

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we catch up on the events for the short but busy month of February. We also shine the spotlight on Celeste Park who participated in her first BJS, and we learn about upcoming MSA training and swim events.

Read on for more STiNGERS news...



Busselton Jetty Swim Feb 14

The Busselton Jetty Swim attracted a record number of entrants this year and a dedicated bunch of Stingers were amongst them! The general consensus was that the conditions were fairly average on the day, with a decent Easterly kicking up a little too much swell for some BJS participants (but not for us seasoned Stingers!)

Once again, all of our Stingers put in a mighty effort on the day with Ron and Thelma winning their respective age groups.



TRAINING TIMES

Squad	Mon	10am to 11am
	Wed	10am to 11am
	Wed	5.30pm to 6.30pm
Endurance	Sat	10.30am to 11.30am
Venue	South West Sports Centre, Bunbury WA	
Open water	Sunday 9am (seasonal) Koombana Bay or Back Beach	
Next meeting	Tue 11 March @ 6.30pm 221 Yalinda Drive, Gelorup	
Next social	Tue 18 March @ 6.30pm Parade Hotel RSVP: Catherine Curnow	



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There were a total of 1,273 individuals in the Solo comprising 719 men and 554 women. The average solo time was 1:15:44, with the fastest 00:42:32 and the slowest 02:19:09.

There were 119 Duo Teams with an average time of 01:23:07 (fastest 00:58:41 and slowest 1:58:54); and 59 Quad Teams with an average time of 1:28:05 (fastest 1:28:05 and slowest 2:03:40).

Results for our Stingers are as follows:

Individuals: *Time* *Placing in group*

Richard Morris 1:00:25 17th

Brendon Bunning 1:14:43 26th

Anita Lindeman 1:14:56 18th

Julie O'Connor 1:15:00 23rd

Ron Edwards 1:16:05 1st

Damian Collopy 1:23:55 31st

Brian Hall 1:27:58 4th

Bill McGuigan 1:32:57 5th

Thelma Sharp 1:34:52 1st

Duo teams:

Mazz Brothers 1:22:46 55th

Geoff Mazzuchelli and brother Trevor

Dad and Daughter 1:27:46 74th

Geoff M's Dad Richard and sister Jessica

Quad team:

Brian's Babes 1:30:30 37th

Erica, Roz, Catherine & Celeste

(Apologies if I've missed anyone.....Ed.)



Quote of the Month

"People ask me, 'what is going on through your mind in the race?' and I don't know. I try and let my body do what it knows." Ian Thorpe

Impressions of the BJS from Brian's Babes....

From Erica who swam the first leg 1000m.....

"I loved this year's BJS. Yes it was rough, but for me it was 100% better than last year. I was much better mentally prepared this time around and I think I had an advantage because I got to warm up in the calmer waters by starting from the beach and by the time I reached the swell I was feeling confident and had found my rhythm. The atmosphere was electric at the start and I felt fit and ready for the challenge. I followed Pam and Thelma's advice and started off slow and found my rhythm and pace. I was thrilled to know that I was keeping up with the pack and I didn't fatigue at all. All those laps are paying off! I was surprised that I didn't see any fish this year but pleased that the stingers stayed away. It's amazing how even when there is so much space, you end up swimming right next to someone! I really enjoyed this year's swim and am definitely considering the Duo next year. Many thanks to my team members and to our support crew who encouraged us throughout our training and on the day. Loved every minute of it!"

From Roz who swam the second leg 1000m.....

"I loved it...it was rough....it was a challenge...it was amazing around the top of the jetty with the tiny fish swimming through my fingertips! Bring on next year! Well done girls!"

From Catherine who swam the third leg 600m.....

"The cold weather (11 degrees at one stage) for this year's BJS was a huge contrast to last year's much hotter day. It was actually colder on the jetty than in the water – not very comfortable for spectators this year. Lucky for me I don't get cold in the water, so mine was a pleasant 600m swim, and on the calmer (Western) side of the jetty, which was a bonus.

Roz kindly stayed in the water to swim beside me once she'd completed her leg of the relay. This was another bonus for me because I could relax, swim and see her beside me, so I didn't have to keep trying to look over the swell to see where I was going.



Brian and his Babes: Catherine, Celeste, Roz and Erica

I noticed a lot of people this year swimming in the wrong direction (as I did last year) due to the rough conditions, especially on the Eastern side of the jetty. Its quite disorientating when all you can see is endless water, or if the goggles fog up and you can't see much at all.

I'm looking forward to having a go at either a 1km relay leg, or part of the duo next year, working up to (hopefully) doing to full 3.6km solo swim sometime in the future.

Thanks to Roz, Erica and Celeste who were fabulous team mates. Special thanks to Pam, Brian and the other Bunbury Stingers who are always happy to offer advice and encouragement."

From Celeste who swam the fourth leg 1000m..... (first time swimming the BJS)

"I loved the Jetty swim. I have to say that it was a challenge for me. Not so much the distance but more so the conditions. I have swum mostly in the pool and so other than catching a few waves, ocean swimming is new to me. The water was warm and clear which was delightful. The organisations for so many people was amazing. The support from my team and older and wiser Stinger members was invaluable. I am definitely keen to try a duo next year."

Mandurah OWS 16 Feb

The Mandurah Masters OWS was held on the 16 Feb. The events of 1500m and 3000m only had one swimmer from Bunbury. Where were you all? I, being the only swimmer in the 75 and upwards age group, swam the 1500m. The course was swum in the opposite direction to the usual route, consequently I kept losing my way as I was breathing on the opposite side to the bouys. The Surf Life Savers kept pulling me back on track, but near the end one paddler who was directing me, tipped his canoe and fell in the ocean! He was ok and I kept swimming. A very interesting swim! I was about 5 minutes behind my nominated time but still received a towel for my efforts and also a bottle of red in the raffle. A very eventful and enjoyable morning.

The following week, Anthony and I made a trip to Fremantle on the trains courtesy of our Senior passes, and used the \$50 voucher that I won at the Fremantle swim for a seafood lunch. The meal was a delicious seafood platter, assisted with a gin and tonic. Being a senior does have its good points.

Margaret

Rhonda Brennan Swim

The Rhonda Brennan swim was held on Sunday 23 February with the trophy being taken out by Richard Morris.

Many thanks to everyone who participated and helped organise the swim, making it a great day for all involved.



Stingers Annual Dinner Family Picnic

The Stingers Annual Dinner was held on Saturday 15 Feb at Koombana Bay. Geoff, our Club President, presented 3 awards on the night: the President's Award was awarded to Pam Hall for her outstanding success in receiving the *WA Department of Sport and Recreation Industry Sports Coaches Award: Coach of the Year 2013*, and the *Masters Swimming WA Coach of the Year 2013*, and also for being nominated for both the *Australian Swimming Masters Coach of the Year 2013* and the *KPMG Coach of the Year 2013*. Leisa and Brian were awarded thank you gifts for their tireless efforts and contributions to the Club throughout 2013 as Secretary and Treasurer respectively. This year we opted for an active family picnic and the evening was a great success with lots of Stingers and their families coming along to catch up, celebrate 2013...and even try their skill at Stand Up Paddle Boarding, which was lots of fun and not too difficult. Many thanks to Catherine for arranging the dinner and organising our 'on-water entertainment'!



Leisa and Mia



Leisa gives young Rhys a quick lesson

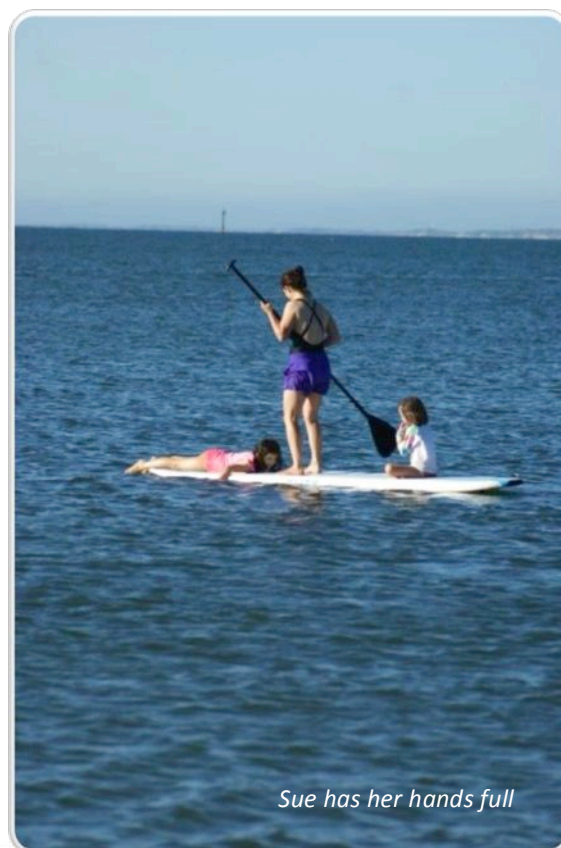


Geoff is a natural!



"Faster mummy faster!"

The Mazzuchelli and Eiffler children thoroughly enjoyed this year's annual club dinner!



Sue has her hands full

From the Committee...

Change of venue for morning squad Wed 5, 12 and 19 March

It's school swimming carnival season and the SWSC pool will be unavailable to us on the following mornings:

- Wednesday 5 March
- Wednesday 12 March
- Wednesday 19 March

Alternatively, on these days morning squad will meet at Koombana Bay at 10am.

Remember to bring your usual gear PLUS your sunblock.

Monday morning squad and Wednesday evenings are unaffected will continue at the SWSC as usual.

Richard Morris
Secretary

Membership fees now due

Just a reminder that membership fees for our Club are now due. If you have not re-registered already and are a returning member, please visit the member portal to re-register for 2014.

Go to:

<https://memberdesq.imgstg.com/index.cfm?fuseaction=main&OrgID=3401>

Click on Re-Registration and follow the prompts.

Also, please remember to sign the log book each time you attend training and to pay your \$2 contribution toward lane hire in the tin provided (preferably in \$AUD!!).

Brian Hall
Treasurer

Intro to Coaching Course 5 April

Please be advised that the dates for the 2014 Coach Accreditation Courses have moved.

The first **Intro to Coaching** (ICC) will be held on Saturday 5 April.

The second part of the accreditation process (**Club Coach Course** [CCC]) will now be held on Sat 20 September.

Course details:

Date: Sat 5 April 12.45 to 5pm.

Includes theory and practical (at Challenge Stadium) sessions, with refreshments break.

Venue: Conference Room at WA Sports Lotteries house (Stephenson Ave, Mt Claremont)

Course fee: \$75 **Its not too late to register!!**

Contact: Wendy on 9287 4400 to register ASAP

Please note before you attend this course you must complete the FREE Beginners Coaching General Principles (BCGP) online course and bring the certificate along with you on 5 April. Details of how to enrol and complete the BCGP course are available on the Intro to Coaching enrolment form. Please visit the following link for the enrolment form:

<http://www.mswa.asn.au/Information/Coaching>

Please contact Tricia Summerfield, Director of Swimming, via trisum@inet.net.au or 9387 7124 if you have questions about the course or requirements; or contact Wendy on 9387 4400 ASAP to register.

More information on the accreditation process is available at www.mastersswimming.org.au.

MSWA Technicians Officiating Courses...get involved!

Swim meets and open water swim events are some of the important Masters activities that members enjoy each year. *These events cannot be conducted without Technical Officials.* MSWA has a dedicated team of officials but need more.

You are encouraged to take part in the following FREE Masters Technician Officiating courses:

Sat 15 March 10am – 12.30pm

Time Keeper, Chief Timekeeper, General Principles 1 and 2

Sat 15 March 10am – 5.30pm

Check Starter, Clerk of Course and Marshal

Sat 12 April 12.30pm – 5pm

IOT, JOS, General Principles 3 and 4

Venue: Claremont Masters Club Rooms, Challenge Stadium, Mt Claremont

Please contact Richard Morris, our Secretary, if you are interested in attending any of these courses. Enrolments due Mon 10 March.

Alternatively, if we have sufficient interest from our Club members, it may be possible to arrange for trainers to visit us here in Bunbury. So please get in touch with Richard to register your interest ASAP.

FOOD FACT

"BLUEBERRIES support all of the body systems studies to date, making them the number one fruit in my book. They are versatile too – add them to breakfast cereals, salads and yoghurts."

Michelle Bridges



Ingredients:

- Fresh figs
- Brown sugar
- Vanilla yogurt
- Ricotta cheese
- Toasted flaked almonds

Baked Figs with Yogurt and Ricotta

Its fig season so make the most of these luscious sweet gems from the garden. Many thanks to Catherine for her recipe this month.

1. Cut figs in halves and sprinkle with soft brown sugar.
2. Bake at 200 degree C for about 15 min, or until the sugar has melted.
3. Beat vanilla yogurt with 100g ricotta cheese.
4. Sprinkle figs with toasted flaked almonds and top with yogurt ricotta mixture.

Enjoy!

Stinger in the Spotlight



Introducing Celeste Park

What got you started in swimming?

My mother. We wanted a swimming pool as kids and she said she wouldn't have one in the house until we could all swim. A great motivator to learn! Also coming from Kalgoorlie my mother is a weak swimmer and I think she wanted her children to be strong swimmers knowing we would be growing up near the ocean.

How long have you been a member?

A few weeks officially! I had a few trial swims last year and loved it and then had a hiatus over the school holidays. At the end of my first session with Stingers I asked Pam how far we had swum and I was stoked with she said "2kms"! Erica turned to me and said "Would you like to do the Jetty swim with us, its only 1km," I was on such a high after the training session I immediately said "YES!" I remember driving home thinking, what have I done?

Where do you like to swim?

So far Koombana Bay - flat water, with dolphins has been by far the loveliest but I haven't swum an awful lot of other locations.

Favourite stroke?

I can't really say I have one, although I think my breaststroke is almost as fast as my freestyle. This says an awful lot about my freestyle!

Most memorable swimming moment?

Jumping off the platform at the Busselton Jetty Swim. I thought Erica might have to push me in! Its so high up! That was more scary than anything else.

Favourite book/movie?

Pride and Prejudice. Book and movie. I love all those classic period dramas.

One thing about you that might surprise others?

I am a midwife and a school teacher. Midwife first and then I did more study to become a teacher. I work one day a week at each career.

Favourite sports team:

Does Roger Federer count as a sports team? Love everything about him: sportsmanship, tennis ability, off court family man AND gorgeous! For the footy fanatics, have to say Dockers as they visited my so in hospital once and they made his day.

One thing I could not live without:

Aside from my family I would have to say chocolate. I am trying really hard to go for the quality and not quantity approach as I realise it is an addiction I will never be able to give up totally!

Wise advice to others starting out in swimming:

Listen to the experience of others and be as prepared as you can be. This helps to eliminate the fear of the unknown as much as possible. For me anyway.

Many thanks to Celeste for participating in our Stinger in the Spotlight segment! Ed.

Upcoming Swim Events

2013/2014 HBF OWS Series

The OWS Series is heating up, still with several events coming up over the next few months. Members who participate gain points toward the individual and club prizes which will be awarded at the annual presentations in May. Best of luck to all of our Stingers participating in these upcoming events:

City of Cockburn Jetty to Jetty Sun 9 March

To be held at the John Graham Reserve, Woodman Point. The event will again include races over two separate distances – 1,500m and 750m, with both swims eligible for the HBG MSA OWS series points. For full details of the event and to register online please visit www.cockburnmasters.org.au/coogee.php (Registrations are only available online.)

2014 HBF State OWS Sat 22 March

To be held at the **NEW Coogee Beach Surf Life Saving Club, Poore Grove**. Race start at 8.45am. The Championship Event is 2000m, there will also be a 1000m non-championship event. Swimmers briefing at 8.30am.

Entry via Club Captains so please have your completed entry form and \$25 to Margaret Moylett by Fri 7 March so that she can submit entries on your behalf. Late entries will not be accepted. Contact Margaret on 9795 3888.

Visit the following link for more information:

<http://www.mswa.asn.au/Events/ArtMID/9608/ArticleID/6403/2014-HBF-State-Open-Water-Swims>

For those attending: Please note there will be Masters Swimming signage on the main road at the corner of Poore Grove to help participants locate the venue. (It is listed as Integrated Community Facility).

Albany Harbour Swim Sat 19 April

The Albany Port Authority Harbour Swim will start at the Princess Royal Sailing Club and swim back to the Albany Entertainment Centre. The event includes a 4km Solo, 2km Duo and 1km Quad Team. Race start at 8am. Entry fee is Solo \$35 (\$5 discount for HBF members), Duo \$70, Quad \$140. Visit the following link for more info and to register: <https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=6687&OrgID=9072>

MSWA Online Event Calendars

Please visit www.mswa.asn.au for details about upcoming pool and OSW events.

Pool Events Calendar....

<http://www.mswa.asn.au/customdata/index.cfm?fuseaction=CustomItem&ItemID=45444>

OWS 2013/2014 Calendar....

<http://www.mswa.asn.au/customdata/index.cfm?fuseaction=CustomItem&ItemID=45447>

Hard copies now available from Margaret or Brian.

Keen for more swimming news?

If you are interested in more Masters Swimming news you can sign up for the Masters Swimming WA eNewsletter at:

www.mswa.asn.au

2014 Masters Swim Series

This series is about participation and performance! Masters Swimming members are encouraged to get involved in these pool events to be in the running for the inaugural awards. Members only need to swim in two events to be eligible for prizes – any two events below....

The 2014 nominated events:

1. 2014 Masters Swimming Aust National Championships 23 – 27 April, Rockhampton QLD, www.mastersswimmingqld.org.au
2. LiveLighter 2014 State Championships 24 – 25 May, Challenge Stadium, Perth WA www.mswa.asn.au
3. 30th Winter Short Course Championships 23 - 24 Aug, Launceston Aquatic Centre TAS www.tas.aussi.org.au
4. MSV Short Course Championships 31 Aug, MSAC Melbourne VIC www.mastersswimmingvic.org.au
5. Short Course State Cup, 31 Aug, State Aquatic & Leisure Centre, Adelaide SA www.mastersswimmingsa.org.au
6. Alice Springs Masters Games, 11 – 14 Oct, Alice Springs Swimming Centre NT www.alicespringmastersgames.com.au
7. State Short Course Championships, 18 – 19 Oct, Peninsula Leisure Centre, Woy Woy NSW www.mastersswimmingnsw.org.au
8. Pan Pacific Masters Games-Swimming, 6 – 9 Nov, Gold Coast Aquatic Centre QLD www.mastersswimmingqld.org.au

Entry information will be available from the host Branches, so keep an eye on the Branch/Masters Swimming Australia websites for further information.

Swim for MS Sun 23 March

Just a reminder that the annual 10 Hour Swim for MS is happening on **Sun 23 March from 8am to 6pm.**

Catherine Curnow has registered a team called 'Stingers for MS'. It is \$40 adults/\$30 juniors to join the event individually, then once you have registered you look for the team name to join. Once you have joined up with a team, fundraising isn't compulsory but it would be great if everyone can get behind the cause and make a donation or join Catherine's Stingers for MS team.

Anyone who joins Catherine's team is welcome to attend and swim for as long (or little) as they want or are able to. The whole event goes for over 10 hours.

For more information on the event follow the link <http://swimforms.org.au/bunbury>

WA Masters Games 27 April

The Albany based WA State Masters Games 2014 will be held on Sun 27 April at the Albany Leisure & Aquatic Centre. Start time is 10am. The events include: 200m Freestyle, 100m Freestyle, 50m Freestyle, 200m Backstroke, 100m Backstroke, 50m Backstroke, 200m Breaststroke, 100m Breaststroke, 50m Breaststroke, 100m Butterfly, 50m Butterfly, 200m Medley, 100m Medley. Times are to be nominated for each event. Limit of 6 pool swims.

Visit the WA State Masters Game Assoc website to enter or to download a paper entry form: <http://wasmg.myclub.org.au>

Registrations close Friday 18 April at midnight.

For further information please contact: Kay Bolger busybiz@rainbowis.com.au

And now for the fun stuff.....

Next club social event...Tue 18 March

Our next social event will be on Tue 18 March @ 6.30pm at the Parade Hotel. Come along for a catch up and a giggle, and enjoy the great atmosphere at the Parade.

RSVP to Catherine Curnow renov8@highway1.com.au or 9725 2653.

If you are interested in trying alternative venues for future social events please let Catherine or Lucinda know.

Train your brain STiNGERS style

Try your skill as these lateral thinking puzzles...solutions below...no peeking!

1. What starts with an E, ends with an E and usually contains only one letter?
2. Which word, if pronounced right, is wrong, but if pronounced wrong is right?
3. What kind of cheese is made backwards?

Source: davidkoutsoukis.com/documents/50_Brain_Teasers_and_Lateral_Thinking_Puzzles.pdf

Unusual Animal Facts

A snail can sleep for three years.

Sheep can recognise other sheep from photographs.

The Loss Ness monster is a protected animal under Scottish law.



Eco-Friendly Pantry Tidy Tip

I discovered this simple tip that helps prevent an oily mess on your pantry shelves.

Cut the top off an egg carton, turn it upside down and use it in the pantry to sit your olive oil and other oil bottles on. When the lid becomes oily and messy, just toss it out and replace with another lid!

Easy and eco-friendly!

Just for laughs



Why parents go grey.....

The boss wondered why one of his most valued employees was absent but had not phoned in sick. So he dialed the employee's phone number and was greeted with a child's whisper, "Hello".

"Is your Daddy home?" "Yes he's out in the garden", whispered the small voice. "May I speak with him please?" The child replied, "No". So the boss asked, "Well is your Mummy there?" "Yes, she's out in the garden too." And the boss asked, "May I speak with her please?" Again the small voice whispered, "No."

Hoping there was somebody with whom he could leave a massage the boss asked, "Is there anybody else there?" "Yes," whispered the child, "A policeman."

Starting to feel concerned and wondering why a policeman was at his employees home, the boss asked, "May I speak with the policeman?" "No, he's busy," whispered the child.

"Busy doing what?" the now very concerned boss asked. "Talking to Daddy and Mummy and the Police Dog man," whispered the child.

Growing more worried by the second, the boss heard a loud noise in the background, "What's that noise?" he asked. "It's a helicopter," answered the whispering voice.

"What is going on there?" demanded the boss, now truly apprehensive. "The search team just landed a helicopter."

"A search team?" said the boss. "What are they searching for?"

Still whispering, the young voice replied with a muffled giggle..... "Me."

Lateral thinking puzzle solutions:

1. Envelope. 2. Wrong. 3. Edam.

Club Contacts

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Thanks to all contributors

As always, many thanks to all contributors to this month's newsletter. Keep those photos, jokes, funny stories, travel notes, handy hints and tips, recipes, blogs and event updates coming this way.

Til next time!
See you in the water! Ed.