

The STiNGERS NEWS

Bunbury AUSSI Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this month's issue we round up the events for April and May, shine the spotlight on Wendy Thornhill and see what Thelma got up to in Tassie.....

Read on for more STiNGERS news...



Autumn round up...

Pam's Pen

I'm back !!! A big thank you goes out to Tanya and her helpers for stepping up in my absence, it is much appreciated.

It's that chilly time of year again and as we lead into winter, we have seen a lot of members missing due to a very bad cold going around at present—we have four members away due to this at the moment. After training please make sure you are dressed appropriately for leaving the very warm indoor environment to the sudden cold air outside. Common sense does prevail at this time of the year while we adjust to the change of seasons. If you feel you could be getting a cold it is better to miss a few training sessions and nurse yourselves, than to keep going and end up missing many weeks. Better to be sure than sorry. The flu needle does not protect you from the common cold!

I would like to take this opportunity to let two members know the club is thinking of them and to wish their husbands a speedy recovery: Tony Moylett, Margaret's husband, and Mike Van Wyk, Peta's husband. Both Tony and Mike are in hospital at the moment recovering from illness. Hope they are up and about very soon.

When you look at the calendar you will see it is only three more weeks before our Mandurah Swim. That's five more training sessions! Please let me know what you are going to swim so that we can get some relays together and also work on starts, turns, finishes and relay change overs.

Strokes also need to be checked so that you don't get disqualified!

TRAINING TIMES

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

Endurance Friday 2pm to 3pm

Venue South West Sports Centre,
Bunbury WA

Open water Sunday 9am SEASONAL
Koombana Bay or Back Beach

Next meeting Tue 9 June @ 6.30pm
221 Yalinda Drive, Gelorup

Next social Tue 16 June @ 6.30pm
The Prince 41 Stephens St
RSVP 12 June
gfmazz@gmail.com



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

Also you will need nominate your times for the distances you intend to swim, so if you don't know your times we need to find out!

There is a lot of work to be done in such a short time so let's see some action!!!!

Hope to see you in the pool on Wednesday, free of colds and ready to go.

*Pam's Pen
April/May 2015*

What did we get up to while Pam was away.....? 😊

Ok so Pam was away and the Stingers tried to play....but not for long as we did have coaches on deck to whip us all into shape.

Thanks to Pam for all the programs she left for us as this made life easier for all.

Numbers were still strong on the Mondays with Wednesday being quieter, while half the Stingers chose to chase the sun on holiday abroad.

Some Stingers got some timed swims in while it was quiet and Julie, Erica and Aina helped out when Tanya couldn't make it due to sick kids and other commitments.

So it was mostly business as usual, but we missed you Pam....welcome back!!

Tanya Price

National Champs 2015 Hobart



In April, I travelled to Hobart for the Nationals with Maureen Hana from the Albany Club. We both had a nice time, the only thing was the cold mornings. We would start out with beanies, scarfs, gloves and warm jackets until we got to the pool, then off they would all come as it was quite warm inside.





The 50 metre pool was made into two 25m pools from the half way mark. So when they had the 800m and 400m swims the women would swim in the pool with the timing boards and the men would have the pool with the stop watches.

Eleven clubs represented WA. I came home with a Silver Medal in the 50m Freestyle, a 4th in 100m Freestyle, 4x fifth places, 2x eighth places and 1 ninth place.

Maureen came home with a Bronze medal in the 200m fly, so with over 350 participating we were pleased with our swims.

During the second week we went touring. We visited Mt Wellington (but no snow), Port Arthur for a day, and we also went to a wildlife park to see Tassie Devils, which are very cute until they open their mouth....such big teeth!!

Also had a day tour to Bruny Island, which was a very interesting trip. We saw the Richmond Bridge, which was built by convicts 150 years ago and it looks like it will be there for another 150 years. We spent a half-day at the Cadbury Chocolate factory!



We also visited the Salmon Ponds, spent a day at National Park and saw Russell Falls and had lunch.

On Saturday we went to Salamanca Markets with about 300 stalls.

We both came home very tired and took about a week to get over it.

It is nice to be back in the pool here again. I only have a few weeks before I head off to Darwin for the winter months. I wish everyone nice winter swims and see you when summer comes again.

Thelma Sharp



Quote of the Month

"I have been visualizing myself every night for the past four years standing on the podium having the gold placed around my neck." Megan Quinn

State Awards Presentation

With the summer swimming season now at an end, there have been no competitive events. The results will be available on the website.

Margaret Moylett and Ron Edwards were invited to the presentation for the awards in the OWS Series. They were both the swimmers in the 75-79 age group for the OWS Season.

Ron attended the presentation but Margaret was unable to go due to an emergency with her husband, Tony.

Tony is now recovering in hospital and hoping to return to the pool in the not too distant future. We thank members for their good wishes for Tony's recovery.

Margaret Moylett

Stingers' night out!

On Tuesday 21 April about twenty Stingers and friends had an enjoyable dinner at the Eaton Tavern. This was followed by another enjoyable dinner on Tuesday 19 May where thirteen Stingers and friends got together at the Marlston Hill Chinese Restaurant. Looking forward to our next Stinger's dinner to be held on Tuesday 16 June at the Prince Hotel.

Cheers, Bill



Stingers enjoying dinner at the Eaton Tavern.



3 x 400m Postal Swim

Bill and Margaret are at the pool on Fridays at 2pm doing the Endurance programs. All swimmers can come along to do a timed swim. All distances from 400m upwards are on the programme including the 3 x 400m swims.

I believe that Pam and Brian are timing in the mornings, but those who can't make those scheduled times and wish to take part will need to arrange a different time.

Hope to see you back in the pool regularly soon.

Margaret Moylett

From the Committee

Club shirts money now due

Just a reminder that our club shirts have been ordered and they are \$40 each.

Payment is to be made either directly into our club account or to Brian Hall poolside. We expect the shirts to arrive in the next two weeks.

Many thanks for your interest in our club shirts, it will be great to see us all kitted out in our new sporty gear!

Tanya

Club social night

Our next club social will be on Tuesday 16 June 6.30pm at the Prince of Wales Hotel, 41 Stephens Street, Bunbury.

Please rsvp by 12 June to Geoff either by phone or email gfmazz@gmail.com.

Please see the attached flyer invitation with details of our next dinner and the dates for all upcoming club social nights (ie the third Tuesday each month).

See you there!

Bus to Mandurah Swim 21 June

The Mandurah Swim is getting close and we have a list of people interested in taking the bus as a group to and from Mandurah.

The cost will be \$15 per head and it is guaranteed to be a fun ride!

If you haven't already registered your interest, please contact Pam if you would like to join the bus group.

Tanya

FOOD FACT

"Add SEAWEED to salads and stews for a dose of belly-fat busting nutrients."

Michelle Bridges



Ingredients: 1 large cheesecake

- 500g cream cheese (room temp)
- 600g sour cream
- 200g sugar
- 5 eggs

Divine 4 Ingredient Cheesecake

You can substitute sour cream for crème fraiche or even just regular heavy whipping cream. Check out the website link for different flavouring ideas such as lemon zest, vanilla, pureed pumpkin or a layer of fresh dates or prunes!

1. Preheat the oven to 170d C. Line a 23cm springform pan with baking paper and grease the base and sides with oil or butter.
2. Whisk together cream cheese and sour cream and stir eggs and sugar until combined. Add egg mixture to the cream cheese a little at a time until all combined or whizz everything in a food processes until smooth.
3. Pour into the pan and bake 1 hour or until golden brown around the edges and it feels firm in the centre when you touch the top.
4. If you have time allow to cool in the oven. Serve chilled or at room temp. Enjoy with poached fresh or dried fruit!!

Source: <http://thestonesoup.com/blog/2010/11/how-to-deal-with-unhealthy-leftovers-divine-4-ingredient-cheesecakes-5-ingredients-simple-baking/>



Social Event



Tuesday 16th June 6.30pm

PRINCE OF WALES HOTEL

41 STEPHENS ST, BUNBURY



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

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 12TH June

GEOFF - 0407 610 792

Email - gfmazz@gmail.com



Upcoming Events

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

Stingers' Postal Swim is on again

Welcome to our club's **19th 3 x 400m Winter Postal Swim**. If you aren't already taking part, our annual Postal Swim may be the motivation you need to improve your fitness and/or swimming skills this winter – with a little more to aim for than just doing laps! It is an easy swim to undertake. All you need to do is swim a mere 400m in three different styles, (Freestyle, Backstroke and Breaststroke or Butterfly) over May or June.

Entries have gone out to all clubs in Australia and NZ but it would be great if we have lots of local members taking part too! Certificates will be awarded to all participants, with medals (both female and male) to be awarded to the most improved swimmers, the fastest overall swimmers and the most senior swimmers. This is our club's major fundraising event for the year and a great opportunity for you to see your improvement from last year's Postal Swim...so jump in and get some times recorded!!

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 See the attached event flyer for further details	Please let Pam know if you haven't yet registered your interest in taking the bus with the Stingers group - \$15 per person round trip. And you will need to nominate a time for each of your intended swims.
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!



Mandurah
Masters Swimming Inc.

Affiliated with Masters Swimming Western Australia
P.O. BOX 1307, MANDURAH WA 6210



Mandurah Masters Club
invites your members to a

2015 LiveLighter Club Challenge Event

Date: Sunday 21st June 2015

Venue: Aqua Jetty, Warnbro

Address: Warnbro Sound Avenue, Warnbro WA 6169

SC Indoor:

Warm up: 8.15 to 8.45am

Meet start time: 9.00am

EVENTS - as per 2015 Pool Events Calendar

- | | |
|-----------------------------------|--------------------------------|
| 1. 100m Freestyle | 2. 100m Breaststroke |
| 3. 100m Backstroke | 4. 50m Butterfly |
| 5. 50m Backstroke | 6. 50m Breaststroke |
| 7. 50m Freestyle | 8. 25m Butterfly |
| 9. 25m Backstroke | 10. 25m Breaststroke |
| 11. 25m Freestyle | 12. 100 Individual Medley |
| 13. 4 x 50m Mixed Freestyle Relay | 14. 4 x 50m Mixed Medley Relay |

The following Clubs are invited to participate: Armadale, Belmont, Bunbury, Claremont, Cockburn, Cockburn, Fremantle, Kwinana, Melville, Rockingham, Somerset.

Event Rules

- Swimmers may participate in **3** events plus Relays.
- Masters Swimming Australia Swim Rules apply.
- Participating Clubs are requested to provide timekeepers on the day.
- Cost - \$15 per Competitor including pool entry and refreshments. Spectators entry free. Clubs please forward team payments to Mandurah Masters BSB 036 157, A/c 161077 using club name as reference by 16th June 2015.

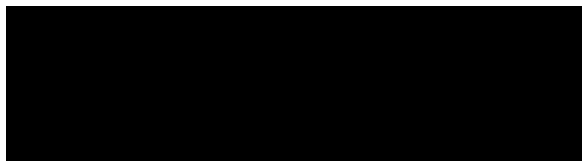
Social / Afters i.e. Please join us for refreshments provided afterwards.

Please process entries via Team Manager and email to Sue Johnston at sejohnston61@gmail.com

ensuring that all participants are financial members of your Club when accepting their entry.

If any problems or concerns, please contact the Event Coordinator Kirk Bamford 0431 736 464.

Entries close Tuesday 16th June 2015



Stinger in the Spotlight

Introducing.....

**Wendy
Thornhill**



What got you started in swimming?

My mum and dad took my brothers and sisters and I when we were about 5 to learn to swim, then it was up to us to stay on if we wanted to. I stayed on til I was about ten.

How long have you been a member?

I joined up in about Nov or Dec last year, about 5-6 months.

Where do you like to swim?

In the pool.

Favourite stroke?

Freestyle. Butterfly is my least favourite.

Most memorable swimming moment?

Probably when I went to the State Championships in Perth this year. It was my first competitive swim as an adult and in my first race when I dived in, I completely forgot what stroke I was supposed to be swimming.

Favourite movie:

Bring it On.

Favourite music:

The Proclaimers.

Favourite book:

Can you keep a secret? Sophie Kinsella

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

Saving lives at the swimming pool.

One thing about you that might surprise others?

I'm actually a Medical Biologist and I used to mark exam papers in the UK.

Favourite sport:

Basketball. I played with the Aces here in Bunbury.

One thing that you could not go a day without?

Chocolate.

Wise advice to others starting out in swimming:

Just give it a go, you don't know if you are good at it until you try. I had never done butterfly before and I did it at the state swim and came second! I never expected that to happen!

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

Just for laughs



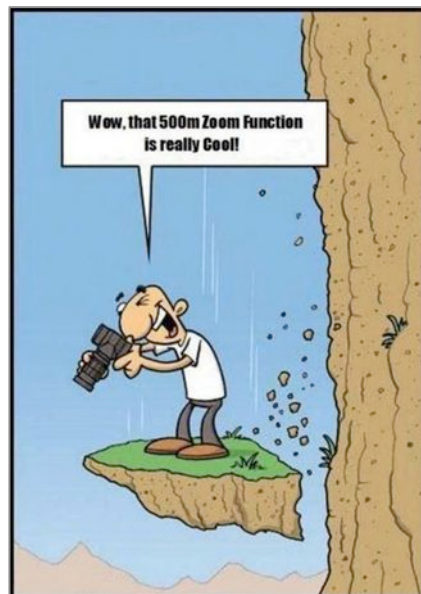
Love these funny photos....keep sending 'em in!!!



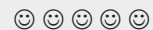
*Now that's how
to drum up
business!*



ABOVE: But you may cling to the outside!! Spotted in Derby, England.



A man has an enormous organ, which makes him speak at an uncontrollably loud volume. He goes to the doctor and says, "DOCTOR, CAN YOU HELP ME?" The doctor replies, "Perhaps—the surgery would be risky, but I could swap it out for a normal sized one." The man agrees and they proceed with the surgery. Hours later, when the man is waking up in recovery, he looks up at the doctor and asks, "Did it work?" And the doctor replies, "THE SURGERY WAS A SUCCESS."



A big-city businessman has had enough of the rat race so he moves to an isolated cabin deep in the woods. He's been there a few days when there's a knock on his door. There stands a grizzled old mountain man. "I live over that mountain. I come to invite ya to a party," says the old man.

"Well this is a surprise," the man says. "I didn't even know I had any neighbors. I'd love to go to the party. Thanks for inviting me!"

The old man turns to walk away, then turns back. "I guess I should warn ya. There's gonna be drinkin'."

"Well, I can certainly hold my liquor. No problem there."

"And I guess I oughta let you know, there's gonna be fightin'."

"I never go looking for trouble, but I think I can handle myself."

"And you should know there's gonna be lovin'."

"Hmmm. Well, I have been getting lonely out here, so I think I can handle that too!"

The old man once again turns and starts to walk away. The man in the cabin calls out, "Wait! Should I bring anything?"

"Bring anything you want. Just gonna be you and me."

Tackling winter weeds... aaarrgghh

Did you know that you can use household vinegar or reuse the salted water in which you cook spuds to kill weeds on paths and drives??? 😊

Club Contacts

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



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.