

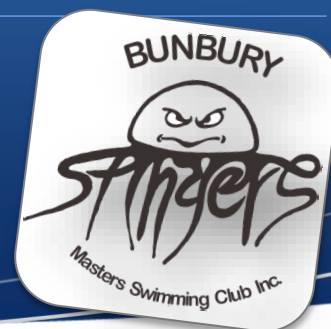
The STINGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we introduce our Executive club members and the committee members and their roles, along with "Swimming workouts can keep you healthy", and more.

Read on for the latest STINGERS news...



Hello Everyone

Read on for the first newsletter for 2023.

This issue introduces the Club Executive, the Committee Members and their roles.

Also a report by Allan Taylor with photos of their trip to New Zealand.

And, lots more for your reading enjoyment.

Happy Easter to you all.

Cheers

Ben



UPCOMING EVENTS

Training sessions Mon & Wed
10:00 am and 5:30pm



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 Office Bearers

President: Allan Taylor



Vice-President: Tanya Davey



Secretary : Alice Stubber



Treasurer: Jodi Dyson



Committee members

- Allan Taylor – Sponsorship
- Greg Clark - Sponsorship
- Brian Hall – Club Captain Pool
- Pam Hall – Coaching Coordinator
- Iain Hensby – Safety Officer
- Steve Povee – Open Water Swim Safety Officer
- Liz Common - Endurance
- Les Fabre – Committee General
- Jackie Panizza - Club Captain Open Water
- Fiona Florance – Coaching Committee
- Keia Haddon – Coaching Committee, Social
- Andrew Taylor – Coaching Committee
- Don Brady - Coaching Committee
- Tanya Davey – Public Relations
- Sally Murphy – Public Relations
- Jodi Dyson - Social

Thanks to all the Executive and Committee members for their dedication to the running of our club.

We wouldn't have a club without you!

New Zealand Trip

A group of Bunbury Masters members recently travelled to New Zealand to take part in the Auckland Harbour Swim and the Blue Lake Champion of Rotorua swims. Similar to our WOW and OWS series, there are 10 events over the summer in the North Island. Our concerns of confronting cold conditions for our swims were unfounded as water temperatures ranged from 19° to 22°c.

The Auckland Harbour Swim is a 1 kilometer crossing then return, in the shadow of the Auckland Bridge. The harbour shuts down for 2 hours to permit competitors to complete the crossing. In good conditions this is ample time to complete the journey. Not so this day as the breeze picked up early and we set off into a following swell that prevented everyone from sighting any cans. The return journey was straight back into the swell. The drift forced many competitors to collide with the pylons of the bridge and in fact some finished the race on the wrong side of the bridge. The rubber dummies were busy plucking exhausted swimmers from the rough conditions. Les Fabre not only won gold in his division he was the second oldest to complete the double crossing without the aid of a wetsuit.

I am proud to report that all of our contingent completed the race and all were rewarded with medals in their respective divisions.

Steven Povee: Gold

Les Fabre: Gold

Allan Taylor: Gold

Richard Morris: Silver

John Davey: Silver

Tanya Davey: Bronze



A fortnight later with many self organised swims under our belts we headed to Lake Tikitapu (Blue Lake) in Rotorua. The lake is nowhere near the size of Lake Taupo to the south but is still expansive. The one lap course of 3.5 kilometers is easily placed within the rim of a collapsed volcanic crater. The centre of the lake is 27.5 meters in depth and the blue colour is attributed to the pumice stone that lies at the bottom. With the aid of Steven’s “Yellow Bath Duck” we were able to alleviate the fears of the 800 strong field that the water temperature was 19°C even though the outside air temperature was only 8°C.

The medal haul at Blue Lake was;

Steven Povee: Gold

Les Fabre: Gold

John Davey: Gold

Richard Morris: Silver

Allan Taylor: Bronze

The highlight of our swimming adventure was Lake Taupo. The crystal clear water was 22°C and you could easily swim 20 kilometres along the shoreline unimpeded, in fact the perimeter is 193 kilometres. Visibility was so good that I managed to catch a trout with my teeth.

Though we were cut short from competing in the Mt. Maungau Beach swim around the 2 islands. We did 2 training sessions in this idyllic location.

No wonder New Zealand is now a tourist hotspot. There is magnificent scenery around every bend and the people are so welcoming.

Allan Taylor



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 for supporting our club.

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.

www.mckitterick.com.au
0407 991 573

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
9599 1500

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
9721 4949

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

The Penguinettes

At the start of last year a group of Stingers took a challenge to swim in the ocean for one whole year.

They needed a name-so in keeping with the theme of their fellow Chinstrap Penguin group who had been braving the bay for years and as the group started out as all females the Penguinettes were formed.

Unfortunately for two male members that joined after the name was voted, they had to embrace the name!

As the months got colder and they were still swimming, discussions turned to whether they should purchase those ugly thermal caps worn by fellow chinstraps or could they brave it. Do they wear a wetsuit or brave it. Brainfreeze took over, so ugly caps won but boy they were soon loved. Two brave soles vowed to just wear bathers, it was likened to wearing a beanie with shorts and a singlet-it just didn't make sense but they swam on.

Would the ever decreasing water temp turn them off (13 degrees) or the sea creatures lurking in the murky waters they could not see. The beaches turned empty apart from 5 fluoro headed Penguinettes being welcomed by the cold waters of Koombana bay.

APRICITY in winter warmed them up as they huddled on the steps sipping hot coffees, swapping cold water research notes, favorite books, recipes, homemade treats, life stories and many many laughs. It was becoming addictive.

They became experts at weather apps, finding the best clothes to get warm after getting changed under a hooded towel after rinsing off in a cold shower with teeth chattering, blue lips and wardrobe mishaps, but still the laughs kept coming.

They welcomed strangers on the beach to join their quest as passers by looked on in awe at this group who were considered brave with a dash of crazy but a lot of admiration.

So 12 months later and the challenge is officially complete.

Many people swim in cold waters but this group often said never would they do that. They put their fears aside and their life has been opened up to a whole new swimming experience

Well done Penguinettes -Ben, Jill (brave bathers only wearer) Tanya, Aina, Edwin (brave bathers only wearer)

Tanya Price



Tanya in Italy

Our much loved member Tanya Price is in Italy at the moment. She sent through this photo and says '12 degrees in the water and about 7 out but I did it! A quick dunk each morning-breathless but worth it. No wetsuit!!' That's dedication for you.



Capri dunk! Not as chilly as Cinque Terre but fresh!

SWA Community Swim in Busselton

Megan was awarded Bronze in Open category (15-49) in 2.5k swim, and I received Gold in Legends Category (50+).

Lisa Morrison completed the 10k as part of her preparation for a Rotto solo.

Jim Smith, Andrew Taylor and Allan Taylor completed the 5k. Jim was 2nd in Legends, and Allan was 3rd.

Other Stingers in the 2.5k included Greg Clarke, Jeff Berndt, Sally Murphy, Linda Evans, Karen Clarke, Brian Hall and Liz Common.

Alicia Stiffle's son Lachlan did the 1.25k, and Alicia and daughter, Lynlee, swam the 500m.



Swimming workouts can keep you healthy during a season when many people get sick

Cold and flu season runs from about March to October. That's when we tend to head indoors where drier, trapped air can circulate viruses more easily. Add the constant possibility of another COVID-19 surge, and you get a recipe for plenty of sniffles and potentially far worse health outcomes.

If we've learned anything from the COVID-19 pandemic, it's that we aren't completely at the mercy of menacing microbes. There are a few things you can do to stay healthy, even when everyone around you seems to be coughing and sneezing.

- Exercise regularly
- Rest properly
- Sleep better
- Eat right
- Reduce stress

Exercise Regularly

Swimmers have a secret weapon to help stave off the worst of winter: swimming itself. Exercise is one of the best ways to keep your immune system running at full tilt and primed to fight off any pathogens you may encounter.

According to a 2011 study of the lifestyle habits (diet, exercise, and exposure to stress) of more than 1,000 participants completed at Appalachian State University in North Carolina, physical activity was singled out as the leading factor that predicted whether an individual came down with an upper respiratory ailment.

The study found that those participants who worked out at least five days per week had a 43% lower risk of developing an upper respiratory tract infection during the 12-week study period when compared with largely sedentary participants who worked out less than once per week. And we're not talking massive amounts of exercise either; a workout was defined as at least 20 minutes of moderate exercise, such as a brisk walk. The average Masters swimmer who swims for about an hour three or four times per week is well exceeding that parameter.

Why exactly exercise has this effect on the body is another question, and it seems that exercise stimulates the immune system to become more alert and stay vigilant for pathogenic invaders. An immune system that's primed and ready can jump on a threat straight away and nip a potential infection in the bud.

Rest Properly

While exercise is super important to keeping your immune system humming along, rest is an equal component that shouldn't be shortchanged either. This is where the Goldilocks proposition comes in—some exercise is good, but too much can overtax the body and can actually suppress the immune system, leading to increased inflammation and a loss of ability to fight infection. This is why some elite athletes find that they develop a cold sore or get sick right after a major competition—the body is knocked back by that extreme exertion and needs some time to rest and rejuvenate before it can properly defend against a pathogen.

It's similar to the chronic immune system suppression that develops when you're overtraining, a fairly common problem among Masters swimmers who are trying to excel in many arenas at once: sports, work, family, and social settings. It can be difficult to discern exactly where the line lies between too much and not enough when it comes to exercise but listen to your body. If you're feeling constantly run down or seem to be fighting a cold often, that might mean you're working too hard and need to rest more.

And it's worth noting that being cold won't make you sick. That old wives' tale is just that—a story. It's still best to bundle up properly if you'll be spending time in the elements, but simply spending time in the cold won't give you a cold.

In fact, growing evidence about the benefits of cold-water swimming suggest that getting cold on the regular may support a healthy immune system. As with exercise, cold immersion stresses the body in such a way that it can prime the immune system to fight back. But as with exercise, you need to be careful not to overdo it; swimming in very cold water has risks and it's best to work up to it slowly and with knowledgeable peers alongside you.

Sleep Better

Rest, or giving a workout a miss when you're doing too much is one thing, but sleep is another. Sleep is a fundamental piece of the whole-health puzzle, and most American aren't getting enough; the Centers for Disease Control and Prevention reports that a third of all adults in the United States are sleep deprived. "More than 35% of Americans get less than seven hours of sleep per night – and 1 in 20 has fallen asleep at the wheel in the past month," the agency reports.

While drowsy driving is one obvious detriment to health that can arise from not enough sleep, it's not the only one. During sleep is when your body repairs damaged cells and literally takes out the molecular trash. This has big implications for how the immune system functions. If you're not sleeping enough, your immune system can't function optimally.

While the optimal amount of sleep you need can vary quite a bit from what someone else needs, for most adults, aiming for 7 to 9 hours of high-quality sleep per night is an ideal goal. The American Academy of Sleep Medicine reports that adults need at least seven hours of sleep per night. Shortchanging yourself by even just an hour per night can lead to long term health problems including diabetes, heart disease, and an increased risk of cancer.

Eat Right

Another critical piece of the immune support puzzle is eating right. And in the context of immune health, opting for a plant-based, whole foods diet is generally viewed as your best course of action. Lifestyle eating patterns like the Mediterranean diet, which feature plenty of fresh veggies, whole grains and legumes, and some lean protein and healthy fats are perennial dietitian favorites because they offer the full spectrum of vitamins and minerals your body needs to run optimally. Plus, this approach is sustainable and delicious.

If you're exercising regularly, you'll likely need more calories to fuel all that activity than you would if you were sedentary. When in doubt, visit with a registered dietitian to get tailored advice for your body and goals.

Reduce Stress

Lastly, reducing stress can also help keep your immune system humming along at top performance. While some stress, when administered in controlled amounts, helps stimulate the immune system to perform at top capacity, chronic stress, such as many people experience day in and day out with work and other obligations, can take a major toll on how your immune system functions.

Taking a step back and engaging in mindfulness, meditation, yoga, or other stress-busting activities, can help alleviate stress and keep your immune system primed and ready for action. Removing that excess stress can reduce inflammation throughout the body, which helps boost immune function.



About The Author

Elaine K Howley

Elaine K. Howley is an award-winning freelance writer and editor specializing in sports, health, and history topics. Her work has appeared in numerous print and online publications including [AARP.org](https://www.aarp.org), *Atlas Obscura*, *espnW*, and *U.S. News & World Report*. A lifelong swimmer who specializes in cold water marathon swimming, she has contributed to *SWIMMER* magazine since 2009 and [USMS.org](https://www.usms.org) since 2012. Contact her via her website: [elainekhowley.com](https://www.elainekhowley.com)

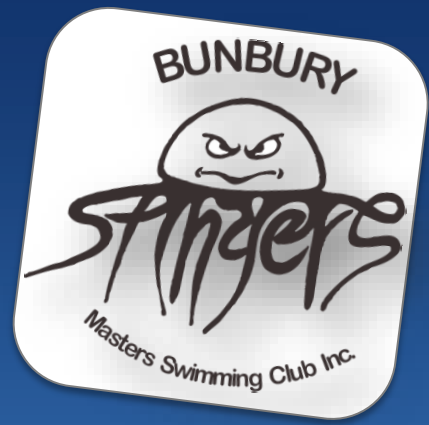


Club Contacts

President	Allan Taylor
Vice President	Tanya Davey
Secretary	Alice Stubber secretary@bunburymasters.asn.au
Treasurer	Jodi Dyson
Coaching Coordinator	Pam Hall
Coaching Committee	Don Brady, Keia Hadden, Andrew Taylor, Fiona Florence
Club Captain - Open Water	Jackie Panizza
Club Captain - Pool	Brian Hall
Endurance	Liz Common
Public Relations	Tanya Davey, Keia Hadden, Allan Taylor
Safety	Iain Hensby and Steve Povee
Newsletter	Ben van de Ruit editor@bunburymasters.asn.au
Social	Keia Hadden, Jodi Dyson



Like us and share with
your friends on Facebook @
bunburymastersswimmingclub



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.