



# the Chlorine Chronicle

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Nepean Masters Swim Club Newsletter  
Club phone line: 599-7166  
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February 2005  
Web site: [www.nmsc.org](http://www.nmsc.org)  
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## From the editor

This issue contains another contribution by Mike Sandoz for the Limerick Lane (or Poet's Promenade, submissions always welcome). Amelia Yap writes about this year's Swim for Heart and Ross Brown repeats his instructions for the care and feeding of lane ropes. We also have a note about this year's Annual General Meeting and a couple of items in our Tidbits column.

Charlie Colpitts  
Editor, Chlorine Chronicle

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## Swim for Heart

*by Amelia Yap*

NMSC will be hosting its 23rd annual Swim for Heart fundraiser for the Heart and Stroke Foundation and the event will take place during the week of the 27th February to the 5th of March.

Every NMSC member will be asked to participate in a 30-minute continuous swim, during which swimmers try to complete as many lengths as possible. While some members swim, others are on deck counting laps for them. This is not a race – it is to measure personal achievement only!! Club members are asked to get pledges and all monies go directly to the Heart and Stroke Foundation of Ontario (tax deductible). Depending on the dollar value of the pledges you collect, there are fun rewards. This year it varies from sunhats to a 3-piece luggage set.

This year there will be extra gifts (on top of the awards) for the top five amounts collected. So go out there and start collecting.

We will be handing out the pledge forms soon to give you approximately three weeks to do you best collecting. Sponsor yourself, you lane-mates (it's tax deductible) or ask your kids or "significant others" to sponsor you!! Every little bit helps and it's for a good

cause. We collected \$8797 last year over \$2000 more than the year before, let's see if we can beat that this year.

Thanking you in advance, Amelia Yap.

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## **Limerick Lane**

### ***or Poet's Promenade***

A Winterlude contribution from Mike Sandoz, completed shortly after the meet and sent to us from, of all places, Cairo.

### **Winterlude Meet**

*by Mike Sandoz*

The lady referred to in verse 3 was our own Jennie Wang, who actually swam a good 100m free in spite of being already out of breath before even hitting the water! Her sprint run to the start was quite humourous, right across the width of the pool past the ref and in front of the timers to lane 1, with all of the other swimmers already on the blocks. The starter saw her coming and waited until she put on her goggles and got up into place. After the race I was on deck at the other end when she came back over, and was ribbing her about the incident (telling her that she should take up track instead of swimming) when the ref intervened to inform her that he should have disqualified her. She was suitably contrite!

Oh to be in Ottawa, now that winter's here.  
That is where Nepean is, and the Sportsplex pool.  
Masters swimmers gather there, 'bout this time of year:  
Male and female, young and old; fast, slow, sage and fool.

Fast would be the ones who shine, making records fall;  
Slow would be the ones who race even weak and hurt;  
Sages enter few events; fools attempt them all.  
All are winners in their way: fit, alive, alert.

This year's swimmers from the club gave their all with heart;  
Organizers, coaches too; plus one lady who,  
Everyone already set, sprinted to her start,  
Causing Ref to reprimand: "That should be DQ!"

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## **Annual General Meeting**

**Date:** Monday 9 May 2005

**Time:** 7:00 PM

**Location:** library of the Walter Baker Sports Centre

Generally, executive positions are filled by someone volunteering (or being coerced) to do the job, and in living memory, no vote has ever been cast. As of this writing, several people have volunteered for next year's executive but we still need:

President  
Secretary  
Vice-President-B  
Winterlude Meet Manager  
Newsletter Editor

This aside, however, all positions are open to nominations from the floor. Please plan to attend. This is your chance to help direct the future of the club.

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## **Tidbits**

### ***Winterlude Meet***

Lots of records, good swims, and lots of fun all around. Check out the club website for photos and swim times.

### ***Club Clothing***

Check out the club website for photos, descriptions, and prices for good quality sweatshirts, t-shirts, caps, etc., etc.

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## **Lane Ropes – Again!**

*by Ross Brown, Equipment Manager*

There are still complaints about the way lane ropes are wound onto the storage reel. The following is the recommended procedure:

- Position the storage reel at the end of the pool with the handle on the opposite side from the lane ropes that are to be wound onto the reel.

- If there are no lane ropes on the spool, take ONE lane rope and hook it to the axle of the spool [winding two lane ropes at the same time inevitably causes problems when unwinding]. The rope can be attached via the small hole in the axle or one of the spokes.
- If there are lane ropes on the spool, attach the rope to be wound to the exposed hook [the end of the last rope wound on the spool].
- Wind the rope onto the spool by rotating it so that the lane rope enters on the top of the axle.
- Spread the rope to a uniform thickness on the axle from side to side.
- When the first rope is wound, attach the next rope to the end of the first rope and repeat the process.
- Repeat the procedure until all the ropes are on the reel.
- NMSC has 5 lane ropes. They can be recognized by the lack of any blue plastic rings/donuts. Four are red/white and one has yellow rings. All have a white turnbuckle on one end.
- When installing ropes, please do not tighten them beyond the tension required just to keep them taught. Overtightening results in broken cables or stripped turnbuckles.