

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for August, shine the spotlight on Damian Collopy and find out about our Club's upcoming 25 year anniversary celebration.

Read on for more STiNGERS news...



August Round Up....

Pam's Pen

Did you know when we are members of Masters Swimming a funny thing happens...our birthdays, like horses, all happen on the same day, 1 January each year, but we do still like to have a little celebration when its our own personal day, don't we? In August, seven of our Stingers celebrated their birthdays: Marie, Margaret, Michelle, Tanya, Maureen, Jami and Roz. In September it slows down a little and we have only 2 people celebrating their birthdays: Ron and Thelma. So 'happy birthday' to all these members - I hope I haven't missed anyone.

The most important birthday of all this year is our own club! This year we have been running for a total of 25 years so its time to celebrate! A small handful of Stingers are busy organising and making arrangements for a special silver jubilee celebration for our club. I do hope all previous and present members get behind us by coming along (and helping out if asked) to make this the greatest celebration of them all!!

I was in the 40-45 age group when I joined the club, same age as you young ones are now. I never would have guessed then we would still be involved. I hope you get as much pleasure from swimming as I have had over these years.

Pam's Pen
Aug 2014

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 9 Sep @ 6.30pm
221 Yalinda Drive, Gelorup

Next social Sat 1 Nov @ 3-5pm
NooVoh Restaurant
RSVP and payment: 18 Oct



Bunbury AUSSI Masters Swimming Club Inc
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bunburystingers@gmail.com
www.mswa.asn.au

From the Committee

Club Social Events Now Bi-Monthly

Our club social events and dinners will now be held bi-monthly, rather than monthly.

Our next social event will be our Club's 25 Year Anniversary celebration on 1 November (more details on the following page) followed by our Xmas Social event in December.

Stingers' Postal Swim A Success

Our annual Postal Swim is now complete with a total of 72 entries this year, down from 90 last year. Well done to all of you who competed. Certificates are being prepared and will be posted soon.

Donnybrook Report

We continue to get good numbers at Donnybrook and our members are enjoying the change of venue. We have also had some interest in membership from Donnybrook (and Collie) locals. The Committee has decided to drop the \$2 club fee for lane hire given the extra distance that members have to travel to Donnybrook. Pool entry is \$5.

FOOD FACT

"CINNAMON is a neat little spice that helps control blood sugar levels and prevent fat storage. Its also a perfect way to add sweetness to dishes rather than adding sugar." Michelle Bridges

Aug Social Night at the Hungry Hollow

A group of Stingers enjoyed a lively evening at the Hungry Hollow for our August social catch up:



Quote of the Month

"In most sports they have a physical effect on your performance, in swimming only psychological. If you worry about what your rival is doing, you take your mind off what you are doing and so fail to concentrate on your performance." Bachrach, great Chicago coach of the 1920's

Stingers' 25 Year Anniversary

Its celebration time!!! This year our Club turns 25 and we are planning an afternoon celebration where we can all get together to have a laugh and celebrate 25 years of fitness, friendship and fun!

If you have any photos, stories or memories from our Club's history that you would like to share please get in touch with our Newsletter Editor via erica.eiffler@westnet.com.au or poolside.

Also, if you are still in touch with any ex-Stingers we would love your help in contacting them, please contact bunburystingers@gmail.com with any details you may have.

Payments are to be made in advance (no payments will be taken on the day). If you would like to join us we have provided three payment options:

1. Direct deposit into our Club account: Bunbury Stingers BSB 066507 Account no. 00908496, with your name as reference.
2. Cheque by post to Bunbury Stingers PO Box 329 Bunbury 6231
3. Cash at the pool side to Brian Hall our Treasurer.

We hope you can join us.

SAVE THE DATE

THE STINGERS' 25 YEAR ANNIVERSARY

Celebrating 25 years of fitness, friendship & fun

Date: Sat 1 Nov 2014

Time: 3pm - 5pm

Venue: NooVoh Beachfront Restaurant,
Ocean Drive Bunbury WA

Tickets: \$30 per person

Includes: Glass of sparkling wine, hot and cold canapés, cake and anniversary memento

RSVP: 18 Oct 2014 to bunburystingers@gmail.com

Payment to be made in advance by 18 Oct

Spread the word - we'd love to see you all there!



Ingredients: Serves 4 - 6

- 1kg beef rib roast
- 1 packet French onion soup mix
- 1 can condensed cream of mushroom soup

Easy Roast Beef

This is now my favourite roast! I use the slow cooker, but it is equally delish in the oven. Serve with roast veggies.

1. Preheat oven 180 d. Place a large sheet of foil in a frying pan, enough to fully wrap the beef. Place the beef in the center of the foil and bring the foil up to make a bowl.
2. In a small bowl, thoroughly mix the soup mix and tinned soup. Pour over the beef and fold over to seal tightly.
3. Bake until tender, about 1 hour. Serve with the delicious gravy in the bottom of the pan.

Source: Kim McCosker, '4 Ingredients: One Pot One Bowl'

Upcoming Swim Events

Snappers Club Challenge Sep 14

This event will be held on Sunday 14 September at HBF Stadium, Stephenson Ave, Mt Claremont @ 9am.

All clubs are welcome to attend, but only participating clubs will receive points. Cost of pool entry, lane hire and lunch is \$13 per person payable in advance. Entries are via Team Manager so please contact Richard if you are interested in attending. Registrations close Sunday 7 Sep.

Alice Springs Masters Games 11 Oct

The Alice Springs Masters Games will be held over 11 to 18 October. Swimming events will be held at the Alice Springs Aquatic Centre in the outdoor 50m pool. Competition starts at 12noon Sat 11 Oct with the 400m freestyle event and continues until Thur 16 Oct after which a presentation will be held at Heavitree Gap Resort. Further information and registration can be found at www.alicespringsmastersgames.com.au or contact the Games office on 1800 658 951.

Maida Vale 1500m SC 25 Oct

This event is being held on Sat 25 Oct at the Darling Range Sports College, Berkshire Rd in Forrestfield (indoor heated 25m pool).

Postal entries are encouraged and must be swum in a 25m pool (swims from 50m pools ineligible). Entries via Team Manager and must be submitted (with times) before 20 Oct. Please contact Richard if you are interested in participating.

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/Events/2014-Pool-Events>

OWS 2013/2014 Results....

<http://www.mswa.asn.au/Events/-HBF-Open-Water-Swims-2013>

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

HBF Masters OWS Series 2014/15

Sunday 9 November 2014	Lake Leschenaultia OWS
Saturday 22 November 2014	Bicton River Swim
Saturday 13 December 2014	Fremantle Ports Swim Thru
Sunday 18 January 2015	Minara Swim Thru Perth
Monday 26 January 2015	Mandurah Australia day Ocean Swim
Sunday 8 March 2015	City of Cockburn Jetty to Jetty
Saturday 21 March 2015	HBF Masters State OWS
Saturday 4 April 2015	Albany Harbour Swim

Register at mswa.asn.au

And remember, HBF members receive discounted entry for HBF OWS Series events.

Stinger in the Spotlight



Introducing Damian Collopy

What got you started in swimming? I have always loved being around, or in the water. Kayaking, swimming, fishing, surfing, sailing, skiing, snorkeling or just getting sunburnt. For swimming lessons I shared the water at Como Jetty with a couple of million giant jellyfish in 1959 but I didn't learn much about swimming. A big kid pushed me into the deep end a few years later and I didn't quite drown so I guess that was my first real swim. When we lived in Three Springs the local pool was right next door so swimming became a daily routine. I have my golfing buddy, Barry, to thank for introducing me to the Bunbury Stingers. I love it and everybody in it!

How long have you been a member? I joined the Bunbury Stingers in about Sep 2013. Soon after starting the 2km program I decided to enter the Busso Jetty Swim to give some added purpose. The annual Busso swim is now the main focus of my training.

Where do you like to swim? I like to swim anywhere the water is deep enough. I have always travelled a lot with my work and for pleasure. Travel planning always revolves around 'where can I get on the water or the golf course?' Sadly often the answer to that question is 'not any place within cooee!' However I have managed to have some memorable swims in the mountain lakes in Canada, the Abrolhos Islands, in inland rivers of the Kimberley and Pilbara. So anywhere really, except perhaps in Jakarta!

Favourite stroke? Butterfly, but unfortunately I can't do it. Backstroke is hopeless because I need to be able to see where I am going. I stick to freestyle and breaststroke, or at least my version of these.

Most memorable swimming moment? I spent five years working in the Kimberly. Most of the time I was on remote cattle stations trying to work out how we could eradicate tuberculosis from the local cattle. One very hot and humid Dec day in 1986 I was driving around a remote area of Oobanooma Station north of Derby surveying the

country and looking for divine inspiration. It was as bloody hot as it can get in that part of the country. My clothes were drenched from perspiration in the extreme humidity. I came across a very inviting expanse of cool, calm, pristine water, which was the Keightly River. A cool dip was called for. I pulled onto a sandy beach beside some rocky outcrops. I was pretty sure I wouldn't have company as the nearest human was at least 80km away as no-one lived on the station. I stripped off and entered the water up to my knees and heard a loudish splash, followed by another. This ominous sound came from the other side of the rocks. Warning bells rang! I retreated fairly smartly from the water and climbed the nearest rocks. As I gained a view of the water on the other side the third salty was entering the water from a midstream rock about fifty meters from my beach. The swimming program was cancelled for the day.

Favourite music/movie/book: I love Lee Child, Karen Rose, Leon Uris and Nevil Shute amongst others. I love lots of movies - I look for Julie Andrews, Clint Eastwood, Robin Williams and Walter Mathau. Music is wonderful - I am mainly into country but also love anything that plays with passion.

How do you spend your day when you are not swimming? When not swimming I am in Perth spending time with the families of my two beautiful daughters, Melanie and Katrina, or otherwise probably playing golf at Capel Golf Club or anywhere really. I am lucky to have two fabulous sons-in-law with whom I play squash and golf amongst other things. I love spending time with my four young grandchildren more than anything else.

One thing about you that might surprise others? I have a passion for the Rocky Mountains and travelling in the USA. I can't wait for the next chance to get a taste for the incredible scenery, hospitality and generosity of the American people.

Favourite sports team? Eagles of course. Closely followed by all teams WA and Australian.

One thing I could not go a day without: Probably alcohol but not sure because I've never tried.

Wise advice to others starting out in swimming: Compare not yourself to others. The person in the next lane is not always racing against you.

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

And now for the fun stuff....

Train your brain STiNGERS style

Can you spot the 50 cryptic movie titles in the picture below?

For answers and to view a larger image visit

<http://www.dailymail.co.uk/femail/article-1341854/Answers-Can-spot-hidden-movie-titles.html>



Freaky Number Facts

It takes approx. 850 peanuts to make a standard jar of peanut butter.

A bee needs to flap its wings 250 times per second to remain in the air.

It takes 72 muscles to speak one word. *That's multi skillling at its best!*

CAPSICUM
Sweet or crunchy?

We're not sure why, but a capsicum with three bumps on the bottom is sweeter than one with four. Oh, but four bumps makes for a crunchier, firmer capsicum....so you should weigh up crunch v sweet when picking out your pepper!

Just for laughs



On the first day God created a cow. God said, "You must go to the field with the farmer all day long and suffer under the sun, have calves and give milk to support the farmer. I will give you a life span of 60 years". The cow said, "That's kind of a tough life. Let me have 25 years and I'll give back the other 35." God agreed.

On the second day God created a dog. God said, "Sit all day by the door of your house and bark at anyone who comes in or walks past. I will give you a life span of 20 years." The dog said, "That's too long to be barking. Give me 10 years and I will give back the other 10." God agreed.

On the third day God created the monkey. God said, "Entertain people, do tricks and make them laugh. I'll give you a life span of 20 years." The monkey said, "How boring, monkey tricks for 20 years, I don't think so. The dog gave you back 10 years, so that's what I'll do too, okay?" God agreed.

On the fourth day God created man. God said, "Eat, sleep, play and have sex. Do nothing - just enjoy life. I'll give you 25 years." Man said, "What? Only 25 years! No way. Tell you what, I'll take the 25 plus the 35 that the cow gave back plus the 10 the dog gave back plus the 10 the monkey returned, that makes 80 years, okay?" God agreed.

So that is why for the first 25 years we eat, sleep, play, have sex, enjoy life and do nothing; the next 35 years we slave in the sun to support our family; the next 10 years we do monkey tricks to entertain our grandchildren; and finally for the last 10 years we sit on the front porch and bark at everyone.



Stingers Holiday Happy Snaps

Thelma and Barry are still out and about exploring Oz.....here are their latest travel snaps:



Left: At the Lion's Den in Cairns

Above: Broken down at Lockhart River

Below: At the northern most tip of Oz, Cape Your Peninsula, Qld



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Thanks to all contributors

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

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