



STINGERS NEWS

BUNBURY MASTERS SWIMMING CLUB INC NEWSLETTER

WELCOME

Hello Members Old and New

Welcome to this edition of the newsletter. Much has happened since the last edition, so hopefully I have got it all included. Hopefully you are all as excited as I am about the arrival of Spring and the looming return to warmer weather. See you at the pool!

Sally

Pam's Pen

Pam is away at the moment, so no Pam's Pen this edition. Hopefully she will have some words of wisdom for us next edition.

If she were here, I am sure she would say well done on all the individual and group performances in recent events including the Country Correspondence Carnival, Postal Swim and, of course, our Skins Carnival. Reports for each of these follows.

And, of course, she would remind us that with the arrival of Spring, it's time to start looking ahead to coming events, including the looming open water season, a schedule of which I've attached, with hints from Julie about each event.

Sally

3 x400 Postal Swim 2017

2017 has proved to be another successful year for our fundraising swim with a total of 123 entries from Masters Clubs in Australia and even one in New Zealand.

HUGE THANKS to Richard Morris for once again coordinating our swim. Richard sorts the entries, results, certificates, and prizes and this is no mean feat. Your hard work is really appreciated Richard.

From Bunbury, 15 Stingers completed all three swims, 4 completed 1 or 2 swims, and 5 made an entry donation.

99 Masters swimmers from other clubs entered our swim as follows.

WA	QLD	Tas
Albany -1	Cairns -1	Hobart - 8
Busseton - 7	Gladstone -1	
Claremont - 13	Noosa – 2	
Cockburn - 21	Twin Towns - 2	

Geraldton - 6		
NT	ACT	NZ
Alice - 12	Tuggeranong - 24	Fovaux - 1

Special mention should be made of Tuggeranong Masters in Canberra who are regular supporters of our swim. They also hold a Postal Swim each year across June and July- the *Tuggeranong Trifecta* for which entrants have to complete one 400 m, one 800 m, and one 1500 m swim, each in a different stroke. Perhaps next year, some Stingers may like to enter this event. Details are on the Masters website.

Vorgee Endurance 1000 June, July, August

With the incentive of our 3 x 400 Postal Swim (May/June) and the Country Carnival by Correspondence (June, July, August) we've had a total of 114 endurance swims completed this quarter which is a fantastic effort.

The breakdown for each month is as follows.

	June	July	August
400 m	42	11	15
800 m	6	6	16
1500 m	5	8	5
Total Swims	53	25	36

With the Open Water Season approaching it could be a good time to consider completing some longer swims, ie 30 min, 45 min, and 60 min. In these swims, the distance swum in the time is calculated back to the nearest 25 m. They are a great way to earn points and to challenge yourself. A 30 min swim earns between 20 and 40 points, a 45 min swim between 25 and 50 points, and a 60 min swim between 40 and 80 points. Why not come along on a Friday afternoon and give one a go?

Elsbeth Binckes
Endurance Officer



Stingers Socialising at the Highway Hotel in May

From the President

Country Correspondence Carnival 2017

Well done Stingers! A new record! 39 Stingers took part, swimming an incredible 241 individual swims and 24 relays. Magnificent effort! The results are being collated this month by Sandra Mutch, so we should find out how we went sometime in October. Next year, I am going to recommend that the carnival is held a month later (Jul-Aug-Sep) so that it does not clash with our 3x400m Postal swim and so that our "grey nomads" have more time to complete their swims.

What makes this event special is that, not only does it encourage Stingers to challenge themselves, but it has also increased the number of people participating in the Friday Endurance program. Please don't let the fact that the Country Carnival is over stop you coming to Endurance. Endurance swimming is great preparation for the Open Water season coming up. As an added bonus, we are really starting to push Albany for the Country Endurance Championship title.

Bunbury SKINS 2017

Definitely our best Carnival yet! We had 53 entries (10 up from last year), with 26 swimmers making the trip from the Perth Metropolitan area (up from 19 last year). 10 Perth clubs participated (up from 6 last year), so the SKINS format is now definitely on the map.

There were lots of Stingers who helped make this event such an outstanding success. Brian did a magnificent job cleaning the Bunbury

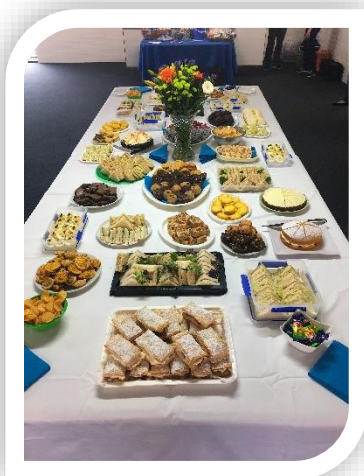
Swimming Clubs rooms after a function had been held there the night before. Tanya did a great job with the printing as well as running Registration, plus Pam, Tanya and Catherine ran Marshalling magnificently as usual. Thanks also go to all the non-swimming Stingers and partners who acted as time-keepers, photographers, raffle helpers etc; as well as to all the swimmers who participated, and to Wendy for coordinating the Random Relay.



Wendy and Jo hit the water in the breaststroke.

However, there is one person who, along with her family, did so much more than could have ever been reasonably asked of anybody... Elspeth! Not only did her daughter, Helen, arrange the sponsorship of the Splash-for-Cash SKINS, but Elspeth organised the entire raffle plus swim prizes, and then Helen stepped in and coordinated all the catering. Poor Geoff was unable to time-keep due to being ill on the day, so it was even harder on Elspeth having to leave him behind to come and run everything. I cannot thank Elspeth and her family enough for their effort.

Well done to everyone who contributed food. Once again it was easily the best spread of any Masters carnival that I have attended



I am negotiating with Masters Swimming WA to see if a club closer to Perth can now take this carnival on so that the swimmer numbers can reach their full potential. At this stage it is looking promising. If this succeeds, we will drop back to running a simpler inter-club event with Busselton next year... no officials, simple prizes for SKINS winners and everyone brings a plate for a casual function afterwards. If, however, Masters needs us to run it for one more year, then I hope that our club is strong enough to do it (without asking Elspeth to do anything!). I will know more by the time the next Newsletter is published, following the Club Captain's meeting to be held in Perth.

I will let a swimmer provide a write-up from the swimmer's perspective, as I only saw the inside of the recording room again, plus running the stopwatches for the SKINS events!

Well done everybody. I hope you all enjoyed it.

Julie O'Connor

Skins the Third

(A Swimmer's Perspective)

Our third Stingers Skins Swimming Carnival was better again and I did not see a frown all day. Once again the fast pace and short turn around between swims kept the energy happening. Great participation from everybody and great to see that everybody also found time to help out and get their families on the job as well. I am not sure whether people actually come for the swimming or the legendary catering.

The out of town participation grew just a little but they all love it when they get here. The Busselton crew boost the numbers and provide us with great competition. I think we need to nail down the timing so that people can put us on their schedule with a bit more confidence.

I suppose that we the Stingers Swimmers need to make the decision on whether to do this again next year. Poor Julie works too hard to make it happen but she secretly loves it. I think it defines us, doing something a bit different and carrying it off well. Go to the committee meeting and let them know what you think.

Brendan Bunning





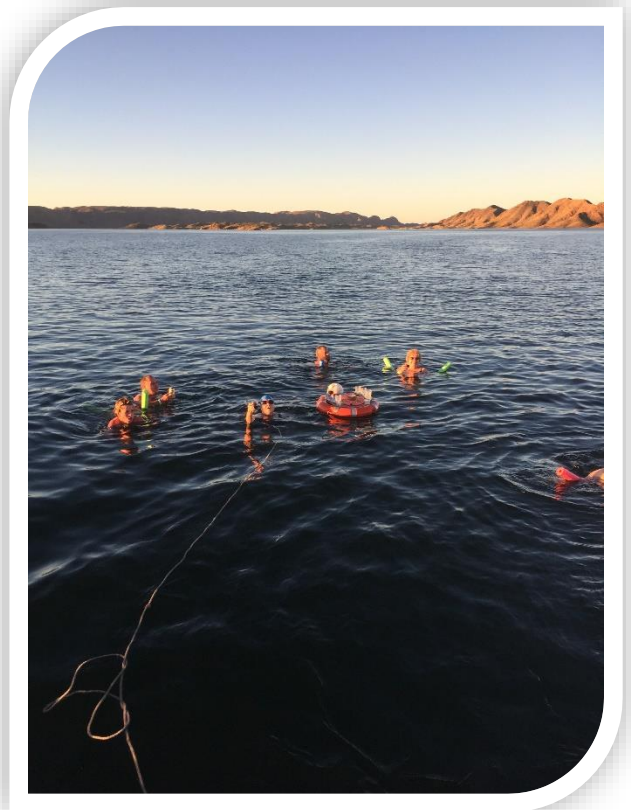
Thelma on Top of the World (or nearly)

Even when she's on holiday, Thelma finds a way to keep swimming. Here she is on a cruise on Lake Argyle and swimming in the infinity pool overlooking Lake Argyle. Prior to arriving in Lake Argyle/Kununurra Thelma and Barry drove across the Great Central Road, then on to King's Canyon en route to Alice Springs. Their original intention was to traverse the Tanami Desert Track back to Hall's Creek, but they heard that the road was too rough at the time, so they went up to Katherine, and across to Lake Argyle that way instead.

Well done to all swimmers

Stinger prize-winners were:

- Thelma Sharp - "80+" Closest to Nominated Time
 - Alicia Golik - 2nd "Under 50" Freestyle SKINS
 - Andy Crilly - 2nd "60-69" Freestyle SKINS
 - Brian Hall - 1st "70+" Freestyle SKINS
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Stinger in the Spotlight Introducing Margaret Moylett



What got you started in swimming? As a child, I always loved blowing bubbles and

playing in the water trough. Any time there was deep enough water I would swim.

How long have you been a Stingers Member? Since I came to Bunbury about 15 years ago.

Where do you prefer to swim? Anywhere the water is deep enough is fine with me.

What is your favourite swimming stroke?
Breaststroke

Most Memorable Swimming Moment/Other Memorable Swimming Events:

Taking part in the Rottnest Channel Swim and also the Albany Harbour Swim.

Favourite Book/Author: Jayne Eyre by Charlotte Bronte

Favourite Movie: Great Expectations

Favourite Music: Choir Music (Margaret is a member of Sing Australia Choir)

How do you spend your time when you're not swimming? I enjoy gardening.

One thing about you that may surprise others: I don't know! I don't think there is anything, but I DID enjoy working backstage at the local theatre.

Favourite Sport (other than swimming!)
Tennis

One thing you couldn't go a day without:
Time outside in the fresh air.

What advice would you give to others starting out in swimming? Learn the

breathing properly from the start (blowing out in the water)



Thanks to Catherine Curnow for this wonderful profile.

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

training.

Club Contacts

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Stinger Doing Clever Things

Stinger Catherine Curnow is putting her heart and soul – and considerable time – into producing a photo book celebrating all things Bunbury. For full details see this piece from this week's SW Times – Catherine was the page 3 girl! And, if you would like to help out with a donation to the project, see Catherine.

Photo available at
westpix.com.au



Catherine Curnow and Kevin the Kelpie go out hunting for iconic images for the Photobook of Bunbury project, which aims to put Bunbury back on the map. Picture: Jon Gellweiler

Snapshots of city to help fill void

THE iconic sights of Bunbury are set to feature in Catherine Curnow's Photo Book of Bunbury Project in a bid to put the city on the map.

After travelling overseas in 2007 to stay with friends and relatives, Mrs Curnow searched for a photo book specifically about Bunbury, but soon found that no such thing existed.

Mrs Curnow set out on her own project to fill the gap in the market, but it was sidelined for almost a decade before she was re-inspired by 11-year-old Bella Burgemeister's book launch.

"She is the one who inspired me to get a move on and write my own book," she said.

Mrs Curnow said although the people of Bunbury know it is a beautiful city with plenty to offer both locals and visitors, it is often thought of as "that place you pass on your way elsewhere" – something she hopes to change.

"We have also spoken to many people who, like us, would like to have a book about Bunbury to take with them when they go overseas."

Mrs Curnow has raised \$2000 of her \$12,000 goal to fund the publication of the first edition, to be named *Loving Where We Live: Glimpses of Bunbury Through the Eyes of the Locals*.

Mrs Curnow has already received support from businesses and personal donations, but requires more support to help make her dream a reality.

Most of the profit from sales of the book will be donated to close family friends Deb and Jaime Harris, after Jaime was left a quadriplegic after an accident in 2014.

To donate, email curnow65@hotmail.com.

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.

Forthcoming Events

See the Open Water Calendar which follows.

Stadium Masters meet 1st October.

Masters Nationals – HBF Stadium Perth
April 2018

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