



# MARMALADE AND JAM

**Issue 2 – July 2003**

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## PRESIDENT MESSAGE

Although not much time has elapsed since the last edition of Marmalade & Jam, a lot of things have happened around the Club.

### *Geoff Stooke*

I am delighted to be able to report that one of our life members, Geoff Stooke, was a recent recipient of an Australian Centenary Medal.

The Australian Centenary Medal was commissioned by the Prime Minister to recognise the achievements of a cross-section of the Australian community on the occasion of the centenary of Federation. In the words of the Prime Minister, “*each medal recipient has made a valued contribution to our community which will help shape our community for the years ahead*”.

Geoff’s contributions to rugby in Western Australia have been made over many years and in many different capacities, notably as the Chairman of the Executive of Rugby WA.

Successive generations of young rugby players in Western Australia have benefited from his mentoring.

A further note about Geoff’s Centenary Award appears elsewhere in Marmalade & Jam.

### *Edna Rovira and Jim Curtis*

Two of our members, Edna Rovira and Jim Curtis, were recently recognised by the ARU for their volunteer contributions to rugby in Western Australia over the last decade. Edna and Jim were guests of the ARU at a special function at Subiaco Oval held during the Perth Test Match.

Edna has been the secretary of the Club for a number of years and her contributions to the Club are now the stuff of legend.

Jim has for many years acted as the Club’s unofficial liaison with the Western Australian Junior Rugby Union and he was until recently the vice president of WAJRU.

### *Perth Gold*

I’d also like to congratulate all our Perth Gold players on their success as members of the Perth Gold side which recently won the Australian Rugby Shield and in the words of one newspaper proved they were the best amateur rugby team in Australia.

Our Perth Gold representatives in 2003 were Adam New (captain), Dirk Gleghorn, Damien Elton, Geoff Xanthis, John Trend, Robbie Barrugh and Mark Solomons.

Their presence has been sorely missed in our 1st grade side. However, we would like to thank all those players who stepped up to the mark during their absence (including a number of Colts and others who were Colts many years ago) and filled the breach with considerable distinction. It says an awful lot about the underlying strength of the Club that not only were we able to continue to field teams in all grades, but that we were able to remain competitive, particularly in the 2<sup>nd</sup>, 3<sup>rd</sup> and Consolidated Cup grades.

### *Allen Park Lights*

The new light towers on the eastern side of the number 2 pitch should have been installed by the time this M&J goes to press.

### *Soaks Supporters Apparel*

We now have available for sale a selection of Soaks supporters items, including polo shirts, caps, fleecy tops and scarves. They are available for sale on Thursday evenings and during home games. Stocks are available in most sizes and if we haven't your size in stock we can order it for you.

Please contact Dorothee Leach or Suzette Halberg to get kitted out before the Seniors and Juniors Finals.

### *Clubhouse Improvement Program*

We have recently lodged new building plans with Nedlands Council. The plans envisage that the Clubhouse will be extended into the playground area. This will provide much needed additional storage space, a meeting room and perhaps a Club shop. We also envisage that the pathway area outside the Clubhouse will be widened so as to reduce congestion outside the Clubhouse on game days.

This is stage 1 of our revised Clubhouse development project. Later stages will focus upon the refurbishment of the kitchen area, toilets and changing room facilities.

I would like to thank Dave Newton and Rodger James for moving this project forward.

### *Grassed Bank*

We have this week received the go-ahead from Nedlands Council to extend the grassed back along the slope adjacent to the number 1 pitch, in the area south of the machinery shed. It is hoped that the new bank will prove to be an attractive spot for spectators and help reduce some of the congestion outside the changing rooms on game days. The grassing of the area will require a volunteer effort from Club members and there will be a further announcement about the help we require in the near future.

### *Summer Touch Competition*

We want to establish a summer touch competition at Allen Park. We know that many players are already committed to other touch competition venues, but still believe we should be able to get the critical mass of players required. We are open to suggestions – Open, Juniors, Mixed, Womens and Over 35's are all options. Is there anyone out there who is prepared to take charge of this high priority project for us? Please contact me if you are or if you know of someone who is prepared to help us out. If we are going to get something going this summer, we need to move quickly.

*John Burke*

In closing, it is with sadness that I report the passing of a former Soaks player and long time supporter of the Club, John Burke. John died recently after a long illness. We extend our sympathy to his wife, Helen, his brother Frank and other members of John's family.

**Up Soaks!**  
**Brett Nelson**

## **EDNA'S RECOGNITION**

As part of the ARU Volunteer Recognition Program launched this year, 14 volunteers from the Rugby Community in Western Australia have been successful in being acknowledged at a National level for their contribution to the sport over the past 12 months.

Clubs and Affiliated bodies were asked to nominate worthy individuals and from the nominations received, 14 were selected for this years awards.

Each of the successful nominees received recognition certificates and an invitation to a corporate suite at the Australia v Ireland match at Subiaco Oval on 7 June.

Congratulations to Edna Rovira and thank you on behalf of Associates RUFC for the tremendous amount of time and effort you dedicate to ensuring the club continues to prosper.

## PATRONS PIECE (OR SHOULD IT BE PEACE)

2003 is a significant year for Western Australian Rugby with WA Gold in the finals. We will know the result by the time M&J goes to print.

For Soaks 2003 is extremely significant, firstly because of the large number of first grade players chosen in the State team, including the State and Soaks front row and Captain, a second-rower, a flanker and our half-back. If you don't know the names, you don't follow Soaks.

Also, I am reliably informed, two invitees (a lock and a flanker) were unavailable.

The second extremely significant thing is the remarkable way the young players from seconds and colts have stepped up to fill the vacancies and the magnificent way they have performed.

These players deserve praise and congratulations for their efforts, application, skill and hard work. They have not let us down.

The stalwarts in first grade, who remained after the State players vacated their position, can be grateful and pleased with the performances of the guys who have filled the vacant positions.

What it truly means is that when we have injuries, vacancies and retirements, we have some great talent coming forward who will be there to take their place and fulfil their role for Soaks.

I conclude by publicly expressing the Club's condolences on the loss of John Burke who passed away last Thursday the 17th July to our long-time supporter, his brother Frank and sister-in-law Norma and to his widow Helen and all of the families concerned.

I have known John since the early '60s, as many of my fellow Soaks members have and he was a feisty character with a red-blooded sense of humour. When he was on the sidelines you certainly knew it, and when he was playing he was that red-headed winger, racing down the sideline, always calling "Give me the ball". I never ever thought of him as being as Irish as they come, but he was. He never took a backward step when confronted by adversaries, either on or off the field. We will all miss him, and his ribald comments.

Arthur Auguste  
PATRON



## STOOKEY GETS ANOTHER GONG

Like Associates, Australia too recognises outstanding achievements and community service through a system of honours and awards. You no doubt know about the Best Clubman, Gold awards and President's trophy, Geoff has won all these and the Bernadine Mudd to boot. His latest achievement is a Centenary medal. The Centenary Medal is a monumental step up from the Bernadine Mudd although those denizens of that WA pilgrimage the "Sunday Sesh" may vehemently disagree but then Geoff has been there too.

The "CM" was designed to mark 100 years of nationhood in 2001. The medal is an impressive acknowledgement of Australians who were 100 years or more old, along with the extraordinary achievements of worthy citizens across the nation. No, Geoff's not 100 yet but he has made a significantly impressive contribution to sport in Australia and of course earlier in it's territory Papua New Guinea.

He will of course be remembered for being an outstanding contributor to sport in New Guinea where he did it tough, betting and losing his wife's car in one hand of a card game, a feat hard to emanate by even the most ardent supporters of that game. He was also a distinguished rugby player in New Guinea, easily distinguished because he was the only man in the team who was a different colour! Being distinguished he was selected as the captain a trait that he has continued on until the present day though now he plays with mostly colourless fellas.

Later in such select company as Geoff Moore, Bill Lloyd, Stuart Henry and Mick Sayer he designed and perfected a new sport of "stick Peter Manning up into the rafters so he can't go home". They played this every Friday night at the Hair and Hound in the 70's with much frivolity and zest. Geoff's contribution was as usual outstanding as it was also with the "Robbo drop".

There were only 15,500 recipients of the CM who were not in the 100 years or over category out of our population of 19 or so million. As Harry Evans clerk of the senate said when asked why it had taken two years to present the awards "There is a process to be involved of consulting people. It is an important award. It is not just something to be sent out in the mail."

Geoff received his award for service to sport and although I have been flippant in my earlier comments about this colourful character his contribution has been nothing less than outstanding. His rugby playing career spans a period of at least 40 years from the early 60's, he played 1<sup>st</sup> grade in Sydney in 1966. As an administrator he has been responsible for coaching and selecting various successful state teams since 1985. His major contribution has been as Chairman of Rugby WA, an arduous task through which he has diligently and passionately led WA into being the strongest of the minor rugby states. And of course who can forget the America's cup, "gorillas wanted" said the advertisement. Geoff applied and became a grinder on the Kookaburra during the defence off Fremantle although I think he enjoyed the Sail and Anchor far more than the cup defence.

Geoff's latest award is to be added to his already distinguished collection of Medal of Order of Australia, Australian Sports medal and of course life memberships of RugbyWA and Associates RUFCA.

Richard Trend

**OBITUARY**  
**IN HONOUR OF**  
**JOHN BURKE**

It is with sadness we note the passing of John Burke. Burkie was a club institution. He joined about 1956 and played 1<sup>st</sup> grade where he was a dashing 5/8<sup>th</sup>. He finished his career in the lower grades – a series of broken wrists putting paid to his career.

He remained a passionate, lifelong supporter and although he never held any club office could always be relied upon to run the touchline. Together with club stalwarts Geoff Moore, Bob Hogue and Denny Bennett they purchased an old Cray boat and after making a number of improvements which included removing the toilet and lifesaving raft, relaunched it as “Super Ugly”. The vessel was to be found off West End most long weekends and at night moored to the Quokka Arms jetty. Many a player was recruited to the Club Colours, seduced by a weekend of crayfish, sun, port and girls. When the Super Ugly was retired John had built a new steel craft “Soaks” resplendent in racing green with the Club logo on the stern.

Burkie was a familiar face at the Soaks picnics, lunches and at Club games where he could be heard on the “referees advisory panel”. Despite a lengthy illness, which he fought with great resilience and courage, he was able to be with his mates on the sideline until very near the end. His passing represents the end of an era connecting the present with the Soaks sides of the mid 50’s.

The President, Committee and Members of the Club extend to his wife Helen, daughter Tara, son Steven and his brother, Club member Frank, sincere sympathy.

Vale John  
Your humour and friendship will be sadly missed.

## COACHES REPORTS

### 1<sup>st</sup> Grade

In what can only be described as a sparkling victory Soaks First Grade defeated Palmyra 28 to 7. The 4 try pummelling provided Soaks with a bonus point and had the effect of securing second place on the competition ladder.

Soak's cause was helped by some fortuitous results in other games, with Kalamunda beating Cottesloe and Perth recording a win against Nedlands. Although unlikely, these other results were not entirely unexpected. Ten minutes after the game Coach Cole's phone was reportedly running hot with calls from Kalamunda and Perth management. The calls reportedly were concerned with where the teams could pick up their Ford Falcon station wagon.

When asked about the veracity of these rumours Cole only offered that, "The fact I am riding a pushbike is totally unrelated to the weekends results, it is a personal fitness decision!" Coach Cole would not enter into any more debate about the matter and strapped on his helmet and rode off in a northbound direction.

### 2<sup>nd</sup> Grade

The 2's have been playing some good rugby and before a couple of recent losses had strung together 6 wins on the trot which was great. Unfortunately, we are still just outside the four but with a few games left we will be doing everything possible to secure a place in the semi finals.

It has been great to see some of the "regular" seconds team performing with distinction in first grade while players are away representing Perth Gold. Our whole front row of Lachlan Strain, Wes James and Will Green deserve mention for the way that they have stepped up to the plate in the top grade.

Assistant Coach Red has had the forwards primed in recent weeks and Al Norcross, Graeme Watson, Bruce Vivers and Andy Wilson have put in performances worthy of mention. Steve Watt at hooker, also deserves a rap for his tremendous work rate around the park. Rod Trickey has been on fire at the back of the pack in and as well as playing his own game "Trickey" is never shy to put a cracker up the forwards' backsides if it is thought they need pulling into line.

Dave Binz, who Coach Hunter has described as having " the speed of a striking snail", has been killing them in the backline as well as slotting them from all over the park with the boot. New recruit Jake Law has made a strong impression in the centres while out wider Troy Hindmarsh and Al Dempsey continue with some good attacking and defensive work. Of note has been the willingness of guys from both 3rds and Colts to help out as we have covered the few gaps with senior players on representative duties. In particular Colts Dave Fenbury and Tim Hegarty. Finally it is pleasing to welcome Christian Corrigan on his comeback from his grand final knee injury last year.

Piggo

## 3<sup>rd</sup> Grade

After fourteen rounds of competition the Third Grade has won six games and lost eight, however, five of these losses have been by three or less points. As a consequence and because of a couple of very good wins we have now accrued nine bonus points. We are now in fifth place, just six points out of the four with four games to go. Unfortunately, our remaining four games are against the top four sides but our ranks will be strengthened for these games with the return of Perth Gold players, some injured players and the consequential 'flow down' to Third Grade.

Over the past six weeks, injuries to players in Firsts and Seconds together with the unavailability of Perth Gold players, has seen a large number of 'Third Graders' playing up the grades. They have all performed very well, as have their 'replacements' in the Thirds who have come from the Fourths, Colts, retirement or just 'blown in'. Over fifty players have now played Thirds this season. Thanks to all those guys who have helped out!

Some of the highlights in recent weeks include:

- Paul Raymond finished a game
- Elvis McMahon has come to training, played and scored the Third Grade try of the year.
- Mike O'Leary has been converted from Flanker to Hooker and is now doing a Front Row language course with Bert and Casho.
- Jon Gaines scored a try
- Pete Tually came to training once (and has been injured ever since)
- The Cameron brothers are displaying great on and off field form
- Legendary Soaks Front Rower, Paul Carter, was sent off against Perth for essentially 'being punched'. This was Carts first send off in over 300 games for Soaks and the judiciary believed his story and converted his send off to a yellow card.
- Dave Deetlefs is now a referee and refereed our game against Paly. He did a great job and his heart is still with Soaks!!

Attendance at training continues to be good and we look forward to doing our best over the next four rounds in our effort to 'sneak' into the final four. It will be tough but you never know!!!!

Geoff Stooke

## Colts

OK - Round 14 has now been completed, and the two Soaks Colts teams are going well. We have about 40 players on the books, with 30-35 regularly turning up to training and to play. Just enough for two teams with a couple of reserves each. Any time we have been short (which has been happening during Uni exams and holidays), the gaps have been more than adequately filled by bringing up players from the Soaks U/17's and the PSA comp.

The Gold team is top of the ladder with 13 wins (and 11 bonus points) from 14 games. Our only loss was last weekend to Paly, who are sitting in 2<sup>nd</sup> place on the ladder. That was a bit of a shock for the boys as they had become quite accustomed to winning easily. From the coaches' perspective, we weren't surprised as we had sensed a feeling of complacency had settled into the team. This is a group of very talented players, but

they now realise that there is considerable room for improvement as a team, and that a place in the Grand Final and a Premier's medallion around their necks will only come through greater commitment and desire. Last week was a rude awakening for the boys, but just the shock they needed at the right time of the season so they can fire up again for the finals.

The Green team is doing well. We are currently sitting in equal 7<sup>th</sup> place (out of 11) on the ladder, with 6 wins and a draw from 14 games. Our only drawback is we can't score enough tries to get the bonus points – so far we have scored 4 or more tries in only one game, and that is something we continue to work on. Peter Bourke is now back from Iraq, and has taken over the main coaching role from Red who has returned to 2<sup>nd</sup> Grade. (Many thanks, Red) It is great to see the camaraderie and team spirit which is developing in the Green team, and this has much to do with the passion brought to the team by Dowers – our fiery and feisty hooker and captain.

Two of our players received representative honours with the State Schoolboys, and toured to South Australia where WA won the Division II championship. Well done Ben (Blocker) Saunders and Terry Leach.

All the best to both Colts teams for the rest of the season

Tony Rovira  
Colts Coach

## State School Boys

Western Australia defeated Victoria 15-12 in a hard-fought final of the Division II Australian Schools Championships in Adelaide to claim the Charles Blunt Trophy for the second year in a row. This is the first time WA has won back to back championships. Western Australia was duly rewarded for their efforts, with the naming of 11 players in the Combined States team that competed in the Division I Championships in Brisbane.

The Western Australian team included the following Associates players;

Ben Saunders

Scott Nimmo

Peter Trend

Levon Kvas-Rothwell

Lloyd Johnson

Terrence Leach

Ben Stevens

Rupert Coldwell

as well as the Coach; Richard Trend, Manager; Ben Piggott and Physio; John Trend

The Combined States team included 4 Associates boys:

Scott Nimmo, Lloyd Johnson, Peter Trend, and Levon Kvas-Rothwell.



## **JUNIORS REPORT**

### **REGISTRATION.**

Our target for the year is 200 players and we now have 198 registered. A preliminary notice has gone out to coaches and managers of U11's to U14 regarding the "PSA issue". All teams are on notice to actively recruit non-PSA players. A meeting was held on Tuesday 15<sup>th</sup> July 2003 to "get the ball rolling" on the issue.

### **MAIN COMPETITION.**

The main competition completed Round 7 on Saturday 28<sup>th</sup> June and Soaks Juniors are currently sitting second behind Perth who are 26 points clear.

At the halfway mark (Round 7) the U11 Green are 3<sup>rd</sup>, U12 Gold 1<sup>st</sup> equal, U13 1<sup>st</sup> equal and the big improvers are the U14's who have four good wins under their belts. The U17's might just make the Finals.

The Club proposed a motion of clarification at the WAJRU Council meeting to allow players turning five to play in the U7 side. The motion was passed. Another club proposed a motion to allow U15's to play up 2 years but this was not passed.

### **U15's.**

The U15 side is not running this year and has been formally withdrawn from the Competition.

### **SOAKS JUNIORS AT HOME.**

We had hoped to be able to have Soaks Juniors games at home on **Saturday 28<sup>th</sup> June 2003**. However home games have been allocated to other clubs. The U17's were due to play at home last Saturday but the opposition forfeited. A request has been made to WAJRU for an alternative home fixture, to coincide with 1<sup>st</sup> Grade at home, but this was rejected.

### **JUNIOR REP. PLAYERS.**

The following players, who have been selected for the State U15 side, were presented with cheques for \$100 at half time last Saturday. Danny Norrish, Nevin Mills (injured?), Andrew Cotterell, Angus Nielsen and Tim Carslaw from Hale and Tryg Guyton and Tom Hobbs from Christchurch. Tom Coulter was in the squad of 30 but missed the cut.

Michael Cowley, Neville Halberg and Rory McCarthey have been selected for the State U16 squad.

Levon Kvas-Rothwell and Rupert Coldwell from the U17's have been selected for the State Schoolboys side, on top of the six Colts players.

### **COACHES & MANAGERS.**

All active coaches and managers were presented with a Soaks jacket or polo shirt funded by the Juniors. This accompanied a letter of appreciation for their continued support for Junior rugby.

It is a heart-warming sight to see the green-and-gold of "Soaks Rugby" scattered wide across Britannia and Allen Park.

### **"RUGBY TRUE COLOURS" TOUR.**

A rugby exhibition trailer will be in Perth on the 26<sup>th</sup> and 27<sup>th</sup> of September 2003, the last stop of an Australia-wide tour. Soaks will present a jersey to the World Rugby Jersey Auction to benefit Spinal Cord Injuries Australia appeal.

### **MELVILLE-STEWARTS COLLEGE Vs WA SCHOOLBOYS.**

After their games against Trinity College, Melville-Stewarts College of Edinburgh is scheduled to play WA Schoolboys on Friday evening 25<sup>th</sup> July 2003 at Soaks. Watch the notice-board for details.

Alasdair Watson  
President (Juniors).

## PERSONALITY CORNER



**DAVE  
DUNSTAN**

**Nicknames:** \*Don Dunstan (sexual tendencies similar to those of the former South Australian Premier)  
\*Iceman (always being cool under the high ball)  
\*Disco (many hours spent on the dance floors of Conrads)  
\*Turnstile (tackling style)  
\*Rohnan (resemblance to the singer Ronan Keating)

**D.O.B.:** 12/02/1979

**Occupation:** Full time student and part time barman at the Subi Hotel. (Davey has actually been at uni long enough to get a Phd but he should finish at the end of the year with a Bachelor of Science)

**Married:** She likes to think so

**Hobbies:** Supporting his beloved Cronulla Sharks

**Position:** Fullback

**Aspirations** To use his science degree to get a job on the TV show CSI

**Most Admired Player/Person:** Brett Kimmorley who is halfback for the Sharks and Jonhnnie off the first Big Brother TV show

**Superstitions:** Likes to always have his socks up when playing and likes go out on the field last when we run on. Also confesses to a bit of hair gel application before running on.

**Dislikes:** Geoff Stooke's tackling drills and any form of contact at training. Playing a rugby game prior to an exam.



**JOSH  
DOHERTY**

**Nickname:** \*Dohers

**D.O.B.:** 16/08/1985

**Occupation:** Applying for a position at TAFE

**Married:** No, single and looking

**Hobbies:** Playing rugby, Drinking, Drunk wrestling, socialising and chasing girls.

**Position:** Hooker

**Rugby Aspirations** To play for the Wallabies, everyone wants to play for the Wallabies

**Most Admired Player/Person:** Phil Kearns

**Superstitions:** Whenever I am pissed I try and wrestle people and/or head butt them.

**Dislikes:** None, except being sober



**DAVE  
DUNSTAN**

**Favourite**

*Movie:* The Titanic  
*TV Show:* The Simpsons and Big Brother Uncut  
*Music:* Celine Dion  
*Car:* Volvo Station wagon  
*Food:* Half price steak night at the Herdie  
*Drink:* Café Latte  
*Nightspot:* Subi

Most embarrassing moment? Being stuck talking to Rod Trickey at the Sapphire Bar.  
 One person you would like to spend a night with? There are so many I have already had but Natalie Imbruglia  
 Tip for the RWC? Wallabies



**JOSH  
DOHERTY**

**Favourite**

*Movie:* Once Were Warriors  
*TV Show:* Simpsons  
*Music:* Everything  
*Car:* Panel Van  
*Food:* Everything, Bourbon Smoothies  
*Drink:* Beer & Spirits  
*Nightspot:* Anywhere I can get in as I am not 18

Most embarrassing moment? My twin brother knocking out my 2 front teeth  
 One person you would like to spend a night with? Kylie & Danni Minogue  
 Tip for the RWC? Wallabies



**IMPORTANT DATE FOR DIARIES:**

**ANNUAL PRESENTATION DINNER IS ON FRIDAY OCTOBER 10<sup>TH</sup>.  
MOUNTS BAY YACHT CLUB, CRAWLEY.**

TICKET PRICE – T.B.C. BOOKINGS FROM THE 16<sup>TH</sup> August.

## UPCOMING EVENTS

# SPORTSMAN'S LUNCH AND AUCTION

A limited second release of Soaks number plates will be auctioned along with other sports memorabilia at the Associates Sportsman's Lunch.

**AT :** ASSOCIATES CLUBHOUSE

**DATE:** FRIDAY AUGUST 1<sup>st</sup>

**TIME :** 12.30 – 5.30

**COST:** \$70.00

includes 3 course meal, wine & beer up to 2.30

**GUEST SPEAKER:** Guy "BLUEY" McKenna

**TABLES:** Tables of 10 - Organise yours now

**BOOK EARLY AS SEATS ARE LIMITED**

**Ticket Sales - Laraine Newton - 9384 9250**  
(or see Dave Newton and he'll point you in the right direction)

Ticket sales close July 28<sup>th</sup>.

To order, please return the following slip, with payment, to Laraine or mail to :

**Associates RUFC PO Box 10 Nedlands WA 6009**

Name \_\_\_\_\_ No of tickets \_\_\_\_\_ Amount \$ \_\_\_\_\_

Please make cheques payable to : Associates RUFC

Or by credit card type: Visa  MasterCard  Bankcard

Card Number: \_\_\_\_\_

Name on card: \_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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CORRESPONDENCE TO P.O. BOX 10, NEDLANDS, WESTERN AUSTRALIA 6009  
SECRETARY - PHONE : 9383 9910 FAX : 9245 7049  
CLUB TELEPHONE : 9383 2055  
Club Web site : <http://associates.rugbynet.com.au>



Every year players incur costs of over \$2500 in strapping and medical costs. You have a choice: Either get billed at the end of the season or offset it now by supporting this **Strapping Function**. \$20 will get you a meal, heavily subsidised drinks and entertainment.

**Where:** The Club

**When:** Friday, August 15th (Sunday Games)

**Time:** 18:30 - bring your workmates

Tickets available from  
Team Managers,  
Coaches or Dave  
Newton behind bar

**OCTOBER 10<sup>th</sup>**

**ANNUAL PRESENTATION DINNER IS ON FRIDAY OCTOBER 10<sup>TH</sup>.**

MOUNTS BAY YACHT CLUB, CRAWLEY.

TICKET PRICE – T.B.C. BOOKINGS FROM THE 16<sup>TH</sup> August.

**Oct 18<sup>th</sup>**

**\* World Cup Barbeque \***

Be ready for this major event. **LUNCH TIME EXTRAVAGANZA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!**

To be held before the England V South Africa game for both local and international rugby supporters. Overseas guests will be brought to Allen Park by bus and taken to Subiaco Oval for the match. In the marquee will be:

- Traditional Aussie BBQ,
- Entertainment - Aussie Bush Band
- Comedian – Ken “Kenackers” Studley – Kevin Bloody Wilson’s mate!!
- Celebrity speaker,
- Merchandise and much more.....

**Can you help??**

Club Members will be needed to assist in making this a huge success. It is a one off chance for Soaks to capitalise on the WRC being in Perth. Forget the raffles – let’s raise it all in one afternoon!!!



## COMFORT PSYCHOLOGY

### Routine

Travelling to a competition can be fun and exciting, but it also puts a lot of stress on the body. Differences in water and food, changing time zones, and unfamiliar venues can all take their toll on performance.

By following a routine, athletes can minimize the effects of these changes and boost their confidence. With a good 'battle plan' they'll know what to do no matter what the situation. Athletes should develop a routine long before going away to compete, and they should follow it at their practices. A routine should be very simple. For example, going to bed at the same time as you would at home, then waking up, eating breakfast, travelling to practice or to the competition site, checking equipment, warming up to train or compete, taking time to cool-down and stretch, and drinking water throughout.

These are all good practices for an athlete no matter what the situation. This personal routine helps one to feel prepared on the big day, even when an athlete is far from familiar surroundings. It can be a real psychological boost when competing in a new place against unknown competition. Of course, one also has to adapt to changing conditions. It wouldn't pay to become agitated when you lose your lucky shorts, for example. Having a routine does not mean it cannot be modified, and it is easier to change a plan than to invent a completely new one at the last minute.

### Preparing for the Big Event

Many athletes have a set of activities that they perform before practicing or competing. Some listen to music, do visualization, go to a quiet place to review their race plan, or think of key words. For some athletes, carbohydrate loading or other dietary modifications provide a psychological advantage to help them feel 'ready' a few days before the competition. One of the best ways to see what works best for an athlete is to try new and different things. It is also vital to keep a journal record of good and bad competition days. Try to repeat the activities that led up to the good days and learn from the mistakes of the bad days.

### Sport Foods and Methods

Eating processed foods instead of whole foods may remove important vitamins and minerals from an athlete's diet, leading to deficiencies. Plain whole foods will fuel an athlete just as well as processed items, and are much cheaper to boot. Gels or bars aren't really necessary; although, the psychological boost that comes from occasionally eating 'scientific' sport food in a high-tech package may be worth the price. Make sure to try sport foods during training so that there are no surprises on competition day. The athlete should know in advance that everything he or she eats is going to be tolerated well physically and reasonably tasty.

### Placebo or Nonsense?

There are many things athletes do to feel ready or 'get in the zone.' Some of these are vital (like physical training), some are questionable (like 'sport-nutrition' powders), and some seem ridiculous (like lucky shorts). Improvements don't have a scientific basis may be caused by the placebo effect, which is a real or perceived improvement caused by a person believing that by doing something, they will improve. From an athlete's perspective, it is not that important to know where the improvement comes from—the fact that they believe in it is what counts. It isn't important if the shorts (or training, or vitamins) built bigger muscles or just boosted their confidence and helped them to train harder. However, it is important to consider the health implications of the athletes' 'feel good' methods. If such methods do not harm the athlete in any way, then they may be considered good methods, even if there is no provable way of accounting for the gains they provide. However, if the athlete is at risk of kidney strain from a protein powder, or joint injury from a poor training habit, then the coach should intervene and direct the athlete toward more scientific (or at least risk-free) methods.

#### Main Points:

- Develop a routine during practice to use in competition.
- Maintain flexibility and adaptability in your routine.
- Always try new things during practice, not during a competition.
- Keep a record of good and bad performances.
- Do not let 'sport foods' replace whole foods as your main source of fuel.
- Ensure that your pre-competition activities are not risky or harmful.

## A FEW GOOD RUGBY MEN

"Son, in this world there are scrums. And in those scrums you need props. Are you willing to do it? As a prop, I have more responsibility than you can possibly fathom. You use words like 'drunk' and 'out of shape'; those words are the very backbone of a life I spent drinking and partying in, and you use them as a punch line.

You weep for your wingers and centres, and you curse the prop forward. You have that luxury. You have the luxury of not knowing what I know: that the front row, while grotesque and incomprehensible to you, wins these games you play.

Truth? You can't handle the truth, because deep down in places you don't talk about in your selection meetings, you want me in that scrum; you need me in that scrum. I neither have the time nor inclination to explain myself to a back who scores under the very blanket of ball retention that I provide, and then questions the manner in which I provide it. I would rather you just bought me a beer and went on your way. Otherwise, I suggest you crawl into that scrum and get dirty.

Either way, I DON'T GIVE A DAMN who you think is responsible."

Jack Nicholson

## RUGBY WORLD CUP

Following complaints made to the IRB about the All Blacks being allowed to motivate themselves by performing the 'Haka' before their games, other nations were asked to suggest pre-match rituals of their own. The IRB Rugby World Cup 2003 Organising Committee has now agreed to the following pre-match displays:

a.. The England team will chat about the weather, wave hankies in the air and attach bells to their ankles before moaning about how they invented the game and gave it to the world, and how it's not fair that everyone still thinks New Zealand are the best team in the world.

b.. The Scotland team will chant "You lookin' at me Jimmy?" before smashing an Iron Bru bottle over their opponents' heads.

c.. The Ireland team will split into two, with the Southern half performing a River dance, while the Northerners march the Traditional route from their dressing room to the pitch, via their opponents dressing room.

d.. Unfortunately the Committee were unable to accept the Welsh suggestion following representations from the RSPCA.

e.. Argentina will unexpectedly invade a small part of opposition territory, claim it as their own "Las In-Goals-Areas" and then be forcibly removed by the match stewards.

f.. Two members of the South African team will claim to be more important than the other 13 whom they will imprison between the posts whilst they claim the rest of the pitch for themselves.

g.. The Americans will not attend until almost full time. In future years they will amend the records to show that they were in fact the most important team in the tournament and Hollywood will make a film called 'Saving No.8 Lyle'.

h.. Five of the Canadian team will sing La Marseillaise and hold the rest of the team to ransom.

i.. The Italian team will arrive in Armani gear, sexually harass the female stewards and then run away.

j.. The Spanish will sneak into the other half of the pitch, mow it and then claim that it was all in line with European "grass quotas". They will then curl up under the posts and have a kip until half time, when their appeal for compensation against the UK Government will be heard.

k.. The Japanese will attempt to strengthen their team by offering good salaries to the key opposition players and then run around the pitch at high speed in a highly efficient manner before buying the ground (with a subsidy from the UK Government).

l.. The French will declare they have new scientific evidence that the opposition are in fact all mad. They will then park lorries across the halfway line, let sheep loose in the opposition half (much to the delight of Wales!) and burn the officials.

m.. The Australians will have a barbie before negotiating lucrative singing and TV contracts in the UK. They will then invite all their mates to come and live with them in Shepherds Bush."

## FIXTURES

### 2003 RUGBY WA FIXTURES PERTH COMPETITION - 1st, 2nd & 3rd Grades

15/05/03

<b>Round 1</b>			<b>Round 10</b>		
5-Apr Palmyra	v Nedlands	Tompkins	21-Jun NSW Country	v Perth Gold	Gunnedah
ARKS	v University	John Dunn	University	v Associates	McGillivray
Rockingham	v Wests Subiaco	Dowling	Wests Subiaco	v Kalamunda	Rosalie
Kalamunda	v Perth Bayswater	Hartfield	Perth Bayswater	v Palmyra	Morley
6-Apr Associates	v Cottesloe	Perry Lakes	22-Jun Cottesloe	v Nedlands	Perry Lakes
<b>Round 2</b>			<b>Round 11</b>		
12-Apr Palmyra	v University	Tompkins	28-Jun Melbourne	v Perth Gold	
Wests Subiaco	v ARKS	Rosalie	Palmyra	v University	Tompkins
Nedlands	v Associates	Nedlands	Associates	v Nedlands	Allen Park
Perth Bayswater	v Rockingham	Morley	Kalamunda	v Perth Bayswater	Hartfield
Cottesloe	v Kalamunda	Harvey Field	Wests Subiaco	v Cottesloe	Rosalie
<b>Round 3</b>			<b>Round 12</b>		
26-Apr Rockingham	v Cottesloe	Dowling	5-Jul Adelaide	v Perth Gold	
Associates	v Palmyra	Allen Park	Nedlands	v University	Nedlands
University	v Wests Subiaco	McGillivray	Cottesloe	v Palmyra	Harvey Field
ARKS	v Perth Bayswater	John Dunn	Kalamunda	v Associates	Hartfield
27-Apr Kalamunda	v Nedlands	Perry Lakes	6-Jul Perth Bayswater	v Wests Subiaco	Perry Lakes
<b>Round 4</b>			<b>Round 13</b>		
3-May Cottesloe	v ARKS	Harvey Field	12-Jul Perth Gold	v Darwin	Kalgoorlie
Nedlands	v Rockingham	Nedlands	Wests Subiaco	v Nedlands	Rosalie
University	v Kalamunda	McGillivray	Associates	v Perth Bayswater	Allen Park
Perth Bayswater	v Palmyra	Morley	Palmyra	v Kalamunda	Tompkins
4-May Wests Subiaco	v Associates	Perry Lakes	University	v Cottesloe	McGillivray
<b>Round 5</b>			<b>Round 14</b>		
10-May University	v Nedlands	McGillivray	19-Jul University	v Wests Subiaco	McGillivray
Wests Subiaco	v Perth Bayswater	Rosalie	or 20 Jul Nedlands	v Perth Bayswater	Nedlands
Associates	v Kalamunda	Allen Park	if ARS Palmyra	v Associates	Tompkins
Palmyra	v Cottesloe	Tompkins	home Semi Cottesloe	v Kalamunda	Harvey Field
<b>Round 6</b>			<b>Round 15</b>		
17-May Nedlands	v Wests Subiaco	Nedlands	26-Jul Kalamunda	v Nedlands	Hartfield
Perth Bayswater	v Associates	Morley	or 23 Aug Wests Subiaco	v Palmyra	Rosalie
Kalamunda	v Palmyra	Hartfield	if ARS Associates	v Cottesloe	Allen Park
Cottesloe	v University	Harvey Field	home Final Perth Bayswater	v University	Morley
<b>Round 7</b>			<b>Round 16</b>		
24-May Wests Subiaco	v University	Rosalie	2-Aug University	v Kalamunda	McGillivray
Perth Bayswater	v Nedlands	Morley	Cottesloe	v Perth Bayswater	Harvey Field
Associates	v Palmyra	Allen Park	Wests Subiaco	v Associates	Rosalie
Kalamunda	v Cottesloe	Hartfield	3-Aug Palmyra	v Nedlands	Perry Lakes
<b>Round 8</b>			<b>Round 17</b>		
31-May Nedlands	v Kalamunda	Nedlands	9-Aug Associates	v University	Allen Park
Palmyra	v Wests Subiaco	Tompkins	Kalamunda	v Wests Subiaco	Hartfield
Cottesloe	v Associates	Harvey Field	Palmyra	v Perth Bayswater	Tompkins
1-Jun University	v Perth Bayswater	Perry Lakes	Nedlands	v Cottesloe	Nedlands
<b>Round 9</b>			<b>Round 18</b>		
14-Jun Perth Gold	v Qld Country	Perry Lakes	16-Aug University	v Palmyra	McGillivray
15-Jun Kalamunda	v University	Hartfield	Cottesloe	v Wests Subiaco	Harvey Field
Nedlands	v Palmyra	Nedlands	Perth Bayswater	v Kalamunda	Morley
Associates	v Wests Subiaco	Allen Park	17-Aug Nedlands	v Associates	Perry Lakes
Perth Bayswater	v Cottesloe	Morley			

2003 RUGBY WA FIXTURES  
COLTS GRADE

15/05/03

Round 1				Field	Kick Off	Round 10				Field	Kick Off
5-Apr	Palmyra Lions	v Wanneroo	Tompkins	2	1.50pm	21-Jun	University	v Assoc Green	McGillivray	2	1.50pm
	Nedlands	v University	Nedlands	2	1.50pm		Assoc Gold	v Kalamunda	Rosalie	2	1.50pm
	Rockingham	v Assoc Green	Dowling	2	1.50pm		Perth Bays	v Wanneroo	Morley	2	1.50pm
	Kalamunda	v Perth Bays	Hartfield	2	1.50pm		Palmyra Lions	v Nedlands	Gribble	1	1pm
6-Apr	Assoc Gold	v Cottesloe	Perry Lakes	1	11.40am	22-Jun	Cottesloe	v Nedlands	Perry Lakes	1	11.40am
	Bye	v Nedlands					Bye	v Rockingham			
Round 2				Round 11							
12-Apr	Palmyra Lions	v University	Tompkins	2	1.50pm	28-Jun	Assoc Gold	v Nedlands	Allen Park	2	1.50pm
	Wanneroo	v Nedlands	Kingsway	2	1.50pm		Rockingham	v Perth Bays	Dowling	1	1pm
	Nedlands	v Assoc Green	Nedlands	2	1.50pm		Wanneroo	v Nedlands	Kingsway	1	1pm
	Perth Bays	v Assoc Gold	Morley	2	1.50pm		Kalamunda	v Assoc Green	Hartfield	2	1.50pm
	Cottesloe	v Kalamunda	Harvey Field	2	1.50pm		Palmyra Lions	v Cottesloe	Tompkins	2	1.50pm
	Bye	v Rockingham					Bye	v University			
Round 3				Round 12							
26-Apr	Rockingham	v Cottesloe	Dowling	2	1.50pm	5-Jul	Nedlands	v Assoc Green	Nedlands	1	1pm
	Assoc Gold	v Palmyra Lions	Allen Park	2	1.50pm		Nedlands	v University	Nedlands	2	1.50pm
	University	v Wanneroo	McGillivray	2	1.50pm		Kalamunda	v Rockingham	Hartfield	2	1.50pm
	Nedlands	v Perth Bays	Nedlands	2	1.50pm		Cottesloe	v Wanneroo	Harvey Field	2	1.50pm
27-Apr	Kalamunda	v Nedlands	Perry Lakes	1	11.40am	6-Jul	Perth Bays	v Assoc Gold	Perry Lakes	1	11.40am
	Bye	v Assoc Green					Bye	v Palmyra Lions			
Round 4				Round 13							
3-May	Cottesloe	v Nedlands	Harvey Field	2	1.50pm	12-Jul	Nedlands	v Nedlands	Coote	1	1pm
	Nedlands	v Rockingham	Nedlands	2	1.50pm		Assoc Green	v Perth Bays	Allen Park	2	3pm
	University	v Kalamunda	McGillivray	2	1.50pm		Palmyra Lions	v Kalamunda	Tompkins	2	1.50pm
	Perth Bays	v Palmyra Lions	Morley	2	1.50pm		University	v Cottesloe	McGillivray	2	1.50pm
4-May	Assoc Gold	v Assoc Green	Perry Lakes	1	11.40am		Assoc Gold	v Rockingham	Allen Park	2	1.50pm
	Bye	v Wanneroo					Bye	v Wanneroo			
Round 5				Round 14							
10-May	Assoc Green	v Kalamunda	Allen Park	2	1.50pm	19-Jul	Wanneroo	v University	Kingsway	1	1pm
	Nedlands	v Rockingham	Nedlands	1	1pm	or 20 Jul	Nedlands	v Perth Bays	Nedlands	2	1.50pm
	Palmyra Lions	v Cottesloe	Tompkins	2	1.50pm		Palmyra Lions	v Assoc Gold	Tompkins	2	1.50pm
	Wanneroo	v Assoc Gold	Kingsway	1	1pm		Cottesloe	v Kalamunda	Harvey Field	2	1.50pm
	University	v Nedlands	McGillivray	2	1.50pm		Rockingham	v Nedlands	Dowling	1	1pm
	Bye	v Perth Bays					Bye	v Assoc Green			
Round 6				Round 15							
17-May	Kalamunda	v Palmyra Lions	Hartfield	2	1.50pm	26-Jul	Nedlands	v Palmyra Lions	Nedlands	1	1pm
	Perth Bays	v Assoc Green	Morley	2	1.50pm	or 23 Aug	Perth Bays	v Rockingham	Morley	2	1.50pm
	Rockingham	v Assoc Gold	Dowling	1	1pm		Kalamunda	v Nedlands	Hartfield	2	1.50pm
	Wanneroo	v Nedlands	Kingsway	1	1.50pm		Assoc Gold	v Cottesloe	Allen Park	2	1.50pm
	Cottesloe	v University	Harvey Field	2	1.50pm		Assoc Green	v Wanneroo	Allen Park	2	3pm
	Bye	v Nedlands					Bye	v University			
Round 7				Round 16							
24-May	Assoc Green	v Palmyra Lions	Allen Park	2	3pm	2-Aug	University	v Kalamunda	McGillivray	2	1.50pm
	Perth Bays	v Nedlands	Morley	2	1.50pm		Wanneroo	v Rockingham	Kingsway	1	1pm
	Rockingham	v Wanneroo	Dowling	1	1pm		Assoc Green	v Assoc Gold	Rosalie	2	1.50pm
	Assoc Gold	v University	Allen Park	2	1.50pm		Cottesloe	v Perth Bays	Harvey Field	2	1.50pm
	Kalamunda	v Nedlands	Hartfield	2	1.50pm	3-Aug	Palmyra Lions	v Nedlands	Perry Lakes	1	11.40am
	Bye	v Cottesloe					Bye	v Nedlands			
Round 8				Round 17							
31-May	Cottesloe	v Assoc Green	Harvey Field	2	1.50pm	9-Aug	Assoc Gold	v University	Allen Park	2	1.50pm
	Nedlands	v Nedlands	Nedlands	1	1pm		Kalamunda	v Wanneroo	Hartfield	2	1.50pm
	Palmyra Lions	v Rockingham	Gribble	2	1.50pm		Rockingham	v Palmyra Lions	Farrall	1	1pm
	Wanneroo	v Kalamunda	Kingsway	1	1pm		Nedlands	v Cottesloe	Nedlands	2	1.50pm
1-Jun	University	v Perth Bays	Perry Lakes	1	11.40am		Assoc Green	v Nedlands	Allen Park	2	3pm
	Bye	v Assoc Gold					Bye	v Perth Bays			
Round 9				Round 18							
15-Jun	University	v Rockingham	Hartfield	2	1.50pm	16-Aug	Nedlands	v Wanneroo	Nedlands	1	1pm
	Nedlands	v Palmyra Lions	Nedlands	2	1.50pm		University	v Palmyra Lions	McGillivray	2	1.50pm
	Assoc Gold	v Nedlands	Allen Park	2	1.50pm		Rockingham	v Assoc Green	Dowling	1	1pm
	Assoc Green	v Wanneroo	Iluka	1	1pm		Perth Bays	v Kalamunda	Morley	2	1.50pm
	Perth Bays	v Cottesloe	Morley	2	1.50pm	17-Aug	Nedlands	v Assoc Gold	Perry Lakes	1	11.40am
	Bye	v Kalamunda					Bye	v Cottesloe			

2003 RUGBY WA FIXTURES Consolidated Cup				15/05/03			
Round	Field	Kick Off	Round	Field	Kick Off	Round	Kick Off
Round 1			Round 10				
5-Apr	Palmyra v Wanneroo	Tompkins 2 12.40pm	21-Jun	University v Assoc Green	McGillivray 2 12.40pm		
	Assoc Gold v University	Allen Park 1 12.40pm		Rockingham v Assoc Gold	Edinburgh 1 1pm		
	Rockingham v Wests 4	Dowling 2 12.40pm		Wests 5 v Wanneroo	Rosalie 2 12.40pm		
	Southern Lions v Perth Bays	Farrall 1 1pm		Wests 4 v Southern Lions	Rosalie 2 1.50pm		
	Assoc Green v Cottesloe	Allen Park 1 1.50pm		Perth Bays v Palmyra	Morley 2 12.40pm		
	Wests 5 v Nedlands	Tompkins 2 3pm		Cottesloe v Nedlands	Harvey Field 2 12.40pm		
Round 2			Round 11				
12-Apr	Palmyra v University	Tompkins 2 12.40pm	28-Jun	Assoc Gold v Nedlands	Allen Park 2 12.40pm		
	Wests 4 v Wests 5	Rosalie 2 12.40pm		Palmyra v Assoc Green	Tompkins 2 3pm		
	Nedlands v Assoc Green	Nedlands 2 12.40pm		Rockingham v Wests 5	Dowling 2 12.40pm		
	Perth Bays v Assoc Gold	Morley 2 12.40pm		Southern Lions v University	Tompkins 2 12.40pm		
	Wanneroo v Cottesloe	Kingsway 2 12.40pm		Wests 4 v Cottesloe	Rosalie 2 12.40pm		
	Southern Lions v Rockingham	Gribble 1 1pm		Wanneroo v Perth Bays	Kingsway 2 12.40pm		
Round 3			Round 12				
26-Apr	Assoc Green v Wanneroo	Allen Park 2 12.40pm	5-Jul	Rockingham v Perth Bays	Dowling 2 12.40pm		
	Assoc Gold v Palmyra	Allen Park 2 3pm		Nedlands v University	Nedlands 2 12.40pm		
	University v Wests 5	McGillivray 2 3pm		Cottesloe v Palmyra	Harvey Field 2 12.40pm		
	Wests 4 v Perth Bays	McGillivray 2 12.40pm		Assoc Green v Southern Lions	Hartfield 2 12.40pm		
	Southern Lions v Nedlands	Gribble 1 1pm		Wests 4 v Assoc Gold	Hartfield 2 3pm		
	Rockingham v Cottesloe	Dowling 2 12.40pm		Wests 5 v Wanneroo	Rosalie 2 12.40pm		
Round 4			Round 13				
3-May	Nedlands v Rockingham	Nedlands 2 12.40pm	12-Jul	Wests 4 v Nedlands	Rosalie 2 12.40pm		
	Cottesloe v Southern Lions	Harvey Field 2 12.40pm		Assoc Gold v Perth Bays	Allen Park 2 12.40pm		
	Wanneroo v University	Kingsway 2 12.40pm		Palmyra v Wests 5	Tompkins 2 12.40pm		
	Perth Bays v Palmyra	Morley 2 12.40pm		University v Cottesloe	McGillivray 2 12.40pm		
	Wests 5 v Assoc Green	Rosalie 2 12.40pm		Southern Lions v Rockingham	Gribble 1 1pm		
	Wests 4 v Assoc Gold	Rosalie 2 1.50pm		Assoc Green v Wanneroo	Farrall 1 1pm		
Round 5			Round 14				
10-May	Assoc Green v Wests 4	Allen Park 2 12.40pm	19-Jul	University v Wests 5	McGillivray 2 12.40pm		
	Assoc Gold v Southern Lions	Allen Park 2 3pm	or 20 Jul	Nedlands v Perth Bays	Nedlands 2 12.40pm		
	Wests 5 v Perth Bays	Rosalie 2 12.40pm		Palmyra v Assoc Green	Tompkins 2 12.40pm		
	Wanneroo v Nedlands	Kingsway 2 12.40pm		Cottesloe v Assoc Gold	Harvey Field 2 12.40pm		
	Palmyra v Cottesloe	Tompkins 2 12.40pm		Wanneroo v Southern Lions	Kingsway 2 12.40pm		
	Rockingham v University	John Dunn 2 12.40pm		Rockingham v Wests 4	Dowling 2 12.40pm		
Round 6			Round 15				
17-May	Wanneroo v Assoc Gold	Kingsway 1 12.40pm	26-Jul	Southern Lions v Nedlands	John Dunn 2 12.40pm		
	Cottesloe v University	Harvey Field 2 12.40pm	or 23 Aug	Wests 4 v Palmyra	Rosalie 2 12.40pm		
	Perth Bays v Assoc Green	Morley 2 12.40pm		Cottesloe v Assoc Green	Harvey Field 2 12.40pm		
	Rockingham v Palmyra	Dowling 2 12.40pm		Perth Bays v University	Morley 2 12.40pm		
	Nedlands v Wests 4	Nedlands 2 12.40pm		Wests 5 v Rockingham	Rosalie 2 1.50pm		
	Southern Lions v Wests 5	Gribble 1 1pm		Assoc Gold v Wanneroo	Allen Park 2 12.40PM		
Round 7			Round 16				
24-May	Perth Bays v Nedlands	Morley 2 12.40pm	2-Aug	University v Southern Lions	McGillivray 2 12.40pm		
	Wests 4 v University	Rosalie 2 1.50pm		Cottesloe v Perth Bays	Harvey Field 2 12.40pm		
	Assoc Green v Assoc Gold	Allen Park 2 12.40pm		Wests 4 v Assoc Green	Rosalie 2 12.40pm		
	Rockingham v Wanneroo	Dowling 2 12.40pm		Wests 5 v Assoc Gold	Rosalie 2 3pm		
	Wests 5 v Cottesloe	Rosalie 2 12.40pm		Palmyra v Nedlands	Tompkins 2 12.40pm		
	Southern Lions v Palmyra	Coote 1 1pm		Wanneroo v Rockingham	Kingsway 2 12.40pm		
Round 8			Round 17				
31-May	Nedlands v Rockingham	Nedlands 2 12.40pm	9-Aug	Wests 4 v Wests 5	Hartfield 2 12.40pm		
	Palmyra v Wests 5	Tompkins 2 12.40pm		Palmyra v Perth Bays	Tompkins 2 12.40pm		
	Cottesloe v Assoc Gold	Harvey Field 2 12.40pm		Nedlands v Cottesloe	Nedlands 2 12.40pm		
	University v Perth Bays	McGillivray 2 12.40pm		Wanneroo v University	Kingsway 1 1pm		
	Wanneroo v Wests 4	Kingsway 2 12.40pm		Southern Lions v Assoc Gold	Gribble 1 1pm		
	Southern Lions v Assoc Green	Gribble 1 1pm		Assoc Green v Rockingham	Allen Park 2 12.40pm		
Round 9			Round 18				
15-Jun	Palmyra v Wests 4	Nedlands 2 3pm	16-Aug	University v Palmyra	McGillivray 2 12.40pm		
	Nedlands v University	Nedlands 2 12.40pm		Cottesloe v Wests 5	Harvey Field 2 12.40pm		
	Assoc Gold v Wests 5	Allen Park 2 12.40pm		Perth Bays v Wanneroo	Morley 2 12.40pm		
	Assoc Green v Rockingham	Allen Park 2 3pm		Nedlands v Assoc Green	Nedlands 2 12.40pm		
	Perth Bays v Cottesloe	Morley 2 12.40pm		Rockingham v Assoc Gold	Dowling 2 12.40pm		
	Southern Lions v Wanneroo	Edinburgh 1 1pm		Southern Lions v Wests 4	Gribble 1 1pm		

## CLUB CONTACTS

POSITION	NAME & ADDRESS	WORK - ph	HOME - ph
PRESIDENT	Brett Nelson 35 Cross St Swanbourne 6010	9322 2203	9385 3552
VICE-PRESIDENT	Tony Rovira 20 Maloney Way City Beach 6015	9213 1580	9245 2630
SECRETARY	Edna Rovira 20 Maloney Way City Beach 6015	9245 2630	9245 2630
TREASURER	Suzette Halberg 571 Beach Rd Warwick 6024	0414 566 576	9447 5174
REGISTRAR & WEBSITE	Paul Raymond 230 Alice St Doubleview 6018	9223 9123	9446 1195
SPONSORSHIP	Peter Wallace-Harrison	0417 188 388	
RUGBY CHAIRMAN	Bob Hunter 24 Purdom Rd Wembley Downs 6018	9226 5520	9205 1158
CLUBHOUSE	Nik Sander 29 Willis St Mosman Park 6012	9384 5578	9384 5578
PATRON	Arthur Auguste	9325 8474	9384 6828
JUNIORS	Alasdair Watson 1 Absolon Way Hillarys 6025	9315 6220 (direct)	9307 9493
CLUB CAPTAIN	Geoff Xanthis 11 Clematis Rd Woodlands 6018	9323 4152	9446 4704

POSITION	NAME & ADDRESS	WORK - ph	HOME - ph
Committee	Adrian McDonald 17 Jubilee Crescent City Beach 6015		
	Richard Johnson		9386 2062
	Laraine Newton 16 Airlie St Claremont 6010		9384 9250
	Dave Newton 16 Airlie St Claremont 6010		9384 9250
	Cameron Webb 6A Bricknell Rd Attadale 6156		9317 2002
	Andrew Blackshaw 43 Myaree Way Duncraig 6023		9246 2631
	Jim Curtis		9385 5265
	Rugby WA (WARU) PO Box 146 Floreat 6014	9383 7714	
CLUBHOUSE	P.O. BOX 10 Nedlands		93832055

## SOAKS WEBSITE

Don't forget to check the Associates Website for the latest club information, news, results and match reports. You could be famous and not even know about it.

The web address is:

<http://associates.rugbynet.com.au/>

*If you have any contributions for the Marmalade and Jam please contact Geoff Xanthis.*