

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for February and March, shine the spotlight on Steve Povee and have a giggle over Easter morning tea.....

Read on for more STiNGERS news...



February/March round up...

Pam's Pen

Since our last Newsletter things have been a bit hectic at the pool during the day because of the swimming carnivals, but I believe these are now finished. It has taken quite a bit of work behind the scenes to manage to get the time we have had in the pool over the last month, hopefully now that the carnivals are over we can get back to our normal routine.

On Wednesdays there has been a big group participating in morning squad at Koombana Bay where we were meeting while our pool lanes were unavailable. Luckily we have been the only 'stingers' that have been in the water, but many members have reported that they have seen crabs, small stingrays, dolphins and some other very small fish. At least I know that this group swim with their eyes open! After each swim (and exchange on what they did or did not see) we visited the coffee shop for a drink and to hear some more stories and it turned into a very social morning.

A few more open water swims have been completed since January:

- The Busselton Jetty Swim - what a great weekend that was
- The Barrett Swim Thru
- Rhonda Brennan Memorial Swim
- All Club Challenge (Sates)

We had a number of swimmers compete in these swims and the results have been included in this newsletter.

You will remember I was on the go at training in February once again

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)
Koombana Bay or Back Beach

Next meeting Tue 14 April @ 6.30pm
221 Yalinda Drive, Gelorup

Next social Tue 21st April 6.30pm
@ The Eaton Tavern
RSVP by 17 April to Geoff
(more details inside)



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organising lane space as well as trying to get you all to nominate for the Country Carnival by Correspondence because I wanted as many of you as possible to participate. It has been great to see the relay teams I was able to put together for you. What fun! There had been a lot of interest in these events and very good times were taken. Since then Margaret has mentioned to me that the people who swam last year have improved their times this year. Well done everyone and many thanks to those who offered to time keep for these swims it is appreciated by us all.

Now I would like to take this opportunity to wish the best for any member who is competing in the following swims:

- Easter Albany Harbour Swim – Easter Saturday
- National Championship Hobart 8th/11th April

Our Club does have representatives in all of these swims. Good luck we wish you well.

I am looking forward to the next few months where we will be training on other strokes besides freestyle, please let me know what you would like to work on.

*Pam's Pen
March 2015*

20th Busso Jetty Swim 2015

The annual Busso Jetty Swim was held on Sunday 8 Feb 2015 with a record number of swimmers participating on the day. It was a great turn out by our Club with one of our Stingers participating for the first time and a few of us challenging ourselves by taking on longer distances. Its great to see more and more of us having a go and enjoying this event, which has become one of our most anticipated events of the year.

There was a little bit of chop about but our seasoned Stinger crew battled the waves and the local stingers to enjoy the day and take home a prize or two.

Official results:

<i>Solo swimmers</i>	<i>Time</i>	<i>Category/Overall Position</i>
Wendy Thornhill	1.08.38	35/222
Julie O'Connor	1.09.09	22/231
Richard George	1.10.38	51/446
Brendon Bunning	1.12.08	35/484
Ron Edwards	1.13.59	1/531
Anita Lindeman	1.16.54	43/398
Christine McCafferty	1.20.58	68/459
Damian Collopy	1.22.28	41/680
Andy Crilly	1.26.46	64/729
Thelma Sharp	1.36.08	1/605
Brian Hall	1.34.12	9/772
Bill McGuigan	1.32.09	8/765
Catherine Curnow	DNF	

2 Person Relay Teams

Geoff Mazzuchelli & self! (Nervmaz)	1.11.28	19/49
Erica & Carol (Stinger's Ringers)	1.15.53	32/36
Jamie Kain & John (JK/JK)	1.24.15	77/104
Celeste & Anna (Teachers Who Swim)	1.24.44	81/109

4 Person Relay Teams

Roz Duncan & Family (The Duncans)	1.26.01	32/121
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*Apologies if I've missed anyone!! Ed. Please visit
<http://www.busseltonjettyswim.org.au> for detailed results.*

Well done to everyone who participated this year, you certainly did us proud!



Ron and Thelma with their trophies.



This year marked the 150th anniversary of the Busso Jetty and the 20th year of the Busso Jetty Swim AND our very own Thelma Sharp has swum each and every one of those 20 Busso Jetty Swims. In recognition of this, the Busselton Allsports Committee presented Thelma with a framed print acknowledging her 20 consecutive Busso Jetty Swims.

Congratulations Thelma on this very special achievement!



Thelma crossing the finish line for the 20th time (top) and receiving her well-deserved award.



Stingers enjoying the shade in our usual spot.

Next year's Busso Jetty Swim is scheduled for Sunday 14 February 2016, hope to see you there! It really is a fun event and a great day of swimming...and I think it gets a little bit easier each year! ☺

Erica Eiffler

Stingers' Ringers – 2 person team 2015

Brian's Babes – 4 person team 2014

Pam's Pets – 4 person team 2013

Rhonda Brennan Memorial Swim

The annual Rhonda Brennan Memorial Swim was held on Sunday 22 February at Koombana Bay.

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



Carol McDowall with her 150th Busso Jetty/20th Busso Jetty Swim Anniversary memento and finishers' towel after completing her first jetty swim in a duo with Erica Eiffler aka Stingers' Ringers.



The 2015 winner of the Rhonda Brennan Swim (above) and (below) relaxing after the swim.



Barrett Bunbury Swim Thru

More than 160 swimmers took part in the 33rd Barrett Bunbury Swim Thru held on Saturday 28 February. Hundreds of spectators watched on as participants swam the 1.6km course along the Leschenault Inlet to the Parade Hotel. There was also healthy number of Stingers taking part.

Swimmers competed not necessarily to be the fastest swimmer but to swim closest to their nominated times.

Official results:

	<i>Nominated time</i>	<i>Actual time</i>	<i>Placing in age group</i>
Julie O'Connor	30.15	31.35	3 rd
Brendon Bunning	30.00	33.03	16 th
Steve Povee	23.57	27.08	18 th
Andy Crilly	32.14	35.48	21 st
Elspeth Binckes	36.00	35.05	3 rd
Bill McGuigan	35.30	37.48	2 nd
Brian Hall	36.36	39.21	4 th
Ron Edwards	30.30	32.33	1 st
Margaret Moylett	47.30	51.58	2 nd



Ron (above) and Margaret (left) at the finish line of the 1.6km swim, taking out 1st and 2nd in their age group respectively.

Congratulations to everyone who participated in the swim. We look forward to even more of our Stingers participating next year.



Elspeth came 3rd in her age group in her 3rd Barrett swim.

OWS Series winding up for 2015

The Club's swimmers who enjoy the Masters OWS Series have been travelling up the coast to some of the swims on the OWS calendar, apart from the more local Busselton Jetty and Barrett Bunbury Swim Thru.

Ron Edwards was the only Stinger to travel to Coogee for the Jetty-to-Jetty Swim, winning his age group beating Rod Baker who came second for the 80 years upward.

This is a nice easy 1500m swim in one direction and can be a good one for beginners trying the OWS competition. There are always good spot prizes too.

Masters State 2km OWS

The Masters State 2km OWS was on 21 March at Coogee Beach.

Conditions were good to start with, but blew up rough towards the end, stirring up the last of the swimmers, Margaret being one of them!

Margaret, Bill and Ron were the Bunbury team, with Margaret and Ron winning their age groups. All three of our Stingers swam faster times than the Mandurah Australia Day 2km Swim, which was a very rough swim.

Official times:

Ron Edwards	41.02 min
Bill McGuigan	48.07 min
Margaret Moylett	66.00 min

The awards for the State OWS are standard, being an inscribed glass mug from the sponsors HBF. When you reach the older age groups, or are very fast to start with, you may end up over the years with a set!!



Stingers enjoy a well-deserved ice cold bevvie at the end of the Barrett swim.



Margaret, Bill and Ron ready for the State 2000m OWS.



Ron and Margaret with their winners glass mugs! Who will get the full set first?



Bill, Ron and Margaret.



The OWS 2km state swim crew.

Apart from the upcoming Albany Swim over Easter, these are the last OWS for the season. You can also go the next day following the Albany Swim and try the Denmark Ocean Classic Mile, organised by the Denmark SLSC....WARNING: This can be a very rough swim! Or you may like to travel further north for the Lake Argyle and Coco Island swims. I believe that Thelma and Ron have each done one of these swims.

It is time for a break til next season's OWS.

*Happy swimming
Margaret Moylett
Endurance/Cub Captain*

MS 10 Hour Relay Swim

The MS 10 Hour Relay Swim fundraiser was held on Sunday 22 March at the South West Sports Centre.

Eight teams and one soloist participated in the event raising over \$17,500 for MS. Marie Harris and Margaret Moylett swam in Team Walrus, which was a combination of friends of MS and the Outreach group that Marie volunteers with. Team Walrus did very well and won third place. Maire reported that it was another great day but that the water was very cold!

FYI the soloist swam 416 laps and raised over \$1800.

All funds raised stay in the South West enabling the MS Society to provide support and services to people living with MS and other neurological conditions.

Margaret Moylett

200m Freestyle	5.27.76	1 st
100m Breaststroke	3.09.25	2 nd
100m Backstroke	2.57.38	1 st

Congratulations to you both on such fantastic results!

Wendy reported that the day was lots of fun and she would love to have more Stingers' members participate next year to boost the camaraderie and create a great team atmosphere like the other larger teams had. Wendy is now setting her sights on the Mandurah Live Lighter Short Course competition on Saturday 21 June and is looking forward to our club members attending as a larger team.

Well done ladies!

Stingers excel at the All Clubs Challenge (formerly States)

The Live Lighter All Clubs Challenge was held at the HBF Stadium at Mt Claremont over the weekend of 28/29 March.

This is MSWA's premier annual event where members are encouraged to enjoy participating as a team and challenging themselves in individual events.

Two of our Stingers, Margaret Moylett and Wendy Thornhill, participated in the challenge and both did extremely well. It should be noted this was Wendy's first competition since she was 9 years old!

Official times:

Wendy Thornhill

100m Breaststroke	1.41.12	2 nd
50m Breaststroke	45.66	1 st
50m Backstroke	44.52	3 rd
50m Freestyle	34.44	3 rd
25m Freestyle	15.45	2 nd
25m Butterfly	18.67	2 nd



Margaret Moylett and Wendy Thornhill – our Stingers team at this year's All Clubs Challenge

Easter Egg Raffle Fun

After training on Monday 30 March we held a morning tea (complete with BeeSting cake....oh yum) where we drew the Easter Egg raffle and had quite a few giggles. A big thanks to Pam for organising the raffle, collecting the eggs, wrapping the prize.....pumpkin and who knows what else!?! And thanks to everyone who participated and came along, our social get togethers are always a hoot and a wonderful part of our club. What will be the fun prize next year? ☺



Aina won first prize being a huge basket of eggs and goodies, while Steve and Margaret won something else entirely! ☺



FOOD FACT

"PITA BREAD has the same number of calories as sliced wholemeal, so you can mix it up. Just stay away from the refined sliced white stuff." Michelle Bridges

Baked Eggs in Avocado

This low sugar and fiber-filled breakfast is filled with heart healthy fatty acids and has a high protein count. It is sure to kick off your day on a healthy high note.



Ingredients:

- 4 eggs
- 2 ripe avocados
- 1/8 teaspoon pepper
- 1 tablespoon chopped chives

1. Preheat the oven to 220 d C.
2. Slice the avocados in half and take out the pit. Scoop out about 2 tablespoons of flesh from the centre, just so the egg will fit in snugly.
3. Place the avocados in a small baking disk, make sure they fit snug.
4. Crack an egg into each avocado half. Try to crack the yolk first and let the whites spill in to fill up the rest.
5. Place in oven and bake for 15 to 20min (time may vary depending on the size of your eggs and avocados, just ensure the whites set.)
6. Remove from oven, season with chives and pepper. Enjoy!

Source: <http://www.popsugar.com.au/fitness/Paleo-Breakfast-Recipe-Eggs-Baked-Avocado-30799400>

From the Committee

New backstroke rules

MSWA has advised there are new rules that allow for the use of a starting ledger for backstroke. Please see Richard Morris if you would like a copy of these rules.

Country carnival by correspondence

We had a great turn out for the Country Carnival by Correspondence event this year. Thank you to everyone who took part in the event to represent our Club and to help organise and time swims.

Morning squad to continue through school holidays

Just a reminder that apart from the upcoming public holidays over Easter, our morning squad sessions will continue on Monday and Wednesday @ 10am throughout the school holidays.

Three lanes Monday morning

Congratulations to the morning training squad! There are now so many of us that Pam has to hire three lanes on Mondays!! Great news!!

Club bathers

Just a reminder that we are still happy to take names for anyone wanting to order a pair of club bathers. At the moment we still only have 10 members interested in ladies bathers, and as you know, we need to order a minimum of 15. If you are keen, please let Pam or Erica know and as soon as we receive enough interest we will place an order. The price is approx. \$33 mens and \$55 per pair for ladies with ladies' options of no lining, full lining or half bra. See Erica for info on sizing.

New club polo tops

The general consensus among members this week is that we keep the same Club shirt as last time, however the new shirts will have our 25 Year commemorative logo on the reverse and small logo embroidered on the front (minus the word 'Aussi').

We would love to have us all kitted out in club shirts for our Bunbury Skins Meet in Sep and for those attending the Mandurah Short Course in June.

The sizing charts below will help with your selection, and Tanya will try to get a few different sizes to try on poolside. Cost will be approx. \$40. Orders will be taken now until the end of April.

Ladies

SIZE	Half Chest	Body Length
8	43.5	60.0
10	46.0	62.0
12	48.5	64.0
14	51.0	66.0
16	53.5	68.0
18	56.0	70.0
Weight & size measurements are for guidance only		

Mens

SIZE	Half Chest	Body Length
XS	51.0	67.5
S	53.5	70.0
M	56.0	72.5
L	58.5	75.0
XL	61.0	77.5
2XL	63.5	80.0
3XL	66.0	82.5
4XL	68.5	85.0
5XL	71.0	87.5
Weight & size measurements are for guidance only		

Quote of the Month

"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."

Amanda Beard

Upcoming Events

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

Albany Harbour Swim - Sat 4 April 2015

This 4km swim is held every Easter Saturday and attracts 150-200 swimmers from across WA. Cash prizes and medals go to the first three male and female solo swimmers and medals are awarded to all age group winners. The course is from the Princess Royal Sailing Club across to the Albany Entertainment Centre. The event is open to solo swimmers (open water and wetsuit divisions), duo and quad teams, minimum age 13 yrs (so we're all ok!! ☺). FINA and Masters rules apply. Water temps are around 18 degrees, but has occasionally been as low as 16 degrees! Brrrr..... Brendon Bunning, Julie O'Connor and Anita Lindeman are all swimming the Albany Harbour again this year and will be joined by Steve Povee who will be swimming it for the first time. We wish you all a great swim, looking forward to hearing some stories on your return!

MSA National Championships – Hobart April 2015

The 2015 MSA National Championships will be held in Hobart from 8 to 11 April and we would like to wish Thelma Sharp all the very best for her swims at the Champs in Hobart. We look forward to hearing all about your swims and your Tassie adventures. ☺

MSWA Online Event Calendars

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

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

DATE	HOST CLUB/VENUE	COURSE	NOTES
Sat 6 June 2015	Stadium HBF Stadium	Distance 1500m Long course	Open meet
Sat 21 June 2015	Mandurah AquaJetty Pool Warnbro	Live Lighter CC Short Course 100m Free/Breast/Back 50m All strokes 100m IM 25m All strokes 4 x 50m Mixed Freestyle and medley relays	Quite a few of us have expressed an interest in attending this meet as we did a few years ago. There is interest in hiring a bus so that members can take a 'road trip' to Warnbro, (subject to numbers), otherwise carpooling will be an option. Watch this space for updates.
Sunday 26 July 2015	Leisure Park Leisure Park Balga	Distance 400/800 Short Course	Open meet
Sunday 2 Aug 2015	Somerset Aqualife Centre East Vic Park	Distance 1500m Long Course	Open meet
5-16 Aug 2015 (swimming 10-16 Aug)	World Masters Kazan Russia		For more info visit www.sportstours.com.au . You must have proof of Masters membership contact admin@mastersswimming.org.au
Sunday 30 Aug 2015	Riverton Riverton Leisureplex	Distance 400/800m Long Course	Open meet
Sat 5 Sep 2015	Bunbury Skins South West Sports Centre Bunbury	Skins Open Meet Long Course	Yes this is us!!! Keep this date free!! MSWA will be helping out with the running of the event and we will be able to participate. Watch this space!



Social Event



Tuesday 21st April 6.30pm

Eaton Tavern

1 Albatross Crescent, Eaton



**KEEP THE DATE FREE!
FUTURE SOCIAL EVENTS**

May 19th, June 16th, July 21st,
Aug 18th, Sept 15th, Oct 20th,
Nov 17th

3rd Tues of the month
6.30 start

Venue to be confirmed in
the newsletter

RSVP BY

FRIDAY 17TH April

GEOFF - 0407 610 792

Email - gfmazz@gmail.com



Stinger in the Spotlight

Introducing..... Steve Povee

Steve with his earliest swimming certificates



What got you started in swimming? We had a very important family event coming up – our daughter Kate's wedding and I didn't want to look old and fat in my suit. I had to lose a few kilos to fit into my suit and being the Dutchman that I am, didn't want to buy a new one. I found that swimming was the easiest and without the full impact on my body to do that. I feel lighter and happier with my increased fitness and with my family support it has been easy. Maybe the family support has other positive effects, getting me out of the house? I have found keeping fit through swimming and social events makes it easy for me to remain motivated, even though the pool is 100km round trip.

How long have you been a member? I got roped into Pam's elite squad 9 months ago after talent scouts saw me swimming in Donnybrook.

Where do you like to swim? I enjoy swimming anywhere now that I can swim 100 meters without walking. Pool is easier following the black lines but is harder with Pam screaming 'kick your legs', 'high elbows' and 'reach'. I have noticed Pam doesn't always stay at one end of the pool and I have been sprung talking to the girls and hanging onto the end of the wall too long between drills. Open water I feel it is back to nature although I find it very hard to navigate without a black line to follow. Because the open swims are usually longer distances and the feeling of finishing is a huge rush I really enjoy the physical challenge of open water swimming.

Favourite stroke? Freestyle now that I am older, and breaststroke to recover – always more relaxing.

Most memorable swimming moment? The leg of the swim in the Auckland Iron Man in New Zealand in 1995. Starting at sunrise, a huge field of world champions and a time of 54 minutes 18 seconds for a 3.8km swim. What a year!!!

How do you spend your day when you are not swimming?

Spending time with family is very important to me. Catching up on weekends with family and friends at the beach house in Myalup. Fishing, swimming and the occasional drink (too many) with the BBQ thrown in is always fun. I really love getting out on my motorbike whenever possible, riding with our group of friends.

One thing about you that might surprise others? I represented Australia in Underwater Hockey in the inaugural World Championships held in Chicago USA in 1984. We won. I was a striker and was able to kick my legs very fast wearing very large fins. Competed at national level for 10 years plus, and Captained WA on several occasions. I was a very keen triathlete until injury forced me to retire. Moving on...I ventured into motor sports, competing in Vintage Motor Cross which I thought was going to be easier on my body...WRONG!!

Favourite sport: I enjoy watching any sport on the couch with a beef in hand.

Wise advice to others starting out in swimming: Listen to the advice of others' experiences and knowledge. Try not to complain about your injuries or pain you may have because someone else is doing it much harder than you are.

One thing I have really gained from joining the Stingers Club is that we are all there for the same reason, there is no talk about age or injury or not being able to do something. We all just get in there and have a go. It has really helped me both mentally and physically with learning to prioritise what is really important. The encouragement received from everyone is great and helps keep you motivated and on track, except for a few drinks.



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

And now for the fun stuff....

Ultimate Signspotting

I recently found this Lonely Planet book showcasing absurd and amusing signs from around the world. Some are so laugh out loud funny that I just have to share a few with you.....



Your fifteen minutes starts...now!
Glamis, California, USA.



Finally helpful tourist information.
China.

Source: Lansky, D. *Ultimate Signspotting*, Lonely Planet Productions, 2014.

Anti-age your hair

Hair becomes drier and more porous with age and treatments making it vulnerable to damage. Try this quick tip....before swimming saturate your hair with fresh water so that it can't absorb as much salt or chlorine. 😊



Just for laughs



Several men are in the locker room of a golf club. A cellular phone on a bench rings and a man engages the hands-free speaker function and begins to talk. Everyone else in the room stops to listen.

MAN: "Hello."

WOMAN: "Hi Honey, its me. Are you at the club?"

MAN: "Yes."

WOMAN: "I'm at the shops now and found a beautiful leather coat. Its only \$2,000. Is it ok if I buy it?"

MAN: "Sure, go head if you like it that much."

WOMAN: "I also stoped by the Lexus dealership and saw the new models. I saw one I really liked."

MAN: "How much?"

WOMAN: "\$90,000."

MAN: "Ok, but for that price I want it with all the options."

WOMAN: "Great! Oh, and one more thing...I was just talking to Janie and found out that the house I wanted last year is back on the market. They're asking \$980,000 for it."

MAN: "Well, then go ahead and make an offer of \$900,000. They'll probably take it. If not, we can go the extra eighty thousand if its what you really want."

WOMAN: "Ok, I'll see you later. I love you so much."

MAN: "Bye! I love you too."

The man hangs up.

The other men in the locker room are staring at him in astonishment, mouths wide open.

He turns and asks, "Anyone know who whose phone this is?"

Thanks Bill, this is a cracker! 😊

Club Contacts

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**Captain/
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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.