions started with a Welcome Function held on the first evening at a Bar in Fitzroy! This was a little disappointing when compared with Devonport last year. The only things worthwhile were the young barmen and the champers! Consequently we all "staggered" elsewhere for further sustenance.

The 'piece de resistance' was the Presentation Dinner, but at \$50 per head, all inclusive it left a lot to be desired. In true tradition, Talays carried on regardless. Perri got quite light headed with the help of two helium balloons. Nick found himself v e r y popular with Judy when she learned he'd won the Early Bird prize of a trip for two to the Club Med. Chris had other ideas, like maybe a honeymoon.

"WE" had a marvellous time because we remained a team, wining, dining, laughing and competing together, with everyone improving or equalizing their best times. Other members might think about this for another time.



WEDNESDAY NIGHT

ACTIVITIES AT COLLEGIATE POOL

\*\*\*\*\*

- 1st Wednesday - Nan Lewis provides help in stroke correction.
- 2nd Wednesday - Nadine Brereton and Gerald Breen conduct flipper ball - good fun.
- 3rd Wednesday - Nan Lewis and Nadine Brereton conduct Royal Lifesaving classes.
- 4th Wednesday - Perri Brereton does swimming coaching.

*Historian*



# NEWSLETTER

TALAYS AUSSI MASTERS  
SWIMMING CLUB INCORPORATED.

Volume 4 No. 4

May, 1992

## MARY O'BRIEN'S MUSINGS ON THE MELBOURNE NATIONALS

The atmosphere is steamy, outside the temperature is 36°C, but here in the Melbourne Swimming Centre it's worse, and I'm thirsty. There is plenty of activity - 794 entrants in 5 days of swimming, most of them present every day. Events are proceeding constantly and efficiently, heats being called to the marshall, entrants checked, races in progress, with whistles and starter guns at intervals, during which the P.A. system is booming in the enclosed pool area. It's exciting really, eleven of Talays members among entrants from all over Australia in AUSSI National Titles.

It seemed simple enough way back in November to send money and enter 5 events. Now the time is here and my first race is called.

We line up, check in, are sat in rows in order of our respective lanes, then all led to the end of the pool and finally stand behind the starting blocks.

The heart is pounding and one wonders, "How ever have I voluntarily got myself in this position?" The other end of the 50m pool looks a mile away!

A sharp whistle to the blocks and poised for the starter gun. As soon as I hit the water I am calm. I count my strokes, concentrate on the kick and ignore the lanes beside me.

"Good swim." the timekeeper tells me, and I am glad I have finished. A sharp whistle pulls us out of the water, and already the next heat is on the blocks. Back to "the gang" to compare notes and times and cheer the others on.

Now I can have a drink, snatch some fresh air on the Yarra riverbank, watch rowers and chat briefly to interstate entrants, then back into the steam for my next race.

At 72, what am I doing here?

Having fun and keeping fit at the same time.

"Mother, what are your plans for next year?", my son asks.....

## ROYAL LIFE SAVING & NADINE BRERETON

Nadine was invited by the Club committee to assist in the teaching of Royal Life Saving to our members because of her extensive knowledge of the sport. She commenced many years ago, following in the footsteps of her mother who had been involved since her own schooldays.

Nadine was only 12 years old when first selected to represent her State. She competed in the Under 16 section in the National Championships held in Alice Springs in January, 1987.

The 1988 Nationals took her to Canberra, and in that year she received a Bicentennial Award for her excellence in life saving.

Nadine continued to improve and came 6th overall in her age group at the 1989 Championships in Adelaide. She earned a silver medal in the rescue relay, was fourth in the women's team initiative and fourth also in the individual event. In 1989, Nadine's team won the gold medal in the School Stillwater Competition. That same year saw Nadine coaching teams from her school, with very pleasing results in the competitions.

In the Sydney Nationals, in 1990, Nadine competed in the Under 16 competition for the last time. She brought home a bronze medal. Tasmania came third overall that year - their best ever result.

Nadine continued to coach at Fahan. Their standard improved to the point where only Hutchins could beat them.

Now 16, Nadine carried the State colours in the Under 19 section of the 1991 Nationals in Perth. She performed well and made it to the finals.

Melbourne in 1992 was the first year that Nadine was unable to honour her selection once again in the State team. This was due to the pressure of study for the Higher School Certificate - which she achieved.

Brisbane will be hosting the Nationals in 1993. Whether or not Nadine is selected yet again depends on how much time she can set aside for the rigorous training programme planned for the Under 19 team. She is now pursuing a Traineeship in the Hospitality industry.

The basic qualifications for aspiring competitors at Under 16 level in Royal Life Saving are Bronze Star and Basic Resuscitation. At all other levels, one needs the Bronze Medallion and Resuscitation.

#### FAMILY DAYS

We will have to suspend family days until further notice. AUSSI public liability insurance does not cover children, so we've discovered, and we will have to look at alternative arrangements.

#### EASTER DINNER

The Easter Dinner was a brilliant success, both socially and financially. A number of people worked hard both for the dinner and the raffle. They deserve our congratulations and gratitude.

INTERCLUB SWIMMING COMPETITION

On Saturday 9 May, starting at 9 a.m., Talays will be hosting this competition at the Collegiate Pool. It will cost you only \$3 to be in it.

Anyone who can swim 50m in any stroke should give it a go.

It is not necessary to dive in at the start of an AUSSI heat - people quite regularly hang on to the side at the start. Just catch the starter's eye when you are getting in.

Members will be heading off to the Rob Roy for lunch afterwards.

There will be a trade table featuring biscuits and cakes etc.

CLUB CAPTAIN

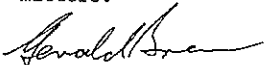
Geoffrey now has a female offsideer in the appointment of Christine Duda as Assistant Club Captain. This is an excellent move in a club which continues to have more girls than boys and helps spread the burden when both male and female captains are also competing.

AEROBIC AND OTHER TIMED SWIMS

Pauline Samson is available for the first half hour of the first Wednesday of each month to time your swims.

SECRETARY

Just a reminder that your secretary, Dorothy Armstrong now lives at 1/143 Flagstaff Gully Road, Lindisfarne, telephone 446789, if you have any queries about Club matters.

  
GERALD L. BREEN  
PUBLICITY OFFICER

WEDNESDAY NIGHT

ACTIVITIES AT COLLEGIATE POOL

\*\*\*\*

- 1st Wednesday - Nan Lewis provides help in stroke correction.
- 2nd Wednesday - Nadine Brereton and Gerald Breen conduct flipper ball - good fun.
- 3rd Wednesday - Nan Lewis and Nadine Brereton conduct Royal Lifesaving classes.
- 4th Wednesday - Perri Brereton does swimming coaching.





# NEWSLETTER

TALAYS AUSSI MASTERS  
SWIMMING CLUB INCORPORATED

Volume 4 No.5

June, 1992

## TALAYS INTER-CLUB SWIM

Geoffrey Cooper, Christine Duda, Pauline Samson and their umpteen helpers are to be congratulated for their splendid organisation of our inter-club meet. A good time was had by all, and there was a handy profit to be added to club funds.

## FAMILY DAYS

There will be no more family days at the Collegiate Pool because of problems with insurance cover. The AUSSI cover does not include children.

We will introduce monthly family days at the Glenorchy Pool when it opens again in October. They will be held on Sundays and will be followed by a barbecue 'brunch'. Glenorchy has excellent facilities for kids, including a water slide and paddle pool.

## WINTER TITLES

These will be held at the Nowbray 25 metre pool on Saturday and Sunday 1-2 August next.

The committee is investigating the cheapest accommodation options commensurate with reasonable facilities. We will be seeking a bulk deal for members.

Those who wish to take advantage of this will need to pay for each night in advance - there will be no refunds.

## CLUB BATHERS

See Judy Hyndes of phone her at 282637 for club bathers.

Prices are:-

Training Bathers (various colours)

Ladies \$28.00      Mens \$16

Club Bathers

Ladies \$32.00      Mens \$19

There are some style options with the ladies bathers - see Judy.

### CLUB CAPS

The jazzy new club caps are now available from Dorothy Armstrong at \$5 each. You will need one for the interclub swims.

### CLUB WINDCHEATERS

Maureen Pepper usually organises these, but as she will be away interstate for the next few months, you might do well to contact Dorothy telephone 446789. The windcheaters are ordered as required and feature the club badge on front and a platypus on the back.

Another way to go is to buy a woven club badge for \$5 from Dorothy and sew it to your own red windcheater or tee shirt.

### AEROBIC SWIM NIGHT

Hobart Masters club members will be invited to an aerobic swim night on Wednesday 17 June next. It will be another good opportunity to socialize with our friends from over the river. We'll probably adjourn to a local hostelry afterwards.

### QUIZ NIGHT

Plans are in hand to have another quiz night in late August. The last one was enjoyed by all. I'll let you know when details have been finalised.

### STATE RELAY COMPETITION

Our Pauline Samson has come up with a plan for Talays to organise the November State Relay Competition as a postal event. This would enable greater participation from all clubs and give more members a chance to take part. The go-ahead has to come from AUSSI Tasmania Inc. This is a brilliant initiative from Pauline.

### PORT HUON SWIM MEET

Get your entry in for the Port Huon swim on Sunday 5 July. Its on between 10 and 12 noon and will be followed by lunch at the Kermandie Hotel. You can enter up to three events for \$5 and the 2 course smorgasbord luncheon will cost \$15. You may bring extra guests for the lunch. It was great fun last year. The pool is 25 metre indoor.

CHOCOLATES

If you like cheap and yummy chocs, have \$2 with you on Wednesdays because Pauline has them with her at the door. Give yourself a treat after the swim!

POOL CHARGES

Our club pays in excess of \$700 per month for the hire of the Collegiate Pool. For this reason, everyone who swims must pay.

Do not expect credit at the door.

COACHING MANUAL

The very latest AUSSI coaching manual is now available through the Club for \$25. Pauline Samson, telephone 436665 is most enthusiastic about this new edition. She is prepared to give you a look at her copy by way of preview.

See Pauline also for other AUSSI publications and the coaching video which can be borrowed.

WINTER TITLES IN LAUNCESTON - (Stop Press)

Accommodation cost will be close to \$20 per head per night. The deadline for payment is Wednesday 24 June.

The cost of the Sunday Presentation Luncheon will be known by then, so have an extra \$15 to \$20 with you. It ain't the same if you miss the final function of the weekend!

CLUB ADDRESS

If you need to correspond with the Club, our address is:-

PO Box 530  
Sandy Bay  
Tasmania 7005

MODERN TECHNOLOGY

In case you hadn't noticed, pages three and four are rather different in style from the previous ones. You guessed it - I've gained access to a computer. This newsletter is giving me much needed practice on my new Mac machine at work.

I'm sure it will be great fun when I get the hang of it.

A handwritten signature in cursive script that reads "Gerald L. Breen". The signature is fluid and somewhat stylized, with a long horizontal stroke at the end.

GERALD L. BREEN

PUBLICITY OFFICER



# NEWSLETTER

Talays AUSSI Masters Swimming Inc.

Volume 4 No. 9

October, 1992

## NEW COMPUTER

It will be 'interesting' to see how this newsletter turns out, for it represents my first attempt to put one together with an IBM compatible machine.

Since Christmas last I have had the use of an Apple Macintosh computer, a quite delightful unit with many user friendly features.

Hopefully this one will be just as good, just as soon as I discover how it works!

## RELAY COMPETITION

We are looking for people now to take part in the postal relay competition in November.

Take my word for it, relays are lots of fun.

For those of you that have yet to be involved, we make up teams for each event according to the total of the ages of the team members. For example, Talays competitors might be aged 35, 43, 54 and 60, a total of 212 years. They would be entered in the 200+ age group.

We try to give everybody an opportunity to represent the Club .

## Long Course Relays

These will be conducted at the Glenorchy Olympic Pool on Sunday 22 November. Warmup begins at 8.45 am and the relays commence at 9.15.

Invitations have been sent out to the New Norfolk and Hobart clubs, so there should be some spirited competition.

At the end of the meet there will be a BYO barbecue at the pool. There is an electric barbecue in the grassed area at the rear of the water slide.

If you forget to bring your steak, sausages, shrimps and drinks, there is a well stocked kiosk at the pool. They have pies, filled bread rolls and a variety of drinks amongst other things.

### Short Course Relays

The venue for these is the Collegiate Pool and the arrival time is 7.00 pm on Wednesday 25 November.

Once again we will have our friends from the Hobart and New Norfolk clubs vying with us for the honours.

The format will be much the same as at the long course event, except that we will meet afterwards at either the Rob Roy or the Aberfeldy for drinks and eats.

### Relay Entries

Nick May should be contacted with your entry. He can be telephoned at 399391 at home, or 337421 at work.

There is no individual entry fee.

Please enter now!!!

### FAMILY DAYS

If you can keep you kids in lane No.1, the paddle pool or entertained on the water slide they are most welcome at any regular Sunday morning swim at Glenorchy.

We will commence designated Family Days on the second Sunday of the month starting on 13 December. We may even organise to have the barbecue facilities available on these second Sundays. Your ideas for Family Day activities would be most welcome.

### AEROBIC SWIMS

I'm not one to stir people up or anything, but when I noticed Nan Lewis doing a 400 metre freestyle the other week, I couldn't help but mention it to Maureen Pepper and Joy Bradley.

Maureen has since swum a 400 metre backstroke and Joy a 200 metre backstroke.

Now it just so happened that I met Ted Cross at Glenorchy pool today and I couldn't help but remark on the above achievements.....

Are YOU gonna be outdone by the senior members of our club???

See you on Sunday morning.

### CHRISTMAS DINNER

We have arranged with our friends at the Rob Roy Tavern to hold our Christmas dinner there on Friday 11 December at 7 for 7.30 pm

The cost will be only \$18 for a three course meal with drinks available at low bar prices. We will have live music for the evening.

Your secretary Josie Tilema, telephone 291140 has tickets which must be paid for by 4 December, so that catering can be finalised.

### NEW COMMITTEE

Following our Annual General Meeting our committee is:-

President	Judy Hyndes	282637 (H)	337947 (B)
Vice Presdt.	Perri Brereton	337902 Fax	337510 (B)
Secretary	Josie Tilema	291140 (H)	
Treasurer	Sheree Alcock	278612 (H)	
Recorder	Pauline Samson	436665 (H)	477800 (B)
Safety Officer	Dorothy Armstrong	446789 (H)	
Member	Robyn Turner	443038 (H)	
Member	Katrina Sargison	341307 (H)	
Member	Mendeltd Tilema	291140 (H)	
Captain	Nick May	399391 (H)	337421 (B)
Captain	Christine Duda	399391 (H)	
Publicity	Gerald Breen	492488 (H)	337832(B)

### LEISURE SWIM CLUB

If you fancy the idea of swimming at the Education Department 25 metre pool on the corner of Mollie and Collins Streets on Thursdays, 6-7 pm and/or Sundays 9-10 am, give Judy Hyndes a buzz for costs and other details.

On the off chance that other swimming times may become available to the general public, it might be worthwhile phoning the pool management via the State Public Service switchboard.

I'm sure I've seen other sessions advertised at the entrance to the complex.

### NEWSLETTER DELIVERY

It was decided at the last committee meeting that all future Newsletters will be posted to members.

However, if you would like to save your club the cost of postage, please ask Josie Tilema to take your name off the mailing list and you'll be able to collect it at the pool as usual

POST SWIM DRINKS & EATS

It has been decided to make a practice of meeting at the Aberfeldy after the swim on the third Wednesday night of the month. This is the usual night for committee meetings which are held prior to the swim.

Of course this does not prevent people socialising at the Aberfeldy or elsewhere after our other regular swims!!!

WITCHCRAFT

If you find yourself troubled by obnoxious kids at your favourite pool, call in Pauline Samson. She has a 'witch' routine that really worries them!!!!

CONGRATULATIONS PAULINE

Pauline Samson has been accepted as National Delegate to the AUSSI National Board.

Pauline will replace Trish Beveridge and take over Trish's portfolio as National Director of Programs.

Just three years ago this month, Pauline started swimming lessons with our Nan Lewis.

Well done Pauline.



GERALD L. BREEN  
PUBLICITY OFFICER