

The

# STiNGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we round up the events for Oct and Nov, shine the spotlight on Ian Adamson, see what's coming up over the next few months and award Life Membership to one of our deserving members....

Read on for the latest STiNGERS news...



## Spring round up...

### Pam's Pen

Wow! What a great turnout we are having at morning training sessions these last few months. Most members have been challenging themselves and joining in training for our open water season programs. It's great to see. Don't forget if you do have anything special you would like to be training for please let me know so that you can get the full benefit from the hard work you put in at training.

I think the morning session really impressed our President Geoff when he snuck in for a secret viewing a few weeks ago. He was astonished at how hard everyone was working and how many members were there. What he didn't see was how fast the squad devours all the goodies that we have after training on special occasions and there seems to have been plenty of those this year! I don't think its over yet....we still have Christmas to go!

As we are officially into the summer season we should now be including a few ocean swims. This, with your pool training, is good preparation for your Busselton Jetty Swim or whatever open water swims you are competing in.

The club is now swimming socially every Sunday morning at 9.00am as a group at Koombana Bay. Come and join us. When doing any ocean swimming be safety aware: the usual slip, slop, slap; never swim alone; always tell someone where you are swimming; and most of all this year be prepared for stingers. I do believe they are out and about up at the Perth beaches already this year.

*Enjoy your newsletter.*

*Pam's Pen  
Nov 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  
Koombana Bay  
ON NOW

Next meeting AGM late Jan 2016  
Date and venue TBC

Next social Wed 23 Dec @ 11am  
Xmas Morning Tea  
SWSC after training



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## Open Water Season 2015-16

The OWS has well and truly begun with some of our members swimming at 9am on Sunday mornings at Koombana Bay, starting at the Yacht Club end swimming to the Dolphin Centre and back. The more ambitious will be swimming the distance twice, with a coffee to finish off the morning's swim.

Members are also preparing for the Busselton Jetty Swim, with quad and duos relays and solos swims.

The only swim category left open is the solo swim, unless there are any cancellations in the other two categories. You may be able to submit your team to go on a waiting list.

Margaret Moylett

## 1600m Fremantle Port Swim

Some of our open water swimmers are going to South Fremantle on Saturday 12 December to do the 1600m Fremantle Port Swim-thru, taking place at South Beach, Fremantle.

Our swimmers are Thelma Sharp, Margaret Moylett, Bill McGuigan and Ron Edwards.

We all did the swim in December 2014 and finished with slow times due to the rough weather. This year if the weather is calmer we should complete the swim in much better times. We have all done the swim over the past five years and look forward to a pleasant morning swim.

Hoping to see a few more swimmers attempting the OWS Calendar. You meet many like-minded people from the Perth and surrounding clubs and they are fun, particularly if you manage to beat a previous year's time.

Margaret Moylett

## Stingers' Christmas Lunch

On Sunday 6 December, over thirty Stingers and their families enjoyed a festive smorgasbord Christmas lunch at Silva's Kitchen in Koombana Court complete with miniature xmas trees, roast turkey, Christmas crackers, trinkets and jokes.



It was great to see Stingers with their Christmas cracker hats on and sharing a few fun jokes and socialising 'out' of the water. This was a new venue for us all and the service and range of meals was great and the food was delicious.

We were treated to a wide variety of hot meals and veggies including lasagna, turkey with gravy, chicken parmigiana, spring rolls and prawn twists (yum) as well as a huge range of delicious salads (and that sweet potato and mango salad was definitely a hit on our table!!).



We also had a large selection of sweets to choose from....and there were even enough for seconds!



During lunch President Geoff Mazzucchelli presented a number of prestigious awards to a few well deserving members.



The **President's Award** was presented to our Secretary, Richard Morris, for his tremendous efforts behind the scenes to help with the seamless running of our club. Congratulations Richard, a very well deserved award.



Margaret Moylett was presented with a medallion for winning her age group in our **3x400m Postal Swim**. Well done Margaret, a great effort indeed!



Our coach Pam awarded the **3x400m Coaches' Encouragement Award** to Liz Common who had only attended a few training sessions when she willingly attempted all three 400m swims in one session! Since then Liz hasn't looked back! Well done Liz, we are confident your times will be even faster next year!



And finally, Geoff awarded Pam with **Life Membership** to thank her for her masterful coaching, tireless efforts and ongoing contribution to our Club.



Pam was quite surprised by this announcement and a little lost for words...but I caught up with her later and she had this to say:

*"Surprise, surprise! You all knew something I didn't! I bet that wasn't hard to do."*

*Listening to Geoff's speech at our Christmas Luncheon I was thinking what a great thank you speech he was making and yes I did do this and that, what a great time I've had while doing so, all the wonderful people I had met along the way, also the very funny times that we have shared. The next announcement evaporated all thoughts when Geoff said that the club was awarding me with Life Membership. This announcement was a real surprise and was quite overwhelming and made me a bit emotional.*

*What an honour to be voted by my peers to be worthy of such an award as Life Membership to the Bunbury Masters Swimming Club. I shall treasure this award. Once again I say thank you everyone. I just could not think what to say but THANK YOU, I feel very privileged to have received such an award."*

Pam now joins the ranks with our existing Life Members: Marie Harris, Margaret Moylett, Thelma Sharp and Brian Hall. Congratulations Pam, a truly deserving recipient.

Thanks to everyone who came along to our Christmas lunch and thank you to Tanya Price who organised it for us. It was a lovely get together, with lots of laughter and chin-wagging and a great opportunity for us to catch up with our fellow Stingers and their families before the silly season really begins.

*Happy holidays to all,  
have a safe...*

*...and a Happy  
New Year!!!!*



## Marie Harris VIP guest at the 50<sup>th</sup> Anniversary Social Work Reunion

Marie Harris was recently honoured when she received a personal invitation from the UWA Head of School of Population Health to attend the UWA 50<sup>th</sup> Anniversary Social Work Reunion as a VIP guest.



Marie was Departmental Secretary for 17 years until she retired at age 65 in 1988 and at the same time just being diagnosed with breast cancer.

The reunion was held on 20 November at the Banquet Hall at the UWA where attendees enjoyed entertainment and a meal, and the UWA launched *Legacy and Promise*, a book commissioned to celebrate the development of the Social Work discipline at UWA.

Marie thoroughly enjoyed the evening and is pictured below with Maria Harries....and Marie says that yes their mail often used to get mixed up!



L-R: Marie Harris and Maria Harries VIP guests at the UWA 50<sup>th</sup> Anniversary Social Work Reunion.

## Stingers hit the town!

On Tuesday 20 October twelve Stingers enjoyed our regular social dinner at the Highway Tavern. A good night was had by all and everybody agreed it was a very pleasant evening.

*Cheers Bill*



## Xmas Morning Tea Wed 23 Dec

Our final morning tea for the year will be at the SWSC on Wednesday 23 Dec at 11am following our morning squad session. Wendy is arranging a fun Xmas game for us to play. If you would like to participate please bring along a small gift up to the value of \$5. This will be your 'entry' into the game and will be used as a prize. Sounds intriguing!!!

Please also bring along a small plate of savoury or sweet nibbles to share. If you have any questions please see Wendy poolside.

*Ho ho ho...see you there!!*



## Did you know.....?

Swim fins were invented by Benjamin Franklin.

Swimming first became an Olympic event in 1896 and started as a men's only event; women were able to participate in 1912.

The turbopump on the space shuttle's main engine is powerful enough to drain an averaged-size swimming pool in 25 seconds.

## It's the birthday season....

We were very pleased to help Brendon celebrate his 60<sup>th</sup> birthday a few weeks ago complete with balloons and a lovely cake enjoyed by everyone. And then last week we enjoyed a lovely lamington cake (and clinkers!!) to help Elspeth celebrate her birthday.

Brendon receives free membership to our Naughty's Club (see below), but Elspeth will have to wait a few more years. Happy birthday to everyone who celebrated a birthday recently, naughty or not!



*L-R: Catherine, Brendon, Pam and Margaret cutting their Naughty cake.*

In the 25 years the club has been operating this would be the first for the Bunbury Masters Swimming Club, and maybe for other clubs too, to have so many '0' birthdays in the one year that formed consecutive numbers in the 10 years brackets. We are very proud to cater for such a wide range of ages, where age does in fact, seem to be of little relevance.



*L-R: Our Naughty boys – Richard, Brendon, Edwin and Ron.*

## N naughty Club

If you have been coming along to our morning sessions, you will have noticed that we have celebrated a number of very special 'zero' birthdays, so many in fact that we have now formed a very elite group called the 'N naughty Club'. You definitely won't be sitting in the corner but membership is only valid for 12 months once every 10 years! For 2015 the inaugural Bunbury N naughty Club members are:

Catherine Curnow	50	Edwin Kordt	70
Richard Morris	50	Margaret Moylett	80
Brendon Bunning	60	Ron Edwards	80
Pamela Hall	70		

These members hope to meet up again in 2025 for another photo shoot and to re-join the N naughty Club!

We have now put the challenge out to MSA to see if any other clubs can trump the number of our N naughtyies!

*Pam Hall*

## From the Committee

### Ready. Set. Register for 2016!

Masters Swimming 12 month membership registrations for 2016 are now open. Please take the time to go into the Masters Swimming Member Portal and re-register for the new year.

As existing Masters Swimming members, you will have recently received an email from Masters Swimming Australia with important information on re-registering for 2016, as well as your membership number, username and password for logging into the Member Portal.

To access the Member Portal:

- Go to the [www.mastersswimming.org.au](http://www.mastersswimming.org.au)
- Click on the blue Portal icon on the right titled 'Members'
- Click on the icon titled 'Re-registration'
- Type in your username and password
- You will need a credit card/debit card for payment.

You can also update or change your personal details, as well as your username or password when you are logged into the Member Portal.

### Membership Fees

Our Club fee for 2016 has changed. In order to simplify member payments to cover the pool lane hire the \$2 per training session fee will stop in 2016. Instead the club registration fee will increase by \$40 to \$120 when you re-join in December (ie from \$80 to \$120 of which \$72 goes to MSA and Masters Swimming Australia).

The \$40 annual fee is excellent value as it is equivalent to 20 swims this year. Regular swimmers are currently paying up to \$190/year for lane hire.

This is a trial for 12 months to see how much it costs the club and if it is popular with members.

This has been made possible by the success of the Postal Swim raising over \$1,100, which the committee has decided to give back to club members. We hope this initiative will encourage members to swim more frequently.

Please remember that memberships are for 12 months only and your 2015 membership expires on 31 December 2015.

We would love to see you all re-registering again for 2016!



### Training changes for early 2016

Our last training session this year will be on Wed 23<sup>rd</sup> Dec. There will be no training between Christmas and 9<sup>th</sup> January. This period is longer than usual due to Water Polo events at the SWSC between 2<sup>nd</sup> and 9<sup>th</sup> Jan. During this week Pam will be running training on Mon 4<sup>th</sup> and Wed 6<sup>th</sup> January at Koombana Bay. We also hope to organise a morning swim at the Collie Pool on Sat 9<sup>th</sup> Jan from 10am-12noon followed by lunch.

Also please note the upcoming changes due to limited lane availability over the next few months:

- **January:** Mon 11<sup>th</sup>, Wed 13<sup>th</sup>, Mon 18<sup>th</sup> and Wed 20<sup>th</sup> – we can only get two lanes at the pool so things might be a little friendly for those two weeks.
- **February:** Mon 15<sup>th</sup>, Wed 22<sup>nd</sup> and Mon 29<sup>th</sup> – no lanes available at the pool so we will shift to Koombana Bay.
- **March:** Wed 2<sup>nd</sup>, Wed 9<sup>th</sup> and Wed 23<sup>rd</sup> – no lanes available so training at Koombana Bay.

So don't hang your goggles up over the silly season as there are still plenty of opportunities to train.....and the Busso Jetty Swim is just around the corner!!

## Sunday ocean swims back on

The beautiful weather is here again and our weekend club ocean swims have started for the OWS. Meet at the yacht club end of Koombana Bay beach at 9am on Sunday morning for a 1-2km swim. Brian says the water temperature is 21 degrees already so there is no excuse!

## Club AGM Jan 2016

The club AGM will be held in late January 2016. The time and date are still to be confirmed and will be circulated to members via email as soon as the venue has been set. We encourage as many members as possible to come along to nominate for the Committee and contribute to the running of our club, or to simply support the AGM process. We look forward to seeing you there.

## Stingers website launched

The Club website is now active with the new domain name [www.bunburymasters.asn.au](http://www.bunburymasters.asn.au).

Make sure you regularly check out our 'News' page, which is the place to look for timely information such as upcoming events or changes to training times. Please send anything for this feed to Richard at the new Club email [secretary@bunburymasters.asn.au](mailto:secretary@bunburymasters.asn.au).



## Join us beach side for NYE

Bring a deck chair and dinner down to the beach to watch the sunset this NYE. Meet in the car park opposite Ocean Star Retirement Home (the first car park south of Mangles Street) for some laughs, good stories and great company for a fitting way to see out the old year and welcome the new. Everyone welcome. Hope to see you there!

## Chocolate Cherry Blitz

Did you know that the humble zucchini is creamier and 200-300% denser in nutrients than the cucumber? So it's the perfect substitute in green smoothies replacing the less nutrient-dense cucumber, the more expensive avocado and the too-sweet banana. Blend on....

*Ingredients: enough for 2*

- ½ cup frozen pitted cherries (or any frozen berries)
- 1 cup grated or chopped fresh or frozen zucchini
- 2 handfuls baby spinach leaves (or more zucchini)
- ¼ cup raw cacao powder
- 2 tblspn of vanilla protein powder or 1 tblspn chia seeds and a pinch of stevia (optional)
- 1 cup milk (any kind)



Place all ingredients in a blender with ½ cup of water and blend until smooth. Add a little more water or milk if you need to. Enjoy! Source: Wilson, S. 'Simplicious: 306 Sugar free recipes', Pan Macmillan, Australia, 2015.

## Event News

### Busso Jetty Swim entries are open

Entries are now open for the 21<sup>st</sup> SunSmart Busso Jetty Swim to be held on Sunday 14 Feb 2016. The entry fee is \$60 per swimmer until 31 Dec, or \$70 per swimmer from 1 Jan 2016 until registrations close.

As usual, the course is a 3.6km ocean swim around the iconic Busso Jetty and you can swim solo or in teams of two or four. The organisers are aiming for 2,100 swimmers in the event's 21<sup>st</sup> year, but entries are capped and expected to sell out, with two and four person team entries already sold out. However, if you are still keen to enter a relay team please follow their Facebook page where the organisers will release details if places become available due to cancellations.

Visit [www.busseltonjettyswim.org.au](http://www.busseltonjettyswim.org.au) to register and to read up on the Race Information before entering.

### Swimming WA round 10 in Bunno

Round 10 of the Swimming WA OWS Championships will be held at Bunbury Back Beach on Sun 24 Jan. The event is open to any swimmer but is used for State selection so many swimmers participate for this reason. Swim lengths are 500m, 1.25km, 2.5km and 5km.

The Bunbury Surf Life Saving Club will run the event with very little for our members to do other than provide support.

Please keep this date free and watch this space as we learn more.

### NEW Leighton Beach to Rottnest

Announcing the introduction of a new OWS marathon on Sat 19 March 2016.....The new *Port to Pub Swim* provides increased opportunities for open water swimmers to participate in what has become an iconic and challenging swim that, until now, has been limited to a one-day event.

The inaugural event will mark the 60<sup>year</sup> anniversary of the first crossing, with participating swimmers leaving from Leighton Beach, North Fremantle to follow the original 20km Rottnest Channel crossing route by Gerd von Dincklage-Schulenburg in 1956, followed two month later by the first amateur race on 25 March. The swim will finish on the beach at the iconic Hotel Rottnest.

While paying homage to the swim's origins, the event will also make history by introducing an extended 25km swim, which we hope will attract national and international swimmers, and potentially become a key training event for internationally recognised swims such as the English Channel or Manhattan Island Marathon Swim.

The extended distance positions the *Port to Pub Swim* as the longest open water swimming event in the southern hemisphere and we welcome the opportunity to discuss the prospect to be part of a wider event program through national and international swimming circuits.

The Port To Pub Swim will offer:

- A 20km Solo, Duo, Team of 4 and Team of 6 Event. There will also be a wetsuit assisted option in each of these categories. (Wetsuits not eligible for prizes)
- A new 25km (Solo only) event – the longest open water swim race in the southern hemisphere.

Visit [www.pubtoport.com.au](http://www.pubtoport.com.au) for more info or to register to receive updates, or follow them on Twitter or Facebook.



# OWS Event Calendar – Dec 2015 to Jan 2016

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

DATE	EVENT/VENUE	DISTANCE	ORGANISERS/CONTACT
<b>Saturday 12 Dec</b> 7.10 Check-in 8.30am Start	LiveLighter MSWA OWS Round 3 Freo Ports Swim Thru	1600m solo & team challenge 400m novice swim	Freoportsswimthru@gmail.com Fremantle Masters
<b>Sunday 13 Dec</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 6 Champion Lakes	1.25km, 2.5km, 5km, 10km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Saturday 19 Dec</b> 8.30am Start	Tower to Tower Swim Thru Scarborough Beach	1800m	www.triggisland.com
<b>Saturday 2 Jan 2016</b> 7.00am Check-in 8.30am Start first wave	Cottesloe Classic Mile 2016 Cottesloe Beach	1600m	Cottesloe SLSC www.cottsurf.com
<b>Sunday 3 Jan</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 7 Albany	1.25km, 2.5km, 5km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Saturday 9 Jan</b> 7am Regos open 8am 5km Start 8.15am Regos close for 1km and 2km	Davey Real Estate Sunset Coast Swim Scarborough Beach	1km, 2km, 5km	Scarboro SLSC jessica.bunford@scarboro.com.au clubcaptain@scarboro.com.au
<b>Sunday 10 Jan</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 8 Alkimos - Shorehaven	500m, 1.25km, 2.5km, 5km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Saturday 16 Jan</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 9 Town Beach Mandurah	500m, 1.25km, 2.5km, 5km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Sunday 17 Jan</b> 7.30-8.30am Check-in 8.40am Briefing	LiveLighter MSWA Series Round 4 Minara Resources Swim Thru Matilda Bay, Swan River	4km solo, 1.6km solo & teams	info@swimthruperth.org www.swimthruperth.org
<b>Sunday 24 Jan</b> 6-7.30am Check-in 7.40am Briefing	<b>Swimming WA OWS Round 10 Bunbury</b> <i>This is our local!!</i>	1.25km, 2.5km, 5km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Tuesday 26 Jan</b> 7.39am-8.30am 9am Start	LiveLighter MSWA Series Round 5 Mandurah Masters Aust Day Ocean Swim, Dodd's Beach, Halls Head	2km Solo	mhmanna@hotmail.com
<b>Tuesday 26 Jan</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 11 Sorrento	500m, 1.25km, 2.5km, 5km, 10km	Skye Stevens 9328 4599 www.openwaterswimming.com.au
<b>Saturday 31 Jan</b> 6-7.30am Check-in 7.40am Briefing	Swimming WA OWS Round 12 Rockingham	500m, 1.25km, 2.5km, 5km	Skye Stevens 9328 4599 www.openwaterswimming.com.au

## MSWA Online Event Calendars

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



# The Minara Resources Swim Thru Perth



## Australia's Oldest Open Water Swim

Presented by Claremont Masters Swimming Club  
proudly supporting the WA Disabled Sports Association



### Sunday 17 January 2016, 9.00am

UWA Watersports and Leadership Centre, Matilda Bay  
Cnr Hackett Dr and Mounts Bay Rd

Thousands of Dollars  
in Cash & Prizes

**4km Minara Solo or**

**1.6km Minara Mile Solo or**

**1.6km Minara Mile Charity Team Swim<sup>#</sup>**

(teams of 4 - all members swim 1.6km)

FREE Samples  
Chia Co, Happy Snack Co  
& Ego SunSense

**ENTRY FEES** 4km Solo - \$40 1.6km solo - \$35 1.6km Team - \$120<sup>^</sup>

**LATE ENTRIES** (race day) \$50<sup>^</sup>

<sup>#</sup> \$60 from Team entry fees donated directly to WA Disabled Sports Association.

<sup>^</sup> 4km Solo and 1.6km Solo only. Late entries are eligible for prizes.



Enter online only at [www.swimthruperth.org](http://www.swimthruperth.org)

Entries close 11.59pm Thursday 14 January 2016

All competitors must register at the UWA Watersports and Leadership Centre prior to the event,  
between 7.30-8.30am on race day. Wave starts commence 9.00am sharp.

### Thank You To Our Sponsors





## The Super Serious Fun is back for 2016

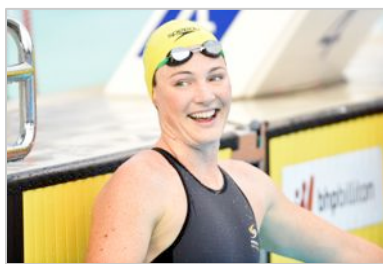
### Aquatic Super Series - 5 & 6 Feb 2016 - HBF Stadium Perth

The Super Serious fun is back at HBF Stadium on Friday 5 and Saturday 6 February 2016 as the Australian Dolphins Swim Team go head to head with China and Japan. See Australia's best swimmers LIVE in Perth for the last time before the 2016 Olympic Games in Rio!

You can catch all the action under the stars in the outdoor 10-lane pool at HBF Stadium with children's tickets starting from \$16 and adults from \$27. Tickets are on sale now through Ticketmaster.

**What:** 2016 Aquatic Super Series  
**Where:** HBF Stadium, Mount Claremont  
**When:** Fri 5 and Sat 6 February 2016  
**Time:** Gates open at 4.30pm with racing starting from 5.30pm

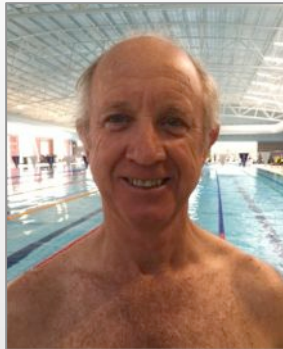
The Aquatic Super Series is a major international swimming event managed by Swimming Australia Ltd. For more information please visit <http://www.aquaticsuperseries.com.au>



## Stinger in the Spotlight

Introducing.....

### Ian Adamson



**What got you started in swimming?** *My mate had just completed a solo crossing to Rottnest Island and on the way back on the ferry he said he was going to enter a team for the following year and asked if I would join him. So I thought about it and started to train. Up until then I had not swum since we were in the school life saving team.*

**How long have you been a member?** *Since 2004.*

**Where do you like to swim?** *Koombana Bay.*

**Favourite stroke?** *Breaststroke.*

**Most memorable swimming moment?** *Standing on Rottnest Island with my mate and the rest of our team after our 6 ½ hour swim.*

**Favourite movie/music:**

*Favourite movie is The Magnificent Seven.  
Favourite music is 60's rock and roll.*

**How do you spend your day when you aren't swimming?** *Working around the house.*

**One thing about you that might surprise others?**

*My wife and I enjoy Rock and Roll Dancing.*

**Favourite sport's team:**

*The Eagles.*

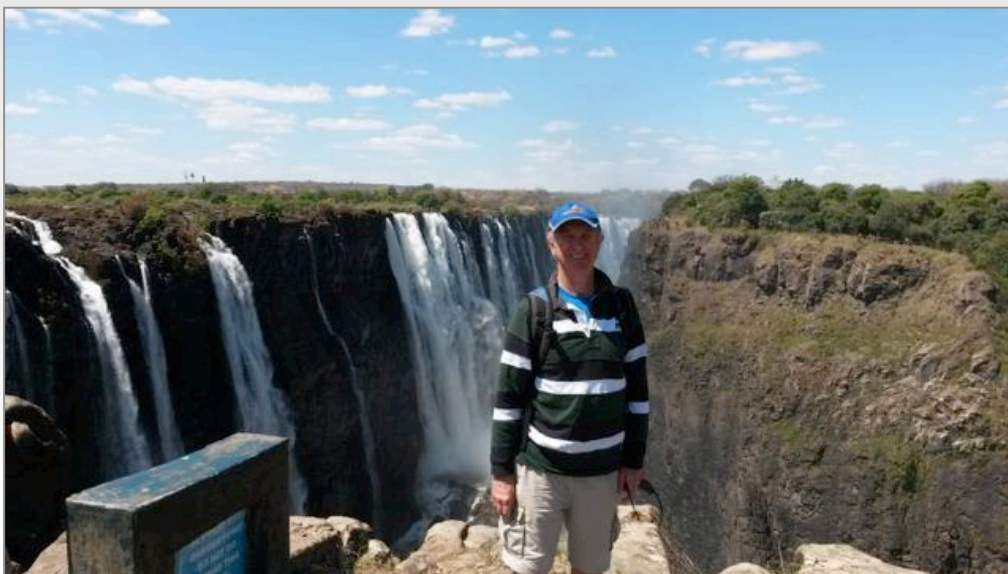
**One thing that you could not go a day without?**

*A big hug from my lovely wife.*

**Wise advice to others starting out in swimming:**

*Don't be too serious. It's an easy way to exercise so enjoy it and its great swimming with a group of people.*

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



*Ian at Victoria Falls in Zimbabwe. Ian says 'Unfortunately I couldn't go swimming there.'*

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

### Ten Christmas Fun Facts

We are all familiar with the Christmas story that is celebrated around the world, but have you ever wondered about some of the other traditions—like Xmas trees and stockings and Santa—that we see and embrace at Christmas? And where did the term 'Xmas' come from anyway?

1. The French gave the biggest Christmas present ever in 1886; the Statue of Liberty. They also have a smaller version in Paris.
2. Santa Claus was a real Saint and lived in Myra (now Turkey) in the 300s. The German name for Saint Nicholas is Sankt Niklaus.
3. The first artificial Christmas tree wasn't a tree at all. It was created out of goose feathers that were dyed.
4. 'Xmas' stems from Greece; the Greek X is a symbol for Christ.
5. Riga, Latvia was home to the first decorated Christmas tree. The year was 1510.
6. About 36 million Christmas trees are produced each year on Christmas tree farms.
7. The Candy Cane is one of the most familiar Christmas symbols and dates back to 1670 in Europe. The shape is that of Jesus' shepherding hook and the colours and stripes signify purity and sacrifice.
8. The Christmas Stocking got its start when three unmarried girls did their laundry and hung their stockings on the chimney to dry. They couldn't marry because they had no dowry. But St Nicholas, who knew of their plight, put a sack of gold in each stocking and in the morning the girls awoke to discover they had dowries so they could marry.
9. An estimated 1 in 3 people worldwide celebrate Christmas.
10. The most popular Christmas song ever is 'We wish you a merry Christmas'. The song can be traced back to England, but its author and composer remain unknown.

Source: [socialindc.com/10-christmas-fun-facts](http://socialindc.com/10-christmas-fun-facts)

A Christmas  
thought

STRESSED is just  
DESSERTS spelled  
backward ☺



### Just for laughs



If you see a fat man,  
Who's jolly and cute,  
Wearing a beard,  
And a red flannel suit,  
And if he is chuckling,  
And laughing away,  
While flying around,  
In a miniature sleigh,  
With eight tiny reindeer,  
To pull him along,  
Then lets face it...  
Your eggnog's too strong!!!

\*\*\*\*\*

A family had twin boys whose only resemblance to each other were their looks. Opposite in every way, one was an eternal optimist, the other a doom and gloom pessimist.

Just to see what would happen, on Christmas day their father loaded the pessimist's room with every imaginable toy and game. The optimist's room he loaded with horse manure.

That night the father passed by the pessimist's room and found him sitting amid his new gifts crying bitterly.

"Why are you crying?" the father asked.

"Because my friends will be jealous, I'll have to read all these instructions before I can do anything with this stuff, I'll constantly need batteries, and my toys will eventually get broken", answered the pessimist twin.

Passing the optimist twin's room, the father found him dancing for joy in the pile of manure. "What are you so happy about?" he asked.

To which his optimist twin replied, "There's got to be a pony in here somewhere!"



## More festive season fun.....

### Best Christmas Crackers Ever....



*Divide these topics amongst your guests at your next Xmas Day celebration to really liven up the conversation...*

#### Conversation starter:

- What would be your dream 6 person dinner party line up?
- When you were younger, what did you want to be when you grew up?
- Who would you most/least like to sit next to on a 10 hour flight?
- Use three words to describe yourself and three words to describe one other person around the table.
- If you were stuck on a desert island for 3 months, what three things would you like to have with you?
- Who do you think is the best dancer around this table and persuade them to prove it?

#### Or try these:

- Go around the table and ask or write down as many English speaking countries as you can.
- Go around the table and ask or write down sports played without a ball.

#### Or charades:

- Dirty Dancing
- The Rocky Horror Picture Show
- I just called to say I love you (song)
- Charlie and the Chocolate Factory
- Beauty and the Beast

#### Or 'Who am I' in 20 yes/no guesses or less:

- Popeye
- Buzz Lightyear
- Miss Piggy

*And yes, these ideas are from my family's Christmas Crackers in 2014.  
The best crackers ever! ☺*

### Xmas Rum Cake....

- 1 tsp. sugar
- 1-2 quart rum
- 1 cup dried fruit
- Brown sugar
- 1 tsp. soda
- 1 cup butter
- 2 large eggs
- 1 cup baking powder
- 3 juiced lemons
- 1 cup of nuts

Before starting, sample rum to check quality. Good, isn't it? Now proceed.

Select large mixing bowl, measuring cup, etc.

Check rum again. It must be just right. To be sure rum is of proper quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat.

With electric mixer, beat 1 cup of butter in a large fluffy bowl.

Add 1 seaspoon of thusar and beat again.

Meanwhile, make sure rum is still alrighty. Try another cup. Open second quart if necessary.

Add leggs, 2 cups of fried druit and beat til high. If druit gets stuck in beaters, pry loose with drewscriber.

Sample rum again, checking for tonscisticity.

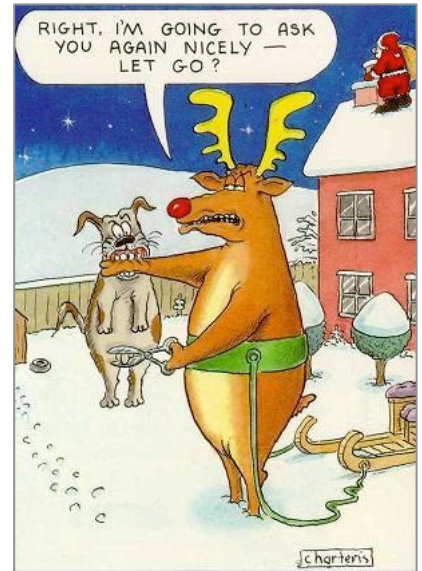
Next, sift 3 cups pepper or salt (really doesn't matter).

Sample rum.

Sift ½ pint lemon juice. Fold in chopped butter and strained nuts. Add 1 bablespoon of brown sugar-or whatever colour you can find. Wix mell. Grease oven. Turn cake pan to 180 gredees. Pour mess into boven and ake.

Check run again and bo to ged.

..ADN HALPIE HOLIGLAZE TWO YA'ALL!



## Stingers Photo Gallery

Ben and Jill enjoying the Great Ocean Walk in Oct



And Pam and Brain enjoying their adventure cruise up the west coast



## Club Contacts

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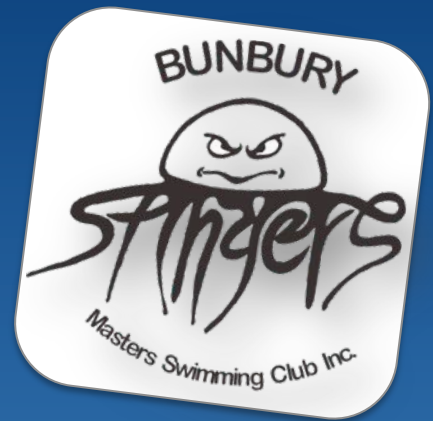
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## Thanks to all contributors

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.