



STINGERS NEWS

BUNBURY MASTERS SWIMMING CLUB INC NEWSLETTER

WELCOME

Welcome to this no-frills version of the newsletter. My apologies for the lay out changes. The formatting/desk top publishing bit got the better of me this month, and with the newsletter already late, I decided to resort to a simpler layout just until I have time to effectively use the wonderful template which Erica put so much work into.

So, with no further ado or excuses, here is the April/May edition of Stingers News.

Sally

Pam's Pen

It was great to see so many who stayed for coffee and cakes after training on Wednesday. Everyone appeared to be enjoying themselves and having a few laughs as they ate and laughed their way through the cakes. Many thanks to Catherine and Greg Curnow who supplied fresh made pumpkin scones and homemade jam. Yum! Yum!

This month has seen our usual number of swimmers abandoning us and going on their annual holidays. Some packing up their Vans and heading off for the winter months, others doing some very different and exciting trips of a life time. Aren't we lucky our swimming keeps us fit and health so we can do all these great things. The very lucky ones left behind will be holding fort for these members and next month we will be hosting our own carnival. I hope you have studied the program that was emailed to you all a few weeks back so you can be practicing at training the events you are going to compete in.

Last month a big group of swimmers went to Mandurah to compete in their carnival. This group did the club proud not only were we the noisiest and happiest but we all swam fantastic times. This made me

very proud of each and every one. Geoff Binks gets a very special mention for doing all the timing for our club throughout the whole meet. A big thankyou Geoff from all our club members. At the end of the meet we realised no one had taken any photos, we were all too busy.

The Easter Raffle was a great success once again. Congratulations go to Brendon Bunning who went home with 1st prize, a year's supply of Chocolate! Well done Brendon.

In all the years I have been involved with Bunbury Stingers I have never known it to be so busy. Every month this year we have had some swim event that you all needed to be prepared for and it doesn't seem to be slowing down. Next month as mentioned is our Skins Carnival, at present the clubs 3 x400m is in progress and these are then closely followed by the Country Carnival by Correspondence.

I'm finishing this blog of wondering when it's going to slow down a bit so we can all get our breath back!

Pam's Pen May 2017.



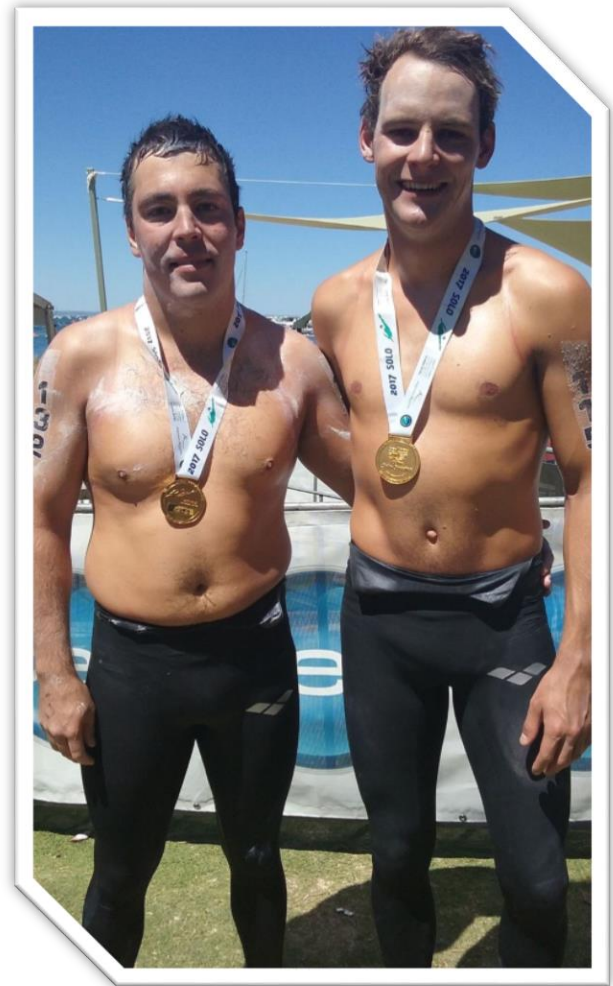
In the News - Results

Rottneest Channel Swim

Well done to Brett du Bruyn, for successfully completing the Rottneest Channel Swim

Brett says: Just wanted to say a huge thank you for all the support for Rotto! My brother and I both made it in one piece and had a great weekend on the island.

Cheers, Brett.



Barrett Swimthrough

In perfect conditions 11 Stingers completed this 1.6 km swim with the following terrific results

Steve Povee – 1st 55 – 59 M in 26:35.00

Sally Barnden – 1st 40 – 44 F in 30:27.62

Julie O'Connor – 2nd 55 – 59 F in 34:14.12

Brendon Bunning – 8th 60 – 64 M in 34:14.95

Christine McCafferty – 3rd 40-44 F in 35:23.86

Ron Edwards – 1st 80+ M in 35:49.52

Bill Tapper – 8th 65 – 69 M in 38:30 11

Bill McGuigan – 1st 75-79 M in 41:42.97

Kathryn Knoll – 5th 45 – 49 F in 41:57.85

Brian Hall – 2nd 75 – 79 M in 45:05.35

Thelma Sharp – 1st 80+ F in 46:23 30

Julie, Brendon, Ron and Bill McGuigan won the prize for swimming closest to their nominated time in their respective age groups .

Bill McGuigan went one further and also won a \$100 Spot Prize donated by the Parade Hotel !

A great result all round.



Coogee Jetty To Jetty Swim. 12 March 2017.

Our only Stinger who entered this 1.5 km swim was Julie O'Connor who finished 8th in the 55-64 F Age Group in a time of 25:39.10

The OWS Season is now over but what a super season it's been for the Club. Perhaps some of you who have never attempted an OWS will feel inspired to have a go in 2017/2018.....

Mandurah LiveLighter Club Challenge Sunday 2nd April, 2017

It was fabulous to have so many members make the trip to Mandurah for this event. Lots of great times were swum, with many placings in age groups. The most wonderful achievement though, was our team performance – Stingers was fourth overall out of 18 clubs represented, against bigger, metro based clubs. Well done everybody!

SunSmart IRONMAN 70.3 Busselton Sunday 7 May

Despite a shark scare during the swim leg of this event which resulted in some entrants being pulled from the water, 1431 managed to complete the course. One of them was our very own Jo Haworth who finished 32 / 61 females in her age group in a time of 5:53: 30.75. Congratulations Jo on a fantastic result !

Social Stingers

Everybody loves a baby, so when the pitter patter of tiny trotters was heard at Georgina's farm, an outing was arranged. On March 6, they trekked out, visited the piglets, toured the farm and shared a fabulous lunch. Thanks for having us, Georgina.



Dinner At the Pub

Want to catch up with other Stingers for a meal and a bevvy or two? Come to the Highway Hotel for 7pm on Tuesday, May 23rd for a Stingers Dinner. A chance for Alice to catch up with everyone before she

and Paul head off to the US for several months.

Please RSVP to Catherine on 0428252655 or to my new email address:

curnow65@hotmail.com

UPCOMING EVENTS

Sunday lunch at Evedon Lakeside Restaurant

Park Furguson Valley (15 minute drive from Bunbury.

Meeting at Noon

Menu Main Course \$12-28.

For booking of 20 a Roast dinner could be provided for \$38. RSVP to noelle

FIDDLER ON THE ROOF.

Friday 14th July at the Bec Centre. Start time is 8 pm

Tickets \$39 Adults, \$35 Concession, Groups of 10 \$30.

We need to know the numbers to do a group booking – RSVP to Noelle.

Elsbeth's Husband Geoff is in the cast.



EPICURE RESTAURANT

At the Tafe off Somerville Road.

Meeting @ 6 pm

4 Nights available at the moment. August 23rd, 24th, 30th 31st.

Entrees \$8-9, Main course \$17, Desserts \$8-9.

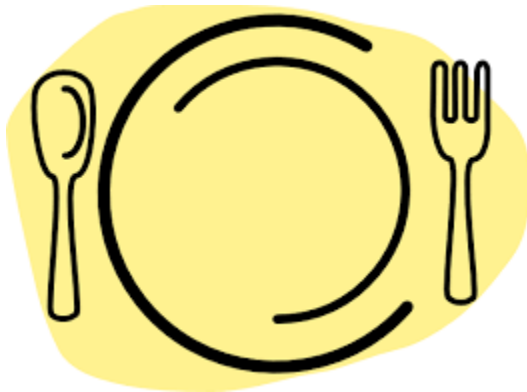
To book for a group there is a \$10 NON REFUNDABLE DESPOSIT.

We do need to know the numbers ASAP.

RSVP to Noelle

Phone No. 0430500226

Email address james.noelle10@gmail.com



Vorgee Endurance

Bunbury Stingers 3 X 400 Postal Swim 2017.

This is our major fundraising event for the year. Across the months of May and June, for an entry fee of \$10, Masters' swimmers from around Australia can complete 3 x 400 m swims, each in a different stroke (Free, Breast, Back or Fly). The 3 times are added

together to get a total time. Prizes are awarded in the following categories :

Fastest Female and Fastest Male

Fastest Female and Fastest Male 80+

Most Improved Female and Most Improved Male



As we have our sprint SKINS Carnival on 17th June, our coaches would prefer that those Stingers who wish to enter complete their swims at our regular Endurance sessions on Friday afternoons.(2.30 pm) Obviously this is not possible for everyone, especially those who have to drive some distance to come to training. So, we will have watches available during May and June on Mondays and Wednesdays. Like last year, I will pop down to the Wednesday 5.30 pm sessions to time members who enter. By entering not only are you supporting the Club financially but you're also earning points for yourself and the Club in the Vorgee Endurance 1000 Competition. We had over 20 Stingers complete the 3 swims last year so here's to even more this year !!!!

Payment can be made to Brian Hall at training or by direct transfer into the Club's Bank Account. BSB 066507 Acct# 00908496.

The Country Carnival By Correspondence will held across the months of June, July and August this year, so any 400's completed in June can be used as one of the 8 possible individual swims for this event as well.



Vorgee Endurance 1000

A big thankyou to Noelle James for kindly running our Endurance sessions while I was away on holiday recently. Noelle also began timing members' swims for our 3 x 400 m Postal Swim. So far 7 Stingers have started being recorded with 2 having completed all 3 swims already. I'm happy to follow Noelle's lead and be available to time anyone before official training begins on Mondays and Wednesdays. Of course if you're a member who has to travel some distance to training, you are free to do your swims during training. Just let me know what suits you. I'd like to make it easy for as many Stingers as possible to complete their swims.

Our Endurance sessions on Fridays are well attended and running smoothly. Congratulations to Jill and Ben who have recorded their first 1500 m swims. Julie has completed both a 400 m and an 800 m Individual Medley. These are very challenging events. IM's are a great way to really develop strength and endurance, so who's going to have a go next? You can rest at the end of each 50 m if required....

Elsbeth Binckes.

Endurance Officer.



Stingers Head North



Exmouth Trip

Jill, Ben, Alice, Paul, Greg and I travelled to Exmouth to swim with the magnificent whale sharks. Wow! Not only was it an exhilarating experience for all of us, it was a great way to celebrate Jill's 60th Birthday.

We went out with [Ocean Eco Adventures](#) and can highly recommend them as an excellent tour company. This is how their itinerary unfolds:

During the first part of the tour everyone gets in the water to snorkel around, enjoy looking at some beautiful coral and marine life, and get used to using the hired equipment. This doubles as an opportunity for the crew to observe and assess everyone's swimming ability and make sure we're all comfortable in the deep water. We were all required to wear full body stinger suits as there are Irukandji and other stinging jellyfish in the area.



A microlight aircraft circles overhead, looking for the whale sharks. While they're doing that we were preparing to slip into the water (no jumping or diving in and scaring off the whale sharks!). We were all very excited, but Jill was beside herself: What a wonderful way to celebrate a birthday!



We were split into two groups as the DPAW regulations state that only ten guests and two crew are allowed to swim with a whale shark at any time.

Once the first whale shark was spotted it was game on! Over the next couple of hours the two groups of swimmers were constantly being directed to get in and out of the water to swim with one of the biggest creatures on the planet.



One of the most incredible things about the swim is the realisation that the whale sharks actually choose to hang out with us. The first one we swam with didn't hang around for long, diving into the depths of the ocean after a few minutes with each group. Later we swam with two others who were in no hurry to be anywhere else. In fact, one of them circled around our respective groups for an hour. Another DPAW regulation is that people cannot swim with each whale shark for more than an hour, so we were directed to leave the water. It's astonishing to think that the whale shark wasn't tired of us, even after an hour.

Back on the boat we enjoyed a delicious lunch before surprising Jill with a cake of cheeses (not a cheesecake as we know it) for afternoon tea. A friend had made a similar cake for her son's 21st and, when I saw the photo, I couldn't resist organising one for Jill (who doesn't eat grains or sugar, so we couldn't bake her a traditional cake). One of the crew enjoyed assembling the cake, a unique experience and a change from her regular duties as a marine biologist and crew member. If you ever want to make one of these see Terri at Bunbury Farmer's Market who frequently makes them for weddings and other celebrations.



After leaving Exmouth, Jill and Ben continued on to Coral Bay where they enjoyed snorkelling and our newfound hobby of SCUBA diving. But that's another story (for them to tell sometime!)

As Jill always says: How lucky are we?

Catherine Curnow



Jill and Ben's amazing adventures continued

After leaving Exmouth the adventure continued in Coral Bay. Snorkelling on the reef was fabulous with abundant colourful fish, stingrays, and turtles. The coral was spectacular with its structure and variety being very different from Exmouth. Large cabbage leaf and staghorn coral was extensive in the bay making a home for the beautiful parrot fish, convict surgeons, flute mouths, and butterfly fish. The snapper so large.. if only we could have reached out ... We had a great barbeque just outside our room.

We did a couple of scuba dives off the reef. Tip us off a boat anytime. Sure beats having to lug all that gear to do a shore dive. Such fun! In between the scuba dives we went on the search for manta rays. Lucky for us we saw about eight of the huge graceful creatures. They put on a great show with their barrel rolls, parading in front of us while we snorkelled. They were majestic and awesome!



How lucky are we!

Ben and Jill



Forthcoming Events

Bunbury Skins Carnival (That's Us!) – 17 June

**Stadium Masters 1500m DISTANCE
SWIM MEET 10 June 2017 – entries close
Monday June 5**

**Masters Nationals – HBF Stadium Perth
April 2018**

MSWA Calendar

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

Swimming WA Calendar

Please visit www.openwaterswimming.com.au for details about upcoming events and to register.

Donations Sought



I am starting to collect donations for the raffle to be held at our Skins meet please? Once again I'm hoping to put together some hampers of yummy stuff. Bottles of wine are always appreciated too. If any members would prefer, I'm happy to accept money, say \$10 – \$20 to be spent on their behalf to balance out the hampers. Donations can be given to either Noelle or me at training.

At the moment I only have one suitable basket so if anyone has one in their cupboards to spare I would be very grateful.

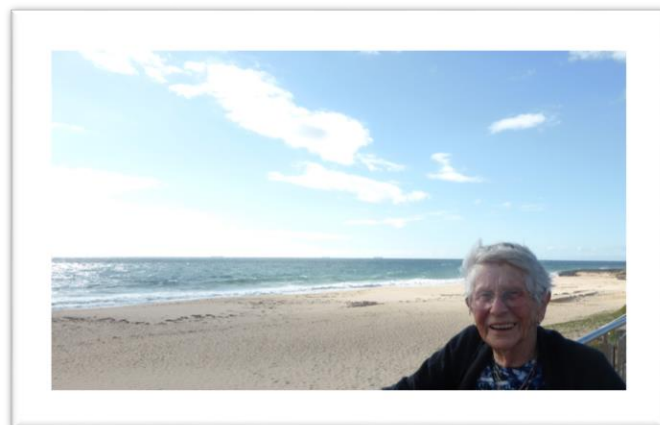
Thanks heaps,

Elsbeth.



Stinger In the Spotlight

Introducing Marie Harris (Life Member)



What got you started in swimming?

Loneliness after my husband died. I was working at UWA in the 1980s and a colleague told me about a swimming club (Masters) for older people. The club in Perth welcomed me with open arms.

How long have you been a Stingers Member?

Since I came to Bunbury in 1989

Where do you prefer to swim?

In the pool. I like the ocean as well, when I don't have to fight the waves or get dumped.

What is your favourite swimming stroke? Backstroke

Most Memorable Swimming Moment:
Winning a gold medal for 200m Backstroke in the World Masters Games in 2008, and

hearing two of my grandsons cheering loudly from the sidelines.

Other Memorable Swimming Events: I did the Barrett Bunbury Swim Through and the Rhonda Brennan Swim a few times, and the Busselton Jetty Swim (4 person relay) once.

Favourite Book/Author Jane Austen

Favourite Movie Pride and Prejudice

Favourite Music Old Time Music, some classical music, and Michael Crawford's singing

How do you spend your time when you're not swimming?

On Wednesdays I attend the Bunbury MS Outreach group where I have volunteered since 1989. After I retired I heard that the group was looking for a secretary and I've been there ever since.

One thing about you that may surprise others: I was a torch bearer for the Sydney 2000 Olympics after being nominated by Thelma and the other Stingers members.

Favourite Sport (other than swimming!) Soccer

One thing you couldn't go a day without: My first cup of tea in the mornings.

What advice would you give to others starting out in swimming? Persevere, even if it seems hard. It is so rewarding in the end

Thanks to Catherine Curnow for this wonderful profile and picture.

Would you like to be our next Stinger in the Spotlight? Drop me a line, or see me at training.

Club Contacts

President: Julie O'Connor,
bluesky.jules@gmail.com

Secretary: Ben van de Ruit,
secretary@bunburymasters.asn.au

Treasurer: Brian Hall 9721 6496

Coach: Pam Hall 9721 6496

Club Captain: Wendy Thornhill

Endurance: Elspeth Binckes,
gebinckes@iinet.net.au

Safety: Wendy Thornhill

Newsletter: Sally Murphy,
bigmurph@wn.com.au

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



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That's it for this issue. See you in the water!