

PRESIDENTS MESSAGE

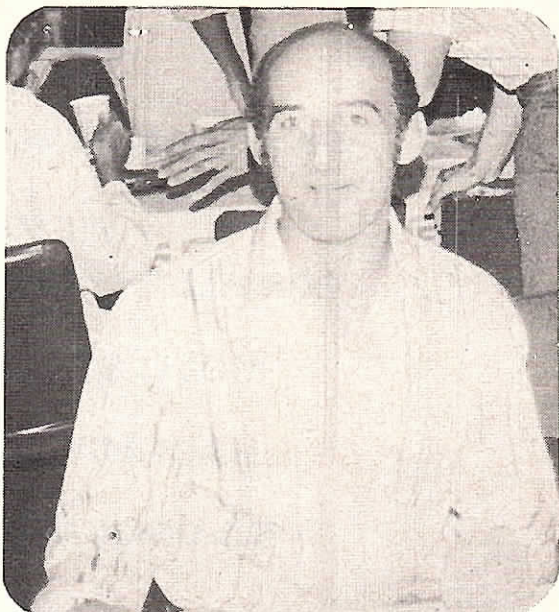
1979 saw AUSSI come of age. We have shown that we are more than a group of swimming fanatics out for self-glorification, rather that we are a group using swimming as a means of achieving personal fitness and health and encouraging others to do the same.

The Sydney National Meet brought together a third of our total members Australia wide at what could only be described as the best National Meet to date. The weather, the pool and the swimmers excelled themselves beyond all expectations. Every swimmer appeared to record personal best times in very willing competition. The standard of fitness of all competitors was reflected on the improved times in all strokes. The level of fitness of the swimmers surprised our overseas visitors, the officials of the Australian and New South Wales Swimming Unions and the new sponsors of Australian swimming, City Mutual Life Assurance. All these people were most impressed by the efforts of our group and the fact that we were not a here today, gone tomorrow organisation. So impressed were they that the swimming union officials and the sponsors, City Mutual have officially recognised our contribution to adult fitness and are prepared to help and promote AUSSI masters swimming wherever possible.

The 1980 national meet will be held in Adelaide with an enlarged programme spread over three days. Swimmers will have a choice of six swims out of ten events as well as three relays for interclub competition.

This carnival will be run entirely by the South Australian Amateur Swimming Union who are getting right behind AUSSI swimming in that state. As a further incentive for AUSSI, FINA the world swimming body has officially accepted MASTERS swimming under the control of national swimming or athletic associations. As a result, we look forward to AUSSI affiliating with the Amateur Swimming Union of Australia and through this association, forming closer ties with masters swimming groups world wide.

1979 will see the beginning of yearly seminars to further the aims of adult swimming. In conjunction with the seminar in September, a club handbook will be produced to help in the formation and promotion of new clubs particularly in country areas not readily accessible to officials of clubs already formed. The manual will include formation of clubs, committees, procedures for administration and management, and the approach needed in dealing with adult swimmers, especially those adults new to swimming. The manual will also deal with the guidance of adult swimmers in the use of swimming as a means of achieving fitness, training methods, stroke correction and conditioning. Although there have been many publications for the advanced swimmer, i.e. swimmers under eighteen, very little has been written for the adult. It is hoped this manual will help fill that gap.



PETER JACKSON, (National President).

As other masters sports, golf, tennis and athletics, have taken their place in our adult society, so now has swimming. These bodies see the extension of swimming as a sport and conditioner beyond the teens and early twenties to adulthood, and the obvious advantages of swimming as an exercise in the slowing down of the aging processes on the human body. The interest of these bodies in masters swimming can only help spread the benefits we as a group believe in. Whether we swim to overcome physical disabilities, for personal fitness and enjoyment of competition as a measure of our fitness or as a means to healthier and happier life does not matter. As long as we swim regularly at least four times a week, the personal benefits will be there for all to see . . .

—Peter Jackson

B & S Scrap Metals Pty. Ltd.

★ CAR REMOVALIST AND DISPOSAL —

**WE PAY CASH
FOR ALL TYPES OF SCRAP METAL —**

MULTI-SCRAP BIN SERVICE —

HAULAGE CONTRACTORS —

NO-OBLIGATION FREE QUOTES

**OPEN 7 DAYS A WEEK
REGULAR COLLECTIONS**

**Racecourse Road,
Boolaroo, N.S.W.**

Phone: Newcastle (049) 58 1271

NATIONAL COMMITTEE MEMBERS



DES McCORMICK



PAUL WYATT



FRANK SYKES, (Vice President).



HELEN REES



"I've just tried Freedent, and it's true."

"I've got some dental work, like a lot of people. And I thought I'd have to give up chewing gum. Then my mate here told me about Freedent Gum. He said Freedent doesn't stick to your dental work. So I tried it. And it's true."

Freedent doesn't stick to your dental work. (And it's got a good spearmint taste.)

Now I don't have to give up chewing gum after all!"



Freedent Gum from Wrigley's. Now everybody's happy.

NATIONAL SECRETARY'S REPORT

by Gary Stutsel

The most significant action taken during the past twelve months has been the **AMENDMENTS TO THE NATIONAL CONSTITUTION**, which ensured that the ultimate authority in AUSSI is with the State branches collectively, and not as it formerly could have been, with a self-perpetuating National Committee. The draft for the Constitution, which had been prepared by Jack Brownjohn, Frank Sykes and Gary Stutsel, was adopted at the Special Council Meeting held on 15th December, 1978. One word was deleted from the draft, thus allowing persons to be nominated for National Committee at the Annual Council Meeting if a position had not already been nominated for as required.

Outstanding results in expanding the number of clubs and increasing the number of members were achieved by the Western Australia Branch, whose enthusiasm more than makes up for the problems of geography.

Affiliations and Registrations as at the 1st April, 1979, were (1978 figures are in brackets)

Branch	No. of Affiliated Clubs	Registered Members
New South Wales	16	473
Victoria	4	104
Queensland	5	63
South Australia	2	99
Western Australia	7	221
Tasmania	1	1
Totals	35	961

These figures are not a true indication of participation in AUSSI's activities, as, for example, the Launceston Club, which is active and growing, had registered only one swimmer at that date. They are, however, the only figures available for use in measuring growth.

Several prospects for new clubs foundered due to the lack of an individual prepared to commit him (her) self to taking a lead. There are three one-member clubs affiliated, and all three competed in the National Swim, so it doesn't require any more than one person to get things started. Those who wait till they can democratically elect a full committee before plunging into the pool are taking the risk of never getting wet, which is, after all, our prime reason for existing as dry swimmers are not swimmers.

On a happier note, those who are already swimming are becoming more and more involved in fitness, competition and fun (one writer tells me he gains his fun from scoring points for his club, I think perhaps he is missing out somewhere). The State branches have all conducted successful carnivals and over a third of the registered membership competed in the National Swim (see page 18). Many swimmers have attempted the longer swims which are more beneficial for the heart/lung system (if swum regularly and systematically, not on a once off basis). In the U.S. Masters (Postal) One Hour Swim, 96 AUSSI swimmers participated as against 11 in 1978 (see page 43.)

There has been a tremendous growth in club spirit and club identification, with badges, banners,



GARY STUTSEL, (National Secretary).

costumes and T-shirts, but we must take care not to lose our group identification. Clubs should incorporate the name AUSSI in their material so that the name AUSSI (note no E) is constantly in the public eye.

The competition side of our activities was highlighted by the **First World Masters Swim** held in Toronto, Canada, in August, 1978. The only AUSSI competitor, Josie Sansom, 51, of Adelaide Masters, excelled, winning 3 gold and 2 silver medals. Start saving now, the next World Swim will be in Germany in 1981.

For those unable to make the trip, a 1978 **World Top 5** was published for times recorded in 50m pools. Due to the 50m pool requirements, only 19 Australian times were included, but 1979 will be a different story, as at the National Swim alone, 54 times would have qualified. Also, 1979 will be a Top 10 not 5.

A party of 28 swimmers competed in the U.S. Short Courses Championships in May, 1979.

The touring team was awarded a total of 46 medals. Major medal winners were Frank Griffiths (1 gold, 2 silver), Lyn McClements (1 gold, 1 silver, 1 bronze), Barbara Wilson (1 silver, 2 bronze), Jack Campbell (1 silver, 1 bronze), Ethel Sargent (2 silver, 1 bronze), Betty Callaghan (1 silver, 1 bronze), Mamie Bishop (1 silver, 1 bronze), Teresa Smith (1 bronze).

In addition, minor placing medals (4th to 8th) were won by Shirley Howard, Bill McClintock, Ed Walther, Mary Connolly, Debbie Cruickshank, Beryl Grace, Joan Dickson, Robyn Sargent, Lyn McClements, Barbara Wilson, Jack Campbell, Betty Callaghan and Teresa Smith.

For those who are either not interested or not capable of swimming top class times to win medals or for personal satisfaction, we have extended our range of awards. As well as the 1500m award which will not be finalised for the current season till December, 1979, the N.S.W. branch has introduced a 3000m patch and a 5000m patch plus a special patch for participants in the U.S. One Hour Swim.

Those not yet up to swimming 1500m should attempt the 800m award which requires five monthly 800m swims under 29 minutes each. This, with the extensive City Mutual/ASU Award Scheme which becomes available in October, 1979, will provide incentives and recognition for achievement over the whole spectrum from beginner to the all day swimmer.

The City Mutual Badge Awards will encourage regular swimming over periods from 4 weeks to ten years, by which time it is hoped that you will have gained a lifetime habit. Meantime you will have been exercising regularly without realising it!!

Fitness through regular swimming (at least 4 times a week) is AUSSI's prime objective, a point of which

we should all be well aware. Whilst we enjoy one another's company, thrill to the stimulation of competition, or cover our tracksuits with cloth patches, we are all engaged in increasing our level of fitness and therefore our chances of a longer, more enjoyable life. Our efforts are recognised by City Mutual Insurance, the Amateur Swimming Union of Australia, the State ASA's, Haminex, and the N.S.W. Department of Sport and Recreation and, accordingly, they have given and continue to offer positive assistance to AUSSI.

We face the coming twelve months optimistically expecting further growth, knowing that we have been able to consolidate our past gains and confident that we are moving in the right direction.

To guide us through this period, the National Committee will be:

<i>President:</i>	Peter Jackson (40) Manly club
<i>Vice-President:</i>	Frank Sykes (59), St. George
<i>Hon. Secretary:</i>	Gary Stutsel (40) Cronulla/ Sutherland
<i>Hon. Treasurer:</i>	Mary Connolly (43) Eastern Suburbs/Woolahra
<i>Minutes Secretary:</i>	Carol Davis (35) Cronulla/ Sutherland
<i>Committee:</i>	Des McCormick (49) Hills Helen Rees (33) Canberra Paul Wyatt (32) Eastern Suburbs/Woolahra

Ultimately, though, our success will depend on you. You the individual member becoming more active in club activities.

You, the club, becoming more involved in State activities, and you, the State branch, playing your roll of implementing AUSSI'S objectives within your boundaries.



For Fun In The Sun
Enjoy Port Stephens At

HAWKS NEST LODGE

BOONER STREET, HAWKS NEST

This modern new motel with licensed restaurant offers luxury suites; also 2- and 3-room family suites at reasonable tariffs, all with own kitchenette, T.V., radio, etc.

Phone: Tea Gardens
(049) 97 0378

GUESTS CAN ENJOY

- Fishing
- Swimming Pool
- 29-Mile Surf Beach
- Bicycle Riding
- Boating
- Sailing
- Children's Playground
- Games Room
- Volley Ball Court

TREASURER'S REPORT

by Mary Connolly

Following the changes to the Constitution, the Committee voted to extend the 1977-78 Financial Year to the 31/12/78, so that from now on the financial period coincides with the calendar year.

Our income is derived mainly from the National Swim, which was held in Melbourne this past financial year, and the National Registration fee of \$1.00 per member. My thanks go to those clubs who sent accompanying letters with their cheques itemising their payments. They made life easier for me.

The travel raffle held in February, 1978, was not a financial success, so the Committee decided not to have any further major raffles.

Finally, I would like to thank our Honorary Auditor, Mr. Tenno Koolberg, for his help and advice in preparing the Financial Statement and Balance Sheet.

AUDITOR'S REPORT TO NATIONAL COUNCIL OF AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL (HEREINAFTER CALLED AUSSI)

I have examined the records of AUSSI and the Statement of Income & Expenditure prepared therefrom for the period 1.7.77 to 31.12.78 (which I have signed and dated 9.6.79 for identification).

In my opinion the records have been kept diligently and accurately and the Statement of Income & Expenditure is a correct summary of the cash transactions of AUSSI. No treasurer without accounting qualifications could be expected to do any more than Mary Connolly has done with the financial records and accounts. I was thankful for the accuracy and informative nature of her basic records.

I am sorry that, for personal reasons, I was unable to prepare my report in time for the Annual Council Meeting. Mary had given me all her records and annual account in ample time for an audit to be conducted.

The new constitution adopted on 15.12.78 requires a Statement of Income & Expenditure and Balance Sheet to be prepared annually. These documents



MARY CONNOLLY, (National Treasurer).

have a well-established technical meaning and would have to be prepared by an accountant. By way of illustration of their nature I have applied accepted accounting conventions to the figures for the period under review to produce annual accounts as required by the new constitution. These are attached to this report.

I take this opportunity to point out another requirement of the new constitution. All accounts to be paid from AUSSI funds must be passed for payment by the National Committee. For the auditor this means that he needs to see a Committee minute authorising each payment. I suggest that the next National Committee meeting should make a retrospective authorisation of all payments made so far this financial year. After that, all accounts should be authorised before payment.

T. Koolberg, A.A.S.A., A.C.I.S.
9.6.79.

F. MULLER PTY. LTD.

Heat Transfer Component Manufacturers

16 ST. ALBANS ROAD, KINGSGROVE

Telephone: 502-2633

DID YOU KNOW?

**Grace Bros Bondi have a Terrace Bistro
just right for your next
special occasion, wedding, 21st party?**

It's true! The Terrace Bistro boasts such features as . . .

full reception facilities,
full air-conditioning, and
easy, direct access from the carpark.

And that's not all . . .

your function will take place in a superbly luxurious decor,
with friendly staff to assist you in every way.

There's even a full dance floor!

Give us a ring on 387-0222

We'll give you full details of our exceptionally reasonable rates,
and times and booking information, too.

The Terrace Bistro is located 2nd floor.

Phone catering manager for more details.

TERRACE BISTRO

GRACE BROS

BONDI 387 0222

AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

STATEMENT OF INCOME & EXPENDITURE

FOR THE PERIOD 1.7.77 TO 31.12.78

INCOME

Members' Registration Fees (676)			676.00
State Branch Affiliation Fees (N.S.W., Vic., S.A., W.A.)			40.00
Profit from Art Union—ticket sales (2,568)		1,284.00	
Less: prizes	615.14		
ticket printing	<u>60.95</u>	<u>676.09</u>	607.91
Profit from 4th National Meet (Melbourne)			
Entry fees (168)	840.00		
Less: expenses (pool hire, trophies, patches & gun caps)	<u>223.78</u>	616.22	
Social function—ticket sales (182)	1,274.04		
Less: catering cost	<u>1,260.00</u>	14.04	
Bus tour—ticket sales (70)	350.00		
Less: bus hire	<u>320.00</u>	30.00	
Raffle—ticket sales	133.00		
Less: prize	<u>39.95</u>	<u>93.05</u>	753.31
Profit on sale of track suits			337.50
Profit on sale of T-shirts			334.50
Profit on sale of AUSSI cloth badges			95.39
Proceeds of sale of car stickers			<u>20.00</u>
			2,864.61

LESS: EXPENDITURE

Printing and stationery		613.16	
Postage		172.99	
Publicity — Publicity Officer's sundry expenses	79.21		
Secretary's sundry expenses	26.38		
cost of photos at Tamworth less proceeds of sales	26.80		
T-shirts given away	<u>20.00</u>	152.39	
Freight costs		148.04	
Telephone		82.67	
1500m award badges handed out		297.50	
Magazine subscriptions		32.74	
Public liability insurance		16.65	
Bank charges		26.00	
Donations		26.00	
Samples of UK awards		<u>2.85</u>	1,570.99
Surplus for the Period			<u>\$ 1,293.62</u>

Sponsored by . . .

DAVID HODDER'S BRAKE SERVICE

219 WENTWORTH AVENUE, PENDLE HILL.

For Complete Service

Expert in all Types of Brake Systems, Brake Linings — Bonded Shoes — Disc Pads

For Service

TELEPHONE: 636-1440

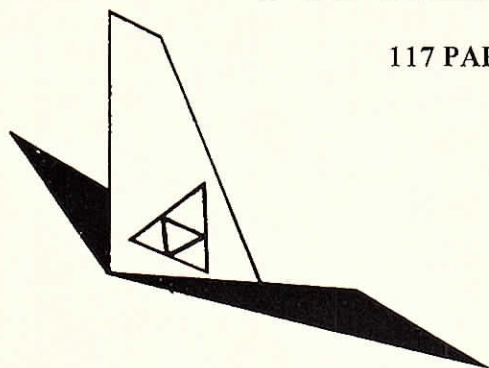
MASLING COMMUTER SERVICES

117 PARKER STREET, COOTAMUNDRA, N.S.W. 2590

PHONE: DAY 42 1388 - NIGHT 42 1830

TELEX: AA62619

OPERATIONS MANAGER: SYDNEY 669 1028



Operating Daily Return Services to the
following N.S.W. Country Towns:

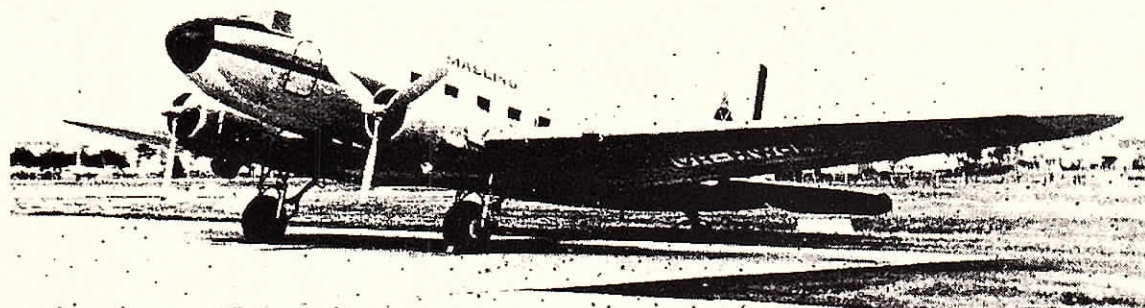
Newcastle, Nowra, Moruya, Tumut,
Cootamundra, Young and West Wyalong.

Also

Newcastle - Canberra

and

Canberra - Albury



AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

BALANCE SHEET AS AT 31.12.78

ACCUMULATED FUNDS

Balance at 1.7.77	437.28	
Surplus for period 1.7.77 to 31.12.78	<u>1,293.62</u>	
Balance as at 31.12.78		<u>\$ 1,730.90</u>

ASSETS

Cash - at bank	340.55	
on hand with Secretary	<u>5.34</u>	345.89
Stocks - track suits (6)	171.00	
T-shirts (49)	191.10	
AUSSI cloth badges (856)	196.99	
1500m award badges (1)	2.50	
promotional brochures (10,000)	565.92	
car stickers (2,300)	<u>140.00</u>	1,267.51
Prepaid expenses - public liability insurance	83.50	
deposit for hire North Sydney Pool	<u>34.00</u>	117.50
		<u>\$ 1,730.90</u>

NATIONAL PUBLICITY REPORT

by Carol Davis

Over the past year I have found AUSSI has gained further public recognition—articles continue to appear usually monthly in the "N.S.W.A.S.A. Swimmer" and the "International Swimmer". Twice over the past year the U.S. Swim Master has reprinted AUSSI NEWS from the "International Swimmer", evidence that our activities are of interest to other swimmers. Unfortunately, I am often found wanting for "news" items as the majority of clubs seem reluctant to keep me well informed.

Similarly, our archives suffer from the same reluctance of clubs to forward press clippings. Every club needs to have a Publicity Officer or a person to liaison with the local press. In most cases, the local press are happy to print details of activities or club results. This must be carried out on a club level as it isn't feasible for either the State or National Publicity Officer to do so.

I am happy to say publicity for the '79 Nationals was far better than that for the '78 Nationals. Good coverage was received from Sydney radio stations and the television interview of President Peter Jackson and Vera Fernance of Blacktown club was well recieved. The major daily newspapers remain a

disappointment. However, they are now slowly picking up news items.

Personal presentation of AUSSI and its activities is still the best form of publicity. Vice-President Frank Sykes, Committeeman Des McCormack and myself have all found good response when speaking to various groups and I recommend each State organising a group of people who are available to speak to different community organisations.

My sincere thanks to those clubs who really do make the effort to write, forward press clippings and keep me up to date.

Try harder, your contribution counts!

ARMIDALE AUTO ELECTRICS

Inc. ARMIDALE BATTERY CENTRE

(Bob Taber, Prop.)

Lucas, C.A.V., Delco-Remy - Sales and Service, Electrical Repairs - Voltage
Regulators, Distributors - Generators - Starter Motors - Repairs
to all Automotive Electrical Equipment

Manufacturers of the locally built RETRM Quality car battery

91 BARNEY STREET, ARMIDALE - Phone: (067) 72-6233

STAMINADE

when the heat's on

ACTIVE PEOPLE RECOVER QUICKER WITH STAMINADE

STAMINADE combats excess sweating which may cramp, by scientifically replacing expended body salts lost through sweating or other excess fluid loss.

STAMINADE is a lime flavoured mineral/glucose medicinal preparation. It is especially valuable during and after strenuous activity or sports, or with elderly people who become electrolyte depleted in hot weather conditions.



Nicholas

Nicholas Pty Ltd,
699 Warrigal Rd,
Chadstone, Vic 3148.

AVAILABLE through most Pharmacies and Supermarkets in all States.
