

OLD STERNWHEELER'S Masters Monthly



Volume: Loud, Number, Unlisted

UNMATCHED-PROPAGATION

April 1, 1979

Hello again, Mud Puppies! Welcome to the 3rd Annual 2 page 1st April 4 Fools only issue. (Third annual, and thank gawd it only happens once a year, eh boys?). I was talking to the other martians here at the home the other week, and we all decided that this should be an exercise in good taste. Unfortunately, the Executive Committee vetoed good taste, and forced us to write what the people want to read. Ugh.

You've read about the Hodgson Family Relay, and the coming Butts Family Relay, but have you heard about the Helen Relay? Helen Wheels, Helen Back, Helen Gone, and Helen Keller, who, unfortunately, passed away in 1968...

SWIM-MASTER, long the ultimate publication in Masters swimming, has boasted photos and pictures, which often put to shame the Old Sternwheelers' professional art work. Well, we have hired a professional interpretive artist to photograph and reproduce pictures, bringing our publication up to national standards.

At right is a picture of Bob Harr of Lake Masters, with his coach, Janet Wallace. They reflect the strain and intensity of working out at 6 in the morning, which no mere photograph could capture.

The Exec. Committee has announced the addition of a 6th member to help with the upcoming year's plans. In light of the new, and added responsibility, extra money, and increased demand upon the Committee, they have signed up a new member, Lady Luck.

SAMPLE WORKOUTS These workouts have been written...

200 EZ	"Chip Fechter Special"	"Northern Shores Favorite"	7000 EZ Swim
200 Moderate	100 EZ	4 x 1000 on 10:00 SRB	Twice across the
200 Moderately EZ	Call cute wife	30 x 50 K on :50	St. Croix in
200 Moderately	50 EZ Kick	30 x 1 breath 50 (:10)	April
moderate	Take Sauna	12 x 200 IM on 2:10	Once upstream in
200 easily mod	50 Pull	50 x 50 on :50	October,
200 mosily ederate	Explain to cute	100 x 100 on :100	Once over lightly
200 ezod rate	wife about Sauna	200 x 200 on :200	Once up the stairs
	50 Stitches	300 x 300 on :300	in the hospital.

Do squirrels take you home for the winter?

GREAT MOMENTS IN LITERATURE

This excerpt of great literary value was taken from the story "Whale Song", which appeared in the highly advertised science fiction magazine Omni.

"She stood dumbly with the phone to her ear, bending over the lamp table, her thigh-length nightshirt not adequate protection against the news that her world was about to be destroyed."

So we'll have no more idle criticism of the Old Sternwheeler's Masters Monthly!

WIN A TRIP TO THE SOUTH SEAS! You could win a trip to the beautiful South Sea islands. If your secret number at right matches the permit number on the mailing label cover sheet. Scratch the box with a penny to discover your number!



I sat casually back with my bottle of Perrier Water, took a whiff of pure oxygen from my personal tank, and surveyed the coming spring. With the world at my fingertips, I can afford to lounge for a few minutes. The jet was being refueled, and I was still impatiently waiting for my lady to return my call from Zurich.

To waste a little time, I filled out my entries for the upcoming Masters Meet. Let's see, if Linda Ronstadt is going to swim the 50 free, and Bianca is swimming backstroke, perhaps Manilow and I can talk those two into a mixed relay. Maybe Linda will wear her Boy Scout swim suit...

Dear Old Sternwheeler,

Boy, have I done it now! I've discovered a drug which will make you swim fast, or at least feel fast! Boy, just take one of these pills and you can't even

Dear Old Sternwheeler,

Why don't you take a Contac and then go operate heavy machinery?

-Nora Borealis

Dear Old Sternwheeler,

Here is a check for \$500.00, now would you please send me your phone number? Look fella, I'm really desperate! My last boyfriend ran off with a rock lichen. Even Robin Kleffman looks good to me! Help me, please!

- Marry W. Weddingbells

DO IT YOURSELF STROKE HINTS: This month, additional dry land exercises.

1. Levitation. This is good exercise. You'll be surprized how much energy it takes to hold your fat little body off the ground for hours at a stretch. Although some of you are on cloud nine most of the time anyway, that doesn't count. Hint: get a running start.
2. Reverse toe stretch. Lie on the ground (floor). Reach with the right hand, and grasp the left toe, passing the left forearm beneath the left knee. Hold the right ear to the right knee, and rise onto the left foot, using only the nose for balance. (Not as easy as it sounds). Then raise onto the ball of the foot, extending the hips upward and outward from the newly acheived center of gravity. Repeat 100 times, twice daily.
3. Auto Carry. Carry your car to work all next week, rather than the other way around.
4. Hypercoffee Exercise. Drink 30 cups of coffee in two hours, and vibrate for the next 48.

A MESSAGE FROM STERNWHEELER SPILLANE...

"All right, youse creeps! I am hot on the trail of the double creep who is keeping my name off the maling list. Youse may or may not hear the footsteps when I comes up behind youse to 'sign up', Har Har Har."

Just received a letter from the girls at the Convent of Our Lady of Great Agony, and they want to know the truth about showers. Well, girls, last time I played "Drop the Soap," I played alone, in the privacy of my own home. Most educated people now realize that the so called "Gang Shower" is a harbinger of decadence, a purveyor of metagenesis, a coelenterate of Root Beer, a foison of escadrille, and a dictionary by my desk.

In my search for hilarious things to use in this issue, I came across my checkbook balance.

(ZIPPITY DO DAW, ZIPPITY DE-YAY)

Speaking of science fiction, Splash, it was you at the launching of the "Swan Hunter," wan't it? You've come back, after all these years, all those years you spent on the streets, in prison, at the half-way house... I knew it was you all along. Now get out of my life forever.

Special dedication, this month, to Erma Quickturn, Queen of the Senile Outburst, to my parents, special thanks for making me possible, to the Kid, Gee, and Munch, To all the Acorns, Meatballs, and the Bomb Squad.

Remember our Motto: "Send tens and Twenties." Remember the Alamo. Remember the Maine. Remember Harmon Killebrew? Remember Mother's Day, and Father's Day, and Mamie Brown's Birthday. I do.