

The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for May and June, shine the spotlight on Ben van de Ruit and get the scoop on the LLCC Mandurah SC comp....

Read on for the latest STiNGERS news...



Mid winter round up...



Mandurah LLCC splashing good fun

On Sunday 19th June, Bunbury Stingers were represented by 8 members who travelled up to Mandurah to compete in Mandurah Masters' short course competition. We didn't win but scored 90 points, up on our 72 last year and moved up one place overall. It was heaps of fun and we enjoyed seeing the new pools.

Wendy Thornhill and Noelle James won all three of their races and we had many firsts between us and some excellent relay results. Iain Hensby competed for the first time and I'm pretty sure that it won't be the last time that we see him up on the block ready to go.

UPCOMING EVENTS

Sat 23 July 2016 Groper State Relay
HBF Stadium Claremont

Sun 31 July 400/800m SC
Leisure Park Balga

Sun 7 Aug 1500m LC
Aqualife East Vic Park

Sat 27 Aug 1500m & 400/800m TBC
Darling Range College

Sat 10 Sep Sprints & Skins Carnival
That's us!! SW Sports Centre
Bunbury

Next meeting 6.30pm Tue 12 July 2016

Next social Sun 17 July @ 2pm
Walk from Back Beach
to Café 205



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

Like us on Facebook: www.facebook.com/bunburymastersswimmingclub

Thanks must go to Pam Hall who kept us on our toes with our race calls, to Geoff Binckes who time kept the whole carnival and to Joanne, Pam and Brian's daughter, who kindly supplied us with bottles of water.

Special thanks to Captain Julie for sorting out our entries and relay teams so efficiently. Well done everybody.

Elspeth Binckes
Endurance Officer



ABOVE: Noelle, Iain, Brian and Elspeth.

BELOW: Geoff, Wendy, Julie and Brendan.



Endurance

We've had lots of Endurance swims completed in May and June, mostly 400m swims, as members get their entries into our 3 x 400 Postal Swim. Twenty-two Stingers have entered this year which is a pleasing increase on last year's number. It has been really rewarding to see so many Stingers tackling this longer distance for the first time.

There is a regular group of Friday afternoon Endurance swimmers and we have no difficulty in getting lanes. So, if you'd like to try an 800m or even longer swim, then come on down!

We won't be continuing the 10.00am Sunday morning Endurance session from July onwards. This session was intended to provide an extra opportunity to complete 3 x 400 swims, but we've managed successfully to get them done at our other regular times. So, sleep in and enjoy Sunday morning in bed from July on.

Elspeth Binckes
Endurance Officer



New club jackets

Stinger members are very pleased to welcome the arrival of our new club jackets, which have our logo embroidered on the front. The jackets are cozy and warm and perfect for our chilly morning and evening training sessions.

Many thanks to Tanya Price who always does such a fantastic job organising uniforms and gear for us. ☺

If you missed out on a jacket, please get in touch with Tanya as there may be an opportunity for us to order another batch in the coming weeks. Jackets are \$40.00 each.

Also, there are two spare new jackets in size Small (Mens) available for sale if anyone is interested.



Jill and Ben modeling our new club jackets.

MSWA Annual Awards Presentation

If you are a regular subscriber to the MSWA eNews, you may have recognised our Club Captain, Julie O'Connor, receiving an award on our behalf!

Julie attended the MSWA May Council of Clubs Meeting where Julie was presented with the winning trophy for the Country Correspondence Carnival for our club.

Well done to all who entered and helped our club achieve this stunning trophy.



Our Club Captain, Julie O'Connor, being presented with the Country Correspondence Carnival trophy by Tricia Summerfield, MSWA Director of Coaching. (sorry for poor photo quality)

FOOD FACT

"TURKEY is one of the leanest meats, but it is packed with protein to build muscle and boost metabolism."

Michelle Bridges

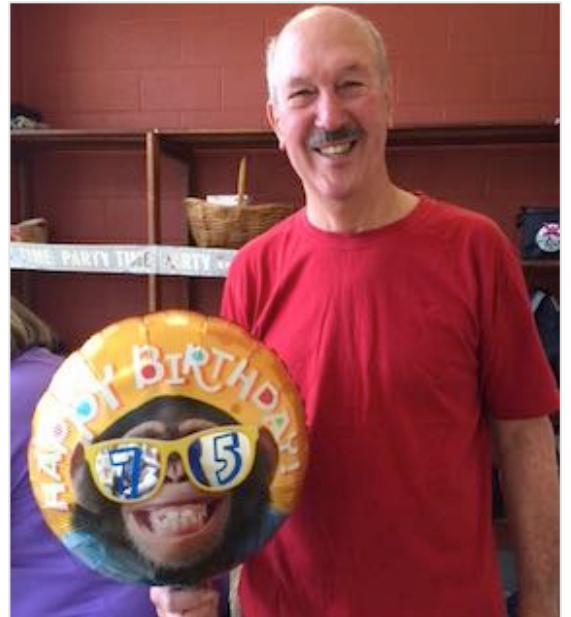
Happy birthday....

Stingers celebrate with a 'double' birthday morning tea in May

Stingers members held a massive morning tea in May to celebrate two Stingers' birthdays. Brian Hall celebrated his milestone 75th birthday and Wendy Thornhill celebrated her 30-somethingth birthday.

We enjoyed a delicious Bee Sting cake, a divine GF* chocolate mud cake (*that actually means 'guilt free', right? ☺), a few more sweet treats and a round of Happy Birthday for both Stingers.

Happy birthday to all of our Stinger members who celebrated birthdays in May and June! ☺



And a thank you from Brian..... *"Thank you to members who helped Wendy and I celebrate our birthdays. And from me... thank you for the card and gift voucher. Let's do it all again next year, hopefully! Regards Brian"*

5 things that will help you stay motivated for training after taking a break...

1. Focus on technique to improve your efficiency, avoid pressure on your joints, muscles and tendons, and to identify and correct your weaknesses.
2. If starting out after an extended break, start slow and don't over do the distance.
3. Keep track of your progress.
4. Set both short term and long term goals which will keep you focused and increase your confidence.
5. Attend comps and races to set goals, check your progress, meet new people, and to bond with the team.

Source: www.swimswam.com

Great turnout at Australind Tavern

Stingers enjoyed a great dinner and even better company for our social evening in May at the Australind Tavern. A good time was had by all.



And for our next social event....

Sunday 17 July @ 2pm
Back Beach stroll to Café 205
 Ocean Drive Bunbury

Join us for a leisurely stroll along the Back Beach pathway and then enjoy afternoon tea at Café 205. I believe the homemade cakes are delicious and well worth the walk.

If you would like to join in for the walk, meet at the northern end of the car park at the Back Beach Café. Then walk along the beachfront (not on the beach) to Café 205. The walk is approximately 3km to the café, which should take about ½ to ¾ hour. We then walk back to our cars. It's an easy walk with no hills whatsoever.

If you would prefer not to tackle the walk you will be most welcome to meet us at the café at around 2.45pm.

Interested in attending the theatre as a club social event in late July?

The Bunbury Repertory Club's next production is 'The Club' written by David Williamson. It is being performed at the 'Little Theater' Pratt Road Eaton.

Date: Friday 29 July @ 8pm

Alternatively, there are two matinees Sat 24 and Sun 31 July @ 2pm.

Adults \$25.00, Concession \$20.00.

If you are interested in coming along please contact Noelle on 0430 500 226 or via email james.noelle10@gmail.com, and if there are sufficient numbers I will make a group booking. We could meet for dinner at the Australind Tavern beforehand at 6pm if everyone is agreeable.

Please let me know if you are interested.

Noelle
 Social Committee

From the Committee

Sprints & Skins – Sat 10 Sep

The year is travelling along fast and its time for us to start preparing for our Sprints & Skins Carnival, which will be held on Sat 10 Sep at the SWSC. Last year's event was a cracking success and as always, we need all available members to help out again to ensure that our event continues to run smoothly and be a success on the day. So please, *please* volunteer for one or more of the following tasks:

- Afternoon tea – Geoff Mazzucchelli is coordinating, but we will need everyone to contribute some food.
- Raffle – Tanya Price is coordinating and is taking donations over the next two months. Anyone who can help find sponsors for prizes or to help in anyway please contact Tanya.
- Swimming!! - everyone who can should enter! It is a fun event.
- Jobs on the day – anyone who can't swim on the day but is available is requested to volunteer for time-keeping, registration, marshalling or another job.

Seeking new newsletter editor

This will be our current newsletter editor's final year editing our club newsletter and we are now seeking a volunteer who would like to take on the role as of January next year. Erica has thoroughly enjoyed editing and putting the newsletter together over the last 4 years, but is now busy with study, family and work commitments and of course with swimming too, and so its time to pass the newsletter on (*sob sob ☹ Ed*).

If anyone is interested in taking on the role please feel free to ask Erica any questions. The current newsletter is created using a simple MS Word newsletter template (*there goes my secret!! Ed. ☺*) or you can reinvent the newsletter and use your own format and ideas. Up to you! So if you are keen to brush up on your typing skills and have a few hours to spare every month (or second month) please catch up with Erica for a chat to find out what's involved.



Committee



Pasta with sausages & crushed peas

To keep this dish under 10 min you'll need to boil the water for the pasta quickly and choose a pasta that cooks in 8 min or less (most short pastas will work). And for the best flavor always use the best quality pork sausages you can find.

Ingredients:

- 350g short pasta
- 4 pork and garlic sausages
- 250g frozen peas
- 1 bunch mint leaves
- 2 large handfuls parmesan cheese plus extra to serve

1. Bring a large saucepan to boil and cook the pasta as per packet directions. Drain but keep 1 cup of cooking water.
2. Meanwhile heat 3T olive oil in a large frying pan over high heat, remove sausage skins and crumble into pan. Cook stirring frequently until browned all over. Add peas and continue to cook, squashing the peas to roughly crush them.
3. When the peas have warmed through toss in the mint.
4. Toss pasta the sausage mix with the parmesan, add some of the cooking water if it looks a little dry. Enjoy!!

Upcoming events

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

LLCC Golden Groper State Relays

WHAT: Golden Groper State Relay Carnival – short course
WHEN: Sat 23 July 2016 – warm up 12.45pm/start 1.30pm
WHERE: HBF Stadium, Stephenson Ave, Mt Claremont
SWIMS: 4x25m and 4x50m medley and free
ENTRIES CLOSE: Friday 15 July
 See the following flyer for further details.

LL Leisurepark Masters 400m/800m

WHAT: LL Leisurepark Masters – short course
WHEN: Sun 31 July 2016 – 12.00pm to 3pm
WHERE: Leisurepark Balga
SWIMS: 400m/800m short course
ENTRIES CLOSE: Friday 24 July
 See the following flyer for further details.

Sprints & Skins Bunbury – Sat 10 Sep

WHAT: Sprints & Skins Carnival
WHEN: Sat 10 Sep 2016 *yes, this is us!!*
WHERE: SWSC Bunbury
SWIMS: 50m sprint and skins event. Followed by afternoon tea. Full event details will be released soon.

Please see Julie for further info on the swimming events and to volunteer for a task. Please remember that we need all hands on deck for this to be a splashing success, so keep the date free and get ready to roll up your sleeves!

Alice Springs Masters Games – Oct

Registrations are now open for the 30th anniversary of the Alice Springs Masters Games. These games are known as the Friendly Games and its a fun week not to be missed.

WHAT: Alice Springs Masters Games
WHEN: 8 – 15 Oct 2016
WHERE: Alice Springs
 See the attached flyer for further info.

MSA National Champs – March 2017

The 42nd MSA National Championships will be hosted by Queensland Masters Swimming and held in Southport.

WHAT: Masters Swimming Aus National Championships
WHEN: 8-11 March 2017
WHERE: Gold Coast Aquatic Centre Marine Pde Southport
ENTRIES CLOSE: 6 Feb 2017 www.mastersswimmingqld.org.au

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





Claremont Masters Swimming Club
invites your members to



The Golden Groper State Relay Carnival

A LiveLighter Club Challenge Series Event

Saturday 23 July 2016

Short course indoor pool, HBF Stadium, Stephenson Avenue, Mt Claremont

Warm up – 12.45pm

Event starts – 1.30pm

EVENTS

- | | |
|--|-------------------------|
| 1. 4 x 50 Medley Mixed | 6. 4 x 25 Medley Men |
| 2. 4 x 50 Free Women | 7. 4 x 25 Free Mixed |
| 3. 4 x 50 Free Men | 8. 4 x 25 Free Women |
| 4. 6 x 25 DASH FOR CASH \$300 PRIZE!!! | 9. 4 x 25 Free Men |
| 5. 4 x 25 Medley Women | 10. 4 x 25 Medley Mixed |

- All MSWA Clubs are invited to submit teams for the events in standard relay age groups, with the exception of **Event 4 DASH FOR CASH** which **does not require pre-entry**.
- Only one team per age group will qualify for points. Additional teams may be entered.
- Changes to listed teams will be allowed on the day provided sufficient notice is given.

Event 4 DASH FOR CASH is a **not-for-points** and **non-recordable** event. Select your **fastest six swimmers of any age group**, with **at least two females**. These six swimmers should assemble in the marshalling area when Event 4 is called. The team with the fastest time will receive **\$300 deposited to a nominated Club account**. Clubs with fewer than 10 swimmers in attendance **on the day** are permitted to combine with another club (**both** clubs must have fewer than 10 swimmers).

- The Golden Groper Trophy will be awarded to the Club with most points. Additional trophies are awarded for highest scoring club per age group. Masters Swimming Australia rules apply.
- All clubs are required to provide time keepers. Electronic timing – no stop watches.
- Entry fee is \$20 per person, which includes entry to the pool and pizza/drinks after the event to be held in the Claremont Masters club rooms adjacent to the 8-lane outdoor pool.
- Entry fees must be paid to the Announcer prior to the start of Event 1.
- Warm-up/cool-down lanes will be available throughout the afternoon.

Please process entries via Team Manager and email to **Richard Johnson** claremont.entries@inet.net.au and ensure that all participants are financial members of your Club. Any problems or queries, please contact the Event Coordinator **Sally Bell** sallybell@westnet.com.au. **Entries close Friday 15 July.**





Leisurepark Masters
Invite you to join us for our
LiveLighter 400m, 800m.
Swim Event

Sunday 31st July 2016
12.00 Midday – 3.00pm

LEISUREPARK BALGA
Corner of Princess and Camberwell Roads, Balga
(Indoor Heated, 25m Pool)

400m/800m Short Course Swim
(400m swims First swims before 2nd, dependent on time)

Nomination Fee \$5.00 (includes lane hire and refreshments)
Pool Entry \$5.90 \$ Concession \$ 4.00
Swimmers may be asked to swim 2 to a lane

Swimmers are to enter via Clubs and using Team Manager Entry files. Masters Australia Swim Rules apply. 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, swum to Masters Swimming Australia rules and in a pool of meet distance ie. 25m or 50m. Postal entry results must be submitted using the Team Manager Results file, received by **6.00 pm, 4 days before the event date.** (27th July)

Postal entries will not be eligible for records. Time Sheets downloaded from the MSA Website - V1.Mar2016, Under Information/Forms should be used.

Entries close: Sunday 24th July 2016. (Late entries will not be accepted)

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.

Please email entries to wmlucas@tpg.com.au by Sunday 24th July 2016

Please join us for refreshments after the swim

Meet Organiser: Name Wayne Lucas wmlucas@tpg.com.au

Contact Number 0419 809 877 or 9448 7462





ALICE SPRINGS Masters Games

8 - 15 October 2016

The Friendly Games

www.alicespringsmastersgames.com.au

☎ freecall 1800 658 951  facebook.com/alicespringsmastersgames  [@friendly_games](https://twitter.com/friendly_games)



YOUR PERSONAL INVITATION TO: Masters Swimming Australia National Championships 8 – 11 MARCH 2017

GOLD COAST AQUATIC CENTRE MARINE PDE SOUTHPORT

Meet Director: Rachael Keogh | nationals2017@mastersswimmingqld.org.au | www.mastersswimmingqld.org.au



DAY 1 - Wed, 8th March

200m Butterfly
50m Breaststroke
4 x 50m Mixed Freestyle Relay
50m Backstroke
800m Freestyle

Closing Date for Entries Monday 6/2/17

DAY 2 - Thu, 9th March

400m Individual Medley
100m Freestyle
200m Backstroke
100m Butterfly
4 x 50m Mixed Medley Relay

DAY 3 - Fri, 10th March

100m Backstroke
50m Butterfly
400m Freestyle
200m Breaststroke
4 x 50m Women's Medley Relay
4 x 50m Men's Medley Relay

DAY 4 - Sat, 11th March

200m Individual Medley
50m Freestyle
100m Breaststroke
200m Freestyle
4 x 50m Women's Freestyle Relay
4 x 50m Men's Freestyle Relay
Challenge Relay

WELCOME FUNCTION & SWIMMERS PACK COLLECTION

Tuesday Afternoon, 7th March (Times TBA)
Upper Level, Gold Coast Aquatic Centre

PRESENTATION DINNER: RSL Southport

Saturday, 11th March, 6.30pm to midnight
36 Scarborough St, Southport Q 4215

Terrific discounts on accommodation for the Nationals, have been offered by the following resorts:

(When booking Nationals accommodation, please don't forget to ask for the Masters Swimming discounted rate)

PALMERSTON TOWER: 114 Marine Pde, Southport - (07) 5532 0566 or info@palmerstontower.com.au

HARBOURSIDE RESORT: 132 Marine Pde, Southport - (07) 5591 6666 or bookings@harboursideresort.com.au

More info on Gold Coast accommodation and attractions can be found at www.visitgoldcoast.com

Gold Coast trams stop one street from the pool and right outside the Presentation Dinner Venue: RSL Southport.

Designed courtesy of Kwik Kopy Printing Strathpine.



Stinger in the Spotlight

Introducing...

Ben van de Ruit

What got you started in swimming? I did a lot of swimming when we lived in Narrogin when I was a little tacker. Got to the Intermediate



Star when I was 12 and too young to do the Bronze, which had a minimum age of 16 years. Hence dropped out of the swimming world. None since early high school and always wanted to have the time to get back into the pool. When I retired, Jill had been swimming with the Bunbury club for a couple of years so I came along as well. When I first started coming to swimming I could only just make it to the other end, and thankfully I can now at least do 400m without stopping!

How long have you been a member? I started with the club two years ago, and love every swim. Jill and I go whenever we can, either in the pool, at Koombana and on the Back Beach, which would be our favourite. On hot days we often walk over several times a day for a quick dip.

Where do you like to swim? Many years ago we spent a great holiday in the Yasawas, which are the islands to the north west of Fiji. We spent all of our time snorkeling over coral reef looking at the fish. This would have to be a favourite. It included a day cruise on the Seaspray (for those of us that can remember the old TV series) and to Mondriki Island, the one that Tom Hanks got marooned on. I like coming down to the pool as the water is warmer than the Back Beach, but with my Tri Suit on the best place is along the Back Beach up to the Surf Club when the water is calm and clean, and I can see the fish clearly.

Favourite stroke? This would have to be freestyle. Backstroke and breaststroke next and definitely NOT butterfly!

Most memorable swimming moment? Making it to the other end of the pool without stopping!

Favourite music, show...? My favourite band would be the Bee Gees and favourite TV series is Game of Thrones – looking forward to watching the latest series.

How do you spend your day when you aren't swimming? We enjoy going on holidays to various parts of the world, and when we are at home we go to a yoga session twice a week. I spend time on the computer and love reading crime novels.

Something about you that you would like to share? I can speak Dutch a 'klein beetje', used to drive road trains and haul packs, been a postie and installed below ground swimming pools. Maths teacher for 12 years and IT manager for Muja for 26 years.

One thing that you could not go a day without? Freshly brewed coffee.

Wise advice to others starting out in swimming? Above all 'Just do it, and don't take it too seriously'. Its all great fun.

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



Ben and Jill at the top of Dead Woman's Pass on the Inca Trail 4 day trek to Macchu Picchu.

Top left: Ben in Florence.



And now for some fun.....

Just for laughs



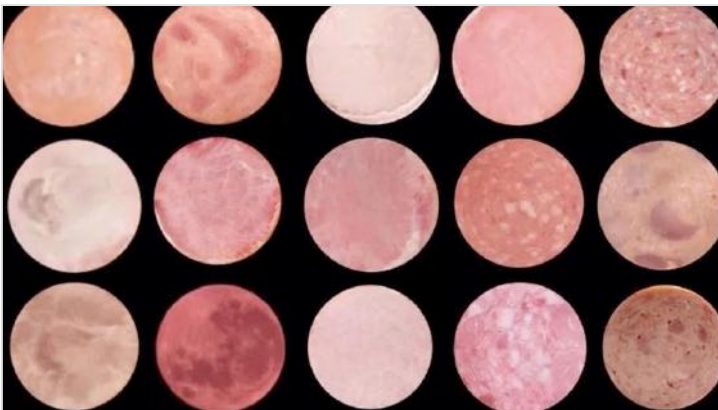
Funny photos

Many thanks to Tanya who seems to have a stash of these funny photos....keep 'em coming this way!



Train your Brain Stingers Style

Internet users have been left baffled after a puzzle tasked them to tell the difference between the moon and a slice of ham.... *Can you spot the strawberry moon as it appeared on 20 June 2016?*



Solution: Bottom line, second from left.



Three mischievous old Grandmas were sitting on a bench outside a nursing home. About then an old Grandpa walked by, and one of the Grandmas yelled out, "We bet we can tell exactly how old you are."

The old man said, "There ain't no way you can guess my age, you silly fools."

One of the old Grandmas said, "Sure we can! Just drop your pants and undershorts and we can tell your exact age."

Embarrassed just a little, but anxious to prove they couldn't do it, he dropped his drawers.

The Grandmas asked him to first turn around a couple of times and to jump up and down several times. They all piped up and said, "You're 87 years old!"

Standing with his pants down around his ankles, the old gent asked, "How in the world did you guess?"

Slapping their knees and grinning from ear to ear, all three old ladies happily yelled in unison... "We were at your birthday party last week!"

The new minister was just assigned his first church in a small town. He attempted to go out and meet all his flock by going to their homes for a visit.

One day he went to an elderly widow's home and knocked on the door. The widow invited him in for some coffee.

They were chatting in the living room and the minister noticed a bowl of peanuts on the coffee table and asked the widow if he could have some. "Sure," said the widow, "Help yourself."

They continued to chat and suddenly the minister noticed he had eaten almost the whole bowl of peanuts and was very embarrassed. "I'm so sorry," he said, "I ate almost all of your peanuts."

"That's quite alright," the widow replied. "Since I've lost all my teeth all I can do is suck the chocolate off of them anyway."



Stingers on the open road

Catherine Curnow and hubby Greg are still exploring this big wide country of ours and have dropped us an email and a postcard to let us know what they have been up to...

Hi All

Since we last wrote we've crossed the Nullarbor, finished the Nullarbor Links (longest golf course in the world), travelled the Eyre Peninsula, visited fascinating Coober Pedy, then across to William Creek, Marree and Leigh Creek on the Oodnadatta Track, before meandering through the majestic Flinders Ranges. We were very fortunate to Fly over Lake Eyre from Coober Pedy, land at William Creek for long enough to have a beer, then back to Coober Pedy at sunset.

We spent an enjoyable week with my brother in Croydon Hills, Victoria, after driving the world famous Great Ocean Road.

We then visited beautiful Bendigo, Mildura, Broken Hill and Bourke, which is another fascinating place.

We crossed the border into QLD today, staying at Cunnamulla for a couple of days, before heading to Charleville, Quilpie and Windorah, none of which we've been to before.

Hopefully we can make it into Birdsville by July 4th for the Birdsville Bash, a music event, which has a sellout crowd of 6,000 people. There has been a lot of rain in outback NT, QLD, NSW and SA, so we can only go to Birdsville if the rain stops and the roads are open. That's life in the Outback!

It hasn't rained here in Cunnamulla today, but still a bit cold, and very wet underfoot. Of course the locals are thrilled that it has rained, so we mustn't begrudge them their precious rainfall.

Best wishes to all back at home, and we'll look forward to reading other people's adventures in the newsletter.

Catherine and Greg

*CLOCKWISE FROM TOP:
Lake Eyre from the air*

Cape Otway Lighthouse on the Great Ocean Road

A roll of harvested cotton before its processed into bales for export (a cotton farm in Bourke, NSW)

Little Greg in Broken Hill



Club Contacts

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



Like us and share with
your friends on Facebook @
bunburymastersswimmingclub



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.