

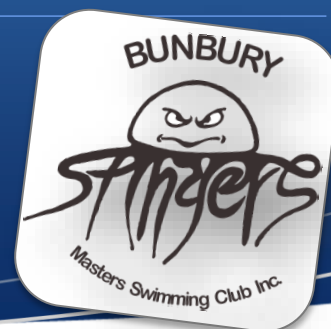
The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for May to July, shine the spotlight on Gordon Tayler and find out what's happening over the coming year...

Read on for the latest STiNGERS news...



From our President

Firstly, welcome to our new members! I hope that you enjoy being a part of this great club as much as I do. Also, its great to see numbers holding up at both training and Endurance. Keep up the good work. Remember... "just keep swimming!".

We may be in the "depths of Winter" but there is plenty of action happening in and out of the pool.

- **Country Correspondence Carnival - July to**

September: This is a great carnival for Country clubs for whom it is difficult to get to the Perth carnivals. Please help us beat last year's record of 241 individual swims and 24 relays! You are welcome to complete your individual swims either at our Friday Endurance session, or by arrangement before regular training or any other time that we can provide a timer. See the flyer attached to this newsletter.

- **Golden Groper Relay Carnival - Saturday 4th**

August: The state relay carnival is being held at HBF stadium. I will be there anyway, and it would be great if I had some friends to play with so that

UPCOMING EVENTS

Next meeting Committee Wed 8th August
@ 11.15am
Bunbury Swimming Club
Rooms SWSC

Next social Tuesday 24rd July
Dinner at the Highway
Hotel 6:30pm

Next Comp SKINS Carnival
Saturday Sept 15th
@South West SC



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we can enter a relay or two. The carnival is held in the afternoon, so it is easy to drive up on the morning, although you will either need accommodation in Perth or to drive back in the late afternoon / evening. Please let me know soon if you are interested. See the flyer attached to this newsletter.

- **SKINS Carnival - Saturday 15th September**: Each year we host this unique, fun carnival. We encourage all members to either enter or help run this carnival (or both). See the flyer attached to this newsletter.
- **Bunnings Sausage Sizzle - Saturday 22nd September**: To help us keep our membership costs to a minimum, we are running this fundraiser to contribute to our lane hire costs. We require about 2 hours effort from as many of our members as possible to make this a success. Please let us know what time-slot you can help with.
- **Coaching Accreditation Course - October or by arrangement**: This is the "Year of the Coach" in Masters Swimming. There is never going to be a better time to get accredited as a Masters Coach. Doing the course also helps your own swimming a huge amount. I am now swimming as fast as I was 10 years ago, via technique improvements after doing the course. We really need an Assistant Coach in each lane to help with drills. You don't have to be in the fast lane to become a coach. Please consider doing this great course to help both yourself and the club. Let me know asap if you are interested. If there are sufficient numbers, the one-day face-to-face part of the course may be able to be done in Bunbury.

Julie O'C.

From our Coach

I would like to welcome our new members that have joined us from SWISS (South West Independent Swim Squad). The SWISS was an independent business that has now closed. All of the members have been invited to join Bunbury Stingers.

This squad had a lane booked at the pool on Monday and Wednesday nights from 5:30pm to 6:30pm. Bunbury Stingers has now taken over these lane bookings, so we can now offer two night sessions to all of our members that can't make it to the morning sessions. We will endeavor to get a copy of the mornings program down to the pool for the night sessions.

Cheers
Pam



*Brian and Pam would like the pleasure of
Your company "Bunbury Masters Stingers
Members" to join them at their Morning Tea
To celebrate their 50th Wedding Anniversary.*

Date: Wednesday 15th August 2018

Time: 11:15 am.

*Where: Upstairs meeting room at the
Bunbury Recreation Centre.*

Thelma's Award

How awesome is our Thelma! Today she received her age group winner award for the 17/18 Open Water Swim series. Thelma, you are such an inspiration! Congratulations from all your Stinger buddies.



Open Water Swimming

Swimming in open water, especially the salted variety, is the most natural and enjoyable way to take a dip. In Bunbury we are blessed with safe open water swimming areas off the Back Beach and Koombana Bay. Largely motivated and enthused by Alan, some of the more mature male club members and young Jackie have been taking advantage of the opportunity to open water swim, generally in Koombana Bay, on Fridays and Sundays.

As autumn has turned into winter Alan's intention is to continue swimming when conditions allow. With water temperatures approaching 17 Deg C this now requires a wet suite as well as determination.

Through the season we have had some great swims in perfect conditions and come across the resident Koombana Bay dolphins, a couple of seals and some stranded tourists in the water.

The focus has been to have fun and fitness but we have also noticed a competitive edge developing when two or three of the team are swimming are in close proximity.

Swimming as a group allows us to watch out for each other in the water as well as learning from the more technically gifted.

Iain Hensby



Travelling Stingers

Every year we have a number of our members heading off to see the four corners of the world.

Here are some of the notes from our trekkers.



Aina Hargans

In May I was fortunate to spend four weeks in Western Canada and Alaska. Yoho is a First Nations word for "amazing", and the Rocky Mountains are truly yoho. Vancouver is a vibrant harbourside city, and the Canadian people are very polite and friendly. It was a wonderful place for a holiday.

Aina



Thelma Sharp

A photo of Barrie and me when we were at Carnarvon and went to the space station.

We are now at Broome go to the markets tomorrow and we will go to see the staircase to the moon tomorrow night. Most likely stay here for 4 weeks as we have parked the van at my son's place. My grandson is taking us on a boat trip to echo beach next Thursday.



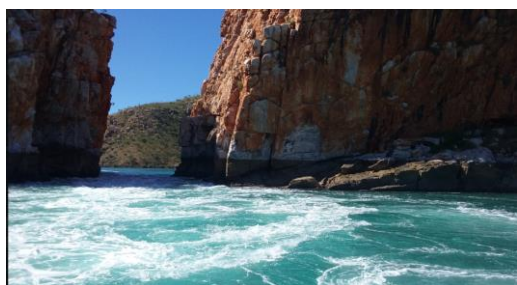
John and Liz Common

In May John and I set off on a 4 week road trip from Darwin to Perth, having hired a 4 wheel drive with camping gear. Our journey took us to Kakadu, Katherine, Kununurra, via the Great Northern Highway to the West Kimberley and then west and south along the coast to Perth.

Kakadu was one of the highlights with a dawn Yellow Water cruise. It was so quiet and calm before the sun appeared, then the sounds of birds started and everything



Liz practicing backstroke in the Broome c'van park pool.



Through the horizontal falls

came to life. The guide pointed out a place where someone had caught 80 barramundi the day before. Amazing.

The Katherine Gorge was impressive with stunning views from the top while walking and from below on the water. I was one of the intrepid few who went for a swim in the third section - there was always the thought that a crocodile might be lurking beneath.

In Kununurra I had the nerve-racking experience of driving through the water at the Ivanhoe Crossing. I'm glad I didn't know that was coming up! We also took in a trip down the Ord River to the mighty Lake Argyle.

Next stop was Purnululu National Park and the interesting rock formations of the Bungle Bungles. By this stage of our trip we were getting used to crawling in and out of our tent every day. It's lucky we do yoga or we may have sustained an injury!



Liz practicing morning yoga



John relaxing by the pool

I would say that the Northern Territory and East Kimberley were the highlights of the trip. We stayed in Broome for 3 nights as there was heavy rain in the Pilbara. It happened that we were busy in Broome, having to tear ourselves away from the swimming pool in the Caravan Park and wolf down tea so we could make the 6pm movie at the outdoor cinema.

From Broome we headed across to Port Hedland and Dampier. We rather liked Dampier, and the pub has a big verandah where we watched the sun go down while enjoying a beer.

Exmouth was windy and we thought the tent might collapse but luckily it stayed up, though it looked rather saggy. Then it was points south to Perth and the cold weather.

Liz

Social Stingers

Stingers Pot Luck Dinner at Kathryn and Leighton Knowles' Home

There was a great turnout of Stingers members and their partners when Kathryn and Leighton Knowles hosted a pot luck dinner at their fabulous (function centre) barn near Donnybrook.

Greg and I car pooled with life member Marie, Noelle, Jill and Ben. We all enjoyed a good chat and a few laughs on the way. As soon as we arrived we felt the welcome warmth of an open fire before heading inside the barn to join the rest of the Stingers crew.

There was a mountain of delicious food, including Pam's famous match sticks for dessert.

After dinner Gordon played some tunes on his guitar while a few people sang along.

Delicious food, great venue, friendly company, what more could we want?

Thank you for your hospitality, Kathryn and Leighton. We'll look forward to heading your way again in the future, hopefully.

Catherine Curnow

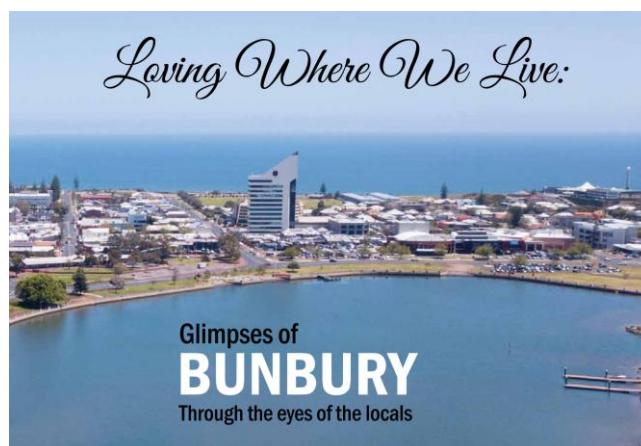


Kathryn and Leighton



Loving Where We Live

Catherine and Greg Curnow have produced a tourism focused photo book about the Greater Bunbury region. The book is doubling as a fundraiser for a local family. You can read more about this on our website: www.photobookofbunbury.com.au



Books are \$30 and available from Central News in Victoria Street, at Bunbury Visitor Information Centre, or directly from Catherine and Greg. We also have a number of books with slightly damaged spines which we're selling for \$20. Please contact us on 0428252655 if you'd like to purchase one of these.

First Aid Course

SPECIAL OFFER

HLTAID003 - First Aid Course

Normally **\$150** now **\$110** for Stingers members and immediately family

1-day practical session with online pre-reading & theory assessment to be completed prior to attending the in-class practical session.

Minimum of 6 people per group and classes exclusively for stingers can be arranged.

Register your interest with Tanya so we can organise a date accounts@tpstraining.com.au

Visit our website for more details on the course
www.tpstraining.com.au/provide-first-aid



Stinger in the Spotlight

Introducing

Gordon Tayler

What got you started in swimming?

Born and lived the first 20 years of my life on Sydney's Northern beaches, so my mother insisted I have swimming lessons at a very early age - a water baby from the beginning.

How long have you been a Stingers Member?

About 6 months now.

Where do you prefer to swim?

Absolutely the magical ocean, any time of year. I don't feel normal until the salt water is washing away the fuzziness between my ears.

What is your favourite swimming stroke?

Backstroke

Memorable Swimming Events:

At the age of 11 years, I came 2nd in the NSW State Championships 33 yards backstroke final. The year after I discovered surfing, and swimming training took a backslide for the next 50 years.

Favourite Book/Author:

I am not a voracious reader by any means - the considerable time I spend reading and playing sheet music usually means I do not find book reading very restful on my eyes. But have always enjoyed Tim Winton's books.

Favourite Music:

There is just so much. So apart from my own composing and songwriting to which I have immersed my heart and soul into for more than 30 years - my favourite composers/bands/songwriters etc - Beethoven (as a teenager my absolute hero and still stirs deep passions within); Bach (for his sense of musical perfection, structure and form); Mozart (his lightness & playfulness); Rachmaninoff (his deep romanticism and devotion to music whatever the cost); bands Beatles, Yes & Jethro Tull (who dragged classical music kicking and screaming into 60s & 70s contemporary music); James Taylor (for his heartfelt lyrics and unique voice); and so many more - beautiful music is a pathway that can connect so many of us to deeper realities.



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

Practicing piano, flute, guitar, writing songs, making videos, bike riding, bush walking, music teaching, organic gardening - just can't ever imagine being board.

One thing about you that may surprise others:

I spent 15 years of my life in an alternative lifestyle community in Balingup, where I raised a family of 6 children, helped establish a Rudolf Steiner Waldorf school, and became a devoted practitioner of meditation.

Favourite Sport (other than swimming):

Raised on Rugby in Sydney, both League & Union - played until I was 16, when my leg was broken in 3 places. But still love to watch a game occasionally, despite its brutal nature. The Dalai Lama would probably not be impressed, but such is my vice.

**One thing you couldn't go a day without:**

Music, good nutritious food, coffee (decaf - extra hot & extra shot), loving and being loved - life is grand!

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

Swimming is reminding me to as much as possible live without limits. We can always improve and surprise ourselves. The human body is an amazing creation - it is always trying to move us towards greater health and happiness if we give it half a chance. So if uncertain or hesitant about something challenging, just do it, and you will get excited about the infinite possibilities that open out.

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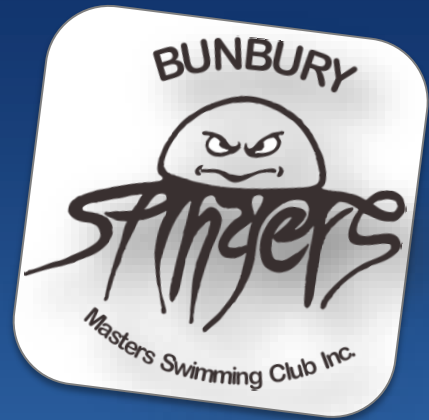
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your friends on Facebook @
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Thanks to all contributors

As always, many thanks to all contributors to
our newsletter. 😊

Til next time
See you in the water!
Ben and Jill.

Need glasses to see where you are going?

I have found the best source for prescription goggles from this site.

<http://www.swimwearshack.com.au/view-platina-corrective-lenses.html>

Just go to your optician to find out what your prescription is for each eye, buy the corrective lens for each side, and don't forget to also order the strap set to put them together. Usually cost around \$55.

If you want to try some out first I have a spare pair.

Ben

