



AUSSINEWS.COM

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November, 2000

Where has this year gone?

For many of us we heard nothing else all year but Olympics and Sydney and then in just two weeks it had gone. I suppose for this phenomenon to occur here in Oz every 46 years is something to savour. I did enjoy the sports the TV stations *allowed* us to watch, mostly with aussies winning, except the medal prediction was somewhat off beam. The only thing I can't cope with is the constant chattering of the commentators who think TV watchers are terminally brain dead—I equate this with someone talking all the way through a movie. I looked at some of these elite athletes and wondered if we would ever hear of them again—were they a one game wonder? My work colleagues all agreed that the paralympics should've been given more air play, as the athletes showed the sheer joy of competing, with no complaints and 'precious' behaviour which reminds me that they must have the same motto of Fun, Friendship and Fitness in whatever order—sounds a bit like the organisation I belong to—AUSSI—and just think we don't have to do much advertising with our theme of AUSSI, AUSSI, AUSSI, Oi, Oi, Oi.

Our enjoyment of the water is the thing that brings us together, as one person put it: *Australia's obsession with water is a national characteristic. It is our true and universal addiction. There is no cure, and release comes only with death. Nearly all Australians get hooked.*

I read an article in a recent edition of *Swim* (USMS mag) that they are celebrating 30 years of masters swimming—started by a group of people who dreamed of fostering lifelong health and fitness. The writer (Phillip Whitten) had met his wife through masters who had years before, at the age of 15 timekept for a masters meet. She couldn't believe that *those* old folks were actually competing! She has joined the ranks of 'those old folks' and stays in shape through swimming. He goes on to say that Master swimmers have helped to redefine this notion of aging. How things have changed from two generations ago when 35 was middle-aged and 55 was old. Of course there are still people today who fit into these categories, but as Phillip suggests we all know people of 35, 55 and 75 who are as youthful—physically and mentally—as people decades younger. We see them every day at the pool. *We are them!*

I always find it amusing that people talk quite openly about their age and how they can't often wait to get to the next birthday—usually to escape a rival in their age group. Let's hope that the younger generation of swimmers are respectful of what we are doing and that they also view swimming as a *lifetime* activity for fitness and health.

Pauline Samson, Newsletter Editor.

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AUSSI Membership

This memorandum was circulated to all clubs in WA, however it is worthwhile for all AUSSI Clubs and members to consider.

You are either a Registered Member of AUSSI—or you are not an AUSSI member!!!

AUSSI has only one Membership category—that is a Registered Member.

By Law 28.3 states—'Membership of AUSSI is limited to full membership and that member must be registered. There shall be no social membership.'

Allowing people who are registered AUSSI members to participate in AUSSI activities is in breach of the AUSSI By Laws and places your registered members, your Club, the Branch and AUSSI nationally, at **risk**.

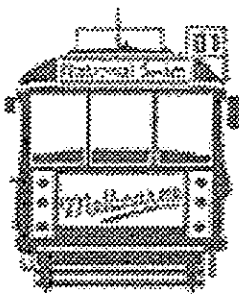
AUSSI has a good insurance policy which requires all members to be registered. If there are people participating in AUSSI activities who are not registered, that insurance policy can be invalidated to the detriment of every registered AUSSI member.

The unregistered participant is not covered by the AUSSI accident policy and, if they have an accident, may seek financial recompense through legal channels which could involve other Club members, your Club and AUSSI at Branch and National levels.

It is also unacceptable to have people who are not registered members (ie have not paid a registration fee) gaining the benefits of AUSSI membership which are paid for by registered AUSSI members.

Member registration costs **less than 80 cents per week**—it's the best 80 cents anyone will spend in a week.

Make sure that **everyone** at your Club is a **registered** AUSSI member—there are a few people at a few Clubs who do need to join us!



Officials for the 2001 AUSSI National Swim
Officials, (qualified and trainees)
are invited to apply to officiate at
The 26th AUSSI Masters Swimming National Swim
4th—8th April, 2001.

Write to or ring

Alan Davis

90 Yarra View Road

YARRA GLEN, VIC 3775

(03) 9730 2226

All applications to be received no later than March 1st, 2001.

Australian Masters Games

11— 14 October, 2001

Website: www.nhevents.com.au

**AUSSI National Swim,
2002**

16-18th March

Sydney International
Aquatic
Centre, Homebush.

This meet will be a short
course event

National Aerobic Trophy.Aerobics Point Scoring

- Now is your opportunity to be heard.
- Do you have an opinion about the Aerobics Point Scoring – Too hard?
- Too easy?
- Some strokes harder than others? Some age groups harder than others?
- Any other comments.
- Lynne Malone would like to hear from you for a review of the times.
- Please contact her by the end of November at:
- 61a Sulman Rd
- WEMBLEY DOWNS 6019
- lmalone @stmarys.wa.edu.au

Farwell to Rick and Peter

RICK BARNES 1946-2000

A memorial service for Life Member (NT AUSSI) Rick Barnes was held at the Holy Spirit Church, Casuarina, on Friday 21st July. Rick died on 6th July aged 54. The service was attended by his son Robert and many former club mates and work colleagues.

Rick was Club President of the Darwin Stingers (1990 to 1992) Club Recorder (1990-1995), NT Branch Recorder (1988-1995) and NT Branch Delegate to the AUSSI National Board from 1991-1995. He was Chairman of the 18th AUSSI National Swim Organising Committee and Meet Director for the Swim in 1993.

Rick was involved in a number of sports with his children and rediscovered swimming in 1987 when his younger son, Nathan, joined Casuarina ASC. Rick became President of Casuarina (1990-1992) and Co-ordinator of the NTASA Development Committee (1989-1991). He competed for Casuarina in NTASA carnivals and in Masters for the Darwin Stingers from 1988.

His successes at masters' level include a gold medal in the 400IM at the 17th National Swim, Melbourne, 1992 and a number of silver and bronze medals at subsequent national events. He competed at ten National Swims, two Australian Masters Games, the 1994 World Masters Games in Brisbane and the first five Honda Masters Games.

There were many tributes paid to Rick, both formally and informally, at the service. Amongst the most fondly remembered and praised attributes, apart from his quiet sense of humour, were his unfailing optimism and enthusiasm—the belief that anything is possible if only you set your mind to it; his hard work and dedication to the task at hand; his helpfulness and encouragement to all; his continued interest in and support for the club in the personally difficult years since he left Darwin; his courage in the face of his and Vicki's illness; and, above all, his devotion to his family.

Thank you, Rick, for your time with us and for what you did for our individual and collective good. Few claim to have been close friends, but all who knew you gained from it. The world is poorer for your passing.

(from John Pollock, NT)

PETER GILMOUR 1942-2000

Peter Gilmour was truly a World Champion. He will be remembered as a World Champion in the pool and out of the pool - in the pool for his swimming achievements and out of the pool for his personal attributes.

In the pool, Peter was a World Champion setting world records in the 100m and 200m Butterfly events in the 50-54 year age group in 1993 and again in the 55-59 year age group in 1997. He also set many National records. To prepare himself for a major event, he would swim at least five kilometres a day, in the six months leading up to the event. He was honoured for his achievements by being awarded the TWT Sports Star Award in both 1993 and 1998, the NSW Sports Federation Masters Athlete of the Year for 1997 and the Australian Masters Athlete of the Year in 1997. Receiving this latter award meant that Peter was recognised as the best masters athlete in all sports in Australia.

Out of the pool, Peter displayed all the qualities of a World champion. He was a world Champion and leader in his professional career – he was a Professor in the Graduate School of Business at Macquarie University with impressive research achievements.

As for his personal attributes, Peter may only be described as a kind, considerate person who always thought of others before himself. He was always giving encouragement to all those around him. He was very humble in accepting nominations for the above awards as he was thinking about the benefits and publicity to our swimming organisation and club that this would bring. He gave generously to any cause he considered worthwhile. He excelled in all he did because of his determination to achieve his goals in many areas of his life, such as his family, his academic career and his swimming. Peter Gilmour will always be remembered as a World Champion both in the pool and out of the pool.

*(Helen Rubin
Ryde AUSSI, Masters Swimming NSW)*

Rick and Peter were both nominated for the Australian Sports Medal.

NATIONAL EXECUTIVE DIRECTOR

Applications are invited for appointment to this position, which is offered initially for a three-year period.

The appointee will be responsible for the day to day running of the National office and will report to the Management Committee. Tasks will include liaison with related sporting and swimming organizations and government departments, assisting in strategic planning, sports promotion and sponsorship, budgeting and financial management, record keeping and acting as secretariat for Board Meetings.

Applicants must have proven experience in sport and event management and have sound computer skills. A qualification in sports management and experience in the administration of sport is desirable but not essential. Applicants should also be pro-active, be able to communicate well and have good leadership and negotiating skills.

Location of the appointee will be at a mutually agreed capital city.

The remuneration package, within the range of \$45,000 - \$55,000 per annum, will be negotiated commensurate with qualifications and experience.

For further information about the position and an application form please contact Mrs. Mary Sweeney by fax to 07 3350 3129 or by e-mail to marysweeney@acenet.net.au

Closing date for receipt of your application is 31st December 2000.

AUSSI 'Swim Around Australia'

To celebrate the Centenary of Federation in Australia, AUSSI Masters swimming proposes to conduct a national Swim-a-Thon with the distance to be swum to exceed the length of the coastline of Australia—36,735kms.

Commencing Australia Day 26th January, 2001 for a two month period, AUSSI members guarantee to swim to excess the distance around Australia.

All Clubs will keep records of members swims in regular AUSSI Club, Branch and open water events.

The aim of AUSSI in this project;

- To celebrate the Centenary of Federation, 2001
- To raise the profile of AUSSI Masters Swimming
- Substantial proportion of funds raised to be donated to various charities.

From the Teddy Bear's Instruction Book:

Rejuvenate your stuffing with a good massage.

Never put off until tomorrow what you can cancel outright.

Espouse preventative medical care—don't get threadbear.

Start a race with, 'Ready, Teddy, Go!!

Be wary of the over zealous arctophile.

Unwind—don't be a grizzly.

Eat up—obesity if more acceptable in a Bear than anorexia.

Have an exciting job—be Super Ted's stunt double.

(and remember, when all else fails, Hug Your Teddy. In an emergency, if you can't find a Ted handy, Bob, Jack, Bill etc will do)

2001 INTERNATIONAL YEAR OF THE VOLUNTEER (IYV)

The International Year of the Volunteer 2001 will provide a unique opportunity to highlight the achievements of the millions of volunteers worldwide who devote a lot of valuable time out of their lives to serving others and the year hopes to encourage more people to engage in volunteer activity. The main aim will be to increase recognition, facilitation, networking and promotion of volunteering.

The International Year of Volunteers should leave a lasting impression on the Australian Community, acting as a springboard for strong voluntary activity in years to come. Through participation in IYV in Australia we aim to:

- have community, business, the media and government work together to build an Australian society that encourages and nurtures a culture of volunteering.
- support Australian communities in their engagement in valuable and productive voluntary activities
- recognise and celebrate the outstanding contribution volunteers make to a strong, cohesive Australian society

Active Australia will be working to make sure the vital contribution of volunteers in the sport and recreation industry doesn't go unnoticed.

Stan Pearson is a member of the Caboolture and Districts Masters Swimming Club. He is well respected and liked by competitors and officials alike for his calm, fair manner for dealing with all manner of difficulties. He always has time to help and assist people and gives freely of his time to train others in the enjoyable passion of officiating.

Stan's history of service began in 1972 and he has been involved in all aspects of officiating. He joined the AUSSI officials list in 1996 and achieved AUSSI Referee qualification in 1997. He Refereed at the National Swim in Gladstone, 2000 and has also refereed 8 swim meets during the last year.

Stan has been the Director of Technical Development (Sth Qld) since 1996 and has been active in conducting training courses for officials in 2000.

His personal background in sport includes being the first 'Gympie boy' to win a regional title in the Wide Bay Swimming Championships and went on to become the first from the region to travel to the State titles in Swimming. Although Stan refereed at the 2000 AUSSI National Swim he swam and won gold in his age group for the 400 Individual Medley.

Stan's greatest officiating achievement was starting the International Athletes Grand Prix in 1996; his most memorable moment was starting Melinda Gainsford and other Olympians at the International Athletics Grand Prix in Brisbane 1996 and his funniest moment was rubbing against a wall and having a pocket full of starting caps explode!!

Congratulations Stan on your successful nomination.

This website lists swimming pools around the world including length, opening times, clubs, masters and other services. Of course the webmasters would like to hear from anyone who could supply information about their local pool.

God, grant me the Senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

NSW MASTERS GAMES COFFS HARBOUR 2000

The 2000 NSW Masters Games is an initiative of Coffs Harbour City Council and swimming was one of 28 sports attended by 2000 competitors. The Games are held bi-annually.

Swimming was absent from the 1998 Games due to the lack of a suitable pool.

Thanks to the foresight of the Coffs Harbour City Council and Tim Raven, Manager of the pool, the Satwell 25m heated pool had an \$80,000 upgrade prior to the games. Tiered seating has been installed to cater to at least 200 spectators with windbreaks surrounding the pool. A small warmup/warmdown pool was also available. All swimmers appreciated the efforts of all involved for providing us with a fantastic venue, perfect water temperature with beautiful clean surroundings and facilities. The idyllic weather conditions put the icing on the cake.

A total of 176 swimmers competed, aging from 20-86 years in hotly contested swims. Competition was held over three days with the 400m and 800m freestyle events on Friday and all other distances and strokes Saturday and Sunday setting 12 national and 16 state records.

Interstate and international swimmers participated, 11 from ACT, 24 from Queensland and 3 from Victoria, 2 from Canada, 1 from Oman and 1 from Sri Lanka.

These were genuinely the friendly games. New friendships forged and old ones renewed. Jan Quant and Joline Thomas were in lanes next to one another when they realised they had swum from North Sydney some 60 years ago. Apart from the swimming everyone had a marvellous time whether it be while time-keeping as many volunteers and swimmers were required over the 3 days to man those watches or lining up for the medal presentation.

The design was a credit to the organisers - they were a first class medal. All winners wore their medals proudly.

Thank you to Di Coxon-Ellis who did all the co-ordinating from the NSW office, and as usual—a superb job.

Elizabeth Lloyd, Convenor, did much of the work in the local area and without Elizabeth there would have been no carnival. Hans and Joan Wehrens also helped Elizabeth seek out sponsors.

The Satwell Amateur swim club excelled in the catering department providing healthy snacks and hot beverages. The registration tent was well conducted and information on Masters Swimming was readily available together with merchandise for sale. A masseur was in hot demand to work on our tired muscles.

Local businesses sponsored each event. Sponsors provided a lucky draw prize for their event, so a lucky swimmer received this prize in each event regardless of whether they have received a medal, most were to the value of \$50. There were some great prizes.

The relays were an especially fun time and the highlight of the day with the names like the Ten Torpedos, Breakers and Seaweed Wet Wonders. Each member of the winning team was presented with a bottle of wine which were kindly donated by Tamulaine wines from the Hunter Valley, organised by Mike Dunn of the Cessnock Club.

Craig Watkin from Coffs Harbour Club carried the banner in a very professional way leading all the swimmers on Friday night in the march past at the Opening Ceremony around Coffs Harbour showground.

There are 4 current Australian champions swimming at the Games in Satwell. Tricia Legge 60-64, Norma Rudolph 75-79, Arthur Thomas 80-84, all from Queensland and Alan Dufty 70-74 from NSW.

Our oldest swimmer was Margaret Russell, 86, who competed in 5 events on the Sunday, as we are only permitted to swim 5 events on one day, but if she had been allowed, she would have swum 7. Thursday, Friday and Saturday were spent at the athletics track. She says fun and friendship is what motivates her and if I win a medal it would be good, but if I have inspired someone else to compete it's a bonus.

The Satwell Splash was published daily and helped keep everyone up to date with the daily gossip and information.

For those who attended the many other functions throughout the weekend it's a wonder they had the energy to swim.

Thanks to Phil Murray who manned the microphone during the weekend and Toni Cameron who assisted keeping us all on our toes.

Thanks must go to the Management Committee and Staff especially Suellen Bordigon Games Co-ordinator, Kyleen Knight Registration Officer and Steve Wood Sports Officer. A special thanks to all the officials, too many to name who officiated throughout the weekend, - without them there would be no swim carnival.

Hopefully through a successful event such as this AUSSI Masters Swimming may gain new members.

Experienced Masters swimmers declared that it was the best organised swim meet ever attended.

All who swam had a wonderful time and look forward to 2002 when we will do it again.

Joan Wehrens
Publicity Officer.

Thanks Joan for this great report on such a successful competition. I'm sure there will be more people wanting to part of the next one. Editor

AUSI NATIONAL RECORDS

The following performances have been approved as National Records since the last newsletter.

LONG COURSE WOMEN

Shane Gould	WMR	40-44 yrs
100 Freestyle	01m01.62	29 Jul 00
400 Freestyle	04m44.33	30 Jul 00
Penny Steele	QBN	55-59 yrs
50 Backstroke	00m37.94	29 Jul 00
Joyce O'Farrell	WSM	80-84 yrs
800 Freestyle	20m24.02	08 Jul 00
1500 Freestyle	38m37.58	08 Jul 00
May Tromp	WSM	85-89 yrs
800 Freestyle	43m45.52	08 Jul 00

LONG COURSE MEN

Dan Sloanes	WPC	30-34 yrs
800m Backstroke	11m34.44	08 Jul 00
1500m Backstroke	21m58.47	08 Jul 00
Peter Rainey	VMV	35-39 yrs
200m Ind. Medley	02m22.78	29 Jul 00
Mark Fitz-Walter	QMM	45-49 yrs
50m Butterfly	00m28.49	29 Jul 00
Victor Paul	WCM	55-59 yrs
400m Butterfly	06m35.18	26 Jun 00
Max Van Gelder	NWR	70-74 yrs
50m Butterfly	00m28.49	03 Aug 00

SHORT COURSE WOMEN

Rebecca Foreman	SAT	25-29 yrs
400m Backstroke	05m33.53	30 Jun 00
Cathie Lamont	VSP	20-24 yrs
800m Butterfly	15m10.75	08 Jul 00
800m Ind. Med	13m40.26	08 Jul 00
Joanne Sutcliffe	SAM	40-44 yrs
50m Backstroke	00m34.50	18 Jun 00
400m Backstroke	05m38.13	30 Jun 00
Shane Gould	WMR	40-44 yrs
100m Freestyle	01m00.56	22 Jul 00
200m Freestyle	02m10.37	24 Jun 00
400m Freestyle	04m34.14	25 Jun 00
100m Butterfly	01m07.89	22 Jul 00
Janette Dickey	VMV	40-44 yrs
800m Butterfly	14m07.92	08 Jul 00
Lesley Miller	NCH	50-54 yrs
200m Freestyle	02m32.50	15 Jul 00
800m Freestyle	11m06.30	10 Jun 00
100m Butterfly	01m19.59	16 Jul 00
200m Butterfly	02m56.99	11 Jun 00
200m Ind. Med	02m59.44	15 Jul 00
400m Ind. Med	06m17.35	14 Jul 00
Susan Harbottle	VDC	50-54 yrs
100m Ind. Med	01m20.58	29 Jul 00
Sue Needham	QMW	50-54 yrs
1500m Breaststroke	29m27.03	17 Jun 00
800m Ind. Med	04m22.61	17 Jun 00
Marilyn Earp	NWG	50-54 yrs
50m Butterfly	00m34.45	24 Jun 00
Penny Steele	QBN	55-59 yrs
50m Backstroke	00m38.64	27 May 00
50m Backstroke	00m38.09	01 Jul 00
Tricia Legge	QTT	60-64 yrs
100m Butterfly	01m48.23	16 Jul 00

Val Lynch	NSG	60-64 yrs
200m Ind. Med	03m37.73	24 Jun 00
Barbara Brooks	VNL	65-69 yrs
800m Ind. Med	17m02.00	08 Jul 00
Norma Rudolph	QSC	75-79 yrs
400m Butterfly	12m07.49	17 Jun 00
800m Butterfly	24m43.32	17 Jun 00
Margaret Russell	QIF	85-89 yrs
200m Backstroke	08m42.69	16 Jul 00
200m Breaststroke	11m17.93	16 Jul 00

SHORT COURSE MEN

Peter Rainey	VMV	35-39 yrs
200m Butterfly	02m17.84	03 Jun 00
800m Ind. Med	10m37.90	08 Jul 00
Francis Christian	VDC	40-44 yrs
800m Backstroke	11m05.23	08 Jul 00
1500m Backstroke	20m52.18	08 Jul 00
800m Ind. Med	11m07.39	08 Jul 00
Mark Taylor	QGS	45-49 yrs
800m Breaststroke	12m35.28	17 Jun 00
1500m Breaststroke	23m51.76	17 Jun 00
400m Butterfly	06m22.54	17 Jun 00
Mark Fitz-Walter	QMM	45-49 yrs
50m Butterfly	00m28.86	15 Jul 00
Peter Emery	QBC	50-54 yrs
100m Freestyle	01m01.13	01 Jul 00
800m Freestyle	10m28.01	10 Jun 00
1500m Freestyle	19m51.16	17 Jun 00
Stephen Lamy	NML	50-54 yrs
50m Backstroke	00m32.87	24 Jun 00
Bruce Allender	VDC	55-59 yrs
800m Backstroke	14m01.68	08 Jul 00
1500m Backstroke	26m33.30	08 Jul 00
Brian Walsh	VDC	55-59 yrs
800m Ind. Med	14m39.83	08 Jul 00
John Crisp	QMM	65-69 yrs
800m Freestyle	11m59.12	17 Jun 00
800m Freestyle	11m48.54	14 Jul 00
1500m Freestyle	22m26.12	17 Jun 00
400m Backstroke	06m32.88	17 Jun 00
50m Butterfly	00m36.39	27 May 00
50m Butterfly	00m36.20	15 Jul 00
100m Butterfly	01m25.66	16 Jul 00
200m Butterfly	03m27.95	15 Jul 00
Patrick Galvin	VMV	65-69 yrs
200m Butterfly	03m40.62	03 Jun 00
400m Butterfly	08m05.54	08 Jul 00
800m Butterfly	16m35.53	08 Jul 00
Allan Dufty	NET	70-74 yrs
200m Butterfly	03m53.45	24 Jun 00
George Stewart	NWS	75-79 yrs
50m Butterfly	00m46.51	24 Jun 00
Arthur Thomas	QTT	80-84 yrs
100m Backstroke	01m54.40	27 May 00
100m Backstroke	01m53.00	15 Jul 00
Darley Ingleton	VSS	80-84 yrs
1500m Backstroke	42m18.82	17 Jun 00
400m Breaststroke	11m12.74	17 Jun 00
Jamie Jenkins	NML	80-84 yrs
200m Backstroke	03m57.79	24 Jun 00
Robert McCabe	VNL	80-84 yrs
400m Breaststroke	10m21.60	08 Jul 00
800m Breaststroke	21m16.59	08 Jul 00
1500m Breaststroke	40m36.49	08 Jul 00

Darryl Hawkes
National Recorder

LANE 9

"If at first you don't succeed—then skydiving is not for you".

At the end of an 800m race, a swimmer was asked if he had counted his laps or heard the whistle—he grinned and said, he had counted his laps, however he had heard the whistle as clear as a bell.

Recently NED received an email which said—Hi, do you have the results from Toronto swim meet. Mike.

NED replied—Mike, I think you've contacted the wrong organisation, however I thought I would try to obtain your information by looking up Canada's website. Here's their link, but there is nothing from Toronto.

(NED found out later that the Toronto Swim Meet had been held at the Toronto pool in NSW)!!

Apathy is a problem, but who cares!!!

I was about to leave work and someone asked me why I was putting on lipstick—simple—I was going to have my nails done.

Did you know that the cheapest family bus pass in Munich was for 5 people **and** a dog.

There are three parts to swimming stroke—the start, the middle and the end. (heard on the Olympics games swimming commentary).

And another gem from the Olympics (athletics))—They've come out the blocks running. Duhr!!

I was watching a TV program where a paraplegic woman was being used to develop a walking mechanism—she said—I just want to leave footprints! Something some of us take for granted?

The reason the Ten Commandments are so short and clear is that they came to us direct—NOT through a committee.

These days, I spend a lot of time thinking about the hereafter... I go somewhere to get something and then wonder what I'm here after.

One of our swimmers recently had a stent placed in an artery—she was walking into Office-works and set the alarm off—she was worried that the surgeon hadn't removed the barcode—anyway it was the barcode on a book she had bought from Book City!!

And one Club meets on the last Saturday of the month for brunch after swimming at a local café—as they were discussing the latest it was discovered they were more like the 'walking wounded' or perhaps 'a bunch of survivors' as recently they had personally experienced—vascular surgery, a stent, skin lesions, hysterectomy, colostomy, lumps removed, a nasty fall, shingles, an appendix removed, cataracts, a hangover etc. And they all had a good laugh about it!

Warning: I have an attitude and I know how to use it!!