

# The STiNGERS NEWS

## Bunbury AUSSI Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this month's issue we round up the events for Summer 2014/15, shine the spotlight on Noelle James and find out about our new committee.....

Read on for more STiNGERS news...



## Mid-summer round up...



L-R: Bill, Kerry, Ron, Barry, Thelma, Margaret and Tony at the Freo Port Swim Thru

## Stingers tackle rough conditions at the Freo Port Swim Thru OWS Series

The first OWS for the season was the Fremantle Port Swim Thru on 13 December with 207 swimmers participating in the swim on a coolish morning. Four brave members from our club, Ron, Thelma, Bill and Margaret, swam the 1600m course in cold rough conditions with Tony, Barry

## TRAINING TIMES

Squad Mon 10.00 to 11.00am  
Wed 10.00 to 11.00am  
Wed 5.30 to 6.30pm

Endurance Sat 10.30am to 11.30am

Venue South West Sports Centre,  
Bunbury WA

Open water Sunday 9am (on now)  
Koomana Bay or Back Beach

Next meeting Tue 10 March @ 6.00pm  
221 Yalinda Drive, Gelorup

Next social TBA



Bunbury AUSSI Masters Swimming Club Inc  
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[www.mswa.asn.au](http://www.mswa.asn.au)

and Kerry as support. Times were a little slower than nominated due to the rough conditions. Ron and Thelma both won their age groups 75-79 with Margaret coming third, but being the oldest swimmer she received a free pass to the Fremantle Prison (just for a visit!). Bill was too young to win anything, but he still enjoyed the swim.

Official times were:

Ron	36:12 1 <sup>st</sup> in age group (75/79)
Bill	44:29
Thelma	47:29 1 <sup>st</sup> in age group (75/79)
Margaret	57:41 3 <sup>rd</sup> in age group (80-84)

came fourth in the 70/74 age group, but give him another two years and he will be at the top also.



## Stingers enjoy a successful Aust Day

The next OWS was the 2km Australia Day Swim at Halls Head, Mandurah. Once again the conditions were a little rough. Mandurah, for some reason, have their swims in reverse to others clubs, ie clockwise instead of anti-clockwise making us face the rougher weather on the way back.



*L-R: Bill, Ron, Thelma and Margaret at the Mandurah Aust Day swim - Photographer Kerry*

Julie O'Connor and Brendon Bunning were also swimming and put in very good efforts with Julie coming 8<sup>th</sup> in the 50/54 age group and Brendon 6<sup>th</sup> in the 60/64 age group. Ron and Margaret are now in the 80/84 age group and both came first being the only ones that are still swimming those distances. Thelma was first in the 75/79 age group. Bill



Official times were:

Julie	40:51 8 <sup>th</sup> in age group (50/54)
Ron	42:04 1 <sup>st</sup> in age group (80/84)
Brendon	42:30 6 <sup>th</sup> in age group (60/64)
Bill	51:06 4 <sup>th</sup> in age group (70/74)
Thelma	52:40 1 <sup>st</sup> in age group (75/79)
Margaret	69:07 1 <sup>st</sup> in age group (80/84)

As usual, there was a raffle with many of us winning a bottle of wine! You never come home empty handed!

Margaret Moylett  
Club/Endurance Captain



## Stingers Xmas @ the Parade

The Stingers Xmas Lunch was held at the Parade Hotel in East Bunbury on 7 Dec. Members enjoyed an early morning swim at Koombana Bay followed by lunch with family and friends, complete with Christmas crackers and hats!

It was great to see some of our newer members come along to share in the festive season. Ho ho ho!!



*Above and below: Stingers and their families enjoying an early Xmas luncheon and the start of the festive season at the Parade.*



## Farewell 2014 morning tea

On 22 December, our Stingers enjoyed a morning tea at the SWSC following our last morning squad session of the year. During the morning tea Pam Hall was thanked for volunteering her time as Head Coach throughout the year and Erica Eiffler was awarded with the President's Award for 2014 for her efforts preparing the club newsletters.

For many of us, it was our last 'club' swim and get-together before the many family and social commitments and holiday plans over xmas and summer. It was a fun morning tea and a great way to end the swimming year.



*Above: Pam receiving her thank you gift and (below) Erica receiving the President's Award for 2014.*



## From the Committee

### New Committee for 2015

Our AGM was held on Friday 30 January 2015 where our new Executive and Committee were voted in. Most roles have remained the same, however the role of Vice President is now vacant and members are most welcome to volunteer for the position. Please contact our Secretary, Richard Morris, if you would like details of the VP role.

Our new committee for 2015 is:

President/Social	Geoff Mazzucchelli
Vice President:	Vacant
Secretary:	Richard Morris
Treasurer:	Brian Hall
Coach:	Pam Hall
Club Captain:	Margaret Moylett
Club Endurance:	Margaret Moylett
Safety Officer:	Roz Duncan
Newsletter:	Erica Eiffler
Date Recorder:	Jill van de Ruit (to be confirmed)
Committee:	Tanya Price

All club members are welcome and encouraged to attend our committee meetings throughout the year, which are usually held on the second Tue evening each month at Geoff's house in Gelorup.

### FOOD FACT

*"COTTAGE CHEESE has about one-fifth of the calories of normal cheese and is high in protein and calcium. Stick to low sodium versions."* Michelle Bridges



*Above L-R: The new Executive hard at work – Brian Hall Treasurer, Geoff Mazzucchelli President and Richard Morris Secretary.*

*Below L-R: Members participating in the AGM – Erica, Margaret, Ron, Elspeth, Pam and Noelle (photographer Bill)*



## Quote of the Month

*"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done...to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."* Ian Thorpe

## The word 'Aussi' to be removed from Constitution and Club title

At the AGM it was voted to remove the word 'Aussi' from our Constitution and Club title. This was at the request of MSWA and will bring us into line with most other clubs in Australia. We were one of the last 2 remaining clubs nationally to still be using the word Aussi. Our club will become the 'Bunbury Masters Swimming Club Inc'. The committee will progress the administration of this change in the coming months.

## SWSC lane availability Feb/March

Due to the school swimming carnivals in Feb and March, **the SWSC will not be available for morning squad on:**

- **Wed 25 Feb**
- **Mon 2 March (long weekend)**
- **Wed 4 March**
- **Wed 11 March**
- **Wed 18 March**

In the past we have swum at Koombana Bay during these times, however Pam is open to suggestions on what members would like to do, so please see Pam poolside with your feedback and ideas. Copies of the SWSC lane availability schedule are available from the SWSC.

## Bunbury Skins meet confirmed for Sep 2015 @ SWSC

Our Bunbury Skins event has been confirmed for September at the South West Sports Centre. Participants 'win' by getting closest to their predicted time so it is a fun event for everyone, not just the best swimmers.

The MSWA team from Perth will run the event with our Bunbury members being asked to help out in supporting roles and by participating. More info will appear as we get closer to the event so watch this space!

## 35 members and counting...

It is wonderful to see that our club already has 35 registered members for 2015!! We had 44 members in 2014 so lets see if we can grow even more! As you know, only financial members are covered by insurance and can swim at MSWA training or club events. Just a reminder from MSWA that if you do need to re-register or if you know someone keen to join please visit the MSWA Membership Portal to complete the registration process. Our 2015 Club fee for 12-month membership is \$80.

Committee



### Ingredients:

- 4 eggs
- ¼ cup grated cheddar, parmesan etc
- salt and pepper
- butter

## Fast Egg Puffs

Oh my...these are so tasty and simple you just have to try them!

1. Preheat the oven to 230 d C.
2. Separate the eggs, putting the whites into a mixing bowl and the egg yolks into a separate small bowl.
3. Beat egg whites with an electric mixer until stiff peaks form (2-3min.) Gently fold in grated cheese.
4. Form 4 puffs on a baking mat with an indent in each puff. Bake for 3 min. (Add egg yolks now if you like the yolks cooked a little more).
5. Remove from oven, drop one egg yolk into each indented puff. Bake for 3 more minutes.
6. Remove with a spatula, season and add butter on top. Enjoy!

Source: <http://ketogenicwoman.com/egg-fast-recipe-egg-puffs/>



## Upcoming Events

Grab your pencils and calendars... there are oodles of exciting events coming up....

### Busselton Jetty Swim - Sun 8 Feb 2015

The 20<sup>th</sup> Busso Jetty Swim is fast approaching and there is quite a buzz poolside amongst our members!! Many of our Stinger members will be participating and have been training at the pool, Koombana Bay, Back Beach and down at the Jetty (or all of the above!) in preparation to swim the jetty solo or as part of two and four person teams.

We would love to see everyone come down to join in with the festivities of the day and to support our Stingers in their swims. It is always a highlight of the year for many of our members and is a great day of entertainment, fitness, friendship and fun. ☺ For further info on the events happening over the weekend please visit: [www.bussltonjettyswim.org.au](http://www.bussltonjettyswim.org.au)

### Ride for Youth Fundraising Event - Sun 8 Feb 15

After your Busso Jetty Swim come along to the Myalup Vines Winery from 2pm to 6pm for a relaxing afternoon to fundraise for the annual Hawaiian Ride for Youth. There will be a sausage sizzle, raffle and great prizes. Entry fee \$15 per person at the door. See the attached flyer for more details.

### Rhonda Brennan Swim - Sun 22 Feb 2015

The last Rhonda Brennan Swim will be at the dolphin end of Koombana Bay on Sun 22 Feb 2015. Please register on the day by 8.30am for a 9am start. A morning tea will be held following the swim.

### Cockburn Jetty to Jetty - Sun 8 March 15 (OWS Series)

Entries for this event to be held at the John Graham Reserve, Woodman Point, are now open. The event will include races over two separate distances (1,500m and 750m) with both swims eligible for points. For full details of the event and to enter online please visit [www.cockburnmasters.org.au/coogee.php](http://www.cockburnmasters.org.au/coogee.php) Entry via online only.

### Swim for MS - Sun 22 March 2015

The annual 10 hour relay Swim for MS event will be held on Sunday 22 March at the SWSC from 8am to 6pm. This is always a fun and entertaining day so grab some teammates (teams of 10 or less) and register online at [www.swimforms.org.au](http://www.swimforms.org.au). Points are awarded for laps swum and dollars raised and there will also be prizes awarded for team spirit, funkiest trunks and the biggest splash.

### MSWA Online Event Calendars

Please visit [www.mswa.asn.au](http://www.mswa.asn.au) for details about upcoming pool and OSW events.

**NEW 2015 Pool Events Calendar....**  
<http://www.mswa.asn.au/Events/2015-Pool-Events>  
 Or see Pam or Brian for a hardcopy

**OWS 2014/2015 Calendar....**  
<http://www.mswa.asn.au/Events/-HBF-2014-15-OWS-Calendar>

### 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

## Upcoming Events cont'd...

### 2015 LiveLighter All Club Challenge - 28 & 29 March 2015 (formerly the State Champs)

MSWA's premier annual event for clubs and members will be held over the weekend of 28 & 29 March at HBF Stadium, Mt Claremont. Clubs and members are encouraged to enjoy participating as a team and challenging themselves in individual events. Members can swim in a maximum of 4 events in one day or 6 events over the weekend (individual events – not including the relay.) Saturday's program starts at 1pm and Sunday starts at 9am. Entries are via Club Captain and close Friday 13 March. There is also a Have-A-Go News Encouragement Award for first timers displaying the ethos of 'fitness, friendship and fun' (to be nominated by clubs). Please see our Club Captain, Margaret, for further details or to enter.

### Albany Harbour Swim - Sat 4 April 2015 (OWS Series)

More details to come.

### 2015 MSA National Swim Series

The 2015 National Swim Series is on again with a mix of Long and Short Course meets held all over Australia. This Swim Series is made up of 8 meets, including the 2015 National Championships plus one nominated meet from each of the Masters Swimming Branches. The National Swim Series is all about participation and performance and is a great opportunity to set personal goals, to see Australia and to form new friendships. See the MSWA website for more info.

### 2015 MSA National Championships – Hobart April 2015

The 2015 MSA National Championships will be held in Hobart from 8 to 11 April. Visit [www.mastersswimmingtasmania.org.au](http://www.mastersswimmingtasmania.org.au) to register or for further information.

### 2015 World Masters - Kazan (Russia) August 2015

The 16<sup>th</sup> FINA World Masters Championships will be held from 5 – 16 August (swimming 10-16 Aug) in Kazan, Russia. Once information on the entry process is available, International Sports Tours will provide assistance to prospective swimmers and family.

Further information can be found on the IST website <http://www.sportstours.com.au/fina-world-masters-championships-2015> or by contacting IST [info@sportstours.com.au](mailto:info@sportstours.com.au).

### Bunbury Skins Swim Meet – Sat 5 Sep 2015

Be sure to keep this date free as this is our event in our very own SWSC!! More details to come. ☺

## Stinger in the Spotlight

Introducing.....

### Noelle James

*Noelle and Marie enjoying a Stingers' social night at the Highway Hotel*



**What got you started in swimming?** In 1978 I saw an advertisement in the local paper for the Inglewood Swimming Club, so I went along with a friend and we joined up.

**How long have you been a member?** I've been a member of the Inglewood Swimming Club ever since I first joined in 1978. I joined Bunbury Masters last year.

**Where do you like to swim?** I always swim in the pool now, but I used to enjoy open water swimming too. I generally only swim at the beach now for fun.

**Favourite stroke?** My favourite stroke used to be breaststroke, but I don't really have a favourite anymore as I enjoy all of the strokes, except butterfly of course.

**Most memorable swimming moment?**  
I don't really have a most memorable swimming moment.

**Favourite music/movie/book:**

Books – Pillars of Earth by Ken Follett

Music – Fields of Gold by Sting and also Elizabethan Serenade.

**How do you spend your day when you are not swimming?**  
I enjoy Tai Chi, bootscooting and reading. I used to bush walk as well but I have finished what that now.

**Favourite sports team?** I enjoy watching all sports when they are on - football, basketball etc. I don't really have a favourite team but I like to know what's happening and who is winning.

**One thing I could not go a day without:** No one thing in particular, I like to take life as it comes.

**Wise advice to others starting out in swimming:**  
Hang in there and keep going and eventually you will master it.

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



## And now for the fun stuff....

### Train your brain STiNGERS style

In honour of Australia Day...test your knowledge on these fabulous Aussie facts...

1. In rhyming slang, if someone said they were going to have a 'bo-peep' what are they doing?
2. Australians hold the world record for which amazing feat? A) fastest beer bottle opening, B) largest Christmas cracker, C) most sheep sheared in 24 hours, D) largest chicken dance.
3. What is the animal on the WA flag?
4. Where is the Big Prawn?
5. Approximately how many rabbits are there in Australia today? A) 3 million, B) 30 million, C) 300 million, D) 3,000 million.
6. What animal featured on the 2 cent coin?
7. What outback town's population swells from 120 to crowds over 5000 for a racing carnival?
8. Which of the following is not an Australian innovation? A) chicko roll, B) lawn sprinkler, C) plastic bank notes, D) dual flush toilet, E) wine cask.
9. What creature does Jana Pittman have tattooed on her body?
10. The Idiot Fruit and Darling Peas are poisonous? True or false.

<http://www.australiaday.org.au/storage/1-australian%20trivia%20-%20qandas.pdf>

#### Go Man-go

Mango is packed with vitamin C. When buying, don't worry if the mango is almost all green or all red, as colour doesn't make any difference to how ripe it is – it's simply down to a difference in varieties. Put a little pressure on the fruit and if the flesh gives way a little bit, the mango is ripe.



### Just for laughs



A woman stopped by, unannounced, at her son's house.

She knocked on the door and then immediately walked in. She was shocked to see her daughter-in-law lying on the couch, totally naked. Soft music was playing and the aroma of perfume filled the room.

"What are you doing?!" she asked. "I'm waiting for Mike to come home from work," the daughter-in-law answered.

"But you're naked!" the mother-in-law exclaimed. "This is my love dress," the daughter-in-law said.

"Love dress?" questioned the mother-in-law. "Mike loves me and wants me to wear this dress," she explained. "It excites him to no end. Every time he sees me in this dress he instantly becomes romantic and ravages me for hours on end. He can't get enough of me."

With that, the mother-in-law left.

When she got home she undressed, showered, put on her best perfume, dimmed the lights, put on a romantic CD and lay on the couch waiting for her husband to arrive.

Finally, her husband came home. He walked in and saw her lying there so provocatively. "What are you doing?" he asked.

"This is my love dress," she whispered sensually.

"Needs ironing," he said. ☺

*Aussie Facts: 1. Having a sleep; 2. B – largest Christmas cracker; 3. Black swan; 4. Ballina; 5. C - 300million; 6. Echidna; 7. Birdsville; 8. B – lawn sprinkler; 9. Bee; 10. True.*



A **Youth Focus** event for the prevention of youth suicide and depression

## Myalup Vines Winery Sundowner (STRICTLY NO BYO ALCOHOL)

8 February, 2015 (2:00pm to 6:00pm)  
A fund raising event for the Hawaiian  
Ride for Youth

The annual Hawaiian Ride for Youth is one of Australia's premier charity events. In 2015 more than 140 cyclists will travel in three pelotons covering the towns of Albany, Walpole, Pemberton, Busselton, Frankland River, Bridgetown, Collie, Gnowangerup, Katanning and Narrogin. All pelotons will meet in Mandurah and cycle the final leg to Perth together. To prepare for the Ride week, all riders take part in a strenuous six-month group training program during which they will cycle around 7,000kms. Along their journey the riders visit high schools to promote positive mental health to the students along with the variety of services that Youth Focus provides. Each year around 2,500 students take part in these presentations.

Along with the physical challenge of the Ride, each rider commits to raising a minimum of \$5,000.

You will enjoy the fabulous wines from Myalup Vines Winery

*Located just minutes south of Myalup Beach and a few minutes north of Binningup Beach. Turn right into Pead Road when heading north.*

- **Raffles and great prizes**
- **Sausage Sizzle**
- **Entrance fee** - \$15/person (pay at the 'door')

All funds raised go to support the work of Youth Focus. Youth Focus is an independent WA-based not-for-profit working to stop youth suicide. Youth Focus supports young West Australians and their families by offering a range of free and unlimited expert mental health services to help them overcome the issues associated with suicide, depression, anxiety and self-harm.

If you can't make this event and want to contribute you can go online at  
<https://www.rideforyouth.com.au/riders/enjo/craige-pettit> to support a local rider and the only rider from a regional area.



*Sensational music by Ian Cocker*

## Club Contacts

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**President & Social** Geoff Mazzuchelli 9795 9693  
gfmazz@gmail.com

**Secretary** Richard Morris 9721 7389  
richard.morris@internode.on.net

**Treasurer** Brian Hall 9721 6496

**Coach** Pam Hall 9721 6496

**Captain/  
Endurance** Margaret Moylett 9795 3888

**Safety** Roz Duncan 0414 430 054

**Newsletter** Erica Eiffler 0403 755 757  
erica.eiffler@westnet.com.au

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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.