

# The STINGERS NEWS

## Bunbury Masters Swimming Club Inc Newsletter

*Fitness, friendship, fun!*

In this issue we provide details of 4 sponsors for the club, sponsorship advertising panels, cold water swims, and Julie and Brendon inspire us with more about their northwest trip.

Read on for the latest STINGERS news...



## Hello Everyone

### Great News

Through the efforts of Allan Taylor we have managed to secure sponsorship from four companies in the Bunbury District. The sponsorship will assist in the cost of running the club (mainly lane hire) and hence reduce the cost of memberships. We will be mounting a large advertising banner in the South West Sports Centre soon illustrating their support.

You can also help by supporting these companies.

We also have some notes about the winter solstice swim, and the Koombana swim groups, as well as the latest update on Julie and Brendon's travels.

Read on for the latest

Cheers

Ben

## UPCOMING EVENTS

<b>Next meeting</b>	1th August 4:00pm Bunbury Swimming Club Rooms SWSC
<b>Chinstrap Penguins</b>	Koombana Bay Mon, Wed, Fri 2pm
<b>Pinguinettes</b>	Koombana Bay Mon, Wed, Fri 9am



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Like us on Facebook: [www.facebook.com/bunburymastersswimmingclub](https://www.facebook.com/bunburymastersswimmingclub)

## Bunbury Masters Stingers Sponsorship

We are well under way with our sponsorship signage at the South West Sports Centre. The final touches are being made to the graphic artwork for the 4 sponsors. When we complete the installation we will publish their profiles on our website, and Facebook.

Our sponsors have provided funds that will guarantee resources are available for the next 12 months to provide all our members with facilities as well as training and special events opportunities. Special mention must also be made to 2 of our sponsors who are also members. A big thanks to Brooke McKitterick and Paul Wallace for your generous support.

We ask all members to recognise our sponsors and support them if the opportunity arises.

**BUNBURY MASTERS SWIMMING CLUB IS  
PROUDLY SPONSORED BY**

Build Your Family Home with Confidence



The Shelford group is an award winning Perth Builder, with an office located in Bunbury. Specialising in residential and commercial building projects since 1991.

They are passionate about supporting local heroes and community groups. Believing in giving back by helping charities to raise awareness and funds and engaging in sporting club sponsorships.

**www.shelford.com.au**  
**9599 1500**



**BUNBURY MASTERS SWIMMING CLUB IS  
PROUDLY SPONSORED BY**



McKitterick Chartered Accountants is a boutique firm situated in Bunbury, offering quality business and accounting services to individuals, businesses and self managed superannuation funds in the South West.

Through on-going extensive technical training, keeping up to date with the latest in software and technology advances and having knowledge of the local community, McKitterick Chartered Accountants pride themselves on delivering a service of exceptional standard to the Bunbury and South West region.

**www.mckitterick.com.au  
0407 991 573**



**BUNBURY MASTERS SWIMMING CLUB IS  
PROUDLY SPONSORED BY**



**WALLACE  
MOTORS**

CONTACT  
**PAUL WALLACE**

Wallace Motors Suzuki is a locally owned and operated dealership with manufacturer compliant service facilities, parts and accessories.

The Wallace family have been selling vehicles in Bunbury for over 50 years.

Talk to them before deciding on where to purchase your next vehicle, you won't be disappointed.

**www.wallacemotors.com.au  
9721 4949**



**BUNBURY MASTERS SWIMMING CLUB IS  
PROUDLY SPONSORED BY**



**Brecken Health**  
BUILT TO CARE

Brecken Health Care is dedicated to providing the highest quality medical care and offer a wide range of services under general, allied and corporate health including physiotherapy, podiatry and exercise physiology.  
They are open 7 days a week!

They believe by assisting the local community around them, it can have a positive impact and create a more sustainable future.  
They support many local and national charities.

**www.breckenhealth.com.au**  
**9791 8133**



The sneak preview of graphics below highlight the names of these wonderful sponsors. The sign is 7.2 metres long and will be a real eye-catcher positioned above the stands and close to the centre pool deck.

Home of the  
**BUNBURY MASTERS SWIMMING CLUB INC.**  
EST. 1955  
  
New Members Always Welcome  
FITNESS | FRIENDSHIP | FUN  
WWW.BUNBURYMASTERS.ABN.AU

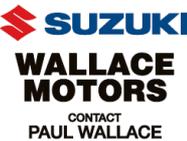
**PROUDLY SUPPORTED BY**



**Brecken Health**  
BUILT TO CARE



**McKITTERICK**  
Chartered Accountants  
Providing Quality  
Taxation and Business Services



**SUZUKI**  
**WALLACE MOTORS**  
CONTACT  
PAUL WALLACE

Build Your Family Home with Confidence  
  
The Proud Sponsors of the Bunbury Masters Swimming Club

Allan Taylor

## Koombana Bay Winter Solstice

The Annual Winter Solstice Swim at Koombana Bay went off without a hitch this year despite the threat of stormy weather. The 'PENGUINS' left their towels on the foreshore to swim in nothing but their thermal caps as the sun rose to greet them. Seen below are the increasing number of participants, members and cold water enthusiasts alike, who dared to celebrate the pleasures of swimming as nature intended. The Grand Master, Wendy Morris, can be seen welcoming the Penguins out of the darkness and into the light before they set off on their customary mile swim. The accomplishment of their feat was celebrated with hot drinks and much merriment at the Dome before the rest of Bunbury had barely risen from their slumber.



## The Penguinettes of Koombana Bay

These are the 6 club members braving the winter conditions at Koombana Bay at 9am, and to prove how tough they really are, they follow it up with a cold shower. They must surely have ice running through their veins. You are thinking this author cannot count but look closely into the background and you will see the ever intrepid but often camera-shy Les Fabre. Les will quite often follow it up with an afternoon swim at 2pm with the Penguins.

It would appear from this photo that Jill and Edwin are sharing the one wetsuit and they obviously do not need extra protection from the 14°C water temperatures currently being experienced. Jill is in long sleeved bathers to avoid any possible stingers. Edwin is a member of this group and the Chinstrap Penguins.

If any members would like to join our groups for some icy thrills please contact Allan Taylor for details. (0427 258 259)



Ben, Edwin, Jill, Tanya, Aina



Aina, Tanya, Jill  
Ben, Edwin

## Handy tips for cold water swimming from our specialist Masters coach Kareena Preston

### **Cold Dipping**

What is it and why do we do it?

Cold water dipping or cold water immersion is how many people, who are planning to start open water swimming, get their body acclimatised to the cold waters. Essentially, you immerse your body in the sea or lake (or other cold water setting) for a limited period of time.

It's important to note that you need to take the practice of cold water dipping seriously and understand what you need to do to enjoy this experience safely. If you don't take it seriously, then you could get hypothermia, which is caused when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. This is why you should only dip your body in cold, open waters for very short periods of time and ensure you have the correct clothing and accessories to warm back up afterwards.

### **BENEFITS OF COLD WATER DIPPING**

People have been cold water swimming or dipping for centuries across the world and in particular in Eastern Europe and the Netherlands. This is because research has identified many health benefits when it comes to this practice as follows:

- Strengthens your immune system.
- Improves lymphatic circulation.
- Improves cardiovascular circulation,
- Provides mental clarity, fortitude and calmness,
- Affects your metabolism and activates brown fat which is a good thing.

What's more, plunging in cold water increases norepinephrine, which is a natural painkiller and over time it stimulates the immune system, which is why cold water can be recommended for arthritis, or injuries.

### **ESSENTIAL ITEMS FOR OPEN WATER DIPPING**

If you're planning on starting to do some open water dipping or swimming, there are some essential items you will need as follows:

- A swimsuit (you don't need a wetsuit if you're just dipping your body in the water for a few minutes).
- A swim cap or beanie (you may not put your head under the water but a swim cap will keep your head warm and ensure you are visible in the water).
- A towelling Dry Robe to put on as soon as you come out of the water to warm your body up and help you to get changed quickly and easily.
- A beanie, socks and gloves (to help get your extremities warmed up).
- Clothing that will retain heat such as a Dry Robe and/or a Swimzi (these are used by swimmers and triathletes all over the globe as the best clothing to put on following a swim event).
- A hot drink to warm up your insides.

## Cystic Fibrosis charity Swan River swim



In honour of Jayde Kinane

Save the date  
**DARE TO CARE 2022**  
Saturday, August 20  
A 1km swim in Matilda Bay that will take your breath away & raise funds for Conquer Cystic Fibrosis.  
[www.daretocareswim.com](http://www.daretocareswim.com)

**This year we are swimming to honour the memory of our very own Angel, Jayde Kinane, who so very sadly lost her battle with CF last year...**

**So please come and join us to *"Take your breath away.."* in Jayde's memory by swimming in our fifth annual 1 kilometre Dare to Care Swim for CCF... Or participating in our new *"Splash and Dash"* division**

**We are a 100% volunteer run charity helping raise much needed funds for research into a cure for the life threatening disease, Cystic Fibrosis. Every cent raised goes directly into research!**

Each winter for the previous 4 years the charity foundation for Conquer Cystic Fibrosis has organised this swim to raise awareness and funding for those who suffer from this life shortening disease.

It is held in winter in the chilly waters of the Swan River to “Take Your Breathe Away” thereby emphasising the struggle that sufferers deal with every day of their lives.

You can support this foundation by either donating to a participant or registering at <https://www.daretocareswim.com> and pledging to raise \$500.



Master's members Brooke McKitterick and Allan Taylor previously represented our club in 12°C waters to raise in excess of \$1000 directly towards the research of a cure.

Brooke was so taken by the dedication of all those involved that she is currently in negotiations with CCF to bring the event to Bunbury to engage people in the southwest.

If you have wanted to support a charity where 100% of your donations go directly to benefitting the cause then CCF is it.

## Samoa Swim Series -- August 2023

Are you looking for somewhere to go for a great holiday? Consider Samoa.

I attended the SSS some years ago and absolutely loved it. They basically connect 4 different events together so that people can come and enjoy any or all of them.

The events are:

- Pacific Open Water Challenge (10km on day 1 and 5km on day 2).
- SSS - Samoa Swim Series (a choice of 4k or 2k, 3 days in a row) Although these are races, they are very scenic so you don't have to be fast to enjoy them... last time I saw at least 1 turtle on each swim.
- Warrior Race (1/2 or full Ironman)
- Savaii Experience (a series of fabulous non-competitive swims each day in paradise... you pick how far you want to swim, combined with lots of tours to explore the history of Samoa).

I am hoping to participate in all but the Warrior race in 2023. If anyone is interested in coming along, I am expecting the website to be updated for 2023 soon (<https://www.samoaevents.com/samoa-swim-series.html>), giving full details of options and prices etc. As they have been forced to skip a couple of years due to Covid, they are expecting 2023 to sell out fairly quickly. Let me know if you are interested and I will keep you informed.

Julie O'C

0418 936 059

## Julie & Brendon's Northern Adventure – Part 2

### **Kununurra / Lake Argyle**

As Brendon had not been to Kununurra, we did all the tourist things.

First off was a boat cruise up the 55km stretch of the Ord River between the lower Diversion dam and the upper Lake Argyle dam (known as Lake Kununurra as it is controlled water from which all the Ord Irrigation water is drawn). It was fascinating to see the changes along the edges in the 30 years since I last saw it... really impressed at the tree growth.

The following day we took a fixed-wing flight over the whole area from Kununurra south across Lake Argyle and on to Purnululu, including flying over my old work place of Argyle Diamonds.

We also visited all my old favourite spots around Kununurra, and had a swim in the river with the "freshies" (fresh-water crocs) each day.

After 6 days there, we moved on to Lake Argyle and swam and did a boat trip on the Lake.



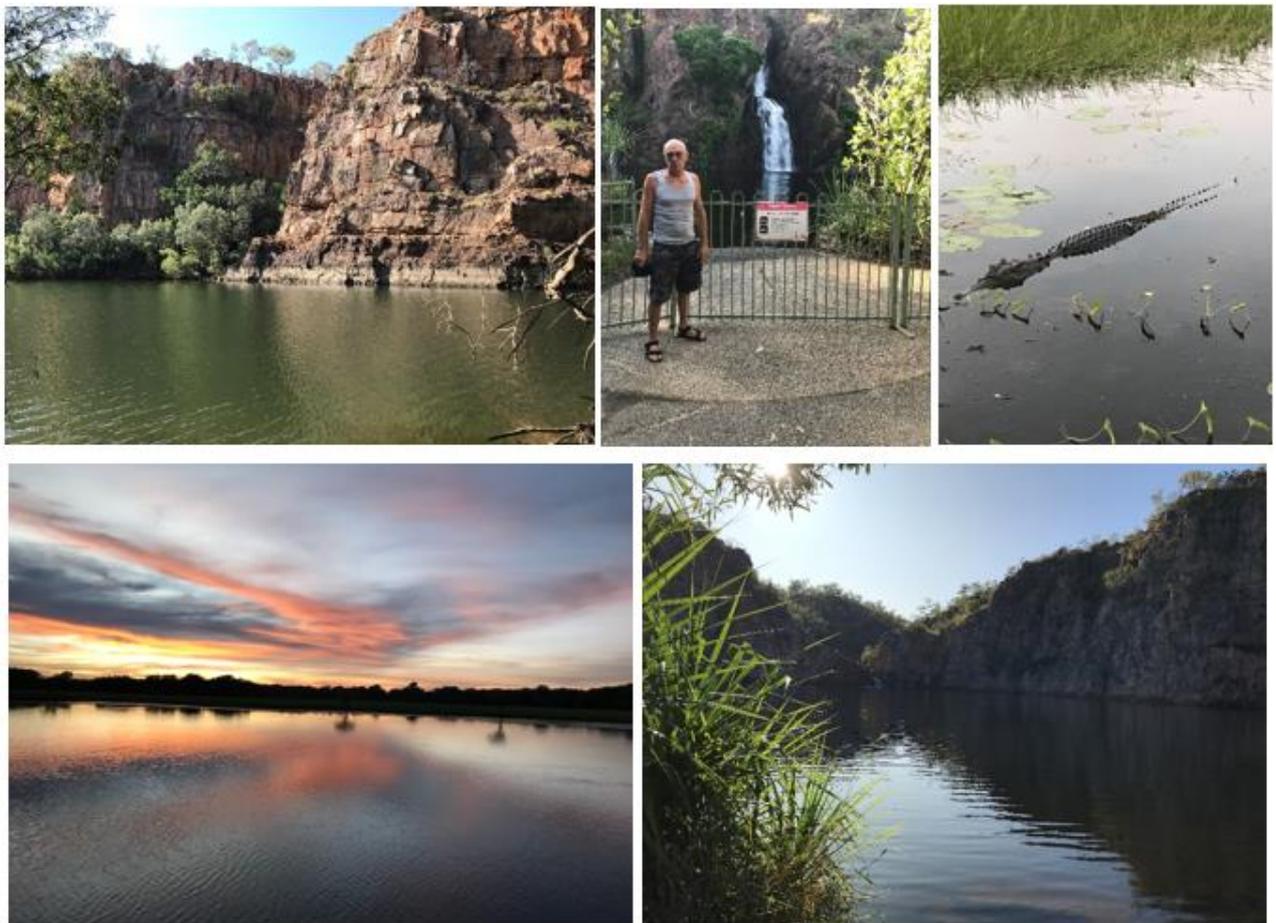
## Northern Territory

We then had a couple of weeks spare before we needed to be back in Broome, so we headed on up into the Northern Territory. First stop was Nitmiluk Gorge (Katherine). We had planned to kayak and swim in the gorge, but unfortunately, we were too early and they had not finished their crocodile surveys to detect and move any salt-water crocs that may have moved in over the wet season.

Instead, we did a couple of great hikes (a 4k and then a 14k hike), and we went on the 3-gorge boat tour.

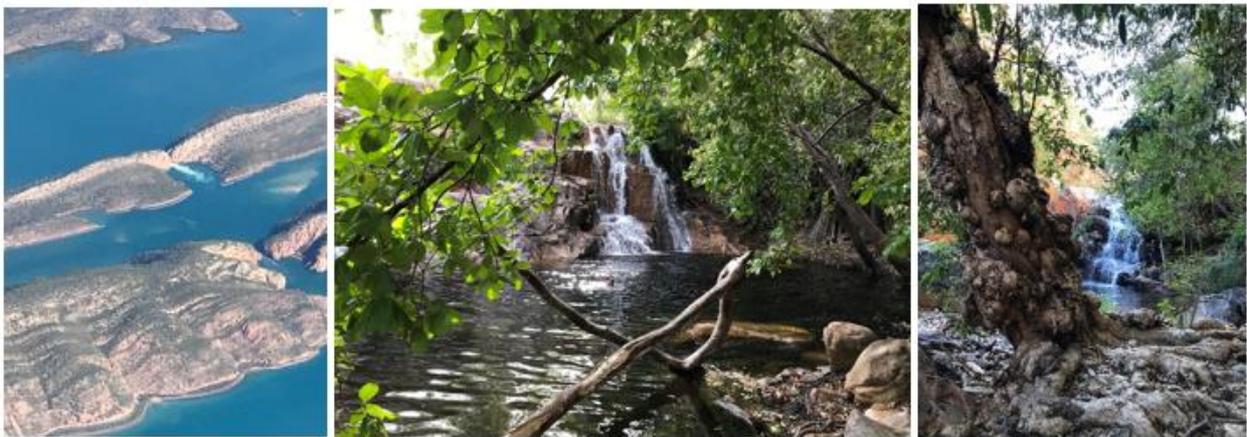
Next stop was Wangi Falls in Litchfield National Park. We were a week or so too early there too, so were disappointed not to be able to swim at Wangi which looked beautiful! 3rd stop was Kakadu, where we went on a fabulous Yellow Waters dawn cruise, but were again too early to get to Jim Jim or Twin Falls.

Last NT stop was at Leliyn (Edith) Falls which was absolutely fabulous (and we could swim!).



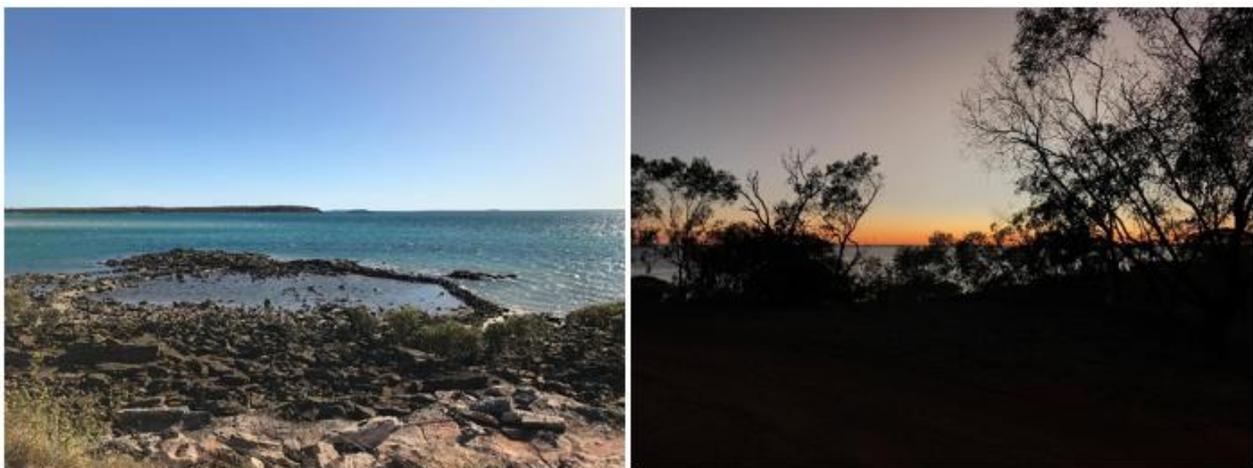
### Kimberley Cruise

About 30 years ago, I did a fabulous trip from Darwin down to Broome on the Leeuwin STS. I wanted Brendon to see the Kimberley coast also, so looked for last-minute options. We managed to grab a cancellation with Diversity Charters, flying up to the Mitchell Plateau, taking a helicopter ride over the Mitchell Falls and down to a beach to meet the boat – the Diversity II. We then had an amazing 8+ day trip down to Broome... hiking, fishing (each catching our first Barramundi), swimming at amazing waterfalls (away from crocs), eating superbly-cooked gourmet fresh seafood and just looking at the stunning scenery. I can highly recommend taking one of these trips... save up for the best boat you can afford as you will get your money's worth!



### Dampier Peninsula

We would have liked to go to Kooljaman at Cape Leveque, but this is still closed, so we went to Gumbanan instead. The facilities there are pretty basic, but ok and perhaps getting better if they finish the work that was started a couple of years ago. It was a very relaxing 10 days... looking for the elusive Gouldian Finch – didn't find... but did find lots of other beautiful birds including the Mistletoe bird that I used to hunt down at Geikie Gorge all those years ago. We also read, did cryptic crosswords and swam a little, plus Brendon had a few unsuccessful goes at fishing. Gumbanan belongs to the Bardi people, and they still maintain an ancient fish trap that allows fish in on high tides, but traps them if they miss the turning tide.



### Travelling South

We are now heading slowly home (visiting Karijini National Park on the way), planning to arrive back in the cold in either late August or early September, ready to get back into swim training... with a plan to go to Samoa in August 2023. See you in the pool soon.

Julie and Brendon

Pam and Brian are enjoying a break in Albany, however Brian is still getting some swims in for his next 5 million metres award.



## Club Contacts

President	Sally Murphy
Vice President	Allan Taylor
Secretary	Richard Morris secretary@bunburymasters.asn.au
Treasurer	Jodi Dyson
Coaching Coordinator	vacant
Coaching Committee	Julie O'Connor, Pam Hall, Danielle Pesci, Chris Gibbs
Club Captain - Open Water	Allan Taylor
Club Captain - Pool	Alicia Stiffle
Endurance	Liz Common
Public Relations	Tanya Price
Safety	Steve Povee
Newsletter	Ben van de Ruit editor@bunburymasters.asn.au
Social	Tanya Price



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## Thanks to all contributors

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

Till next time  
See you in the water!  
Ben – the Ed.