

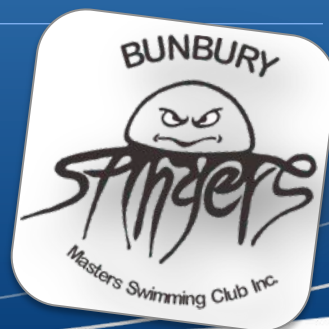
# The STINGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we round up the events of Summer, shine the spotlight on Liz Common and meet our new committee for 2016....

Read on for the latest STINGERS news...



## Mid summer round up...



*L-R: Bill McGuigan, Kerry McGregor, Ron Edwards, Thelma Sharp and Margaret Moylett.*

## MSWA OWS Round 3 - Freo Swim Thru 2015

Four Stingers, Ron Edwards, Bill McGuigan, Margaret Moylett and Thelma Sharp, and supporter Kerry McGregor, made the trip to Fremantle on Saturday 12 December for the Port Swim. The swim kicked off at 8.30am and the going was tough with a stiff inshore breeze. All swimmers completed the course with Ron, Thelma and Margaret winning their age groups and Bill winning a spot prize. Afterwards over a coffee, all agreed it was a great swim.

## TRAINING TIMES

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

Endurance Friday 2.30pm to 3.30pm

Venue South West Sports Centre  
Bunbury WA

Open water Sunday 9am  
Koombana Bay  
ON NOW

Next meeting 6.30pm Tue 8 March 2016  
Venue TBA

Next social Sun 21 Feb after 9am swim  
@ The Dolphin Centre \$15  
RSVP Noelle 0430 500 226  
james.noelle10@gmail.com



Bunbury Masters Swimming Club Inc  
PO Box 329 Bunbury WA 6231  
secretary@bunburymasters.asn.au  
www.bunburymasters.asn.au

Results as follows:

70 – 74	Bill McGuigan	44:30.20	spot prize
75 – 79	Thelma Sharp	44:23.00	1 <sup>st</sup>
80 – 84	Ron Edwards	36:01.20	1 <sup>st</sup>
80 – 84	Margaret Moylett	56:43.20	1 <sup>st</sup>



L-R: Margaret, Thelma, Ron and Bill.

Swimmers could choose a 500m, 1.25km, 2.5km or 5km distance. The course was clearly laid out with large orange buoys between the Club Rooms and Hungry Hollow. Spectators could sit on the deck, watch the race and sip a morning coffee.

Bunbury Stingers were well represented with 8 entrants. Kathryn Knoll, Nicole Munro and Edwin Kordt completed the 1.25km swim. Richard George, Christine McCafferty, Elspeth Binckes, Brian Hall and Iain Hensby completed the 2.5km swim.

Richard won the silver medal in the Male Super Legends (over 50 age group) and I won the bronze in the Female Super Legends.

The event was well organised and great fun. I think those of us who entered this year will be looking forward to next year's.

Elspeth Binckes

## Swimming WA OWS Round 10 - Bunbury Back Beach 24 Jan

The OWS season is well underway and on Sunday 24 January, Swimming WA held its Round 10 at the Back Beach in front of the Surf Life Saving Club Rooms in absolutely perfect conditions.



L-R rear: Christine McCafferty, Iain Hensby, Edwin Kordt, Brian Hall and Richard George. L-R front: Elspeth Binckes, Kathryn Knoll and Nicole Munro.



L-R: Medal winners Elspeth and Richard.



## MSWA OWS Round 5 - Australia Day 2km Swim Mandurah



*L-R: Kerry McGregor, Bill McGuigan, Brendon Bunning, Julie O'Connor and Ron Edwards.*

On Tuesday 26 Jan, Mandurah Masters held a 2km swim at Doddi's Beach, Halls Head. Our club was represented by four Stingers who achieved super results!

Conditions were excellent, the water was warm and there was a light breeze.

There were 133 swimmers competing in the event. Bill, Ron, Brendon and Julie all competed in the 2km swim.



*L-R: Bill and Ron.*

Results as follows:

50 – 54	Julie O'Connor	39:40.30	3 <sup>rd</sup>
60 – 64	Brendon Bunning	39:39.20	7 <sup>th</sup>
70 – 74	Bill McGuigan	51:27.00	3 <sup>rd</sup>
80 – 84	Ron Edwards	42:24.80	1 <sup>st</sup>

Barbara Pellick, a previous Bunbury Stinger, was an official on the day and was photographed (below) with Bill and Ron. All three were members of the Bunbury Masters together in its early days.

Cheers  
Bill



*L-R: Julie O'Connor and Brendon Bunning.*



*L-R: Bill and Ron with Barbara Pellick.*

## Cottesloe to Swanbourne Ocean Classic 6 Feb

The Cottesloe to Swanbourne Ocean Classic was held on Saturday 6 Feb. It is a fun 2.2km event, which you can either run, swim, stand-up paddle or board from Cottesloe to Swanbourne. It goes without saying that our two Stingers, Julie O'Connor and Brendon Bunning, opted to swim the 2.2km.

Their results:

50 – 59	Julie O'Connor	37:34.2	11 <sup>th</sup> /33
60 – 69	Brendon Bunning	37:35.9	17 <sup>th</sup> /41

Well done you two!  
Elspeth Binckes

## Busso Jetty Swim 14 Feb

The 2016 Busselton Jetty Swim was held on Sunday 14 February in near perfect conditions despite an earlier warning of strong winds. The swim out to the end of the jetty was quite smooth but on turning and heading for the finish things became a little more challenging. However the famous Busselton stingers didn't cause any problems and seemed to have gone AWOL.

It certainly was a successful swim for our members. We had 1 duo, 2 teams and 11 soloists complete the swim.

The Golden Girls duo of Margaret Moylett and Thelma Sharp received special attention and were interviewed when they finished in a time of 1:46:15.7.

The Stingers 4 person team of John Kain, Rory Kain, Jaimee Kain and Max Le Blanc finished 16<sup>th</sup>/60 in a time of 1:17:43.6.

The Donnybrook Dolphins 4 person team of Kathryn Knoll, Nicole Munro and 2 friends finished 25<sup>th</sup>/60 in 1:22:33.3.

### Solos Female:

40 – 44	Christine McCafferty	1:15:25.4	53 <sup>rd</sup> /92
50 – 54	Julie O'Connor	1:11:03.6	32 <sup>nd</sup> /86
60 – 64	Elspeth Binckes	1:11:39.2	10 <sup>th</sup> /29

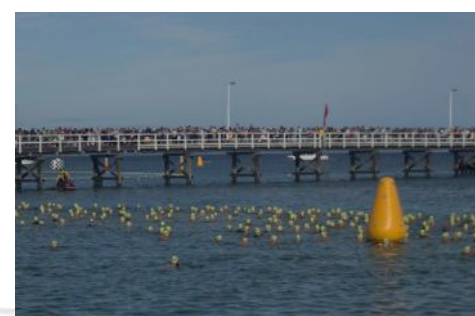
### Solos Male:

45 – 49	Geoff Mazzucchelli	1:11:38.3	76 <sup>th</sup> /108
50 – 54	Richard Morris	59:13.9	14 <sup>th</sup> /91
55 – 59	Steve Povee	57:57.7	7 <sup>th</sup> /80
	Richard George	1:06:45.7	30 <sup>th</sup> /80
60 – 64	Brendon Bunning	1:11:03.1	19 <sup>th</sup> /55
70 – 74	Brian Hall	1:30:33.9	12 <sup>th</sup> /15
	Bill McGuigan	1:41:20.2	13 <sup>th</sup> /15
80 – 84	Ron Edwards	1:15:38.2	1 <sup>st</sup> /3

Apologies for any errors or omissions.  
Elspeth Binckes

*Many thanks to everyone who sent in amazing photos and highlights from the day. Ed ☺*

*The Busso Jetty Swim 2016 Stingers crew.*







Above: Ron with his winning trophy and Brian with his award for participating in 20 jetty swims.



Above: The Golden Girls Thelma and Margaret.

Right: Steve  
after his  
solo effort.



The finish  
line has  
never  
looked so  
good!!



Below: Richard mid-race.



Below: Geoff getting ready.



## Endurance swims

Sunday morning swims at Koombana Bay have been attracting a small but loyal group of regulars who meet at the Yacht Club end of the beach at 9am and then swim up to the Dolphin Discovery Centre and back.

Some of the more intrepid have been swimming up to the groyne beyond the Centre and back in preparation for their solo Busselton Jetty swims.

A big thank you to Margaret Moylett for all her tireless work as Endurance Officer. She has decided to 'pass the stopwatch' and, as of 5 February, I have taken over the Endurance sessions on Friday afternoons.

The starting time has been moved to 2.30 pm in order to give us more chance of finding a free lane for timed swims, and so far the first few sessions have been very well attended.

If you would like to try swimming over a longer distance, the Endurance programme offers the choice of 400m, 800m, or 1500m and 30, 45 or 60 minute swims. It's a great opportunity to work on your aerobic fitness so 'come on down'! Every swim you do earns our club and yourself points in the Endurance 1000 Club Trophy.

### 2015 Endurance 1000 Trophy Results

In the 2015 competition we came 14<sup>th</sup> overall out of 27 competing clubs in WA. Our highest individual point scorer was Julie O'Connor with 675 points. She came second in her age group and 30<sup>th</sup> in the State out of 483 swimmers. Margaret Moylett won her age group and was our second highest scorer with 410 points. Congratulations Julie and Margaret for your outstanding contribution to our club effort. A few more swims from members would see us improve our position in the State standings.

If you have any questions about the Endurance programme then don't hesitate to ask me at training or contact me at home on [gebinckes@iinet.net.au](mailto:gebinckes@iinet.net.au).

Elspeth Binckes  
Endurance

*PS - In winter the endurance session will change to 10am Sunday morning to replace the Koombana Bay long swim. The pool is quiet then so we will have access to more lanes and the weekend time allows members who work Fridays to attend.*

## WANTED

### Team members for the 2017

### Busso Jetty Swim

Entries for this year's Busso Jetty Swim sold out quicker than you could say 'ready set go' and unfortunately some of our members, who were still in the process of getting a team together, missed out on entering.

Catherine Curnow and Georgina Warden are keen to form a four-person relay team **now** so that as soon as the 2017 Busso Jetty Swim entries open later this year they can register without delay.

Catherine and Georgina (who will each swim 1km) are looking for two people to join their team. If you are keen to swim in a four-person team in the 2017 BJS (either 1km or 600m) please see Catherine or Georgina poolside to discuss further.

5 ways to relax  
before your next  
big race...

1. Ignore your competitors.
2. Key in on the things that keep you loose and focused.
3. Search your history of awesome swims for what worked.
4. Focus on the process.
5. Controlled breathing.



## Easter Morning Tea & Raffle - Mon 21 March

Our annual Easter Morning Tea will be held on Monday 21 March after training, on the grassed picnic area outside the SWSC entrance.

As usual we will hold our fun Easter Egg Raffle, so if you would like to participate please donate an Easter Egg or two for your entry. Please bring your Easter-egg-entry donation along to the pool for collection before the day. Its always quite good fun and you never know what you might win!

## Bunbury 4 Hour Swim for MS – Sunday 20 March

The annual Swim for MS will be held on Sunday 20 March at the SWSC. Join in with this fun event and help the MS Society raise \$50,000 to assist Western Australians living with MS in the South West.

***Please note that the Bunbury Swim for MS has been changed from 10 hours to 4 hours.***

Registrations open at 8.30am for a 9am start and the event will conclude at 1pm.

Standard registration fees before 4pm Friday 18 March are:

Adults: \$30  
Juniors: \$25 (15 years and under)

If you would like to be in a Bunbury Masters team (up to 10 swimmers) please let Noelle know by email [james.noelle10@gmail.com](mailto:james.noelle10@gmail.com) or phone 0430 500 226.

Or you are welcome to swim the event solo! Register online as a solo participant, set yourself a swimming goal and join in on the day.

For more information visit:  
[www.swimforms.org.au/about-the-event/bunbury-swim/](http://www.swimforms.org.au/about-the-event/bunbury-swim/)

## CLUB BATHERS

The club has one pair of women's bathers available for sale in size 16 - our last pair so get in quick!.

If any men would like to order a pair of bathers please register your interest with Catherine Curnow within the next month.

As in the past, to place an order we have to have a minimum of 15 pairs for men and/or 15 pairs for women. It is not possible to order less than 15 pairs in each print run, and only one style per order. Any new orders would be in our existing style and colours.

Please contact Catherine for further info  
[renov8@highway1.com.au](mailto:renov8@highway1.com.au)

## Next social event Sun 21 Feb

Our next social event will be a breakfast at the Dolphin Discovery Centre this Sunday 21 Feb after our 9am swim. The cost is \$15 for a cooked or continental breakfast.

Please RSVP to Noelle James by Friday 19 Feb if you would like to attend, either by phone 0430 500 266 or via [james.noelle10@gmail.com](mailto:james.noelle10@gmail.com).

All welcome, we look forward to seeing you there.



## From the Committee

### Introducing our new committee

Our AGM was held on 22 Jan 2016 at the Bunbury Swimming Club rooms, where 16 members attended to vote on our new Committee and to enjoy an impressive Stingers-style supper afterwards.



Thank you to everyone who has offered their time and assistance to help run the club, including all those who work behind the scenes without filling an official role.

We look forward to working toward another energetic, successful and fun year in and out of the water.

A few of our newer members raised their hands and nominated for positions and several of our existing committee members are continuing in their previous roles.

Please say hello to our new committee for 2016:

- President – Geoff Mazzucchelli
- Vice President – Not filled
- Secretary – Richard Morris
- Treasurer – Brian Hall
- Coach – Pam Hall
- Club Captain – Julie O'Connor
- Endurance Officer – Elspeth Binckes
- Safety Officer – Wendy Thronhill
- Newsletter – Erica Eiffler
- Social Committee – Noelle James
- Data recorder – combined into other roles

Committee



FOOD  
FACT

*"Add POMEGRANATE SEEDS to your salad for little bombs of low-calorie high-fibre sweetness."*

Michelle Bridges



## Registration Reminder

The 2016 swimming year is well underway so just a reminder that club memberships for 2016 are now overdue.

Please note that if you don't have a current membership you aren't covered for insurance during training nor can you participate in Masters events. So if you haven't already renewed your membership for the 2016 year, please do so online at the MSWA Member's Portal.

Annual membership is \$120 and expires at the end of Dec 2016.

## Coaching available Wed nights

Coaching is now offered at Wednesday evening training sessions. It is felt that the presence of a coach would encourage more swimmers to join in and will provide an alternative training time for members who can't make morning training sessions. Pam will coach over the warmer months and Tanya Price has offered to fill in for Pam in winter if required.

If swimmers don't wish to be coached they will still be catered for and can swim in the group at their own pace. This coaching arrangement will be trialed for four months.

## Training Time Changes

The SWSC is currently hosting school swimming carnivals during the day, so please take note of the change of venue and time for our morning training on the following days in Feb and March:

Mon 22 Feb	9am @ Koombana Bay
Mon 29 Feb	9am @ Koombana Bay
Wed 2 March	9am @ Koombana Bay
Wed 9 March	9am @ Koombana Bay
Wed 23 March	9am @ Koombana Bay

Wednesday evening training at 5.30pm is not affected, so if you would prefer not to swim at the beach please come along to the SWSC on Wednesday nights and join in with our evening sessions.

Copies of the Aquatic Carnival schedule are available at the SWSC reception.



## Noelle's Apple & Sour Cream Slice



Noelle took a delish apple slice along to a recent morning tea, which had everyone asking for more as well as the recipe! So now you are in for your own sweet treat because here it is!

### Ingredients:

- 1 packet plain/butter cake mix
- 1 cup desiccated coconut
- 125g melted butter

### Topping:

- 1 tin pie apple
- 1 tub sour cream
- cinnamon

1. Combine all cake ingredients and spread into a lamington tin.
2. Bake in 180dc oven for 10min. Allow to cool.

### Topping

3. Combine apple and sour cream. Spread over base and sprinkle with cinnamon.
4. Return to oven for a further 10min. Enjoy!!

Thanks so much Noelle, can't wait to try it!

## Event Calendar – Feb to April 2016

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

DATE	EVENT/VENUE	DISTANCE	ORGANISERS/CONTACT
<b>Saturday 20 Feb</b> 7.40m briefing	Swimming WA OWS Series Round 13 Doddi's Beach Mandurah	1.25km, 2.5km, 5km	<a href="http://www.openwaterswimming.com.au">www.openwaterswimming.com.au</a>
<b>Saturday 27 Feb</b> 5.45am First swimmers	2016 Karma Rottnest Channel Swim Cottesloe Beach to Rottnest	19.7km solo, duo and teams	<a href="http://www.rottnestchannelswim.com.au">www.rottnestchannelswim.com.au</a>
<b>Sunday 28 Feb</b> 6am start	2016 Champions of the Channel Cottesloe Beach to Rottnest	19.7km solo, duo and teams	<a href="http://www.rottnestchannelswim.com.au">www.rottnestchannelswim.com.au</a>
<b>Saturday 5 March</b> 3pm start	33 <sup>rd</sup> Barrett Bunbury Swim Thru <i>Register by rowing club. Walk to steps, deep water start, swim down around the marker and back, exit at rowing club.</i>	1600m	<a href="mailto:admt@barrettfunerals.com.au">admt@barrettfunerals.com.au</a>
<b>Sunday 13 March</b> 6.45am rego	LiveLighter MSWA Series Round 6 20 <sup>th</sup> Anniversary Jetty to Jetty Swim John Graham Reserve, Woodman Point Coogee	750m and 1.5km	<a href="http://www.cockburnmasters.org.au">www.cockburnmasters.org.au</a>
<b>Fri 18 March</b> 6.15pm warm up 7pm start	LiveLighter 50s Beatty Park Masters Beatty Park Leisure Centre	50FS, 50BK, 50BRS, 50Fly, 4x50 FS relays	See attached flyer for further details
<b>Saturday 19 March</b> 6.00am start	Pub to Pub Swim Leighton Beach to Rottnest Island	25km elite solo, 20km solo, duo, team x 4, team x 6	<a href="mailto:info@porttopub.com.au">info@porttopub.com.au</a>
<b>Sunday 20 March</b> All day	Swim for MS Challenge South West Sports Centre <i>Teams of up to 10 swimmers or solo also welcome</i>	4 hour team swim OR if solo set your own personal goal	Contact Noelle if you are interested in joining a Bunbury Masters team: Noelle 0430 500 226 or via email <a href="mailto:james.noelle10@gmail.com">james.noelle10@gmail.com</a>
<b>Saturday 26 March</b> 6.30am checkin	LiveLighter MSWA Series Round 7 Albany Masters Harbour Swim Princess Royal Harbour Albany	4km solo, 2km duo, 1km team	<a href="mailto:busybiz@rainbowis.com.au">busybiz@rainbowis.com.au</a>
<b>Sunday 27 March</b> 10am start	SunSmart Southern Ocean Classic Mile Ocean Beach Denmark	1.6km	<a href="mailto:sdybing@westnet.com.au">sdybing@westnet.com.au</a>
<b>Saturday 2 April</b> 7.30am checkin	LiveLighter MSWA Series Round 8 2016 Live Lighter Masters State OWS MSWA members only Coogee Beach	2km, 1km	<a href="http://www.mswa.asn.au">www.mswa.asn.au</a>
<b>21-24 April</b>	2016 National Championships Melbourne		
<b>Sunday 24 April</b> 7am rego	Watermans to the Wall Watermans Bay/Sorrento Beach	2.7km	Sorrento SLSC
<b>Saturday 30 April</b>	SunSmart Busso Festival of Triathlon OWS Geopraphe Bay, Busselton	1000m, 500m	<a href="mailto:events@wa.triathlon.org.au">events@wa.triathlon.org.au</a>

### 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)





Beatty Park Masters invite your members to a  
**LiveLighter 50's Event**

to be held at  
Beatty Park Pool

220 Vincent Street, North Perth on

**Friday 18th March 2016**

Warm up 6:15pm for a 7:00pm Start, Last Heat 9:00pm

Venue is an outdoor 50m long course pool (warm up in-door 25m pool)

**EVENTS**

1. 50m Backstroke
2. 50m Breaststroke
3. 50m Butterfly
4. 50m Freestyle
5. 4x50m Mixed Freestyle Relay

**This event is open to all clubs.** However due to the limited time available, only the first 180 competitors will be accepted into the program.

- Swimmers may participate in 3 individual events and the relay.
- Masters Swimming Australia swim Rules apply.
- All participating clubs with at least 4 swimmers will be required to provide timekeepers.

Cost of event entry is \$10 per person (to cover lane hire fees and supper) payable by Bank Transfer prior to event – Beatty Park Masters bank details to be issued with TM Files.

Cost of pool entry for swimmers and spectators \$3.20

Note that the cost of pool entry is in addition to the \$10 event entry fee.

Pizza, desert and soft drinks will be provided afterwards.

Please process entries via Team Manager and email to [beattyparkmasters@gmail.com](mailto:beattyparkmasters@gmail.com) and ensure that all participants are registered prior to accepting their entry.

If there are any problems or queries, please contact Alex Gower on: 0429 686 213

Entries close: Sunday 13<sup>th</sup> March 2016 (unless 180 entry limit reached earlier)



## Stinger in the Spotlight

Introducing.....

### Liz Common



**What got you started in swimming?** When I was 9 I came to Australia on holiday from the UK and my auntie took me to City Beach. I thought it was wonderful and that's when I first started to swim.

**How long have you been a member?** I've been a member of Stingers for 8 months.

**Where do you like to swim?** It's hard to beat Koombana Bay, though I once went for a swim in Wineglass Bay in Tasmania and that was something special.

**Favourite stroke?** Freestyle.



**Most memorable swimming moment?** Receiving the Encouragement Award last year - my one and only sporting trophy.

**Favourite book/movie/music:**

**Book:** I like the short stories of H E Bates.

**Movie:** The Full Monty.

**Music:** I like all sorts of music, though I'm not keen on the country and western stuff when the singer goes on about how his girlfriend left him, his dog died and his mother broke both his legs.

**How do you spend your day when you aren't swimming?** Yoga, walking, travelling, reading, going to the gym and visiting family in Perth.

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

I'm not surprised to say that I can think of nothing about me that might surprise others.

**Favourite sport's team:**

I'm afraid I don't follow any sports teams.

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

I can't go a day without singing or humming little bits of songs. Sometimes I even whistle!

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

The end is closer than you think.

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

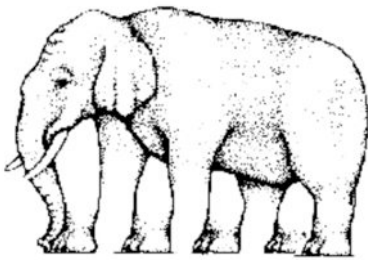
*Liz and hubby John, enjoying a beer in Berlin. Liz says that she didn't realise how much beer she had ordered!*



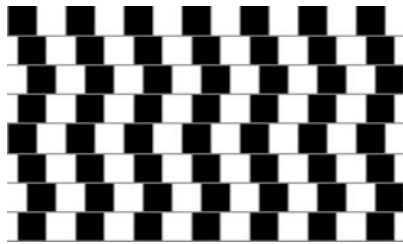
## And now for the fun stuff....

### Train your Brain Stingers Style

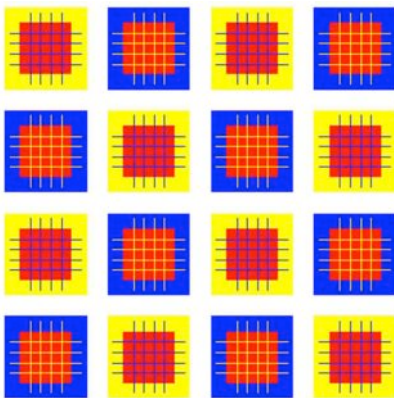
Keep your grey matter pink by testing your powers of observation on these illusory images....



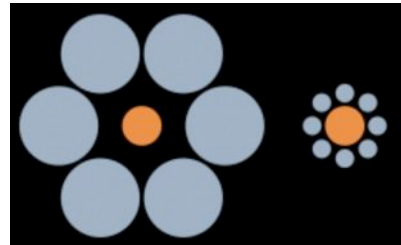
1. Five legs or four... or more?



2. Are these lines straight or crooked?



3. Are the squares inside the blue and yellow squares all the same colour?



4. Are the two orange dots the same size?

#### Explanations:

1. Tricky, isn't it? The contours of the legs are created by the shapes around them.
2. Straight. The zigzag pattern disrupts our horizontal perception.
3. The same. They seem different because a colour is perceived differently depending on its relation to adjacent colours.
4. The same. The distance to the center or size of the surrounding circles distorts our size perception.

### Funny photos...



Loving these funny photos...thanks to Tanya Price who spotted these for us!



### Just for laughs



An environmentalist was climbing a tree to have a look out over a patch of the Daintree forest, when a Tawny Frogmouth attacked her for invading its nesting site.

In a panic to make her escape, she slid down the tree getting many splinters through the crotch of her designer shorts.

In considerable pain, she hurried to the nearest doctor, told him she was an environmentalist and how she got all of the splinters.

The doctor listened with great patience and asked her to go into the examination room and he would see if he could help her. She waited three hours before the doctor reappeared.

The angry woman demanded to know, "What took you so long?"

He smiled and very apologetically said to her, "Well I had to get permits from the Environmental Protection Agency, the Forestry Service, National Parks and Wildlife Service, Rural Fire Service and Conservation and Land Management. I'm sorry, but they have told me there is absolutely no way I could be allowed to remove old growth timber from a recreational area".

\*\*\*\*\*



#### The truth about housework....

I don't iron because I choose to believe them when they say 'Permanent Press'.



## Club Contacts

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

**Secretary** Richard Morris 9721 7389  
secretary@bunburymasters.asn.au

**Treasurer** Brian Hall 9721 6496

**Coach** Pam Hall 9721 6496

**Club Captain** Julie O'Connor  
bluesky.jules@gmail.com

**Endurance** Elspeth Binckes  
gebinckes@inet.net.au

**Safety** Wendy Thornhill

**Newsletter** Erica Eiffler 0403 755 757  
editor@bunburymasters.asn.au

**Social** Noelle James 0430 500 226  
james.noelle10@gmail.com

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## Thanks to all contributors

As always, many thanks to all contributors to our 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.