July 2014 Volume 25 Issue 6

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for July, shine the spotlight on Julie O'Connor, and we get our first taste of our new temporary home at the Donnybrook Rec Centre.

Read on for more STiNGERS news…

July Round Up….

Pam's Pen

What a delicious indulgence we had after our last training session at our SWSC before the 50m pool closed for refurbishment. Once again we felt this was a special occasion so we celebrated in our usual Stingers fashion with our favourite cake, chocolates and coffee…always much appreciated after a hard training session. ☺

Those members who aren't lucky enough to be going on holidays have been venturing out to the Donnybrook Pool on Monday and Wednesday mornings for a 9.30am start in their 25m pool. This is now our home base until the SWSC 50m pool is up and running again. Members who have attended the Donnybrook sessions have nothing but good reports with everyone agreeing that the water is WARMER for a start. Some sessions we have used the whole pool, 6 lanes, although the lanes do appear to be a bit narrower. Maybe this will be a good training skill and you will learn to swim with high elbows! Those who haven't felt like doing a regular training session have been using one lane for endurance-timed swims. If you are interested in doing a timed swim speak to Margaret, Brian or myself if I am free.

The Donnybrook centre has made us feel most welcome and can't do enough for us. Also, the town has some lovely coffee shops… we seem to be supporting Tiffinay's, opposite the old Train Station, they have great coffee! For those of you who haven't ventured out yet I suggest you give yourself a treat. It is not as far away from home as you think (about 30km from Bunbury). If you are unsure of driving the distance to Donnybrook get in touch with other members who will share their rides with you.

TRAINING TIMES

Please note temporary changes to training/venue times July to Sep

Squad	Mon 9.30am to 10.30am Wed 9.30am to 10.30am
Venue	Donnybrook Rec Centre, Donnybrook WA
Open water	Sunday 9am (seasonal) Koombana Bay or Back Beach
Next meeting	Tue 12 Aug @ 6.30pm 221 Yalinda Drive, Gelorup
Next social	Wed 20 Aug @ 7pm Hungry Hollow RSVP Catherine Curnow

Bunbury AUSSI Masters Swimming Club Inc
PO Box 329 Bunbury WA 6231
bunburystingers@gmail.com
www.mswa.asn.au

Last weekend I was up at MSWA Head Office for another training session for coaches. It was excellent! Will tell you about it at upcoming training sessions where I will be trying out new ideas on you, so look out! Something for you to look forward to.

Looking forward to seeing you at our next training session.

Pam's Pen
July 2014

3 x 400m Postal Swim

We had ten entries in our annual Postal Swim, the same number as last year with five of the swimmers participating for the first time. Tanya Price swam for her second year with an improved time this year, which shows that training pays off. Most of our swimmers are very capable at swimming in each stroke over 400m and it was a great achievement for first time entrants Catherine Curnow and Jill van de Ruit. I am sure that more of our swimmers will be up to the challenge next year.

Margaret Moylett

Impressions from Donnybrook

I caught up with a couple of Stingers who have been swimming out at Donnybrook and here are their first impressions:

"I'm really enjoying swimming at Donnybrook. The salt chlorinated water feels lovey to swim in. It's been great car pooling with Noelle who is new to our club and getting to know her. Thanks Pam for her generosity in agreeing to travel to Donnybrook and continuing to coach us. And it's been great for us to travel to Anita for a change, rather than her doing all the travelling from Donnybrook to meet up with us each week." Catherine

"I love the short course because I'm getting oodles of tumble turn practice plus a bonus push off every 25 metres!" Erica

"It is lovely and warm." Margaret

Quote of the Month

"In training everyone focuses on 90% physical and 10% mental, but in the races its 90% mental because there's very little that separates us physically at the elite level."
Elka Graham

Highway Hotel July Social Night

Just eight Stingers braved the cold to catch up at the Highway Hotel for our regular social dinner in July. It looks like it was quite a fun night!

Next social evening - 20 Aug

Our next social event will be on **Wednesday 20 Aug @ 7pm at the Hungry Hollow** in South Bunbury.

Please remember to RSVP by Mon 18 Aug if you ARE joining the dinner so that Catherine can confirm numbers with the venue the day before. RSVP to Catherine Curnow renov8@highway1.com.au or 9725 2653.

If you have a suggestion for alternative venues with Wednesday night specials please let Catherine know.

FOOD FACT

"The natural antioxidants in green tea help increase your metabolism and inhibit fat absorption."
Michelle Bridges

Quick Sausage Casoulette

This is a new favourite in my household and I've been using the South African Boerewors sausage which gives this dish an amazing rich flavour. So easy and the kids love it!

Ingredients: (enough for 2)

- 3-4 good quality pork sausages
- 400g can tomatoes
- 400g can white beans drained
- 1 tblspn lemon juice
- handful baby spinach

Source: www.thestonesoup.com

1. Heat a medium pan on high and add a few tablespoons olive oil.
2. Remove sausages skins and crumble meat into chunks in the pan. Discard the skins. Fry, stirring occasionally for a few minutes, or until sausages are starting to brown on the outside.
3. Add beans and bring back to a simmer. Taste. Season.
4. Toss lemon juice with 2 tblsns extra virgin olive oil. Season and toss the spinach leaves to coat.

Variations:

Vegetarian: skip the sausages and serve with slices on brie on top and add a few knobs of butter to the tomatoes for extra richness.

Vegan: replace the sausages with crumbled tofu.

Different beans: any cooked or canned legumes will work, chickpeas are great.

Stinger in the Spotlight

Introducing Julie O'Connor

What got you started in swimming?
My older sister taught me to swim when I was 4 and I have loved everything 'water-related' ever since. I was never a competitive swimmer other than compulsory school competitions. I really got into swimming after 3 knee reconstructions (as I had to give up all my favourite impact sports) and found that I really loved the comradery of Masters swimming.

How long have you been a member? *I joined Melville Masters in 2004 and this year became a member of Bunbury Masters as well.*

Where do you like to swim? *Anywhere warm! I hate cold water! I love the endurance swims in the pool, plus the ocean water swims in summer, or anytime in the Tropics.*

Favourite stroke? *All of them… so I guess the Individual Medley.*

Most memorable swimming moment?
Favourite pool moment: swimming faster than I ever dreamed I could in the World Masters in Perth in 2008.
Favourite ocean moment: Samoa Swim Series 2013… saw turtles and coral on every swim.

Favourite book: *Nelson Mandella, "Long Walk to Freedom". Favourite movie: Red Dog. Favourite music: Any pan-flute music plus most of the 60s music (Bee Gees, Beatles etc).*

How do you spend your day when you aren't swimming?
I still spend around half my time in Perth and half at Peppy Beach so I spend lots of time driving! I swim about 4 times per week and water-ski 1-2 times per week in summer. Most of the rest of my time is split between helping Brendon organise building our house at Peppy Beach and keeping track of Brendon's family dairy farm in NZ.

One thing about you that might surprise others?
There are probably lots:

- *My great-grandfather was C. Y. O'Connor who built most of the early WA railways, Fremantle harbour and the famous Goldfields water pipeline.*
- *I represented WA at the National Water Ski titles from 1984 to 1993. I loved Slalom and Tricks, but hated Jump (which is why I ended up needing 3 knee reconstructions).*
- *I have done over 1000 skydives (which is where I met Brendon).*
- *I love to learn and genuinely try to 'learn something new everyday'. I have four degrees plus a Diploma of Remedial Massage and am contemplating another Masters Degree.*

Favourite sports team? *I support most Australian teams, but am more into individual sports especially tennis. I have stayed up to watch every Wimbeldon final since 1970 and it is on my 'bucket list' to attend one in person.*

One thing I could not go a day without: *A cup of tea first thing in the morning!*

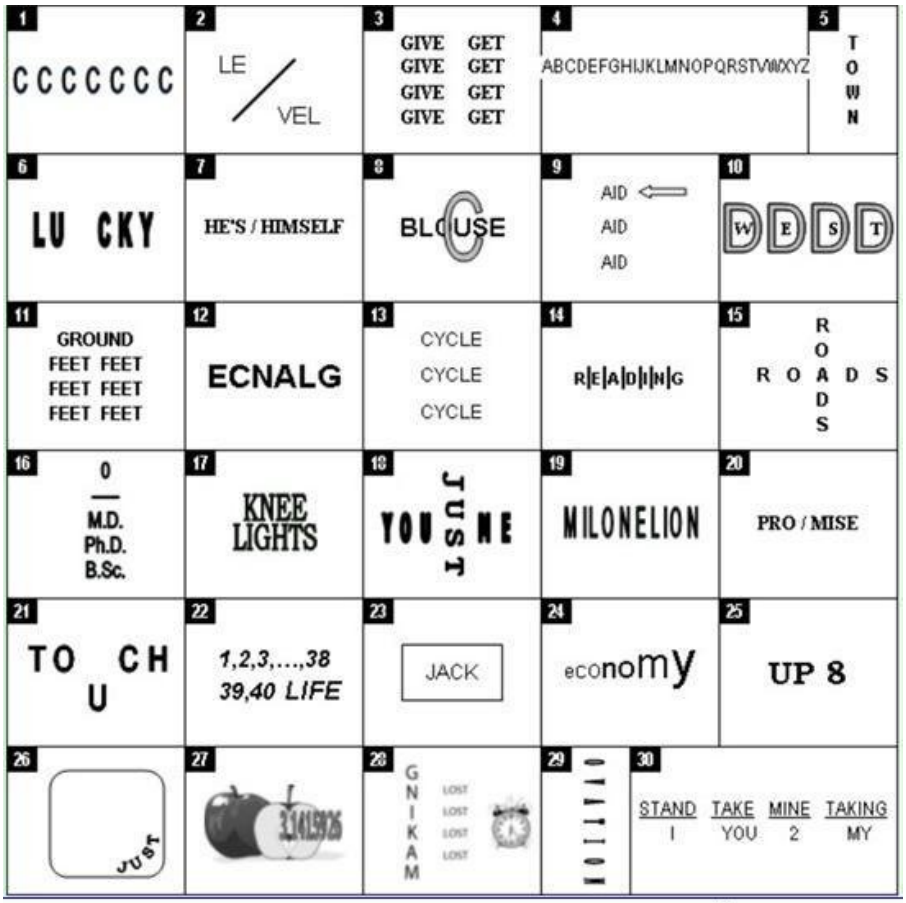
Wise advice to others starting out in swimming: *Embrace the 'fitness, fun and friendship' motto of Masters swimming and don't worry about how fast/slow or good/bad you are.*

Many thanks to Julie for participating in our Stinger in the Spotlight segment.

And now for the fun stuff…..

Train your brain STiNGERS style

Do you remember doing these when you were little? See how many you can work out. Answers below.



Fropki.com

ANSWERS: 1. Seven Seas, 2. Split level, 3. Forgive and forget, 4. Missing you, 5. Downtown, 6. Lucky break, 7. He's by himself, 8. See through blouse, 9. First Aid, 10. West Indies, 11. Six feet under, 12. Backward glance, 13. Tricycle, 14. Reading between the lines, 15. Crossroads, 16. Three degrees below zero, 17. Neon lights, 18. Just between you and me, 19. One in a million, 20. Broken promise, 21. You are out of touch, 22. Life begins at forty, 23. Jack in a box, 24. Growing economy 25. Up before eight, 26. Just around the corner, 27. Apple pie, 28. Making up for lost time, 29. Standing ovation, 30. I understand you undertake to undermine my undertaking.

Wonderful World of Entertainment

Virginia Woolf wrote all of her books standing up…….Alfred Hitchcock did not have a belly button. It was eliminated when he was sewn up after surgery…..Dolly Parton once lost a Dolly Parton lookalike contest.

Just for laughs

Hot dog anyone?

Two immigrant nuns have just arrived in the USA and one says to the other….
"I hear the people of this country actually eat dogs."
"Odd," her companion replies, "But if we shall live in America, we might as well do as the Americans do."

As they sit they hear the pushcart vendor yell, "Get your hot dogs here," so they both walk towards the hot-dog cart eager to fit in.

"Two dogs, please!" says one. The vendor is very pleased to oblige, wraps both hot dogs in foil, and hands them over.

Excited, the nuns hurry to a bench and begin to unwrap their 'dogs'.
The mother superior is first to open hers. She begins to blush and then staring at it for a moment, leans to the other nun and whispers cautiously, "What part did you get"?

Thanks Pam, this is a cracker! ☺

CELERY HANDY HINT

Don't throw out the base of your cut celery. Trim to about 5 cm and then replant in your garden and the tops will re-grow!

Club Contacts

President	Geoff Mazzuchelli 9795 9693 gfmazz@gmail.com
Secretary	Richard Morris 9721 7389 richard.morris@internode.on.net
Treasurer	Brian Hall 9721 6496
Coach/VP	Pam Hall 9721 6496
Endurance	Margaret Moylett 9795 3888
Safety	Roz Duncan 0414 430 054
Newsletter	Erica Eiffler 0403 755 757 erica.eiffler@westnet.com.au
Social	Catherine Curnow 9725 2653 renov8@highway1.com.au
	Linda Hanczakowski Lucinda.hanczakowski@education.wa.edu.au

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.