

The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for March and April, shine the spotlight on Christine McCafferty and find out exactly what Julie O'Connor has been learning in her coaching course....

Read on for the latest STiNGERS news...



Mid autumn round up...

Pam's Pen

Both Brian and I have had another great holiday out on the high seas. We visited the same area we cruised to last year, the Abrolhos Islands about 60km west of Geraldton, but this time we took our daughter and her family. We both have plenty stories to share with you sometime.

I would like to take this opportunity to thank Tanya and Julie who kept you all swimming while I have been coming and going these last few months.

At present, I am fully supporting Julie who is doing her final prep for her coaching ticket. As a club, we are all going to gain a wealth of knowledge in the future. I can only see our swimming growing from strength to strength. From a coaches point of view it is always good to be able to share your knowledge and learn from one another when working as a team.

It is still up to you, the swimmer, to let your coach know what you want to achieve from your swimming and set yourselves some realistic goals that you would like to fulfill. Start with something short term, working towards the big achievement. If you are not sure, talk it over with the other swimmers in your lane and you might be able to come up with a group challenge. I look forward to hearing from you all on what your latest goals are.

Pam's Pen
April 2016

UPCOMING EVENTS

Sat 7 May LiveLighter 400m/800m
Short Course Event
Thornlie

May - June 3 x 400m Postal Swim
Join in our biggest
fundraiser for the year!!

Sun 19 June Mandurah LLCC – a fun
short course event!!

Next meeting 6.30pm Tue 10 May 2016
Bunbury Swimming Club
Rooms SWSC

Next social Fri 20 May @ 6pm
Australind Tavern
\$15 per person
RSVP Noelle 0430 500 226
james.noelle10@gmail.com



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Open Water Swimming

34th Barrett Bunbury Swim Thru – 5 March

This 1.6km swim was held in perfect conditions. The new course began and finished at the Bunbury Rowing Club with a BBQ and presentation at the Rowing Club afterwards. The club did a fantastic job hosting the event. 127 swimmers took part with 13 Stingers competing.



Stingers crew at the 34th Barrett Bunbury Swim Thru

Female results:

40-44	Christine McCafferty	3 rd 34:33.1
45-49	Kathryn Knoll	6 th 41:33.6
55-59	Julie O'Connor	5 th 34:02.2
60-64	Elspeth Binckes	1 st 34:23.4
75-79	Thelma Sharp	1 st 42:19.8
80+	Margaret Moylett	1 st 53:18.4

Male results:

50-54	Richard Morris	2 nd 27:13.6
55-59	Steve Povee (8 th overall)	1 st 26:50.6
	Richard George	8 th 33:15.9
60-64	Brendon Bunning	3 rd 34:00.6
70-74	Brian Hall	5 th 40:47.6
	Bill McGuigan	6 th 41:40.8
80+	Ron Edwards	1 st 34:52.1

Ron was also closest to his nominated time in the 80+ category.

LiveLighter MSWA Series Round 6 – 20th Anniversary Jetty to Jetty Swim, Coogee 13 March

There were 8 waves of starts in this always popular 1.5km event. Two Stingers participated with excellent results:

Female 55-64	Julie O'Connor	6 th 25:22.4
Male 75+	Ron Edwards	2 nd 27:19.6

LiveLighter MSWA Series Round 8 - State Champs – Coogee 2 April

Once again we had two Stingers compete in this 2km swim at Coogee in delightful conditions. Ron Edwards won his age group State title, so congratulations from us all.

Male 70-74	Bill McGuigan	5 th 52:40.7
80-84	Ron Edwards	1 st 41:24.2



The OWS is coming to a close with only a couple of swims left on the calendar. 2015/2016 has been a successful one for the club and I would encourage members who haven't tried an OWS to think about having a go next season. We now have swims at Busselton and the Back Beach, as well as the Barrett Bunbury and the Busso Jetty swims so we don't have to travel to far.

Endurance

We now have just over 50 recorded Endurance times including 400m, 800m, 1500m, 30min, 45min and 60min swims. So we are off to a super start for the year and should hopefully be able to improve our position in the State rankings as a club. Even though we are moving more towards concentrating on sprints, it's a good idea to keep up one's aerobic fitness and challenge oneself over longer distances. And, don't forget, every swim earns points for not only the club, but also yourself!

With our 3 x 400 Postal Swim coming up in May and June (our major fundraiser for the year) we've decided to add Sunday mornings to our Endurance Sessions in order to provide an extra opportunity to complete the 400m swims. That way we hope to minimize the disruption to our 3 regular training sessions. Obviously some members will still have to do their swims during training and that's fine. However, if possible, it would be great if we could do the bulk of the recording on Friday afternoons from 2.30pm or Sunday mornings from 10am.

Elspeth Binckes
Endurance Officer



Trainee Assistant Coach

In August 2015, I saw a flyer advertising a Masters Swimming Club Coach course. As I have many years experience coaching other sports (10+ years in Water Skiing and 5 years in Skydiving), I thought that it was about time that I attended a swimming coaching course.

My motivation was 3-fold:

- 1 To force me to think harder about improving my own swimming;
- 2 To provide in-water assistance to Pam regarding Drills coaching as it is pretty well impossible to check the Drills of 20+ people simultaneously; and
- 3 To provide a back-up for Pam when she is away.

The course involves an on-line theory section run by Swimming Australia, followed by a Masters-specific theory and practical workshop (both completed in 2015), and finally 30 hours practical club coaching which I am now undertaking.

As I have an underwater camera and 30 years IT experience, I figured I could take footage of swimmers approximately twice a year so that they can either self-coach or ask Pam or myself for assistance with their technique. Hence the fact that I have emailed a link to the first set of videos to all members. If I have not taken video of any of your strokes that you are trying to improve yet, please just ask as I will have the camera at most sessions.

I have also initiated a trial whereby we discuss the purpose and correct execution of the Drills for the day on pool deck just prior to entering the water. If you wish to attend these, please be ready around 5-10 minutes prior to our official session start time.

I will also provide periodic articles in the newsletter regarding various Drill sequences. The first of these, regarding the importance of good streamlining, is included in this edition.

Happy Swimming
Julie O'Connor

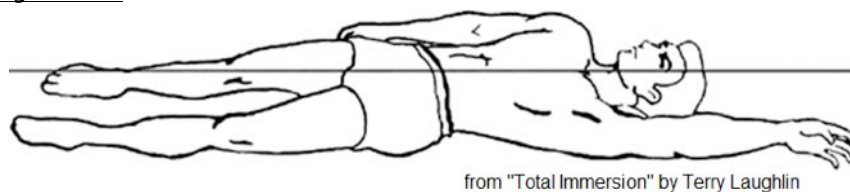
The Importance of Streamlining by Julie O'Connor (Club Captain & Assistant Coach)

In his book, "Total Immersion – The Revolutionary Way to Swim Better, Faster and Easier", Terry Laughlin quotes human movement scientists (kinesiologists) as estimating that at least 70% of your swimming performance is determined by how well you streamline your body, and that only 30% is determined by the power of your stroke. It is therefore logical that many of our drills will be based around correct streamlining. I highly recommend reading Terry's book. I bought my eBook copy via Booktopia.com.au (which allows me to have a copy on both my PC and tablet) for around \$11.

In this article, I will discuss the correct execution of the **Lateral Kick Drill**, which is the building block for all the other streamlining drills. It is important to remember that, despite the name, this is **NOT** a drill designed to improve your kicking... it is to learn the correct **streamlined** position. The kick in this drill should be gentle, and with fins to allow you to travel at your usual swimming pace.

There are two basic positions for Lateral Kick: Backstroke Lateral Kick (which is also the "**Resting**" position" for all streamlining drills); and **Freestyle** Lateral Kick.

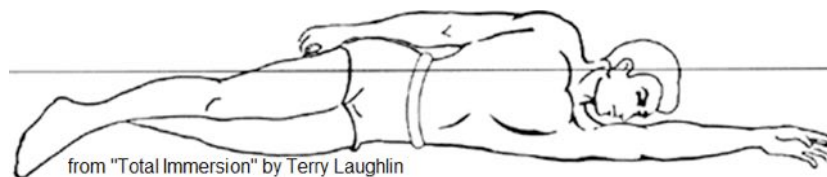
Backstroke / Resting Position:



Points to note:

- Body should be ~45° rotated to your back.
- Eyes should be directed straight up.
- Leading arm should be under the water sufficiently to be straight in line with your body and should be stretched out as though you are about to touch the wall (but not tense).
- Head should be in line with your spine, not kinked up. Ear should be by your shoulder.
- Trailing arm should be clear of the water from the shoulder to the back of the hand.

Freestyle Position:



Points to note:

- Body should be ~45° rotated to your front.
- Eyes should be directed straight down.
- Leading and trailing arms as for Backstroke position.

Common issue... and solution:

Issue: body is in a banana shape with head and feet high but hips low; or head high with both hips and feet sinking... solution: push leading arm and chest deeper and make sure head is in line with your spine, not kinked up (see Fig. 1).



Progression from Lateral Kick to Full Freestyle

Step 1: Backstroke Lateral Kick / Resting Position

It is important to become comfortable in this position before you try to progress too much further. Push off from the wall into this position and think about the following:

- Does my body feel long and straight, near the surface, with my leading arm low enough?
- Is my trailing arm clear of the water from my shoulder to the back of my hand? If it is, you are probably in the correct position. If it isn't:
 - Is my leading hand too close to the surface? If so, push it down a little further than you first think you should.
 - Is my head kinked up away from my arm? If so, push your ear down to your shoulder.
 - Are my hips still too low? If so, push your chest lower, keeping your body in a straight line.

Once you are comfortable on one side, swap to the other side. Once you are comfortable on either side, you are ready to progress to the other drills, returning to this position between sequences, whenever you need a rest, or whenever a drill is not going well.

Step 2: Freestyle Lateral Kick

Start in the **Resting** position. Once comfortable, rotate to the **Freestyle** position with eyes down. Stay in this position, assessing for any issues, until you need a breath and then roll back to the **Resting** position. Repeat until this too feels comfortable on either side.

Step 3: Single Stroke Underwater-Recovery Freestyle

Start in the **Resting** position, and then rotate to the **Freestyle** position. Once comfortable recover your trailing arm next to your body underwater until your hand reaches your nose. At this point, initiate a **roll** from your hips as you **catch** the water with your leading hand. You should feel that you roll past your leading hand. Roll right through to the **Resting** position on the other side, stretching your new leading hand out as though the wall is just within reach ahead. Repeat in the other direction.

Step 4: Single Stroke High-Elbow Recovery Freestyle

Very similar to Step 3 except that you recover your trailing arm above the water leading with a high elbow, letting the back of your fingers skim the top of the water in a relaxed position. Again, your leading hand should stay stretched forward until your recovering hand reaches your chin, at which point you initiate the "**catch & roll**" with your leading hand and hips.

Step 5: Multi Stroke High-Elbow Recovery Freestyle – No Breath

Similar to Step 4 except that you no longer progress right through to the opposite **Resting** position after every stroke, but rather pause at the opposite (eyes down) **Freestyle** position. Once there, you immediately initiate another "**recover, catch & roll**" sequence. If you normally breathe unilaterally, then you will perform 2 strokes in each cycle, stopping in the **Resting** position on your normal breathing side at the end of each 2-stroke cycle. If you normally breathe bilaterally, you will perform 3 strokes in each cycle, resting on the opposite side after each 3-stroke cycle.

Step 6: Multi Stroke High-Elbow Recovery Freestyle – One Breath

Similar to Step 5 except that you complete two full breath cycles... i.e. 4 strokes if unilateral or 6 if bilateral breathing. As you take a breath in the middle of this sequence, make sure you are still in a good streamlined, lateral kick position.

Step 7: Full Freestyle

You should now be ready to perform a much more relaxed yet faster freestyle.

We are a social bunch....

Stingers enjoy Irish bingo Easter fun

Members enjoyed a tasty post-swim Easter sausage sizzle and morning tea, complete with Easter egg hunt, Irish bingo and raffle in celebration of our Easter break. Aina won first place in our raffle for the second consecutive year! Well done Aina! Many thanks to Wendy and Tony for arranging our fun Easter entertainmentand for introducing us to Brown Sugar Bourbon BBQ sauce....yum!



5 things you will take away from swimming...

1. You're part of an amazing community.
2. Exercise and fitness will never intimidate you.
3. That discipline and mental toughness you honed as a swimmer will serve you well.
4. 'What if' syndrome will pop up whenever comps roll around.
5. The pool will always be home.

Source: www.swimswam.com

Stingers enjoy a good Aussie lunch at the Wild Bull Brewery

A good turnout of members enjoyed plenty of good food, good beer and good company at our last social event at the Wild Bull Brewery in Dardanup in early April. It was a beautiful day and coincided with a musical event happening at various venues in the Ferguson Valley. I wonder if any Stingers followed the musical trail after lunch to enjoy a lazy afternoon in the shade.....



Stingers enjoy a good Aussie lunch at the Wild Bull Brewery for our get-together in April.

And for our next social event....

Friday 20 May @ 6pm

Australind Tavern

(Collie Bridge Tavern)

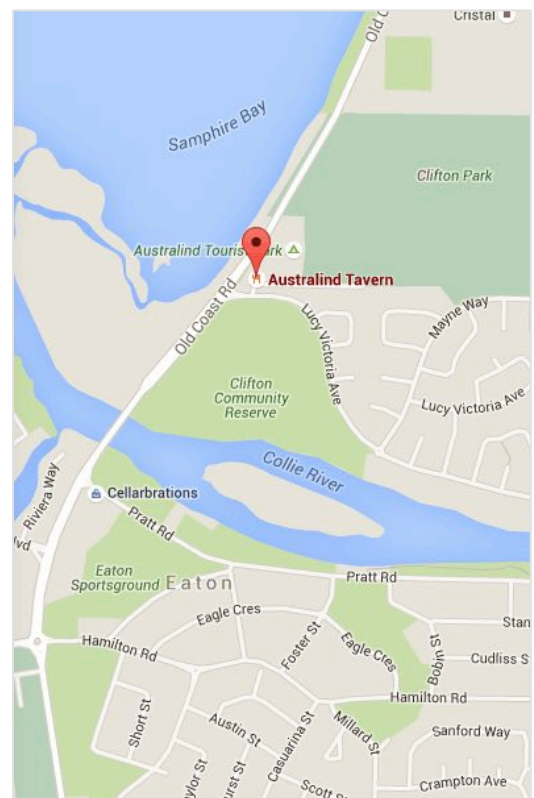
Old Coast Road

A buffet is on offer and the price is \$15.00 a head. All you can eat for the price. I believe the food is good. Purchase your drinks.

Our last get together was a great success. So come along and enjoy the company of our wonderful members.

We need to know numbers so please contact Noelle on 0430 500 226 or via email james.noelle10@gmail.com.

Noelle
Social Committee



From the Committee

New venue for club meetings

Our club committee meetings will now be held at the Bunbury Swimming Club's clubrooms (adjacent the SWSC). The venue has also been offered to us for our September Carnival.

This will be a really convenient venue for us and has already proven to be very useful for our AGM and for hosting our Skins afternoon tea function last year.

Club committee meetings are held on the second Tuesday of each month. All members are very welcome to attend.

FOOD FACT

"Check the label for FRUCTOSE. This refined sugar is ok in small doses, but the body can't process large amounts of it and turns the excess into fat. Not good."

Michelle Bridges

Extra Endurance session – Sundays @ 10am SWSC

As mentioned in Elspeth's report, an extra Endurance session will be introduced on Sundays at 10am at the SWSC, to allow members an extra opportunity to time their swims for the 3 x 400m Postal Swim. This extra session will commence Sunday 1 May and will continue until the end of June.

We may look at continuing this extra session after June if it proves popular with members.

Also, please note that our club OWS at Back Beach and Koombana Bay have now finished for the season.

Committee

Zucchini Laksa



If you are keen to try grain-free and low-carb eating give this delicious Malaysian soup a whirl. If you don't have a spiraizer use a mandoline or veggie peeler to slice the zucchini into long ribbons and then hand cut into medium 'noodles'.

Ingredients:

- 2 medium zucchini
- 1 jar laksa paste
- 1 can coconut milk
- 2-4 chicken thighs diced
- small bunch basil

1. Using a spiralizer, turn zucchini into medium thick noodles, then sprinkle with salt and stand while you make soup.
2. Bring laksa paste and coconut milk to a simmer in medium saucepan. Add chicken and continue to simmer until chicken is just cooked through, about 5 min. Add zucchini noodles and bring back to simmer.
3. Taste and season with salt or fish sauce (if you have it), some people might like a pinch of sugar.
4. To serve divide soup between two deep bowls and top with basil leaves. Enjoy!!

Source: <http://thestonesoup.com/blog/2016/01/do-you-need-a-spiralizer/>

Upcoming events

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

Thornlie LL 400m/800m – 7 May

WHAT: Thornlie & Districts LL 400m/800m short course
WHEN: Sat 7 May – 12pm to 3pm
WHERE: Gosnells Leisure World, Culross Ave, Thornlie
SWIMS: 400m and 800m choice of strokes
ENTRIES CLOSE: Mon 2 May
 See the following flyer for further details.

3 x 400m Postal Swim – May & June

If you aren't an Endurance swimmer, our 20th 3 x 400m Postal Swim may be the motivation you need to improve your endurance 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 400m in three different styles (free, back, breast or fly) over May or June.

Entries will go out to all clubs in Australia and NZ but it would be great to have all of us Stingers taking part too. Certificates will be awarded to all participants, with medals awarded to the most improved, fastest overall and 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, take advantage of our Friday 2.30pm and Sunday 10am Endurance sessions and get some times recorded!!

Mandurah LLCC – 19 June

This is a fun event held in a great 25m pool so we encourage as many members as possible to come and join in...or just spectate if you wish.

WHAT: Mandurah Masters LLCC
WHEN: Sun 19 June
WHERE: Mandurah Aquatic & Recreation Centre
SWIMS: Choice of 25m, 50m and/or 100m swims plus fun relays at the end.

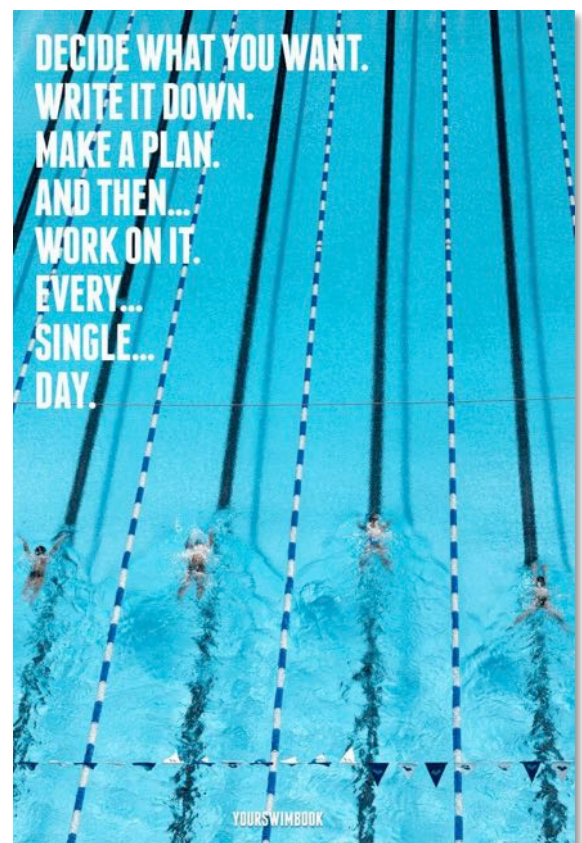
This has been a fantastic fun event for our members in previous years, with many of us travelling the short distance to Mandurah to participate and to have a really great day. The food afterwards is legendary. Please register your interest with either Julie or Pam.

MSWA Online Event Calendars

Please visit 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





THORNLIE AND DISTRICTS SWIMMING CLUB

Invites registered Masters Swimmers to join us on

Saturday 7 May 2016 - 12.00pm 'til 3.00pm (approx)

For the

LiveLighter 400m/800m Short Course Event

Gosnells Leisure World, Culross Avenue, Thornlie - (indoor 25m heated pool)
rear of Thornlie Square Shopping Complex, Thornlie

Nomination Fee: \$7.00 per swimmer. Please pass to our Club on the day.

Normal Pool entry payable at Reception

400m & 800m choice of strokes - see entry sheet

Swimmers may enter a maximum of 2 different swims

Please be fully aware water temperatures are normally quite high in this complex. Please do not enter without taking this information on board

Masters Swimming Australia Rules apply for this Event.

Depending on number of nominated swims, swimmers may be asked to swim two to a lane for freestyle events. **Late entries cannot be accepted.** All "single" swims will be timed prior to any second swims being commenced due to possible time constraints.

Visiting Clubs/swimmers are asked to assist with time-keeping.

Record Attempts must be clearly marked on the entry form.

Entries close on: 2 May

Please send all entries using the TM File (Obtained from the Masters Website) to thornlienews@hotmail.com . We will also appreciate a hard copy scanned to the same email address.

Please join us for free refreshments after your swim.

Club Contact is Ron Gray – Evening contact is best 08 9397 2768

PS: Postal entries are encouraged from country clubs, and must reach us prior to 2 May . Please include Masters ID, 50m split times and date of swim. Entries must be signed by a club official to verify that Masters rules have been followed and that the Event was swum in a 25 metre pool (Swims from 50m pools are not eligible for this event). These postal entries are unfortunately not eligible for records.



Stinger in the Spotlight

Introducing...

Christine McCafferty

What got you started in swimming? I swam at school in South Africa and did a couple of galas. We learnt the basics of the stroke, though I never mastered butterfly! Still can't. In my early 20s I often swam for fitness, but then there was a lull of 15 years. Then 2 years ago, I had such an urge to start again. Ironically, I recently found a diary from way back and in it I wrote that I feel most alive when I write and when I face the challenge of a long swim. I must be following my dreams because I do both now.



How long have you been a member? I joined Masters two years ago after I read the notice on the wall at the SWSC. Slowly though I've started to know more of the members and enjoy the sense of community it gives. Lovely seeing those familiar faces poolside or when you arrive at the beach. Special thanks to all those who have coached, volunteered and done so much to make me feel welcome.

Where do you like to swim? I do enjoy our training sessions at the SWSC and enjoy being there in general. I think my mind even associates the smell of chlorine with the happy buzz and sense of achievement that a good swim gives. Of course I enjoy the challenge of ocean swimming. I am a souk, as you Aussies say, when it comes to the cold though.

Favourite stroke? Freestyle of course; but it is nice to be fast (relatively speaking) at something – and that is at breast stroke.

Most memorable swimming moment? Finishing the Busso Jetty Swim both times. It has become a highlight and pivot point of my year and there is a wonderful sense of achievement at having been part of the crew making their way around the seemingly impossibly long jetty.

Favourite pastime? I read very widely as writing is my work – you need constant input to feed the output. I love reading about people, their experiences and what is happening the worlds of business, travel, education, sport psychology, technology and everything else.

How do you spend your day when you aren't swimming? If I have my children, I drag myself out of bed to get the coffee machine going. Step 1! Once the kids are fed, dressed and dropped at school I head home where I work at my computer writing and editing. I might go out for a swim, walk, tennis or a quick catch up with a friend at some point. Then it is time to collect the kids. The arvos are full of activities, homework and housework. In the evening we might run with the Runners Club. Once they are in bed its back to work for a couple of hours. When I don't have them, its nice to spend an evening with someone special.

Something about you that you would like to share?

This Australia Day I became an Australian citizen after 5 years here. I left South Africa 12 years ago and lived in England for 6.5 years. I never felt at home there and was dreadfully homesick. Eventually decided we should live in Western Australia. When we arrived at Perth Airport, I literally kissed the ground. I was moved to tears with the feeling that I'd arrived home. I am very happy here and am grateful to the friendly Australians and wonderful community of Bunbury for making me welcome. It is tough to live without family around, other than my kids, but I always have a friend to call on.



Christine and her children becoming Australian Citizens on Australia Day 2016.

Favourite sport's team: Go Eagles! Took me a while to figure out what AFL was and who the Eagles were but hey, I'm getting there.

One thing that you could not go a day without? The feeling that someone cares about me. And coffee of course!

Wise advice to others starting out in swimming? Just do it. I've done so many new things in the last two years. Swum the jetty, run 10km in an event, played water polo, gone and played tennis at the tennis club... Each time I felt intimidated and thought that I would embarrass myself, come last, get in other people's way... but each time I've found that there are many people better than you and a whole lot less fit and more self-conscious than you. Everyone else is nervous too, so just give it a go.

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

And now for some fun.....

Train your Brain Stingers Style

This challenging panda puzzle created quite a buzz on the internet when it was released late last year and in its first week received 55,000 likes and was shared over 118,000 times. Its all about 'spatial attention' so test yours out and see if you can find the panda...



Just for laughs



The Washington Post asked readers to take any word from the dictionary, alter it by adding, subtracting or changing ONLY ONE letter, and supply a new definition. Here are this year's winners:

1. Intoxication: euphoria at getting a tax refund, which lasts until you realize it was your money to start with.
 2. Reintarnation: coming back to life as a hillbilly.
 3. Bozone (n): the substance surrounding stupid people that stops bright ideas from penetrating. The bozone layer, unfortunately shows little sign of breaking down in the near future.
 4. Cashtration: the act of buying a house, which renders the subject financially impotent for an indefinite period.
 5. Giraffiti: vandalism spray-painted very very high.
 6. Sarchasm: the gulf between the author of sarcastic wit and the person who doesn't get it.
 7. Inoculatte: to have coffee intravenously when you are running late.
 8. Hipatitis: terminal coolness.
 9. Osterpornosis: a degenerate disease.
 10. Decafalon: the gruelling event of getting through the day consuming only things that are good for you.
 11. Glibido: all talk and no action.
 12. Dopeler effect: the tendency of stupid ideas to seem smarter when they come at you rapidly.
 13. Arachnoleptic fit: the frantic dance performed just after you've accidentally walked through a spider web.
 14. Caterpallor: the colour you turn after finding half a worm in the fruit you're eating.
- And the number one pick:
15. Ignoranus: a person who is both stupid and an a-hole!!



Stingers on the open road

Catherine Curnow and hubby Greg are off exploring this big wide country of ours and have dropped us a line to say "Hi" and to let us know what they have been up to...

Hi everyone! We're having a fabulous trip so far. We left home in convoy with another couple (very experienced and well-travelled Grey Nomads) and a single woman (who reminds me of Noelle as she's also very well travelled and an old hand at competently and confidently towing her caravan everywhere).

We first stayed at Wickepin, then the beautiful Breakaways free camp on the Hyden-Norseman Road, before meeting up in Kalgoorlie with a large group from South Bunbury Rotary Club.



Then we headed out to Rawlinna, on the Trans-Pacific Railway Line, for the iconic Nullabor Muster. Wow, what an incredible and enjoyable event!

Greg and I did skeet/clay target shooting (I offered a cash prize for anyone who could teach me to beat Greg's score of 9/10), a truck pull, and I danced the night away with a girlfriend with whom I went to high school. I *still* have a bruise (from the skeet/clay target shooting) and a sore leg/knee (from dancing the night away) but both injuries were worth it to have so much fun. Must be gettin' old!



Next we went to the picturesque Lake Ballard where there are many metal sculptures adorning the lake. I may or may not have had a naughty photo taken beside one of the naked sculptures...but that's another story!

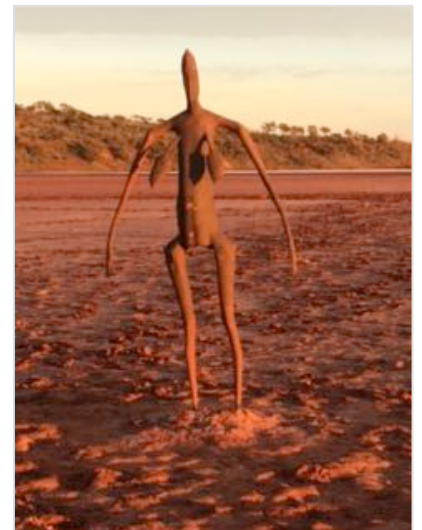


Above left: Catherine at Albert Facey Museum, Wickepin.

Left: First attempt at Skeet (clay target) shooting, Nullabor Muster, Rawlinna WA.

Above right: Greg and Catherine's shadow at sunset, Lake Ballard.

Right: Sculpture at Lake Ballard.



This morning we went to one of the most beautiful dawn services we've ever experienced. We learnt that the purple poppy is in remembrance of all the animals (including dogs, horses, pigeons) that died in the wars. We then went to breakfast at the Boulder RSL Club where we were warmly welcomed with good old country town hospitality.



Left: President of the Boulder RSL.



Right: Hand crocheted poppies in red and purple adorn the trees.



Left: Local identity Frances Bridges after the Dawn Service and waiting for the next ceremony: "Wasn't worth going home" she said. We took her some coffee and the biggest ANZAC biscuit you've ever seen.

Love and best wishes to all back home, and we'll be in touch again from the other side.....crossing the Nullabor in the next couple of days.

Anyone's very welcome to offer any travel suggestions or ideas, or let us know what you're up to back home.

Email renov8@highway1.com.au phone 0428 252 655 or find us on good ol' Facebook.

Catherine Curnow

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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.