

And Across the Lake Swim's Jan Morrow Award goes to.....



.....our very own CONNY STAMHUIS!!

Jan Morrow was a member of the Kelowna Masters Swim Club in the 1990's who was actively involved with the club's executive and as a regular masters swimmer. She was not a competitive swimmer, but loved to swim and successfully completed the Across the Lake Swim on a number of occasions. After she lost her battle with cancer, the Kelowna Masters Swim Club decided to name an annual award at the Across the Lake Swim in her memory, to be awarded to a swimmer who demonstrates **determination, inspiration** and a **positive attitude** within the swimming community.

Swimming in the Okanagan would not be the same without Conny Stamhuis. A spritely 80 year-old, Conny has an abundance of energy and is still going stronger than many 50 year olds! She started swimming in Holland at the age of five, because her mother wouldn't let her go to school until she could swim all the canals on her route. She swam competitively in Holland as a teenager after World War 2 under Hall of Fame coach Jan Stender. Following retirement from her career as a Nurse, and a break of 48 years from regular swimming, Conny decided to join son Mike Stamhuis as a Masters swimmer.



Conny Stamhuis with friend Gladys Hambrook (both 80!)



Conny is passionate about swimming and fiddling! As a founding member of Okanagan Masters Swim Club, Conny put her full support behind the proposal to build the Mission Aquatic Centre (renamed the H2O Adventure & Fitness Centre). The concept was controversial at the time, and Conny was one of several members of the community determined to see swimming given its due recognition by construction of the new facility.

Apart from her formal position as the Masters Swimming BC Registrar for OMSC, Conny is also our unofficial 'social coordinator'. She is usually the first person to greet swimmers with a hug and a smile on the pool deck, or at the lake; she makes sure that new swimmers are introduced to other club members and the coaches; ensures everyone feels included in practices and social events and rarely misses a practice. She is a determined and dedicated medal-winning swimmer with a wonderful sense of humour and the first on the dance floor after a Masters swim meet!

Together with her close friend Gladys Hambrook (80), Conny is an accomplished swimmer having received the OMSC award for Swimmer of the Year in 2011. Despite a back operation earlier in 2012, she turned in an impressive performance at the Canadian Masters swimming Championships held in Kelowna in May 2012 by achieving first places in the Women's 80-84 100m SC Meter Backstroke, the 50m SC Meter Breaststroke and 200m SC Meter Backstroke. Conny also achieved second place in the 50m SC Meter Backstroke and 50m SC Meter Freestyle.



Conny during the 2012 Canadian Masters Swimming Championships. (Photo: Angelique Duffield)

Apart from actively participating, Conny also volunteers at most Masters and children's swimming events and has been a regular volunteer at Across the Lake Swim. This year



Conny and her sister from Holland who volunteers at the Apple Triathlon and Open Water Swim every year!

Conny decided that she would do the ATLS swim for the first time. She has been training in her new wetsuit at the Gyro Beach open water training swims on Saturdays! Asked during a recent television interview when she plans to stop swimming, her response was 'When I don't recognise the pool anymore!' We hope that's never Conny!

Conny also has a passion for fiddling and became involved with the Old Time Fiddlers when husband Arend was the President. Conny almost single-handedly organizes the Fiddlers' Contests every June.

Conny Stamhuis is a role model for many of us at Okanagan Masters Swim Club. She has an abundance of energy, passion, determination, inspiration and a positive attitude within the swimming society and beyond. *"Thank you for your constructive support of our swimming community, and for enriching our lives on a daily basis! YOU DESERVE THIS AWARD!"*

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**OMSC Executive:** Tony Hoft (President); Brent Hobbs (Past President); Ashley Russo (Secretary); Monique Russo (Registrar); Irene Pett (Treasurer); Conny Stamhuis (MSABC Registrar); Laura Garrett (Meet Manager); Jeanette Hoft (Communications); Carmelle Guidi-Swan (At Large); Jennifer Leach-Trask (At Large); Brian Corbett (At Large); Leora Dahl (At Large); Tracey Sutton (At Large).

**Coaches:** Jon Smirl, Eli Dimitrov, Sue Morrison, Pascal Sutherland and Nelson Chapman