

The

STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for July and August, shine the spotlight on Iain Hensby and learn the latest tips for achieving faster freestyle.....

Read on for the latest STiNGERS news...



Winter round up...

Pam's pen...

It has been a long time since Pam's pen has hit the pages! Great to see so many members contributing to the newsletter. ☺

As you know the club is busy getting organised for our Skins Carnival on the 10th September. We proved last year what a fantastic event our club can produce with a full commitment from all of our members in and around the pool, we were everywhere! Then our afternoon tea—that just put the icing on the cake on the day! All credit to the club, we managed to show that we are just as good as the city and hosted a carnival they all enjoyed, especially the afternoon tea.

The only problem we have created for ourselves is to produce that standard again! So it's up to us, let's give it another go, have fun and enjoy.

For those of you who have been tapering for the open water season, I would like to pass on a friendly reminder that you only have a few more weeks to find your bathers and OWS gear. So dust off your goggles, come join us in the pool and see if you can still float because we are getting ready now and the longer you leave it the harder it will get!

Hope to see you soon.
Pam's Pen
Aug 2016

This is us!!!



UPCOMING EVENTS

Sat 10 Sep **Bunbury Skins & Sprints**
SW Sports Centre

Sat/Sun LL All Clubs Challenge
15/16 Oct HBF Stadium

Tue 27 Dec 100x100s on 100
Perth College

Next meeting 6.30pm Tue 13 Sep 2016
Bunbury Swimming Club
Rooms SWSC

Next social Sun 18 Sep @ 9am
Back Beach Cafe
RSVP Noelle 0430 500 226
james.noelle10@gmail.com



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

3 x 400m Postal Swim Results

Congratulations to everyone who participated in this year's Postal Swim. It's our biggest fundraiser for the year and, has yet again, proven to be a popular and successful event.



Our very own Liz Common won the most improved email swimmer this year so she receives one of the 6 medallions we present each year. Well done Liz on such a fantastic effort!

We had 105 entries from 12 clubs around the country, so a little down on the 132 from last year but still well up on previous years.

A record 23 entries from Bunbury too so thanks to Julie and Elspeth for encouraging everyone to take part and to all the Bunbury competitors.

It cost the club \$130 to run the event and entries totaled \$1050 so we made \$920 for the club. This money is used to subsidise pool lane hire fees so benefits all members.

Richard Morris
Secretary



Endurance 1000

July and August have proved successful months for our Endurance swimming with 35 swims recorded so far:

- 12 x 400m
- 7 x 800m
- 4 x 1500m
- 7 x 30 mins
- 2 x 45 mins and
- 3 x 60 mins.

Congratulations to those who have tackled a swim for the first time, whether it be a 400m or a 60 min swim.

If you'd like to give Endurance swimming a go then come along on Friday afternoons at 2.30 pm. Friendly, willing and able timekeepers await.

Special thanks must go to Brian Hall who kindly ran our Endurance sessions while I was away recently.

Elspeth Binckes
Endurance Officer

Nova Swimwear change their sizing

Also, for those of you who wear Nova Swimwear, please note that they have recently changed their swimwear sizing, so for those Stingers who usually buy Nova, it may be worth checking their size chart before ordering.

<http://www.novaswimwear.com/sizing-charts/>

Thanks for the tip Elspeth! Ed. ☺

Training Corner

Faster Freestyle *by Julie O'Connor* (Club Captain & Assistant Coach)

In my previous article "The Importance of Streamlining", I quoted Terry Laughlin from his book "Total Immersion" as indicating that 70% of your swimming performance is determined by how well you streamline, and that only 30% is determined by the power of your stroke. In this article, I will build on that using some basic physics to help you increase your freestyle speed.

Your swimming speed is determined by 2 things:

- **Distance per Stroke (DPS):** how far each stroke takes you... usually measured via counting the number of strokes required to swim 50m; combined with
- **Stroke Rate:** how many strokes per minute.

OK, so what determines your Distance per Stroke? That's where the physics comes in. The distance gained by each stroke is determined mostly via two things: **propulsive force** applied to go forwards, negated by the **resistance** encountered to that forward movement.

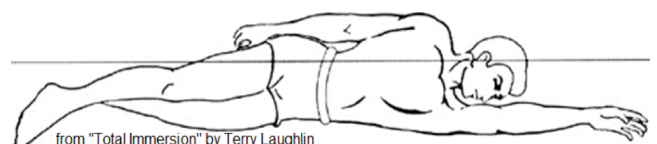
The effective propulsive force applied is determined firstly by your stroke technique (determines the percentage of your effort that is actually pushing you forwards) and secondly by the overall magnitude of that effort. The resistance component, on the other hand, accounts for the vast majority of your ultimate performance until you are an elite swimmer. So, what determines the resistance to you moving forwards? The physics formula is somewhat complex, but there are two components that have by far the greatest effect in swimming. These are:

- **Form Drag (body position):** Resistance is largely related to the cross-sectional surface area in the plane perpendicular to the direction of movement. In other words, suppose I took an underwater photo of you swimming directly towards me, and then traced your outline and measured the area. Additional drag effects are also related to surface friction (eg swimming in jeans vs an Olympic swimsuit), as well as via eddying (turbulence) effects which may be reduced by using your arms and legs to make your body as long and tapered as possible.

- **Velocity:** Resistance increases greatly as your speed increases. To swim twice as fast, you would need to counter 4 times the resistance if your form drag remained the same. Worse than this, it would take an eight-fold increase in power to double your speed if you changed nothing else. Obviously this is not physically possible, so the greatest improvement for anyone but the elite swimmer is usually gained by concentrating on two things:
 - Minimising your resistance by improving your body position (greatest effect); and
 - Maximising the effectiveness of your stroke.

Minimising Resistance

This is where the lateral kick drills from the previous article come in (see Figure 1). By lying in a long straight line with only one shoulder in the water and your arm out the front, your cross-sectional area is minimised; as is resistance caused by eddying turbulence (water is *guided* past you via your outstretched arm, rather than hitting the large flat surface created by your head and shoulders). The angle of your hips and shoulders relative to the bottom of the pool at maximum rotation will be somewhere between 25 and 45 degrees (varies mainly depending on body shape so you will need to work out the optimum angle for you).



from "Total Immersion" by Terry Laughlin
Figure 1: Freestyle Lateral Kick Position

To demonstrate the effect of body position on resistance, try the following from the shallow end:

- Push off from the wall in the best face-down streamlined position that you can (hand on hand, arms above ears, head down, stretched as long as you can) and see how far you can glide;
- Now repeat, but keep your head up and look forwards;
- Repeat again, but spread your arms to a wide V shape (you won't go far).

Back to the lateral kick drills: allowing your hips or your leading hand to sink will dramatically increase your cross-sectional surface area (and therefore your resistance). Note that having your leading hand too high will also cause your hips to sink... it should be in line with your lower shoulder. Use fins and a gentle kick for this drill to keep moving at normal swimming pace until it feels really easy. You can now try it without fins. If you are in good position, it should still be relatively easy.

Maximising Stroke Effectiveness with Minimum Effort

Watch the following video of Mack Horton doing a 1500m Freestyle and note the following:

- <https://www.youtube.com/watch?v=jDrBtzefRmY>
- The end of each stroke should be in the freestyle lateral kick position.
- This position should then be largely maintained whilst the trailing arm begins to recover over the water until the recovering hand is level with your head.
- At this point, your front hand should "catch" the water and your forearm should be brought down towards the vertical position, ensuring that your elbow always remains higher than your wrist. If you put too much force into this initial downward movement, your effort will result in too much lift rather than forward propulsion (both a waste of energy and disruptive to your body position).
- Once both your palm and forearm are approaching vertical (i.e. facing directly away from your direction of travel), you should progressively increase the force you apply to the water in this direction as you "roll" your hips past your hand to the opposite lateral kick position. By maximising the force applied at the end of your stroke with both your stroking arm and your kick, you will actually be travelling fastest at the beginning of the "glide" phase (you are not actually gliding, but I refer to it as a glide as your concentration should be on maintaining your long streamlined position whilst your recovering hand exits the water and approaches your head ready for the beginning of the next "catch and roll" phase).

Maximising Speed over Race Distance

Most of you will have heard my constant mantra of **BUILD**. Maintaining excellent technique early and

gradually increasing effort towards the end of the race allows you to increase your speed without losing form (such loss of form will result in a dramatic increase in resistance). The recent 2016 Rio Olympics demonstrates this perfectly. Watch the following videos:

1. Mack Horton winning 400m Freestyle:
https://www.youtube.com/watch?v=V_lmX-YmyrY
 - Mack Horton takes 28 strokes per lap in 28 seconds until last 100m... adds strong 6-beat kick and swims last 2 laps in 27 seconds each to win.
 - James Guy leads race early with 32 strokes in 26 seconds. However, he tires and loses form (increasing resistance) and finishes with 36 strokes in 30+ seconds, finishing 6th.
2. Kyle Chalmers winning 100m Freestyle:
<https://www.youtube.com/watch?v=do2X3gx7Kic>
 - Kyle Chalmers swims 31 strokes in 23.5 seconds for 1st 50m turning in 7th place, followed by 39 strokes in 24 seconds for the 2nd 50m. Able to bring in strong kick to finish without losing too much form.
 - Condorelli swims 34 strokes in 22 seconds to turn first, but then takes 42 strokes and 26 seconds for second 50m, finishing 4th. Going out so hard probably cost him a medal.

Many thanks to Julie for taking the time to collate these training tips for us. Ed. ☺



"Talk about budget cuts, mines made of chocolate!"

Social Stingers

Pam & Brian celebrate 48th wedding anniversary

Congratulations to Pam and Brian who celebrated their 48th wedding anniversary in August. The morning Stingers crew shared in a very special anniversary cake, complete with the rings that were on top of Pam and Brian's original wedding cake! Congratulations Pam and Brian, here's to many more!



And for our next social event....

Sunday 18 Sep @ 9am
Backbeach Café & Restaurant
Ocean Drive, Bunbury

Eat. Relax. Enjoy.

Our next social event will be at the Backbeach Café on Sunday 18 Sep, meeting at 9am.

Come along and enjoy a relaxing beachside breakfast with the crew following our busy weekend with the Skins Carnival.

Please rsvp to Noelle on 0430 500 226 or via email james.noelle10@gmail.com.



We look forward to seeing you there!
Social Committee

FOOD FACT

"Whenever possible buy VEGETABLES AND FRUIT IN SEASON – this is when they are at their best and most nutritious. They are also cheaper."

Michelle Bridges

5 reasons why short term goals rock...

1. They give you a powerful jolt of confidence and elevated self worth.
2. Provides points to re-evaluate your overall goal.
3. Creates momentum to charge towards, head-on towards, your next goal.
4. Instills a sense of accountability.
5. They require action.

Source: www.swimswam.com

From the Committee

Skins Carnival 10 Sep SWSC

Less than 2 weeks to go! To make our Carnival a success, we need as many members as possible to assist in any way that they can. If you are able to assist in any of the following areas and haven't already volunteered, please let us know:

- **Swimming:** This is your chance to 'have a go' at your home pool without any pressure. See attached flyer for details. Julie now has nominated times for most Stingers who wish to enter, but **if anyone else wants to swim, or if anyone wants their strokes entered or times changed please let Julie know asap.**
- **Free entry:** Entry is now free for Stingers members. Please let Julie know if you are a member of the SWSC as we will not need to pay entry for you. Anyone who has already paid will be refunded unless you indicate you wish to donate towards raffle or food.
- **Catering:** As per earlier emails, we need as many people to assist with this as possible. Last year we provided one of the best spreads of all the club carnivals. This year, we hope we may be catering for up to 50% more people. We will advise final estimated numbers a few days prior, but please let us know if you can help out here.

- **Timing:** Competitors always really appreciate not having to do too much timing during events. Any non-swimmers who can assist with timing will be greatly appreciated. Bunbury competitors will also be asked to help whenever possible.

- **Pool Setup and Cleanup:** We need several people to help set up chairs etc. If you are able to assist with this, please meet at the Recording Room (near spa) at 11:45 on the day. We will also need a few to help clean up (only takes a few minutes if we have enough helpers).

- **Raffle:** If you have anything that you would like to donate as a raffle prize, or if you can help sell tickets on the day, please let Tanya know.

- **Registration / Marshaling:** We probably have enough volunteers for these, but if you would like to help, please let either Tanya (for Registration) or Pam (for Marshaling) know. Registration needs to be set up by 11:30am.

If you have any queries, please email Julie at
bluesky.jules@gmail.com

See you there!
Julie O'Connor, Club Captain

Quick Warm Chicken & Parmesan Salad

Try this light and warm salad for a quick mid week dinner. Perfect for quick and hungry cooks. Equally yummy with lamb or chorizo.



Ingredients:

- 450g chicken thigh fillets
- 2T lemon juice
- 4 handfuls rocket
- 2 handfuls parmesan shavings

1. Heat a frying pan on very high heat. Trim fat from chicken and slice into thin super fine strips. Drizzle with a little oil and season.
2. Cook chicken in the hot pan for about 1 min. Then stir and keep cooking til browned on all sides.
3. Meanwhile, combine lemon juice and 4T of olive oil in a bowl. Season.
4. When the chicken is cooked transfer to the lemon dressing.
5. Toss in rocket leaves. Serve with parmesan shaved over. Enjoy!

<http://thestonesoup.com/blog/2014/01/3-steps-to-avoiding-wasted-ingredients/>

Upcoming events

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

Pool Events

Sprints & Skins 10 Sep - SWSC

WHAT: **LLCC Sprints & Skins**
WHEN: **Sat 10 Sep – 12.15 warm up, 1pm start**
WHERE: **SWSC, 1 Rotary Drive, Bunbury**
SWIMS: **50m** choice of strokes, random relay and **SPLASH FOR CASH!!**

This is our event!!!

ENTRIES CLOSE: **Tue 6 Sep** *Free entry for Stingers!*

See the following flyer for further details.

15-16 Oct LLCC All Club Challenge

WHAT: **LLCC Long Course – Open Meet**
WHEN: **Sat 15 Oct – 12.00 warm up, 1pm start**
Sun 16 Oct – 8am warm up, 9am start
WHERE: **HBF Stadium, Mt Claremont**
SWIMS: **50m – 200m** choice of strokes, 50m relays
See the following flyer for further details.

27 Dec 100x100s on 100

WHAT: **100x100s on 100 Long Course**
WHEN: **Tue 27 Dec**
WHERE: **Perth College**

This is an open meet hosted by Perth City Masters, more details to come.

Open Water Swimming Series 16/17

The first release of dates is out now! Over the coming months the OWS Team at Swimming WA will be releasing a further 5 new swims as well as some innovative new concepts to open water swimming in WA. To keep up to date make sure that you follow them on Facebook, Open Water Swimming – WA. Or visit their website www.openwaterswimming.com.au

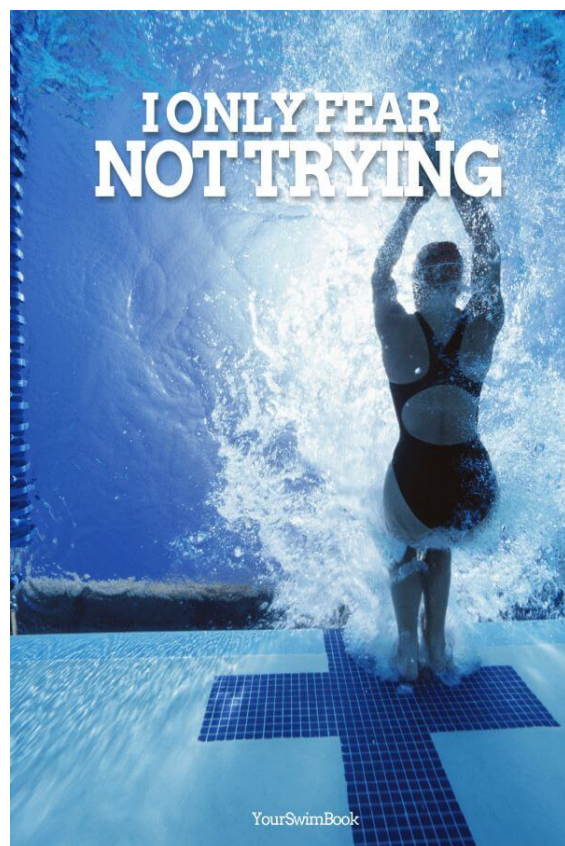
MSWA Online Event Calendars

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





Bunbury Masters Swimming Club
invites your members to our
2016 LiveLighter “Sprints & Skins” Event

Date: Saturday 10th September 2016
Venue: South West Sports Centre (LC indoor)
Address: 1 Rotary Ave, Withers (Bunbury)
Warm up: 12:15pm **Meet start:** 1:00pm

EVENTS

1. 50m Butterfly (Fastest 8 Male + 8 Female qualify for Splash-for-Cash *SKINS*)
2. 50m Freestyle (Fastest 8 'Under 55' + 8 '55+' not in event 7 qualify for Freestyle *SKINS*)
3. 50m Breaststroke
4. 50m Backstroke
5. 50m 'Random' Relay (all swimmers will be invited to participate – rules explained on day)
6. 50m Handicap Freestyle *SKINS* (3 rounds @ 4 minute intervals, 2 eliminated per round)
7. 50m **Badgers Embroidery** Splash-for-Cash *SKINS* (\$200 cash in prizes)
5 rounds @ 3 minute intervals, 1 eliminated per round
Rounds 1-4 cover all medley strokes (random order), Freestyle Final.



THIS EVENT IS OPEN TO ALL CLUBS

Event Rules

- Swimmers may enter up to **three** Sprint events (events 1-4) plus all invited in *Random* Relay
- Swimmers will qualify for at most **one** *SKINS* event.
- Masters Swimming Australia Rules apply to events 1-4. Separate rules for *Random* Relay & *SKINS*.
- Prizes for: 'Closest to Nominated Time' over 3 sprints (events 1-4); plus *Random* Relay & *SKINS*.
- All participating clubs are requested to provide stopwatches and timekeepers where possible.
- Entry fee: **\$15.00** per swimmer (includes pool entry and refreshments), spectators \$1 on day.
Club payments to be made via eftpos to Bunbury Masters:
BSB 066-507 A/C 00908496 using '*SKINS*' + your **Club Code** (eg *SKINS* WBB) as Reference.

Please join us for afternoon tea provided afterwards.

Please process entries via **Team Manager** and **Email** to bluesky.jules@gmail.com, ensuring that all participants are financial members of your club when accepting their entry.

Any problems or queries, please contact *Julie O'Connor* (0418-936059, bluesky.jules@gmail.com).

Entries with payments close Tuesday, 6th September.





MASTERS SWIMMING WA

LiveLighter 2016 All Club Challenge

LONG COURSE MEET

Saturday 15th & Sunday 16th October 2016
HBF Stadium - Mt Claremont



Masters Swimming WA's premier annual event for Clubs and members to enjoy participating as a team and challenging themselves in individual events

PROGRAM OF EVENTS

Members can swim in a maximum of 4 events in one day or 6 events over the weekend
 (individual events – not including relays)

Saturday events start @ 1.00pm

12.00 – 12.45pm – Supervised Warm-up - Please obey Lane Signage

Event	1	200m	Freestyle
Event	2	50m	Butterfly
Event	3	100m	Breaststroke
Event	4	50m	Backstroke
Event	5	200m	Individual Medley
Event	6	200m	Butterfly
Event	7	100m	Backstroke
Event	8	4 x 50m	Medley Relay - Women
Event	9	4 x 50m	Medley Relay - Men
Event	10	4 x 50m	Freestyle Relay - Mixed

Sunday events start @ 9.00am

8.00 am – 8.45 am – Supervised Warm-up - Please obey Lane Signage

Event	11	200m	Backstroke
Event	12	50m	Breaststroke
Event	13	100m	Butterfly
Event	14	50m	Freestyle
Event	15	200m	Breaststroke
Event	16	100m	Freestyle
Event	17	4 x 50m	Freestyle Relay – Women
Event	18	4 x 50m	Freestyle Relay - Men
Event	19	4 x 50m	Medley Relay – Mixed

Presentations at end of meet



Department of
Sport and Recreation



Stinger in the Spotlight

Introducing...Iain Hensby

What got you started in swimming?

I was born on the island of Malta in the Med, my mum said I could swim in the rock pools before I could walk and I have never looked back, I just love being in the water. Over the years I have enjoyed all kinds of water sports – diving, snorkeling, surfing and swimming. To me the ocean is like a big battery – if you ever need charging up, just jump in!



How long have you been a member? I started swimming with the Stingers last September after Ben suggested that I join. One of the best things that I have done. Keeping fit during the winter enables you to enjoy the summer swimming season so much more. Also the technical support and coaching at the club is excellent.

Where do you like to swim? Anywhere down South – Meelup Beach would be up there. Also a morning swim along Back Beach with a gentle Easterly blowing. Now that the 50m length at Hay Park is not quite so daunting and intimidating, I really enjoy swimming in the pool. The company and camaraderie also helps you to keep going. The post swim chat and coffee are also great.

Favourite stroke? Freestyle, and with Pam's help I may succeed with the breaststroke. Backstroke is a possibility, butterfly is an impossibility.

Most memorable swimming moment? Early morning swim down South near Gracetown, morning sun just rising over the headland lighting up the ocean, sharing the water with a pod of dolphins swimming through the translucence water within a meter and playing in the waves. That could have been the best moment. The most memorable moment was showing my wife how well I could swim in the waters off Iona in Scotland. I spent about half an hour in the water and 12 hours shivering in a warm bath recovering from hypothermia.

Favourite pastime? Favourite music would be live music at the Newport Hotel Fremantle Record Club on Thursday nights, at Nannup Music Festival in March and at the Ellington Jazz Club in Perth. Favourite book would be anything by John Steinbeck, and favourite movie would be the Marx Brothers 'A day at the Races'.

How do you spend your day when you aren't swimming?

Planning holidays, overseas and in Australia, and sharing time with out two grandchildren Finn and Imogen. Last year we took a 3 week bike trip from Laverton to Broome through the Gibson Desert. Planning to travel along the Gibb River Road next year and off the Cape York the year after.

One thing about you that might surprise others?

Coached Australind Ladies Soccer team for 4 years. Walked the Bibbulmun Track in 1998 and have been a volunteer track maintainer on the Cape to Cape track for the past 15 years. Was a volunteer with Greening Australia for 5 years and helped plant nearly 1.5 million trees on land in the wheat belt.

Favourite sports team:

Glasgow Celtic and any team that beats England (currently Iceland). Also love the Matildas, they play with so much more commitment and passion than the over-paid and over-pampered men.

One thing that you could not go a day without?

An evening walk along the Leschenault Inlet with my beloved, Sue, and our dogs, Lennon and Buxby.

Wise advice to others starting out in swimming?

Relax and keep breathing, don't panic in a rip and don't catch the first set wave at North Point - if you fall off the first wave the other seven waves following land on you!

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

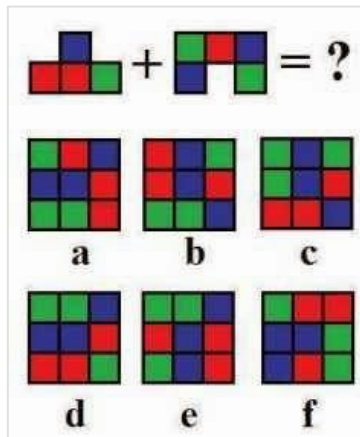


Above: At the end of a 3 week trip through the desert, Laverton to Broome, in memory of a mate, Laurie Nicholson who planned the trip but could not make it. Profile photo: A walk in Northern Spain.

And now for some fun.....

Train your Brain Stingers Style

Try your lateral thinking skills with these two visual riddles..good luck!!



Q1. Solve the equation to the left by looking closely at the pattern.

A1. B, sideways clockwise ¼ turn

Q2. What does this rebus puzzle mean? (below left)

A2. Forgotten heroes.



Funny travel photo

Spotted in Taipei, Taiwan. Perhaps they could be more liberal with painkillers!!



Just for laughs



A young worker and his boss board a train headed through the mountains on their way to work. They can find no place to sit except for two seats right across the aisle from a young woman and her grandmother. After a while, it is obvious that the young woman and the young man are interested in each other, because they are giving each other looks. Soon the train passes into a tunnel and it is pitch black. There is a sound of a kiss followed by the sound of a slap.

When the train emerges from the tunnel, the four sit there without saying a word. The grandmother is thinking to herself, "It was very brash for that young man to kiss my granddaughter, but I'm glad she slapped him." The boss is sitting there thinking, "I didn't know my colleague was brave enough to kiss the girl, but I sure wish she hadn't missed him when she slapped me!" The young woman was sitting and thinking, "I'm glad the handsome young man kissed me, but I wish my grandmother hadn't slapped him!" The young guy sat there with a satisfied smile on his face. He thought to himself, "Life is good. How often does a guy have the chance to kiss a beautiful girl and slap his boss all at the same time!"

LIFE BEFORE THE COMPUTER

Memory was something that you lost with age.

An application was for employment.

A program was a TV show.

A cursor used profanity.

A keyboard was a piano.

A web was a spider's house.

A virus was the flu.

A CD was a bank account.

A hard drive was a long trip on the road.

A mouse pad was where a mouse lived.

And if you had a 3 ½ inch floppy...you just hoped nobody found out!

Stingers on the open road

Catherine and hubby Greg are still 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...

Since we last wrote we've travelled around Queensland, Northern Territory and now back into WA. We decided not to go to Birdsville as there had been too much rain and we didn't want to leave the bitumen roads. Luckily we were able to sell our expensive concert tickets.

Some highlights of our trip:

- Visiting the National Bilby Centre at Charleville.
- Meeting a world champion (female) shearer who owns a bakery in Quilpie.
- Swimming in the Olympic sized, naturally heated (by an artesian spring) Pool at Blackall. The town's homes don't need hot water systems and the pool needs a cooling system to avoid it overheating.
- Visiting the Stockman's Hall of Fame and the QANTAS museum at Longreach. The museum has a 747 Jumbo Jet in the yard. It's called The City of Bunbury, named when Bunbury became a city.
- Freecamping behind a quaint little pub in Prairie where they have a pet buffalo named Buffy.
- Visiting the fascinating Undara Lava Tubes and doing the Kalkani Volcano Rim Walk.
- Staying at Innot Hot Springs, where one pool was hotter than the hottest bath water imaginable. The creek goes from cool to warm to boiling hot, over just a few metres.
- Seeing a cassowary walking along the road at Etty Beach. We later saw his chicks as well.
- Swimming in the ocean at Etty Beach (first ocean swim since we left home in April) and seeing the beautiful rainforest which grows right down to the beach.
- Visiting our friend at Babinda where she showed us some beautiful waterfalls and took us to an old fashioned movie theater where there are rows of canvas seats.

- Having our son, Chris, fly from Port Moresby to meet us in Cairns for a weekend.
- Seeing some Platypus in the wild.
- Visiting Nerada Tea plantation where we saw a gorgeous Tree Kangaroo.
- Free camping whenever we can so we have the spectacular night skies all to ourselves. We prefer quiet free camps over busy towns and caravan parks.
- Visiting Litchfield Park where we saw the magnetic termite mounds and swam at some spectacular waterfall pools.
- Staying at Lake Argyle where we swam in an infinity pool with the incredible backdrop of Lake Argyle and the surrounding rock formations.

We are currently in Kalumburu Aboriginal Community where we've been to a sports day (Boab Nut and spoon race, anyone?!), saw a corroboree, and have been fishing. We drove to Mitchell Falls with our friend, Carol, who is a Principal of the school here and we did a food and water drop ready for a school camp. We've spent a couple of days preparing/cooking/freezing meals for the camp, so we're earning our keep while we're here. Today we saw the kids off on camp. They're riding fat wheeled bikes on very rough gravel/rock roads. A huge challenge for them.

Best wishes to all back home.
Cheers Catherine and Greg

Many thanks to Catherine for sharing her travel stories and photos!

Stingers on the open road

Catherine and Greg's travel snaps.....



Clockwise from top left:

*Blackall heated pool;
boys ready for camp with
our friend Principal Carol
Thorsby; Greg with a
bilby; Wangi Falls,
Litchfield National Park;
the spectacular infinity
pool at Lake Argyle; and
swimming at Lake Argyle.*



Club Contacts

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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.