

The STINGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for March, shine the spotlight on Jo Brown, and find out about the upcoming MSA State Championships Preparation Super Clinic to be held on 10 May at Challenge Stadium.

Read on for more STINGERS news...



March Round Up....

Barrett Bunbury Swim Thru 1 March

More than 130 competitors participated in the 32nd Barrett Bunbury Swim Thru on 1 March, making this year's event a huge success.

Well done to all those who took part – young and old, seasoned and first timers and congratulations to those who took home some prize money!



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 8 April @ 6.30pm 221 Yalinda Drive, Gelorup	
Next social	Wed 16 April @ 7pm Hungry Hollow Tavern RSVP: Catherine Curnow	



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www.mswa.asn.au

The fastest time overall was 19:00 minutes.

Results for our Stingers:

	<i>Actual Time</i>	<i>Placing in group</i>
Celeste Park	35:38	5 th
Richard Morris	25:18	2 nd
Lucinda Hanczakowski	29:38	3 rd
Damian Collopy	33:49	10 th
Brian Hall	34:35	1 st
Bill McGuigan	34:52	2 nd
Margaret Moylett	44:44	2 nd

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

For the official results please visit:

[http://www.barrettfunerals.com.au/pdfs/531d0f56eac02_Results2014\(Website-Final\).pdf](http://www.barrettfunerals.com.au/pdfs/531d0f56eac02_Results2014(Website-Final).pdf)

Hope to see you all (and more) back again next year!



Brian and Margaret at the Barrett Swim Thru



2014 HBF State Open Water Swim 22 March

The HBF State OWS event took place on Sat 22 March at the new Coogee Beach Life Saving Club, one kilometer further south than in previous years. It was a pleasant, sunny morning – contrary to the weather report of heavy rain. There were 248 entries for the 2km and 1km events, which were swum simultaneously.

Bill, Ron and Margaret were the three entrants from Bunbury for the 2km swim, with Kerry and Tony as our support group. Ron and Margaret both won their age groups, and Bill came 7th in his age group. Official times were:

Ron Edwards	39:52
Margaret Moylett	60:02:12
Bill McGuigan	46:49

Quote of the Month

"Practice is 90% physical - 10% mental. Championship meets are 10% physical - 90% mental." Anon.

All of our times were faster than 2013! You can improve with age it seems. The oldest swimmer was a 91 year old new male member who came in shortly after Margaret.

The course was well laid out and all of the buoys were visible, which Margaret said helped her considerably.



Well done to both Ron and Margaret who were first in their age groups



The presentation was held at the brand new Surf Life Saving Club rooms, with breakfast for those who ordered it. The overall club winner was Perth City. Perhaps we shall see a few more Stingers at next year's State OWS.

Margaret Moylett

Swim for MS 10 Hour Swim a great success - 23 March

A very dear friend of ours has Multiple Sclerosis and she asked if I'd join her team last year for the Bunbury Swim for MS. I could only spare an hour last year so I decided to go for it this year and get my own team together. This proved a little harder than I had anticipated and up until a week before the swim I only had Raumati, Heather and myself signed up to do the 10 hour swim. Marie Harris had already committed to another team, as she did last year. Brian had intended to swim with us, but had to change his mind when a back injury got in the way. Brian kindly called in at the pool on the day to cheer us on (thanks Brian!)

Luckily we ended up getting a full team of ten swimmers and our team raised an impressive \$1,960 between us. The combined total on the Swim for MS Bunbury website is \$38,206, most of which the MS Society will use in the South West/Bunbury area.

Thank you to everyone who made a donation to this very worthy cause. Special thanks to my teammates: Raumati, Heather, Jacky and friend, Pauline, Jill, Lucinda and our friends, Hugh, Renee and Cara.

Catherine Curnow



R-L: Gary Lawlor and Greg Curnow who helped with keeping count of the laps people swam



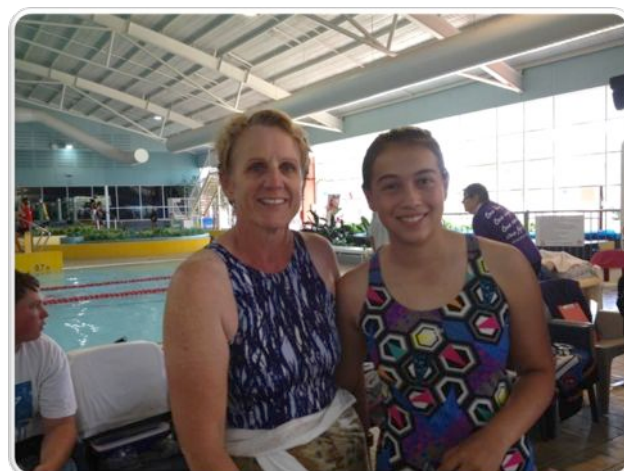
Heather Colvin



Raumati Carroll



Jacky Kohlman (R) and her friend Pauline Smith



Catherine Curnow and Cara Lawlor

From the Committee...

LiveLighter State Championships Preparation Super Clinic 10 May

After the success of the inaugural LiveLighter Super Clinic in November, MSWA is pleased to be running another Super Clinic on **Saturday 10 May**. The State Championships Preparation Super Clinic will aim to get participants ready to tackle pool events by focusing on:

- **effective race day warm ups and stretching**
- **how to pace your races**
- **sprint technique**
- **starts, turns and finishes**

Four experienced coaches (Kareena Preston, Jon Haines, Sally Bell and Elana Nesci) will be coordinating the sessions with ALL standards of swimmers encouraged to attend. Swimmers will be graded into appropriate lanes. There will also be limited places for coaches to attend to observe from pool deck but we are encouraging interested coaches to participate by taking part in the actual swimming to gain a better understanding of the processes being presented.

You are encouraged to attend to help achieve your best possible result at the State Champs.

Registration forms available from our Club Secretary, Richard Morris.

FOOD FACT

"QUINOA (pronounced keen-wah) has the highest level of protein out of all grains. It is also low GI.

Michelle Bridges



Ingredients:

- 3 tblspns raw cacao powder
- 1 ½ cups Medjool dates, pitted
- 3 tblspns shredded coconut
- ½ cups pistachios, lightly toasted and crushed (or extra coconut)

Cacao and Date Truffles

This simple healthy treat ticks all the boxes! An easy and delicious protein snack that the kids love too...the only problem is you can't stop at just one! ☺

1. Blend together the cacao, dates and coconut.
2. Roll into balls and then into the crushed pistachios (or use shredded coconut) to coat.
3. Chill before serving. Makes 16.

Variation: Blend ½ cup dates, ¼ cup almonds, 1 tblspn lime juice, 1 tspn grated lime zest and 3 tblspns shredded coconut. Roll, chill enjoy!

Source: Kim McCosker, 4 Ingredients Gluten Free Lactose Free

Stinger in the Spotlight



**Introducing
Josephine
Brown**

What got you started in swimming?

Many years ago I took my son and daughter to swimming training and I thought I would like to do swimming too. I am not very good but I enjoy it.

How long have you been a member?

One and a half years, but I used to swim with Aussi in 1993.

Where do you like to swim?

At the pool as I feel more comfortable.

Favourite stroke?

Freestyle. I don't mind backstroke.

Most memorable swimming moment?

We all went to Koombana Bay for a few Wednesday training sessions recently and I swam the most I have in the open water and I was very pleased with my effort.

Favourite book/movie?

I am not a big reader but I enjoy movies. Recently I have seen The Butler and The Book Thief, both are really enjoyable.

How do you spend your days when you aren't swimming?

I work part-time and my hobbies are gardening, running and RPM. I also look after my lovely granddaughter when I can.

One thing about you that might surprise others?

I started running 11 years ago. The group I trained with was training for a 90km run in South Africa. I thought I would give it a go and I finished in 11 hours 20min.

Favourite sports team?

Definitely a Docker, not an Eagle!!

One thing I could not go a day without:

Brushing my teeth!

Wise advice to others starting out in swimming:

Give it a go, it is a great way to get fit and meet different people.

Many thanks to Jo for participating in our Stinger in the Spotlight segment!

Volunteers for future Stinger in the Spotlight segments most welcome! Ed.

Upcoming Swim Events

2013/2014 HBF OWS Series

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. *Remember....HBF members receive a discount to enter and then go into a draw to win a year's entry to a pool of their choice!*

Also, members who participate in the Albany Port Swim receive double points toward the individual and club prizes, which will be awarded at the annual presentations in May.

Visit the following link for more info and to register:

<https://eventdesq.imgstg.com/index.cfm?fuseaction=main&EventDesqID=6687&OrgID=9072>

WA Masters Games 27 April

Just a reminder that that WA State Masters Games 2014 will be held on Sun 27 April at the Albany Leisure & Aquatic Centre.

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

LiveLighter State Champs 24/25 May

The LiveLighter 2014 State Championships will be held at Challenge Stadium on the weekend of Sat 24/Sun 25 May.

Entry is via our Club Captain, Margaret Moylett.

Event details are now available on the MSWA website under Pool Events. Copies of the program and event flyer are included at the end of this newsletter.

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

And now for the fun stuff.....

Next club social event...Wed 16 April

Our next social event will be on Wednesday 16 April @ 7pm at the Hungry Hollow Tavern in South Bunbury. Come along for a catch up and a giggle.

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

Train your brain STiNGERS style

Try your skill with this logic puzzle...solution below...no peeking!

Mary's mum has four children. The first is called April. The second May. The third June. What is the name of the fourth child?

Source: <http://www.folj.com/puzzles/>

Freaky Historical Facts

Napoleon constructed his battle plans in a sandbox. He also designed the Italian flag and was afraid of cats!

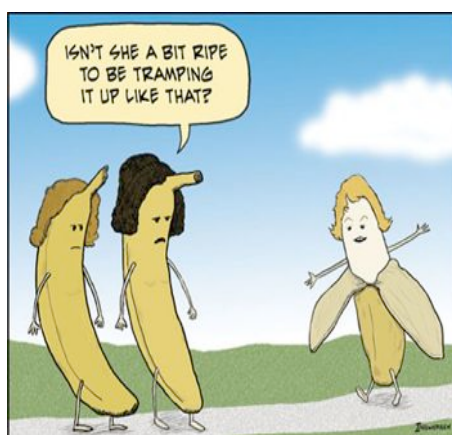
Early Greeks and Romans used dried watermelons for helmets. Ancient Egyptians slept on pillows made from stone.

Cleopatra was Greek, not Egyptian.....and she sometimes wore a fake beard!

BANANARAMA HANDY HINT

Pull bananas apart before displaying them in your fruit bowl. If you leave them connected at the stem, they'll ripen faster and go brown quicker!

Who knew?!



Logic puzzle solution: Mary

Just for laughs



A patient receives a call from his doctor. The doctor says, "I have some good news and some bad news."

The patient says, "Ok, give me the good news."

The doctor says, "You only have 24 hours to live."

The patient replies, "Oh no! If that's the good news, then what is the bad news?"

The doctor says, "I forgot to call you yesterday."

A man runs into a vet's office carrying his dog, screaming for help. The vet rushes him to an examination room and has him put his dog on the examination table. The vet examines the still, limp body and after a few moments, tells the man that his dog, regrettably, is dead. The man, clearly agitated and not willing to accept this, demands a second opinion.

The vet goes into the back room and comes out with a cat and puts the cat down next to the dog's body. The cat sniffs the body, walks from head to tail, poking and sniffing the dog's body and finally looks at the vet and meows.

The vet looks at the man and says, "I'm sorry, but the cat thinks that your dog is dead too." The man is still unwilling to accept that his dog is dead. So the vet brings in a black Labrador retriever. The lab sniffs the body, walks from head to tail, and finally looks at the vet and barks. The vet looks at the man and says, "I'm sorry, but the lab thinks that your dog is dead too."

The man finally resigns to the diagnosis and asks the vet how much he owes. The vet answers, "\$650." The man exclaims, "\$650 to tell me my dog is dead?!" "Well," the vet explains, "I would have charged you \$50 for my initial diagnosis. The additional \$600 is for the cat scan and lab test."

Club Contacts

President Geoff Mazzuchelli 9795 9693
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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.



Masters Swimming WA

LiveLighter

State Championships

LONG COURSE MEET

Saturday/Sunday: 24th/25th May 2014

Challenge Stadium, Mt Claremont



Event Details

Conducted by	Masters Swimming WA as a sanctioned event for members only – Masters members from other States are welcome to participate as visitors although not eligible for awards
Includes Presentations	State Championships & Annual Awards presentations in Challenge Stadium's Lecture Theatre at end of Sunday's events – tea/coffee provided FREE – cash bar available for ALL cold drinks – purchase own food from Cafe if required
Spectators	Free pool entry (paid after event by MSWA)

Entries via Club Captains

Open Now	Up to 6 individual events over weekend – maximum of 4 events can be swum in 1 day. Any number of relays can be swum however members must swim in at least one individual event to be eligible to swim in a relay	
Registration Fees (includes pool entry)	<ul style="list-style-type: none"> ➤ Swim Meet registration fee (per person) \$10.00 ➤ Individual event fee (per event) \$5.00 ➤ Relay team fee (per team) \$10.00 	
Entries Close (Individual)	<ul style="list-style-type: none"> ➤ With your Club Captain - Friday 9th May 2014 ➤ With Sandra Mutch via Team Manager file (Club Captains) - Friday 16th May 2014 ➤ Completed Payment Summary Form with payment to MSWA - Friday 16th May 2014 	
Individual Entry Process for Club Captains	<ul style="list-style-type: none"> ➤ Invite members to nominate via email their chosen events with event numbers and nominated times ➤ Transfer data into Team Manager (or Team Manager Lite) file with assistance from State Recorder Sandra Mutch if required ➤ Email TM file to Sandra via sandragdm@bigpond.com (Tel 0417 974 417) 	
Relay entry process for Club Captains	<ul style="list-style-type: none"> ➤ Enter relays into Team Manager and email file as per Individual Entries ➤ Use Relay Entry sheet provided for reference at the meet if required ➤ Changes to relay teams to be submitted on "Relay Notification of Change Sheet", to Event office <u>prior to finish of Event 4 on Sat 24th May and Event 14 on Sun 25th May</u> 	
Payment	Post completed Payment Summary Form with cheque to MSWA (PO Box 57 Claremont) OR Pay by EFT: CBA BSB 066-103 A/C 1000 4275 (scan & email docs at the same time) to reach the MSWA office by 16TH MAY 2014	

Event Trophies

Vorgee Male & Female Swimmers of the Meet	➤ Points scored according to records set (World, National or State) & swim meet results (criteria included in program)
Male & Female age group winners	➤ As above
Top Club	➤ Club scoring most points
Top Country Club	➤ Country Club scoring most points
Handicap Trophy	➤ Club scoring most points according to members participating
Have a Go News Encouragement Award – nominations due by noon 24 th May	➤ 4 volunteer members chosen by MSWA Board receive a prize from Have a Go News



Department of Sport and Recreation





LiveLighter 2014 State Championships

Challenge Stadium, Mt Claremont

24th/25th May 2014

Saturday 24th May - Day 1

9.00am pool open:

10.00am – 4.00pm competition

Event	1	200m	Backstroke
Event	2	100m	Butterfly
Event	3	200m	Freestyle
Event	4	100m	Breaststroke
Event	5	200m	Individual Medley
Event	6	50m	Freestyle
Event	7	50m	Backstroke
Event	8	4 x 50m	Freestyle Relay – Women
Event	9	4 x 50m	Freestyle Relay – Men
Event	10	4 x 50m	Medley Relay – Mixed

Sunday 25th May - Day 2

8.00am pool open:

9.00am – 2.00pm competition

Event	11	200m	Butterfly
Event	12	100m	Freestyle
Event	13	200m	Breaststroke
Event	14	100m	Backstroke
Event	15	50m	Butterfly
Event	16	50m	Breaststroke
Event	17	4 x 50m	Freestyle Relay – Mixed
Event	18	4 x 50m	Medley Relay – Women
Event	19	4 x 50m	Medley Relay – Men

Presentations to follow in Lecture Theatre – cash bar available



Department of
Sport and Recreation

