

The

STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for August and September and learn about the behind the scenes happenings that helped make our very first Skins event a splashing success....

Read on for the latest STiNGERS news...



Spring round up...

Pam's Pen

I would like to congratulate all members who swam in our first ever Skins Carnival. From a coach's point of view it was a real buzz for me, I was really impressed. It was fantastic to see all your training come to fruition. I know for most members it was your very first swim carnival, you did yourselves proud. Most of you swam a lot faster than your personal best time, which is what a coach works towards. I was so proud of each and every one of you. You have achieved what I had set out for you to do, well done. Thank you to our swimmers who did not participate in the swimming but did a sterling job around the poolside doing all the important jobs needed to run a swim carnival.

At present you will have noticed the style of training programs has changed. This is because we are now moving onto our next phase in our overall year plan where you are getting yourselves ready for the open water swim season (or you are getting yourself ready to wear your two piece again!!) If you have anything special you would like to be training for please let me know so you are getting the full benefit from your hard work at training.

Now for those members that have be AWOL for quite a while and those of you who have gone on holidays, it is time for you to start showing your faces at training, the longer you leave it the harder the first training session will be. Most importantly...I miss you all!!!

Enjoy our newsletter and read all about our carnival.

*Pam's Pen
Sep 2015*

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 13 Oct @ 6.30pm
221 Yalinda Drive, Gelorup

Next social Tue 20 Oct @ 6.30pm
Venue TBA
RSVP Geoff
gfmazz@gmail.com



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

Bunbury Skins a splashing success

Having had a little bit to do with running a few interclub events, I thought I should put my hand up to help with the running of our inaugural Skins event... little did I know what I was getting us into! However, I was amazed at how the whole club embraced the event and did such an outstanding job. I won't name all who were involved as it was almost the entire club, but I will mention the team leaders:

- Pam did a brilliant job with the coaching (and convincing people to enter)
- Richard handled all the logistics magnificently
- Geoff coordinated the afternoon tea – I am sure it was the best anyone had seen in years
- Elspeth coordinated the raffle – what an amazing effort
- Catherine ran the Marshalling - I had comments from several swimmers that it was as good a marshalling as they have ever experienced... not bad for a team who really didn't know much about marshalling at the start of the day
- Wendy Holtom and Sandra Mutch from Master Swimming WA who were instrumental in the success of the event.



The event attracted 45 swimmers from 11 clubs, which is actually a good effort for a new event that required a 2 hour drive each way for most to attend. Bunbury had 11 swimmers: Barry Bastow, Elspeth Binckes, Brendon Bunning, Liz Common, Brian Hall, Aina Hargans, Geoff Mazzucchelli, Margaret Moylett, Wendy Thornhill, Jill van de Ruit and Georgina Warden.



The event was split into qualifying events followed by 3 Skins events. The 200m IM was for the speedsters and determined who would compete in the last event, the Splash-for-Cash Skins. The four 50m sprint events determined semi-finalists in the "Closest to Nominated Time" Skins, which was the best of 3 rounds in either Freestyle or a form stroke (Backstroke, Breaststroke or Butterfly). It is amazing how consistent some swimmers are with the winners averaging less than 0.2 seconds deviation from their nominated time for each of the 3 swims. Due to the low swimmer numbers, most people competed in the Handicapped Skins. Whilst this event didn't run exactly to plan, which meant it took longer than planned, it was great to see and is where Bunbury did so well with prizes going to Aina, Brian, Barry and Geoff. Overall, 8 clubs had prize winners, although Claremont cleaned up with 6 prizes among 5 swimmers!

The comments that I have had back from swimmers have all been positive. One of the things that people said they liked the most was an unintended consequence of the pressure that we were under in the recording room... and that was that they enjoyed hearing their name called and fronting up to swim without having any idea what swim they were about to do!

"On at least one workout a week, get yourself in there and tear the joint apart!" Michelle Bridges



I wish I could say that I enjoyed watching the swimming... but the only swim I saw was Barry Bastow swimming faster than I have ever seen as he won his Handicapped Skins event. There are a few tweaks that we need to do for next year (yes we have been booked to run it again on September 10 next year), but I already have some ideas to put forward that should hopefully allow me to see more of the swimming. Most clubs have indicated that they intend to return next year with more swimmers, so we may achieve our desired 80-100 swimmers next year.

Finally, I would just like to thank the entire club for making it such a huge success. I hope that we all have the energy to do it all again next year... bigger and better!

Julie O'Connor



Congratulations to all of our members who took part in our Skins event and a giant 'thank you' to Julie for her huge effort in running such a fun and successful day!



3x400m Postal Swim Results

You may have already seen the 3x400m Postal Swim results on the website in which 11 of our members participated, also with five donations, but I am sure that you know I like you to do the swims as well as donate. It shows our improvement in efficiency and fitness level from last year.

This year was the first time for Steve Povee, Elspeth Binckes and Liz Common doing the 3 x 400m swim. Steve came in second in his age category, and they all three will have improved their times by next year. Richard Morris was first in his age group and also improved his time by 22 seconds this year. Jill van de Ruit and Brendon Bunning also had faster swims than in 2014.

Those of us who are reaching the upper age groups have to work harder to maintain our fitness level, so it was a big surprise with myself coming first in my age group.

The results for our club members:

	2014	2015
Steve Povee	<i>first time</i>	22.01.70
Richard Morris	23.20.80	22.58.49
Julie O'Connor	24.34.56	24.39.04
Geoff Mazzucchelli	<i>only 2 swims</i>	25.26.20
Elspeth Binckes	<i>first time</i>	26.00.21
Jill van de Ruit	29.34.15	29.32.07
Brendon Bunning	30.26.40	30.22.24
Bill McGuigan	33.13.93	34.28.55
Margaret Motylett	39.59.69	40.23.67
Liz Common	<i>first time</i>	40.37.42

Congratulations to those who competed in the swim and thank you to those who gave a donation.

Margaret Moylett

FOOD FACT

"Plums have about half the calories of peaches and nectarines."

Michelle Bridges

Stingers farewell winter at the Rose!

In August, twelve Stingers and friends enjoyed a meal and banter at the Rose Hotel in Bunbury. The Rose was a pleasant venue and is celebrating its 150th year, definitely worth a visit.



Above: Stingers enjoying a meal and banter at the Rose.

Our next club social night will be on Tuesday 20 October @ 6.30pm venue TBA. Please contact Geoff either by phone or email gfmazz@gmail.com for further info. *We look forward to seeing you there!*

Stingers celebrate Pam's 70th!

Another of our Stingers has very recently celebrated a very special 'O' birthday....happy 70th birthday to Pam! Our morning Stingers crew helped Pam celebrate this milestone with a delicious cake (*thank you Wendy*) and candles poolside last week! *Happy birthday Pam, wishing a wonderful 70th birthday!* ☺



From the Committee

Normal training times resume 12 Oct

Just a reminder that our normal morning squad times will resume on Monday 12 October:

- Monday 10am – 11am
- Wednesday 10am – 11am

Wednesday evening sessions will continue as normal.

NEW Stingers club website under construction

Our club will soon have its very own website which will be a useful tool for recruiting new members, advertising events and recording member activities and success. The site is currently under construction and will be up and running in a few weeks. There will also be a link to our Facebook page so existing and prospective members will have a range of online communication options. Watch this space for the launch!

Committee

VOLUNTEERS NEEDED!

The Bunbury Dolphin Discovery Centre is currently seeking volunteers for long-term (min 4 hours per week) or short-term (min 20 hours per week for 6 weeks) shifts. The centre is open 7 days per week and volunteers can choose what days/time they would like to work.

If you would like more information please speak with Catherine Curnow or Noelle James, who both volunteer at the centre. Alternatively please contact Jan Tierney (Volunteer Coordinator) via info@dolphindiscovery.com.au or 9791 3088.

Otherwise to read up on what volunteering is all about or to apply online please visit:

www.dolphindiscovery.com.au/discover/volunteer/ring/

See the attached flyer for details about the upcoming DDC Open Day on Sat 17 Oct!

Chicken, sage & mushroom risoni

More than my usual 5 ingredients but super easy and extremely mooreish!



Ingredients: enough for 2

- 2 chicken thigh fillets – chopped to bite size
- 6 mushrooms sliced
- 4-6 sage leaves finely chopped
- 1 clove garlic finely chopped
- 2-3 spring onions finely sliced
- 200g risoni pasta
- 400ml chicken stock
- 3 bocconcini
- splash of EVOO
- S&P

1. Splash oil in a pan and sauté mushrooms for two min. Then add garlic and spring onions and fry to a further minute. Remove from pan.
2. Place pan on to heat with a splash of oil. Toss in the chicken pieces, once sealed, pour over the stock and bring to a boil.
3. Add the risoni to the pan and boil for 5 min.
4. Return mushroom mix to the pan. Tear through the bocconcini and chopped sage and serve. Enjoy!

Source: <http://www.aliveandcooking.com.au/recipes/season2/s2-risoni.php>

Upcoming Events – Oct to Dec 2015

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

DATE	HOST CLUB/VENUE	COURSE	NOTES
Sat 17 Oct 2015	Maida Vale Darling Range College	Distanc 400/600/1500 Short course	Open meet – see the attached flyer
Sat 24 Oct 2015`	Euroz North Cottesloe Cold Water Classic	1.6km plus 400m for nippers	North Cott Surf Club and Leukemia Foundation
	Swimming WA OWS Round 1 Cottesloe Beach	500m, 1.25km, 2.5km and 5km	www.openwaterswimming.com.au
Sat Nov 7 2015	Swimming WA OWS Round 2 Busselton	1.25km, 2.5km and 5km	www.openwaterswimming.com.au
Sun 8 Nov 2015	LiveLighter MSAW Series Round 1 29 th Lake Leschenaultia OWS	1600m, 400m novice both freestyle	Maida Vale Masters
Sat 14 Nov 2015	Swimming WA OWS Round 3 City Beach	1.25km, 2.5km, 5km and 10km	www.openwaterswimming.com.au
Sat 21 Nov 2015	LiveLighter MSAW Series Round 2 BBB River Swim	1.5km or 3km Bicton Foreshore Swan River	Melville Masters
Tue 24 Nov 2015	Eat and Think Your Way to Rottnest	Presentation	\$10 per person Dept of Sport and Recreation 246 Vincent Street, Leederville
Sun 29 Nov 2015	Swimming WA OWS Round 4 Geraldton	500m, 1.25km, 2.5km and 5km	www.openwaterswimming.com.au
Sat 5 Dec 2015	39 th Swim Thur Rottnest	500m and 1600m Rottnest Island	Cotteslow Crabs Winter Swim Club
	Swimming WA OWS Round 5 Coogee	500m, 1.25km, 2.5km, 5km and 10km	www.openwaterswimming.com.au
Sat 12 Dec 2015	LiveLighter MSAW OWS Round 3 Freo Ports Swim Thru	1600m solo and 400m novice	Freoportsswimthru@gmail.com Fremantle Masters
Sunday 13 Dec 2015	Swimming WA OWS Round 6 Champion Lakes	1.25km, 2.5km, 5km, 10km	State Open Water Championships www.openwaterswimming.com.au
Sat 19 Dec 2015	Tower to Tower Swim Thru	1800m Scarborough Beach	www.triggisland.com

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



Maida Vale Masters



invites you to join us for our LiveLighter 400m/800m/1500m Swim Event

**Saturday, 17th October, 2015
1.00pm – 5.00pm**

**Darling Range Sports College
Berkshire Rd, Forrestfield.**

(Indoor, Heated, 25mPool)

400m/800m/1500m Choice of Stroke

One swim per swimmer with 2nd possible, dependent on time)
(1500 swims - 400m and 800m intervals recorded)

Pool Entry Fee \$6.00 - \$3.00 for Spectators
Swimmers may be asked to swim 2 to a lane

- Swimmers are to enter via Clubs and using Team Manager Entry files.
- Please indicate Medical Disabilities and Record Attempts if applicable.
- Postal entries from country clubs are welcome, but swim must be part of an organised Club event, swim to Masters Swimming Australia rules and in pool of meet distance i.e. 25m
- Postal entry results must be submitted using the Team Manager results file received by 6.00 pm, 4 days before the event date (13th October, 2015)
- Postal entries will not be eligible for records.

Entries close: Tuesday 13th October, 2015
(Late entries will not be accepted)

Please email TM File to Ren Jakovich at: alua_design@yahoo.com.au
by Tuesday, 13th October, 2015

Clubs - please bring stopwatches and if a swimmer is attempting a record please bring at least one timekeeper and watch. Swimmers - be prepared to time before and after your swim.

Refreshments will be served throughout the swim-meet

Meet Organiser: Lynne Duncan **Email:** duncan1320@bigpond.com **Contact:** 0417 997 556



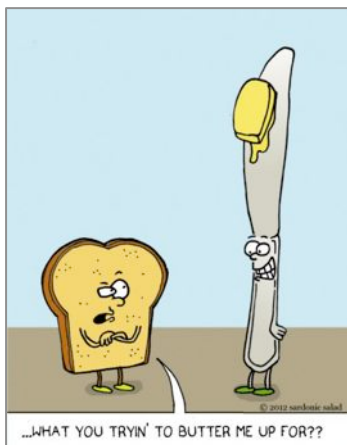
And now for the fun stuff...

Ultimate Signspotting

Love these funny photos....

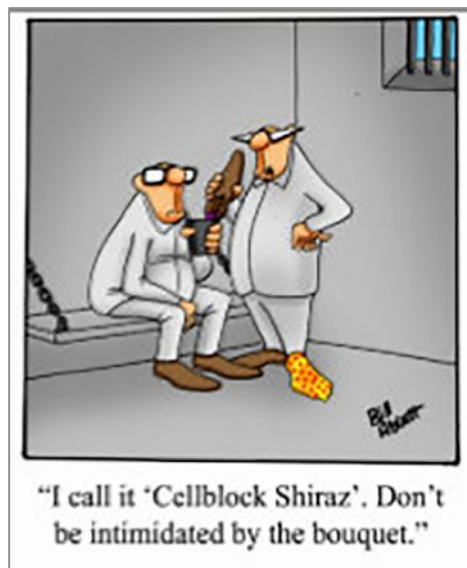


ABOVE: Thanks for clarifying. Spotted in Bismark, North Dakota.



**Butter is back
on the menu!**

Butter the rim of a pan in which you cook rice or pasta to prevent it from boiling over. *Who knew??*



Just for laughs



HEALTH ISSUES ?

Do you have feelings of inadequacy? Do you suffer from shyness? Do you sometimes wish you were more assertive? If you answered 'yes' to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident about yourself and your actions. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live. Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Side effects may include: Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

Warnings: The consumption of Cabernet Sauvignon may make you think you are whispering when you are not. The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them. The consumption of Cabernet Sauvignon may cause you to think you can sing. The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

Please feel free to share this important information with as many people as you feel may benefit! Now just imagine what you could achieve with a good Shiraz or Merlot!



Digital Dolphinarium

Kids Fishing Clinic

Bouncy Castle

Louie the Dolphin

Music

Dolphin Eco Cruise

Aquariums

Sausage Sizzle

Face Painting

Art Corner

Sand Castle Creation


Book your swim tour TODAY!

www.dolpindiscovery.com.au

Open 9-3pm
Saturday 17th of October

Dolphin Discovery Centre
OPEN DAY 2015

Swim season launch
Saturday only FREE ENTRY for everyone!


Dolphin
DISCOVERY CENTRE

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.