

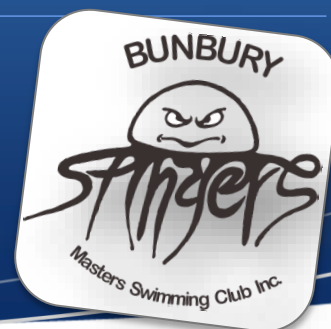
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the year with the Christmas function and presentations announcements and photos, details of some of the fund raising activities by members and meet one of oldest founding members.

Read on for the latest STINGERS news...



Hello Everyone

Read on for the last newsletter for 2022.

This edition has the address from our club President Sally Murphy. Sally made presentations to club members for their participation and support of the club. See below for the details, along with some photos of the gathering at the Val Anne Community Space.

Also a round up of the some of the varied activities and fund raising in which some of our club members have participated.

Our AGM will be held early next year and will be looking for volunteers to fill a number of the roles that are required to keep the club operating, so if you feel like participating in the running of the club, then let Sally know as soon as possible.

Cheers

Ben

UPCOMING EVENTS

- Next meeting** Early next year
Bunbury Swimming Club
Rooms SWSC
- Training sessions** Mon & Wed
10:00 am and 5:30pm
- Chinstrap Penguins** Koombana Bay
Mon, Wed, Fri 2pm
Sun 9am
- Penguinettes** Koombana Bay
Sun, Wed, Fri 9am



Bunbury Masters Swimming Club Inc
PO Box 273 Bunbury WA 6231
secretary@bunburymasters.asn.au
www.bunburymasters.asn.au

Like us on Facebook: www.facebook.com/bunburymastersswimmingclub

Club Christmas Get Together

From the President

If you missed the Club Christmas Party on Sunday, here's a brief version of my speech.

Firstly, I acknowledge the Wardandi Noongar people, on whose lands we gathered on Sunday afternoon and where we also live, work, and, swim. We are lucky to get to do so.

A welcome and best wishes to our six life members – Thelma, Brian, Pam, Richard, Marie and Margaret. Also, a massive thank you to our club sponsors – Wallace Motors Suzuki, Brecken Health, Shelford Quality Homes and McKitterick Chartered Accountants. Having you on board this year has made a big difference to our club, and we look forward to long relationships with each of you.

2022 has been a big year with the challenges of Covid, and its spread in Western Australia making it challenging for all, and at Stingers created challenges for coaches, and for the committee, but we've found ways to swim, including the groups who, while it's not an official club thing, swim each week at Koombana year round. As a result, our sessions at the pool have looked different, especially at morning sessions, but our member rates are high, and we will, in 2023 'Just keep Swimming' (to quote a little blue fish called Dory).

Some big thankyou's for this year. Firstly, to the committee – especially to Richard and Allan who between them keep the club running. Allan's efforts with sponsorship and signage have put us in a strong financial position. Jodi, managing those finances has been brilliant. Tanya, who co-opted her daughter Racquel to help with signage, sorted new bathers, runs the club social media and of course organised this event. And the rest of the committee, including Steve and Liz, who come along every month, keeping the club moving in a range of ways. A special mention to Brian, who has taken a well earned break from the committee, but welcomes new members, and is always up for a chat about decisions and processes, as well as being well on his way to swimming 7 million metres.

To our coaches, Pam, Chris and Julie. These people are volunteers and, whether in the pool or on deck, sacrifice a lot of their own swimming time to help us improve our technique and our fitness. This is really appreciated.

To Alice and Paul, for generously letting use the Val Anne Community space, and for Tanya, Jill and Ben who set up, and made sure I got my cheese 😊

And lastly, before the presentations, thank you to all members. I don't care where you swim, or how often you swim, the fact is, you do just keep swimming, and our club motto of '**Fun fitness and friendship**' is in clear view for everyone to see.

Thanks again for coming – stay safe, stay happy, keep swimming and enjoy the cheese.

Sally Murphy

Coaches Awards

PM: Andrew Taylor



AM: Natsuno Sasaki



Endurance Award :

Barry Bastow



President's Award – Most Outstanding Club

Member: **Liz Common**

Every Friday Liz turns up to time and record anyone who turns up for the Endurance session, and then to make sure those swims are recorded in the system. She also turns up to swim all year round, and for much of the year, when we didn't have a deck coach, took on making sure the lane hire sheets are signed, visitors fill in forms and recording the number of swimmers etc. She also serves on the committee, making a valuable contribution. She does all this quietly and without fanfare, but it makes a huge difference to our club.



Male Swimmer of the Year: **Allan Taylor**

We had some amazing swims this year, especially in the Open Water. In the men's, Ron Edwards was the most senior swimmer at the Busselton Jetty and is still swimming strongly. Andrew Taylor did 8 Open Water Swims, and a slew of others did four or more. But a standout, and therefore Male Swimmer of the year, with a massive 14 Open Water Swims, is Allan Taylor



Female Swimmer of the Year and Club Champion: **Jackie Panizza**

The women were also amazing, with some incredible achievements. Julie O'Connor swam her first solo Rottneest crossing. Danielle Pesci swam within 1 second of the State 50m Breaststroke record in her age-group, was close to her own records in the Country Correspondence Carnival and won her age category at the Glen Mervyn swim. But the standout this year, swimming in 8 Open Water Swims and coming second in her age group in the SWA Open Water Series, as well as swimming a personal best in the Jetty Swim, is Jackie Panizza, who is also the Club Champion for 2022.



Well done to the award winners.

And a Great Big thanks to our coaches - **Pam and Julie**



And some photos of the event





And a great big thank you to **Paul and Alice** for letting us use the Val Anne Community Space.



Scottish Winter Equinox

A Scottish Winter Equinox was celebrated by our ocean swimmers on Sunday, Even the Loch Ness made an appearance! Scottish treats were enjoyed by all after a swim in perfectly flat conditions.



Our Club Sponsors

These are our four club sponsors for this year and they have made significant contribution to our club. We like to say thanks to them and to wish them and their staff a merry Christmas and happy new year.

BUNBURY MASTERS SWIMMING CLUB IS PROUDLY SPONSORED BY



McKitterick Chartered Accountants is a boutique firm situated in Bunbury, offering quality business and accounting services to individuals, businesses and self managed superannuation funds in the South West.

Through on-going extensive technical training, keeping up to date with the latest in software and technology advances and having knowledge of the local community, McKitterick Chartered Accountants pride themselves on delivering a service of exceptional standard to the Bunbury and South West region.

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BUNBURY MASTERS SWIMMING CLUB IS PROUDLY SPONSORED BY

Build Your Family Home with Confidence



The Shelford group is an award winning Perth Builder, with an office located in Bunbury. Specialising in residential and commercial building projects since 1991.

They are passionate about supporting local heroes and community groups. Believing in giving back by helping charities to raise awareness and funds and engaging in sporting club sponsorships.

www.shelford.com.au
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BUNBURY MASTERS SWIMMING CLUB IS PROUDLY SPONSORED BY



WALLACE MOTORS

CONTACT
PAUL WALLACE

Wallace Motors Suzuki is a locally owned and operated dealership with manufacturer compliant service facilities, parts and accessories.

The Wallace family have been selling vehicles in Bunbury for over 50 years.

Talk to them before deciding on where to purchase your next vehicle, you won't be disappointed.

www.wallacemotors.com.au
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BUNBURY MASTERS SWIMMING CLUB IS PROUDLY SPONSORED BY



Brecken Health
BUILT TO CARE

Brecken Health Care is dedicated to providing the highest quality medical care and offer a wide range of services under general, allied and corporate health including physiotherapy, podiatry and exercise physiology. They are open 7 days a week!

They believe by assisting the local community around them, it can have a positive impact and create a more sustainable future. They support many local and national charities.

www.breckenhealth.com.au
9791 8133

Open Water swimmers

Sunday Koombana Swims

- Sundays at 9am -- Koombana Bay... swims start at the Koombana Bay Sailing Club end of the beach and swim east to the groyne and then swim back to the starting area (approximately 1 km). Additional distance is often done by some of the swimmers. Meet at Koombana Bay near the concrete path down to the beach near the groyne between the Sailing Club and the swimming beach. NOTE: These swims are not coached so it is important that each swimmer assess the conditions relative to their swimming ability, and if in doubt do not enter the water. We suggest you pair up with a swimmer of similar speed for safety.

Want even more ocean swimming or love the beach

- Although not sanctioned club sessions, two groups, made up mostly of members swim regularly in the ocean at Koombana Bay.
The Chinstraps swim at 2:00pm Monday and Wednesday and 3:00pm Friday
The Penguinettes swim at 9:00am Wednesday and Friday.
And both groups swim at 9:00am on Sundays.

Busselton Jetty Swim

- If you are still on the waitlist, note that the majority of withdrawals happen close to the 15th January deadline, so plenty of those on the waitlist will still be promoted to swim.
- If you are wanting to get some training in at Busselton Jetty, plenty of swimmers train at 7:00am (toes in the water) on Sundays. We recommend you find a swim buddy of similar ability and come along. Note, this Sunday (4th Dec) is the Busselton Ironman so the area will be closed to the public.



2023 Memberships

Come and Join the
BUNBURY MASTERS SWIMMING CLUB INC.



FITNESS | FRIENDSHIP | FUN
WWW.BUNBURYMASTERS.ASN.AU

EST. 1989

12 MONTH MEMBERSHIPS NOW AVAILABLE!

2023 MEMBERSHIPS
PAY BEFORE 31ST DEC AND GET
EARLY BIRD DISCOUNT \$157
OR FROM 1/1/2023 \$177

POOL TRAINING TIMES
MONDAY AND WEDNESDAYS
10AM & 5.30PM

OPEN WATER
SUNDAYS
9AM AT THE SAILING CLUB END
KOOMBANA BAY

YOUR MEMBERSHIP INCLUDES
LANE HIRE
POOL DECK COACH
SOCIAL ACTIVITIES
POOL AND OPEN WATER MASTERS
SWIMMING EVENTS

COME AND TRY 4 SESSIONS BEFORE JOINING

NOTE: SWSC POOL ENTRY FEE IS NOT INCLUDED

Early bird discount finishes soon... no excuses... if you are planning to rejoin, **DO IT NOW!**

If you are a lapsed member (member in 2019, 2020 or 2021 but not 2022), click on the "Renewing Memberships" + under "What type of membership are you looking for?" on the <https://mastersswimming.org.au/memberships/> screen for further instructions.

If you encounter issues, check with Julie at training, or email Richard via the club email.

Cystic Fibrosis Dare to Care Swim

Congratulations to Allan, Richard & Jackie in raising \$3788 for Cystic Fibrosis in the Dare to Care - Swim for Conquer Cystic Fibrosis



Open Water Swim Calendar 22-23

Date	Confirmed	Distance	Where / What	Organiser	Website
Sat 20-Aug-22	✓	1k	Dare to Care Swim	Conquer Cystic Fibrosis	daretocareswim.com
Sat 10-Sep-22	✓	200m, 500m, 1.25k, 2.5k, 5k	Karratha	Swimming WA #1	openwaterswimming.com.au
Sun 16-Oct-22	✓	500m or teams 1k, 2k, 4k	North Cottesloe - Cold Water Classic	North Cott SLSC	northcottoncoldwaterclassic.com
Sun 16-Oct-22	✓	500m, 1.25k, 2.5k, 5k, 7.5k	Leighton	Swimming WA #2	openwaterswimming.com.au
Sat 12-Nov-22	✓	500m, 1.25k, 2.5k, 5k	Sorrento	Swimming WA #3	openwaterswimming.com.au
Sun 13-Nov-22	✓	400m, 800m, 1600m, 3.2k	Lake Leschenaultia	WOW Swims (MSWA) #1	iwovswims.com.au
Sat 19-Nov-22	✓	500m, 1.25k, 2.5k, 5k, 10k	Indian Ocean OWS	Floreat SLSC	indianoceanswim.com
Sat 26-Nov-22	✓	500m, 1.25k, 2.5k, 5k, 7.5k, 10k	Bunbury	Swimming WA #4	openwaterswimming.com.au
Sat 03-Dec-22	✓	500m, 1600m	Swim Thru Rottnest	Cottesloe Crabs	swimthrurotto.com
Sat 10-Dec-22	✓	250m, 1600m, 3.2k	South Beach - Ports Swim Thru	WOW Swims (MSWA) #2	iwovswims.com.au
Sun 11-Dec-22	✓	200m, 500m, 1.25k, 2.5k, 5k	Rockingham	Swimming WA #5	openwaterswimming.com.au
Sat 17-Dec-22	✓	1.6k, 3.4k, 10k	Coogee - "Christmas 10K"	WOW Swims (MSWA) #3	iwovswims.com.au
Sat 31-Dec-22	✓	500m, 1.25k, 2.5k, 5k, 7.5k, 10k	Mullaloo	Swimming WA #6	openwaterswimming.com.au
Sat 31-Dec-22	✓	400m, 1.25k, 2.5k, 5k	Albany - Middleton Beach	Albany SLSC	albanysurfclub.com.au/calendar
Sat 07-Jan-23	TBC	400m, 1600m, 3k	Cottesloe Classic Mile	Cottesloe SLSC	www.cottsurf.com
Sat 14-Jan-23	✓	500m, 1.25k, 2.5k, 5k, 7.5k, 10k	Coogee	Swimming WA #7	openwaterswimming.com.au
Sun 22-Jan-23	✓	800m, 1600m, 3.5k	Matilda Bay - Swim Thru Perth	WOW Swims (MSWA) #4	iwovswims.com.au
Thu 26-Jan-23	✓	500m, 1.25k, 2.5k, 5k, 7.5k, 10k	Busselton	Swimming WA #8	openwaterswimming.com.au
Sat 28-Jan-23	✓	1600m, 3.2k	Leighton - Freo Ocean Classic	Fremantle SLSC	openwaterswimming.com.au
Sat 04-Feb-23	✓	2k	Swanbourne - Swanny Ocean Classic	Swanbourne SLSC	fremantlesurfclub.com.au
Sun 12-Feb-23	✓	1600m, 3.6k (solo/duo/quad)	Busselton Jetty Swim	Busselton Jetty Swim	swannyoceanclassic.com
Sat 18-Feb-23	✓	500m, 1.25k, 2.5k, 5k	City Beach to Scarborough	Swimming WA #9	busseltonjettyswim.org.au
Sat 25-Feb-23	✓	19.7k	Rottnest Channel Swim	Rottnest Channel Swim Assoc.	openwaterswimming.com.au
Sat 04-Mar-23	✓	400m, 800m, 1600m, 3.2k	Mullaloo (includes MSWA state Meet)	WOW Swims (MSWA) #5	rottneatchannelswim.com.au
Sat 04-Mar-23	TBC	1600m	Leschenault Inlet - Barrett Swim Thru	Bunbury SLSC Old Boys	iwovswims.com.au
Sun 12-Mar-23	✓	250m, 750m, 1500m	Coogee - Jetty to Jetty	WOW Swims (MSWA) #6	BarrettBunburySwimThru
Sat 18-Mar-23	✓	19.75k, 25k	Port-to-Pub	Hotel Rottnest	iwovswims.com.au
Sat 25-Mar-23	✓	500m, 1.25k, PtP Quinns to Marina	Mindarie	Swimming WA #10	porttopub.com.au
???	TBC	1k	Koombana Bay	Rhonda Brennan Memorial Swim	openwaterswimming.com.au
Sat 08-Apr-23	✓	4k (solo/duo/team)	Albany - Harbour Swim	Albany SLSC & Albany Masters	Talk to Allan
Sun 09-Apr-23	TBC	1600m	Denmark - Southern Ocean Classic Mile	Denmark SLSC	albanysurfclub.com.au/calendar
Sat 06-May-23	✓	10k, 20k (solo/duo/quad)	Lake Argyle Swim	Lake Argyle Swim Inc.	denmarksurf.com.au

Brecken Health Women's Tri volunteer photos

Volunteers for Swim Marshals at the Brecken Health Women's Triathlon were

Julie O'Connor, Brendon Bunning, Dee Collins, Brooke McKitterick, Kylie Paliokas, Andy Males, Linda Evans + honorary Stinger (Linda's friend) Robyn Harris.

A great success.

Julie O'C.



Bunbury Masters Evening Swim Squad.

This squad have been fending for themselves for a couple of months. I have not been available to attend many sessions although I wasn't too worried because I had appointed a great Deputy to take over. This person has done an amazing job. I was lucky that last Wednesday I was able to finally attend training and guess what, they have changed venues. It was at the Highway Hotel which I know for a fact it does not have a pool! So we all had to have a meal instead. It was a great night and I think there might be a few more nights like that. Have included some evidence with this report of how happy all these swimmers were to get together and do something different for a Wednesday night. Also it was a great opportunity to thank Keia Hadden for filling in for me while I have not been available. Keia did an excellent job and I'm very proud of her. Well done Keia.

Pam Hall evening squad coach and Life Member.



Catch up with Marie Harris

Wednesday 24th August I had the pleasure of meeting up with our Clubs founding member Marie Harris. Also Marie was our first member to receive her Life Membership of our club. For those that don't know it was Maries 99th Birthday on the 1st August 2022.

I had not seen Marie since our clubs 30th celebrations, she had been visiting her family in Bunbury. While she has been here she has been gallivanting around everywhere, and was impressed by the tulip festival. The next day her granddaughter was taking her down to Busselton. Both Brian and I enjoyed our time with Marie especially hearing about all she has been doing and where she was going. Had a laugh with her story of having to go to respite and after her first day she was locked in her room (because of Covid lockdown). We both thought that was bad timing!

I was also very surprised when Marie told me she goes for a 1km walk every morning without fail, tells me it keeps her legs moving, goes on her own with her walker as support, she meets people, smiles, chats etc and says it really brightens her day.

Well done Marie very proud of you. Great to Catch up.

Pam and Brian Hall.

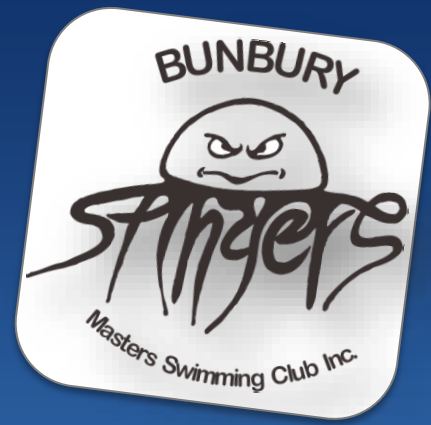


Club Contacts

President	Sally Murphy
Vice President	Allan Taylor
Secretary	Richard Morris secretary@bunburymasters.asn.au
Treasurer	Jodi Dyson
Coaching Coordinator	vacant
Coaching Committee	Julie O'Connor, Pam Hall, Danielle Pesci, Chris Gibbs
Club Captain - Open Water	Allan Taylor
Club Captain - Pool	Alicia Stiffle
Endurance	Liz Common
Public Relations	Tanya Price
Safety	Steve Povee
Newsletter	Ben van de Ruit editor@bunburymasters.asn.au
Social	Tanya Price



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Thanks to all contributors

As always, many thanks to all contributors to our newsletter. 😊

Till next time
See you in the water!
Ben – the Ed.