

## ANN MERAW INTERVIEW – 04:00:30

### Ann Meraw Interview Transcript

04:00:50

BEV: So I'm really curious as to what inspired you to start swimming?

04:00:58

ANN: Well, that's quite a long story because my father was in athletics and such. And I was involved in them quite young. And he entered me in a swim. [Bev requests her to restart] I thought I could swim as far as I could see. So that's more or less how I got started.



04:01:25

BEV: Okay, umm, so I'm going to ask you the question one more time, if you could start, the reason I'm asking that is because there has to be quite a gap between where I stop and where you start. So could you tell me how you started swimming?

04:01:40

ANN: Well, it's sort of a long story, when I started in competition, this will take a moment, so don't put it down, put it down after. I won the I... in 2 ½ miles, 79 starters and the youngest in the swim and my father entered me because I had swam 10 miles when I was 10 years old. And, I came



first and I wound with 2 trophies and 13 prizes out of this swim and it was at the PNE they were giving the trophies out. And they had me up on the stage and they said, "Do you have an amateur card?" I said, "No." I said, "What's that?" "Well, you did belong to a swimming club?" I said, "I didn't belong to a swimming club." So they said, "Sorry, we can't give you your awards." With that, the president of the Vancouver Swimming Club rushed up on the stage and said, "If she joins the club right now, will she get her awards?" They said, "Yes." So I got mixed up in swimming then. In competition, that is.

BEV: Would you say that your father had a lot to do with...

04:02:53

ANN: Yes.

BEV: ...your being a swimmer?

04:02:58

ANN: Oh yes. He was a good swimmer himself. And he played pro baseball and he was top 10<sup>th</sup> in bowling and top, top swimmer. So really into sports. So he saw that I could swim and he kept it up and got me into competition.

BEV: What was your father's name?

04:03:17

ANN: William Meraw. He started the first professional baseball on the whole West Coast. Because he played for the state of Minnesota. Uh. What is now the Twins. And he got \$225 a month was his salary. He would turn in his grave if he saw what they got today. [laughs] So we always followed



the baseball.

BEV: When did you decide to start to swim long distances?

04:03:50

ANN: Oh, when I got into the Vancouver Swimming Club,...uh...no one could beat me after it got half a mile. Well I went up to a mile swims. So then I started swimming distance and I kept making it longer and longer. So.

BEV: Can you tell me a little bit about your 3 attempts to swim Okanagan Lake?

04:04:14

ANN: Yup, well the first swim...[Instructions from Bev]

04:04:32

ANN: Not many Canadians ever had 7 world records. In fact, I don't know any.

BEV: So, let's talk about the Bowen Island swim.

04:04:45

ANN: Alright, when I swam to Bowen Island, people thought it couldn't be done. So I did it in 7 hours and 14 minutes. And from there on, I thought I'd try further distances. But I had one before that in 1934, when I swam across the Straits of Juan de Fuca. And I swam around Stanley Park and the Causeway around to where the Expo site is. So I could do all those. I figured I could get in competition. And I turned professional. The World Professional Federation of Swimming, when I was 17. So it's umm a long time with the Vancouver Amateur Swimming Club.



BEV: You were telling me earlier a little bit about the tides.

04:05:41

ANN: The tides are severe coming out of Howe Sound and Burrard Inlet. And you'd pick a day to swim when you had a rise and fall of 12-18 inches for low tide and a high tide of 18, a low of 12. Then you could swim faster than the current. So that you had to study. [Laughs]

BEV: Could you talk about the Okanagan Lake swim?

04:06:10

ANN: Yes. So then I carried on and thought. I was asked if I'd try Okanagan Lake, to try and break the 32 mile record across Lake Ontario. So I decided to swim and it wasn't too favourable on the first swim. But I did 42 miles. You always swim further than the actual distance. Uh...depending on how rough the water is. And I established a new World Endurance Record for women at that time. Then I carried on the following year. I wanted to break the 32 mile record. So we, our starting point and 32 miles down[?] course, we had marked off in the Department of Transportation. And, I did it in 16 hours and 14 minutes, which was 49 minutes...and 31 minutes and 46 seconds a mile for 32[42?] miles. So then I tried the long one of 55 miles, which I did in 32 hours and 12 minutes.

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And we had, I had a challenge against me from Bill Sadler of Little Rock who was a World Champion. And, he started with me but he was taken out at 12 o'clock at night because the water was too rough and too heavy a chop. So he lost \$5,000. He had challenged me 5,000, you see. And I went on and continued to swim and broke a new World Distance Record, broke the Men's Endurance Record, the Women's Endurance Record—



which was my own—and set a new Distance Record for Women, Men, and Endurance for both Women & Men.

BEV: Can you talk a bit about when you swim that kind of distance, what happens/what kind of things happen to your body?

04:08:19

ANN: Oh [clears throat]. Well, you prepare before you go in the water. You watch everything you eat for a good 3 months before. And you build muscle. I would put 2 lb. lead weights on both ankles and both wrists and do all my swimming with that on. And I would swim in the morning from 5 'til 9 o'clock. Then work all day and start again 7 o'clock to 11 at night. And I would totally swim 16 miles. Then every 7<sup>th</sup> day, I would swim 16 straight miles. And 6 weeks before the long swim I was scheduled to swim, I would swim a straight 16 miles a day. Until, a week before, and then I'd start with 16 miles and I would break it down to ½ a mile the day before I swam.

BEV: Can you tell me what it feels like to lose that [???]?

04:09:29

ANN: Actually, when you're swimming, it's like...no different from track & field. And you ah...first go in the water the same as you would running. And on that first swim, with the water being warm, and trying to break a record, I was swimming pretty fast. I took 17 lbs. off in one swim and [clears throat] 25 hours and 1 minute, 17 lbs. less. Now, on the other 2 swims, I never lost an ounce because I had followed exactly what I was to eat. Right up to the day I swam. The day before I swam, on the other 2 swims, I'd ate about 4 hours before I swam. A half hour before I went in the water, I had some, of all things, macaroni and cheese because it would dissolve in



your system. Now when you swim, if you get um...Ah...feel that you're going to get sea sick. Then, you drink ginger ale, that will stop it right away.

04:10:42

And before you go in the water, for cold water, to keep the circulation going, you take Beehive corn syrup...a small quantity in a paper cup. And your circulation would keep up even though you hit cold water. And throughout a swim, at the fourth hour...Oh and that was another thing, on that first 42 mile swim, they forgot to feed me. You're supposed to feed me every 4 hours, you see, so that helped to lose 17 lbs. Anyway, every four hours, they'd give you a small glass that looked like a milkshake but it was everything you needed. It was the equivalent of a steak and you'd swallow that, anywhere from 9 to 20 seconds, and get right swimming again. If you didn't, you'd lose your timing. If you lose your timing, you would be out of the water. So.

BEV: Can you tell me some of the barriers that might have existed for you as a woman swimmer?

04:11:50

ANN: As a woman swimmer?

BEV: Yes, do you think there was any difference between how you were treated and how some of the men might have been treated?

04:11:58

ANN: Nope, they treated all as one. There was no difference between men and women. They had a man swim and a woman swim at the same time, and if you beat the man, you were classed as first in the women and first in the



open all age. So in other words, you'd get 2 firsts and the announcer would take the prize money away from the man. That was the big thing. [Laughs] But they didn't pay like they do today. And then advertising, I did Ginger Ale and Corn Syrup and Jansen[??] Minnie Mouse[???]. They didn't put a bathing suit on the market that I hadn't tested, and all I got was the bathing suit. And for Jans...for um Ginger Ale, all I got was a case of Ginger Ale every month and a case of Corn Syrup every month. A far cry from what they get today. I was born too soon. [Laughs]

BEV: What do you consider your greatest achievement?

04:13:12

ANN: The 32 mile swim.

BEV: Can you say that again with the question?

04:13:18

ANN: My greatest achievement was the 32 mile swim when I broke the record for both the men and women. For 32 miles, I averaged 31 minutes and 46 seconds a mile for 32 miles.

BEV: In the work that you doing today, with all of the things that you do, can you talk about the things you're most proud of or most interested in?

04:13:44

ANN: Well, there's quite a few. I work with the Police Commission, Hospital Foundation, the Community Policing...uh...the RCMP...umm...I, with the Hall of Fame, course. And then I give Wellness and Keep Fit seminars. President of the Strata. And, as I say, I'm at City Hall more than the



Councillors are, I should be a member of the Council.

BEV: Can you talk about why you started the Sports Hall of Fame in Maple Ridge?

04:14:24

ANN: Well, I started it because of Thomas H...

BEV: Can you start again with I

04:14:31

ANN: I started the Maple Ridge Hall of Fame...uh...because of past people who never had any recognition such as Thomas Haney. Who...Maple Ridge was originally named Haney, and he had donated 600 acres, which is the whole town core. And I felt he deserved recognition. Along with anyone else who had done significant...done over a significant number of years something outstanding for the betterment of our 2 communities plus the sports. So I get quite a few nominations every year. But they have to go through a 3 different judging committees before they're accepted. Because you get a lot that you couldn't accept. [Clears throat]

BEV: You've talked earlier about it but let's talk about it again. The proportion of athletes that come out of that area.

04:15:38

ANN: I didn't get you there.

BEV: [Repeats] The proportion of athletes.



04:15:44

ANN: Oh yes. We have, in Maple Ridge/Pitt Meadows, more athletes in Halls of Fame than any other city on the continent, according to our population of 65,000. We have Cam Leelee??, Larry Walker...Oh, we have a...quite a number of outstanding citizens. Plus the one that started the...um...European money...the Euro money system. He's at Columbia University in New York now.

BEV: Can you tell me a little about your experience on *The Beachcombers*?

04:16:29

ANN: Oh, I was Technical Advisor on *The Beachcomber* for a spell. [Clears throat] And, it was quite interesting. They'd pick me up in Burrard Inlet, fly me up to Gibsons, and then put me in a power boat. Take me out to Puppin?? Island. And, they'd do their filming, and it was supposed to be a long swim, you see. The swim scenes, I would do. And the other part, I would simply advise them where a boat should be and where a swimmer should be. Such things as that. So I looked at myself on it, and then it took me from an airplane and I looked like a white splash on the water. [Laughs, giggles]

BEV: Can you talk a little about your days teaching?

04:17:22

ANN: Yes, the Vancouver Parks Board hired me. I was the head instructor at Crystal Pool. And, I was there for quite a spell and I saw the necessity of numerous programs. So I started with the Water Babies and I had children up to 3 years old that could swim the crawl for 25 metres. Then I went to preschool. Then I went to Aquatic Keep Fit...ah...but AquaFit is a spin off.



Because I had the Fire Department for the City, and I had to teach them scuba diving and life saving, plus they had to be...like cheap[??] rent...If they get called to the waterfront, they had to be able to go in and save someone, if necessary.

04:18:17

And then...um...I was with the Parks Board, of course, so I had numerous jobs for them in the pool. And I started lap swimming, as a first in Canada, and they did me a certificate that when they accomplished my 55 miles by swimming maybe half a mile or a mile a day. Well then they'd get a certificate from the Vancouver Parks Board, you see. And, then, umm, with the Aquatic Keep Fit, I gave them land exercises, pool exercises, and got them in good shape before they started lap swimming. And, of course, I was with the Royal Life Saving; still with them, I've been 72 years with the Royal Life Saving.

04:19:09

And I taught them Life Saving and I used to demonstrate the Life Saving throughout BC at all the resorts, summer months and the weekends. And our club would give a demonstration of Life Saving and then we girls had a team, eight of us, and we started synchronized swimming. So the synchronized swimming, of course now, is in the Olympics. So all of them learned from us really was ??? Kincaid in New York. He picked it up from us and it just travelled all over until it got in the Olympics. So.

BEV: Can you tell me about lifeguarding and some of your accomplishments there?

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ANN: Well [clears throat], it started...um. First, I saved lives[??] before I got into

lifeguard, that was when I got to the city, I was a lifeguard. But before that at Britannia Mines, 4...5 young kids on the log that couldn't swim, had got caught in the tide and a couple of them fell off it. Anyway, I wasn't very old myself but I managed to get them all in. But when I was 5 and a half, I saved my sister. She had wandered out of the backyard and we always had water right at our door. And we had a float in front, where people would fish and there was a big box there where you put your fish in because it was under water. But if you left it out, there was just a hole. Course, how she got on the float, I'll never know 'cause it was huge logs with planks across. She'd fallen in the hole and I was warned about ever going there myself.

04:20:55

However, I went there, they were looking through bushes and everywhere else for her, and I saw this big, white object under the float. So, I got in the water and reached in and got it out. It was my sister. And she was on her back with one of those dresses that had ballooned up with the air in it. And that was with the Life Saving, I'd teach people how to save themselves with their own clothes. They could...a blouse or a pair of shorts or anything like, slacks. How you can blow them up just by flipping them and get them full of air and that will hold you up. So, I...ah...had quite a session on that.

04:21:36

And then I saved my brother off the same float. He had been raining...he had a big rain hat and a raincoat down to his rubber boots. And he had caught a fish and he cleaned it on the float, and he stepped on that and sunk in the water, he fell in, and sunk with the heavy boots. And I had to go down and get him. And I got him up to the surface and then my mother came running. And he kicked his foot up in the air, she grabbed his foot while his head was down. And by this time, there were some neighbours



there, and they yelled at my mother, "Let his feet go. Get his head up." So she let his foot go, course shoes filled with water[??] went down to the bottom. I had to go back and get him, 'til I brought him up to the top where someone else got him.

04:22:25

Then I went into this...one at English Bay, I was sitting at the beach waiting to go and swim myself. Parks Board Engineer from the Crystal Pool rode the boat, and I was sitting waiting for him. And someone, where you're not supposed to dive off the tower, where the float is—they've got a shoot there—he dove off and he hit the cable that holds the float. He didn't come up anyway. So I dove in and I found him on the bottom. He was unconscious. And then ah...next one was one right in the Crystal Pool[??], where the lifeguard had gone off duty 10 minutes early, and she dove off the high board. And she actually broke her back and she was...managed to get to the ladder. And you couldn't see anyone in there. Well I'd had a class on the end, I told them to go. And I looked around...while I looked around the pool, I found her. And I got her out and got her up, and got an ambulance for her, got her to the hospital.

BEV: So you had 7 lives that you saved as a lifeguard and...

04:23:35

ANN: The rest were when I was on holidays, or down at Key West.

BEV: Can you say that for me that you had 7, the number...

04:23:45

ANN: Umm...yes. While Life Guarding, I only saved 7 people. But I saved 63 totally. And always when I was vacationing or at peer trials, I went as far



as Key West and then was in Florida. It all stands out in my mind. A couple was swimming and they got over their head. Well down there the water is shallow and you shuffle your feet in the water, and if there's any stingrays around they will get up and leave. But they swam in that area and they went over the top of them and it got up right in front of them and they panicked. And she...she wasn't as good a swimmer as her husband and she grabbed ahold of him.

04:24:33

Well, he couldn't hold her. And I had to rescue both of them. So that always stood out in my mind. Because that was their own fault, what they did. Well, lots of people do things their own fault but that was warned about stingrays, you see. Which they didn't do; they didn't follow the rules. But totally, there were 63. And ah...the one in Key West stood out in my mind too. Because we fished off the long floats going out and they have rafts going out over the water. And people fish off them.

04:25:12

Well, this man was on his stomach trying to get his line that he'd caught into one of the pilings. And he reached over to find it, fell in, couldn't swim. And I'm in my Sunday clothes vacationing, I had to jump in and save him. Just happened we wandered down on this...pier to have a look at what kind of fish they were catching. And I wound up in the water myself. [Laughs] But I got him in without any trouble.

BEV: Can you talk about, do you still swim?

04:25:43

ANN: Oh yes, and water ski.

BEV: Can you tell me a little about swimming now and water skiing?



04:25:50

ANN: Oh, I swim the same as I ever did. Same speed and that. But I very seldom bother going in. They always ask me to do something or teach somebody. But I don't like tank swimming. I prefer swimming in a lake or out in the salt water. And you can't always get there. And usually when I do, I go water skiing. If possible. I like to water ski. So. I spend...water skiing and fishing. What I like. So.

BEV: If you were going to tell young women athletes something, leave them with some kind of legacy. Teri, should we stop and try to get that banging stopped.

BEV: I know that we're going to talk a bit about what you just talked about. I know you swim in the ocean, just tell some of the encounters you had with sea life.

04:26:52

ANN: Oh, well I had a strange one where I got stung by a jellyfish. The type with the big long tail. And I had umm...looked like a ringworm, a running sore for six bites after. And then I was followed by a shark one time but it didn't bother me. Followed right alongside 'til I got to the shore. And then uh...when I go to swim every morning from uh English Bay to Kits buoy to Jericho buoy to the Bell buoy to Second Beach and back to English Bay, a seal would pick me up, get me atop behind my feet at Kits Beach. He'd follow me to Jericho Beach, I wouldn't see him again. And next morning, same thing. And he wanted to play, he'd roll around under the water, come up in front or behind or...I just kept swimming and then he'd follow behind my feet. [Laughs] But that was about all, I never had any problems



in the water.

BEV: Can you talk a little about being an athlete and juggling motherhood?

04:28:06

ANN: Well I'd...followed up besides swimming...I uh...didn't know whether to play tennis or swim. But I won a pass to the Crystal Pool at Riverview, so I had free swimming. And to follow through, 'cause no one could beat me, I had to join the Vancouver Tennis Club. So that was too expensive in the Depression years, so I stuck with the swimming. And umm...then I played baseball. I was on the first women's baseball team in Vancouver—Black & Whites. I did gymnastics for 5 years when I was very young. And I played um...uh, basketball, badminton, tennis, roller skating. In fact, I played rollerskate hockey. And uh...I snow skied and water skied and...My pet hobby now is—fishing. I like to fish. But I pretty well did all the sports.

BEV: How did you fit in motherhood?

04:29:11

ANN: Well, when my son was born after I got married, I totally quit swimming for 16 years. Then, I went back and swam and made 7 World Records.  
[Laughs]

BEV: No fooling around. Before we took that break, we were going to talk about...If you were going to tell young women, or give them some advice to become an athlete – a lead athlete. What kind of advice would you give them?

04:29:47



ANN: Well, first of all, I would tell them...ask them, if there was any particular sport they were interested in. Then I'd say, well now, have you ever tried this or have you ever tried that? And I'd get them involved until they found they could do something. When they found out they could do one particular sport, they'd pick one they liked. And then, I would even get them started on it. 'Til they carried on and were able to carry on their own...different fields.

BEV: So you think it's important for them to be taken by a sport or...?

04:30:31

ANN: Oh yes. When I ran special classes for women, Keep Fit, Life Saving, and...you know, weeks I gave them, so that they could carry on with most any sport. I had the men's, businessmen's classes starting. These were all firsts and...They had weights to the incline board, land exercises and...the pool exercises were tougher than the land. Because you're forcing yourself to do things you normally wouldn't do. Yeah.

BEV: I did want you to talk a little bit about the first women's softball team in Vancouver. Can you talk a little bit about that?

04:31:17

ANN: Well, I started out with Britannia High School. And I played baseball for them. And I played follow up field hockey. And...I got mixed up with another baseball team—it was the Black & Whites call day. And they had me in as short stop. So that's what I had been playing in high school, you see, was short stop. So then I got on their team and I was playing with them. And, in the meantime, I was playing for Britannia High, field hockey, and I carried on and played for UBC. I played 6 years, field hockey too.



That's just one of the other sports I did.

BEV: How many softball teams were there?

04:32:10

ANN: Oh, there weren't too many. We played um...It was mostly Vancouver. Seattle would come in. Or the Interior would come down. Like Bellingham, closer, Vancouver Island. There weren't that many. But then I...was on the top 10-pin bowling team. And, we were on the team you watch on TV. And we'd travel to Omaha, right in Nebraska, down to Washington state and different places. And there were 1,759 teams playing and, out of that, we were number 6. And our best player, she didn't get to bed until after 2 in the morning and we started at 8.

04:33:03

And she...but if she'd just bowled her average, we would have been about second or third place. But she wasn't bowling even her average, so we didn't get quite as high. But we still did alright. Then I was on the top 5 pin bowling team here too. I bowled 16 straight stikes...strikes. But never had a perfect game, 'cause I started in one and finished in the other. So, I didn't get a perfect game. [Laughs]

BEV: Teri, do you have any questions?

TERI: I do actually. Explain to them about physical activity.

04:33:42

ANN: Well, the first thing I would ask them—were they into any type of sport or Keep Fit? And you can pretty well eye someone...who has never kept physically fit. Umm. 'Course, I was running classes and still give seminars.



I would tell them to come to a seminar and they'd hear all about it, you see. So then they'd start...in a Keep Fit class.

TERI: Okay, I have another question, which is...when you were out there swimming for long, long periods of time. You said sometimes you were swimming 16 hours. What kept you going when you were swimming for those long periods?

04:34:27

ANN: Well, you sort of forget about everything else and you keep your swimming rhythm. I used to hum tunes to myself, like "Sidewalks in New York"—it was good timing. And if you did a slow, song to yourself, why your stroke would slow up. You'd...hum something to yourself...that was...a little faster than your stroke and you'd try and keep with it. So it kept your stroke up.

TERI: And when you were out there for long periods of time, what did you think about when you were swimming?

04:35:03

ANN: Mostly, how your breathing was. How your arms went in the water. See I would swim 60 strokes a minute...at all times. And...was I lifting from the shoulder not the elbow? Was I going in the water with the index finger, pulling from my little finger? And, the rhythm of your feet. Were the heels just breaking the surface, 'cause you lose time after they come out? They've got to be just under the surface. So th...umm...Was your head at a 10 degrees angle? Your elbows...um not at...just at the tip of the water. And by the time you go through all those things, it was time to start again and hum a little tune to yourself. And time would go. So...lya...my own



way is better than waiting for someone from the boat to tell me what to do. 'Cause they didn't know how I felt. So.

TERI: Can I get you two to give me a condensed version of that? And start by saying, "when I swam for long periods of time," or "when I swam for 16 hours, this is what I think about." If you could set it up for us.

04:36:29

ANN: [Coughs] Well when I did a long distance swim, I would start when I was training and then while I was swimming the actual swim. To keep my rhythm and my timing, I would hum a tune to myself and keep time with it. And it always a fast tune, to keep my arms moving, quickly in the water. Then I would go over my breathing. If I was...my head was on the right angle for breathing, if my index finger would go in the water first and pull from the little finger. How my kick was, and my roll, just so far, to the left and back to the right, looking forward at a 10 degrees angle. That monopolized all of my time.

04:37:22

When I finished, I'd start over again. And that way I could keep my timing and I would get faster...as I swam. I always finished swimming faster than when I started, without trying. 'Cause I'd keep to that rhythm or I'd swim a little...faster tune, I would hum to myself. And I'd keep my arms up about...so I was doing 60 strokes a minute for the whole swim. Say for 32 miles, 60 strokes a minute, which boiled down to 31 minutes and 46 seconds a mile. And I did that on all my long swims. [Coughs]

TERI: One more question. Ann, how do you want to be remembered? What do you want people to remember about you?



04:38:13

ANN: Well, I'd sort of like to be remembered as...have started a lot of people...as a first into the future, what they were going to do. And, amongst some papers I've left with you, you'll see one from George Burrows, Head of Parks & Recreation, where he said, "Worldwide, people owe their future to what [I] have taught them over the years." And I always tried to teach...people something where they would improve and be able to get on a better job than they were actually working on. Mostly in the sports field, but there are many fields open in that field. So.

TERI: So you want to be remembered as someone who inspired people?

04:39:06

ANN: Yes, yes.

TERI: Can you say that for us?

04:39:10

ANN: Yes, I tried to...inspire people for their betterment in the future. And I taught, pretty well all fields in Sports & Rec. And swimming happened to be one, that I liked myself. [Laughs]

BEV: How would your life have been different had you not had sport in it?

04:39:37

ANN: Oh, I still think it would have been with sports some way or other, because I was always involved in...and that's what I always saw because of my father...into sports. Now my mother wasn't any type of an athlete at all. But my dad was involved in most all sports...and my brothers. So. My



brother had to keep an eye on me, was quite a bit older. And if he played football, I played it. It didn't matter what he did, I had to do it, he had to keep an eye on me. The only thing, he had to stay with me if I swam.

04:40:12

But everything else, I was involved in what the boys would be doing. [Laughs] That's how I got involved really with baseball and...high jump. 'Cause I could high jump at that time too. So, I got mixed up through playing with the boys. But he wasn't going to watch me with a bunch of girls, so I had to do what he was doing. [Laughs]

BEV: I was going to ask you, with the long swims, do ever vary the stroke?

04:40:41

ANN: Never. Same stroke from start to finish. Never change it. Nope. Some will change, well that's a good way of breaking yourself down. Keep the same stroke all the way. I began[??] with 60 strokes a minute. My heart beat is 60 strokes a minute. You can test it any time and...put a stop watch on...it's still 60 strokes, 60 beats a minute. Well all athletes have a low heart beat. Yeah [coughs]. But I know of no sport where you are physically working the whole way, even if you stop from 9 to 20 seconds for a feeding, you stay working to keep yourself afloat. Whereas hockey or football or anything, they only play 2 or 3 minutes, they're off for so many seconds and they're back on again.

04:41:37

Whereas with this, you're working from start to finish. So. I'll have to give them some exercises. I did have football players and hockey players in my keep fit classes. Lily Fanlin(?) was one, he was a lineback for the lions and I had um oh I had a number of them that were in my classes. Ronnie Moss, he was umm a quarterback, he was in my class. So I had a lot of



different athletes.

04:42:11

Oh, and another thing, I could teach someone to swim, an adult that was afraid of the water, I could teach them to swim in 10 minutes, so the television came in and they had me at the Percy Norman Pool teach someone to swim in 10 minutes. Well I start with them in the deep water, not the shallow water, and in 10 minutes they could swim across the deep pool and back. They were filming that while I was doing it. That's quite a while ago though. I avoid the water and cameras when I go, I don't want anyone to know I'm going cause they want to know if I'll teach them to swim (laughing).

## **ROOM TONE HERE**

## **DISCUSSION ABOUT OTHER ATHLETES**

BEV: Debbie Brill?

04:43:44

ANN: Oh umm Debbie Brill I knew her cousin when I was in High School, so we chummed around together and I was so surprised when she was nominated to my Maple Ridge/Pitt Meadows Hall of Fame. And of course she is in it for her high jump so I've had her to the house, different things like that, but she hasn't changed much. But I've known her for a long while.

04:44:12

She's uh, if you're talking sports, she's really interesting what you're talking about but she doesn't come up with much of anything else but in the sport land she's really quite interested.

04:44:32

Oh we have off and on, especially since she was nominated to my Hall of Fame. So I've had her up to the house and people have taken pictures, things like that are local news. So in fact I have to see our times, there'll be something in the times this weekend, and next weekend there'll be something from the news about my Hall of Fame and nominations coming in you see for this coming year.

BEV: Elaine TAnnr?

04:45:39

ANN: Yes, I've known Elaine for many years and she went in on the beachcomber after me, and I of course followed her swimming on account of knowing her for so long. She was an excellent swimmer of course, top of the line (laughing).

04:46:05

ANN: Elaine TAnnr.

BEV: Lori Fung?

04:46:20

ANN: Yes, Lori Fung went in the Hall of Fame the same year I did for her rhythmic uhh, what do you call it, skating with... they had the big loop with the... gymnastics rather.

04:46:47

Lori Fung, yes she went in 85 into BC Sports Hall for her rhythmic gymnastics. She was excellent at that.

BEV: Karen Magnussen?



04:47:05

ANN: Oh yes, Karen for figure skating. I usually sit with her when I come to the Hall of Fame do, but this year I missed because I was looking after someone out of the hospital. I had to take to Vernon so I missed you hall of fame deal this year, but I've known her many years and she was excellent figure skater because I have friends who's daughters pick up figure skating at that time but they never got to where she did.