

### NEWSLETTER May 2022

#### President's Pen – May Newsletter 2022 (Richard George)

We are now entering *Masters Winter* swimming season, even though it is still autumn, or more locally, the Noongar *Djeran* period, is here. Djeran is the season of adulthood.

King St was 17.9 degrees on the 1 May, and it is still swimmable and clear.

#### Djeran—season of adulthood



**Autumn: April-May**

Ant season.

Time to repair housing and shelter.

#### The lifestyle for the Nyoongar communities during Djeran

Djeran season at last sees a break in the really hot weather. A key indicator of the change of season is the cool nights that once again bring a dewy presence for us to discover in the early mornings.

The winds have also changed, especially in their intensity, with light breezes being the go and generally swinging from southerly directions (i.e. southeast to southwest). Many flying ants can be seen cruising around in the light winds.

#### Snap-shot

- Membership slowly growing - 72
- GLC winter booking done (Trish) and Club Agreement signed.
- Successful summer ocean program, special thanks to Colin Holden
- Successful funding from City of Busselton and MSWA, due to work by Richard S, Donna and Natalie. Purchases underway and acquittal a pre July priority.
- Winter Tuesdays 7pm up and running and testing the memory of muscles of other strokes
- Winter Wednesday 2:45 trial commenced with 18 members (Andrew Sexton on deck)
- Fund Raising Triathlon 100 – April 30, 24 members participated, and we welcomed new member Tess, Amber, family and friends. Big thanks to Andrew Hembroff for coordinating.
- Restart – over 5 weeks - very successful thanks to Donna, Steve G and Andrew S. At least 4 new members, Julie, Kaye, Michelle, Di P., is Jan coming soon?
- Club engaged in City sponsored meetings and support activities, mixed value/time cost?
- Insurance and safety – priority for us to respond to MSWA and MSA bodies to sort liabilities.
- Good Sports – we are re-looking at its value (Darryl is helping).
- Newsletters well supported and read – available online/web link, thanks to Gail and Naomi.
- Remember please all lookout for new members and welcome them into the Club.

## Swimming Events - Winter GLC

GLC has confirmed our booking for Winter, mostly unchanged. **Trish** continues at 8:15AM Monday and have *new* 2:45PM Wednesday slot for 5 weeks. Tuesdays and Thursday 7PM is for fitness (and fun). The main winter session is Saturday 8:45 AM. Watch out for the Stroke Clinics and later in winter our Busselton Masters Carnival with **Rhonda Pearsall**. Brave swimmers will also hit the ocean Tuesdays at Yallingup and some swim weekdays and Sundays at King Street – see Jan T or Trish.

## Strategies and Meetings

The Committee are active attending City sponsored meetings over the next few weeks

- a) Good Sports (Richard)
- b) Cyber crime (Gail)
- c) Canva (Gail)
- d) Club Strategic planning (2 nights; Richard, Donna, Natalie, Todd and Richard)
- e) New OSH legislation related to Clubs (Richard)

## Other important bits

- Bold and Beautiful – the winner was a new member, **Gail Stubber**, who swims at Trish's Monday squad. She was thrilled when we spoke a week ago. A big thanks to Budgy Smugglers. Note also Colin H and Darryl K are closing in on the One Million Meters awards.
- A Club of Champions and Helpers – after RESTART, **Monique G.** presented all the final day swimmers with knitted lanyards she has made herself. Fantastic Mon.
- **Andrew H** – a big thank you, and all 24 members who volunteered Triathlon 100.
- **Peter Pav. (Coach)**. Tuesdays are really interesting and Pete has been clever at spinning us along and talking the muscles to new places.
- **Andrew S (Coach)** has abandoned the white board and is coaching flat out on Thursdays, focussing on us of all speeds, and providing good and variable swimming sessions. Come and join us and soak up Andrew's skills and ability to keep us motivated. Wednesdays and Thursdays are skills working off each other.

## Social

- With Mask mandates largely gone, and venues back and open, Gail, Lynette and Colin are planning several social events, starting Mothers Day Drinks at Hally's Bar 4pm next Sunday
- Golf Bonanza - Par 3 (or Minigolf) on May 15<sup>th</sup> (see details of both in Newsletter).

## Committee - Secretary

- We will be saying farewell to Donna and AJ until as they head to France for over 3-months. With this and growing personal commitments, Donna has asked if anyone could fill in for her in the 3-month gap, and see if the Secretary's job works for them, ahead of the AGM in October? Please talk to me if you can help? It is a very important role for our Club and one the Committee is trying to make more manageable.

Next meeting – Date - Wednesday—15th June 2022 6.30pm—Venue to be decided.

*Just keep swimming* **Richard George, President**

## News—The Nets Were Taken Out on the 29th of April

Photo Credit Rhonda C



## Wednesday Swimming has commenced with Andrew Sexton Pool Side

It wasn't off to a good start...straight into kicking, no flippers! It did improve considerably after that!  
The photo below shows a very keen group of swimmers near our new flag





## **Mother's Day Drinks at Hally's Bar**

**4pm Sunday 8th May**

**Come down and celebrate Mothers Day**

**With Club Members**





## SOCIAL GOLF MORNING & LUNCH

**WHEN:** Sunday 15<sup>th</sup> May 2022

**TIME:** Check-in from 9.30am Tee off 10.00am. Lunch after 1pm finish.

**WHERE:** Par 3 Fairway Drive Busselton <https://par3.com.au/>

**HOW:** Choose to play 9 holes on the Par 3 course OR Mini golf 18 holes.  
Par 3 players will play an Ambrose Format in Pairs– so it is fine for any first time golfers - just team up with a partner that has played golf before.

**COST:** **PAR 3** 9 holes \$15 (pensioner discount \$10) Bring your own clubs or borrow some if you can otherwise you can hire clubs and buggy for \$7  
**MINI GOLF** 18 holes \$18 (pensioner discount \$12) includes putter & ball  
Payment in cash please direct to Lynette Gittos before the day or on arrival.

**SOCIAL:** Stay around for lunch & presentations. Par 3 menu attached suggest you order & pay before you start to play so they have it ready for you – Par 3 is cashless – card only to pay. They are licensed & make really good coffee!

**FAQ:** **Can Non-Members join in?** Partners, friends are welcome.  
**How does Ambrose work?** There will be an instruction sheet on the day but basically, both pairs hit a ball off the tee and the best ball – (the one nearest the hole) is where both players hit their second shot from.  
**Is there a winner?** Yes there will be a trophy for both Par3 & Mini golf - but you can just enjoy the fun.  
**Do I need to pair up for Par 3 before the day?** No, you can propose your pair but the organisers reserve the right to allocate pairs with the aim of facilitating an even, fun competition.

**INTERESTED:** Ask Lynette or Colin for more information. Cash for entries, direct to Lynette please.



### PIZZA

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MARGARITA	\$18
PEPPERONI	\$22

### TOASTIES

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HAM & CHEESE	\$5.5
BACON & EGG	\$6.5
SMOKED HAM & CHEESE (GF)	\$7.5

### TURKISH

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CHICKEN, CHEESE & AVO	\$8.50
CHICKEN, PESTO & CAPSICU	\$8.50

### CIABATTA

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CIBATTA ROAST CHICKEN AND BACON	\$8.50
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### SANDWICHES

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EGG & CHIVE	\$7
CHICKEN PESTO	\$7.50
HARISSA VEG & HOMMUS	\$7.50

### CROISSIANT

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HAM AND CHEESE	\$7.50
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# Café

## Food

### CHIPS

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RED ROCK - SWEET CHILI	\$3.50
RED ROCK - HONEY SOY	\$3.50
SMITHS - SALT & VINIGAR	\$3
SMITHS - ORIGINAL	\$3
SMITHS - CHEESE & ONION	\$3
SMITHS - BBQ	\$3

### SWEET

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CARAMEL SLICE	\$4.50
SWEET MUFFIN	\$5
BANANA BREAD	\$5.50
CHUNKY CHOC CHIP COOKIE	\$3.50
SMARTIE COOKIE	\$3.50
LOLLY BUCKET	\$5
MARS BAR	\$3
CRUNCHIE	\$3
SUMMER ROLL	\$3



# Gracetown Community Swim

Perfect mild & sunny conditions for the Gracetown Community Swim on Easter Saturday.

Just over 200 swimmers in the event this year enjoyed clear, warm water with just a bit of a swell.

Course was a bit shorter this year those with GPS watches recorded various distances - consensus being about 800m which was a bit disappointing for those who believed they had just swum a 1km PB!

Colin thought a few swimmers could have done with some sighting tips from Kareena Preston - stopping mid stroke & popping up like a meercat did cause a quite few collisions!



Also congratulations to Julie, from the George family who took home 1<sup>st</sup> raffle prize of a Gourmet Hamper with fresh caught & cooked Crayfish - they always seem to win something.

Coffees & Lunch at Olio Bello was a nice way to finish off the morning.

There was talk of Ice Creams at Millars in Cowaramup on the way home too!

That winds up the Open Water events for this season!



Congratulations to Maureen King who took out Age Group runner up.



Lesley and Lindsay  
racing up the  
beach to the finish  
line



Matt powering out of the  
water

Suzanne's smile  
says it all!  
She loved it!





Anne being congratulated at the finish line!  
Richard cheering her on!



Colin and Chris powering up the beach!



Richard coming in!

# Thank You!

## Thankyou Colin Holden

Thankyou to Colin for being the  
Club Captain for Open Water Swimming.

Colin has pulled together the open water Swims over the summer period since October, he has found out the details of events, sent in full adverts to advertise them in the newsletter. He has found us places to go and eat and booked venues. He has also coordinated lifts for members and ensured we have had a great time!

After the events he has sent through photos and written words about the event. He has gone through results and enabled me to publish them in the newsletter.

This has made a massive difference to me as Newsletter editor.

Thankyou Colin from Gail (Newsletter Editor) and every member of our club.

# Wheels and Peddles May 2022



These riders were seen in April at the Par 3 Golf Course Coffee shop

Having a coffee mid ride, some of us didn't even ride a bike  
(Not in the photo)

What a gorgeous place this is!

Fun, Fitness and Friendship.

The adventures of Swimmers on Bikes on Thursday, replacing, Caps & Goggles for Helmets & Sunnies.

Come for a cycle and ride on the many various Bike paths in and around our own backyard of Busselton.

Glorious in any weather conditions.

**Meeting at Dolphin Road, West Busselton, 9.00am Thursdays**

**We keep in touch on messenger (Bike Ride Thursday Group)**

Some of our destinations: Busselton, Geographe Bay, Vasse, Dunsborough, always an interesting ride, loads of places to go.

The Destination is always about the Coffee! Usually back home by 10.30/11am.

This isn't a race, it's purely enjoying the scenery, the company, the chatter, the laughter, share a story. We all look out for each other, someone always waits to see that everyone is OK. Sometimes there's 3, sometimes there's 12 people.

Not compulsory, but most enjoyable.

**Tips and Hints:** Carry a phone, repair kit just in case, Water Bottle and really flashy cool helmet!

Hi Viz clothing recommended. Avoid shoes with laces, Bring Water, Make sure your Bell works on whatever type of Bike you ride. Old, New, even eBikes, whatever you have, you're welcome to join us. Some of us have baskets to carry stuff in.

**Busseton Masters Swimming Club - Social & Events Calendar 2022**

Month	Activity	Details
May	<ul style="list-style-type: none"> <li>• Mother's Day Drinks</li> <li>• Golf Day and Lunch</li> </ul>	<ul style="list-style-type: none"> <li>• 8 May 4pm</li> <li>• 15<sup>th</sup> May</li> </ul>
June	<ul style="list-style-type: none"> <li>• MSWA Winter Solstice Swim at Yallingup Beach Lagoon</li> <li>• Pickleball Followed by Dinner at the Ship Inn</li> </ul>	<ul style="list-style-type: none"> <li>• <u>21<sup>st</sup> June</u> 10.30am</li> <li>• 19<sup>th</sup> June 5-7pm Dinner to follow</li> </ul>

**YALLINGUP LAGOON SOCIAL SWIMS**  
**WEEKLY ON TUESDAY AT 10.30AM**  
**A Cuppa Afterwards at the Yallingup Store!!**

**Yes we are back!**

**From the Newsletter Editor—Gail George**

Hi Everyone

We are a very social club and encourage members to participate in our club for  
 Fun, Fitness and Friendship.

Thanks go to those who helped out by supplying photos and articles! Plus the proof readers!

Please share anything that may need to go in the next newsletter to:-

[president@bussetonmastersswimming.com](mailto:president@bussetonmastersswimming.com)

**Caps**

**If your cap needs  
 replacing please contact**

**Todd Taylor**

[president@bussetonmastersswimming.com](mailto:president@bussetonmastersswimming.com)



## Out and About

## Busselton 100 Triathlon

Thankyou to Andrew Hembroff for coordinating, and all of the volunteers who came and helped a the Busselton 100 Triathlon. It is a big event for Busselton and good that our club is able to raise funds helping them out. We should have made over \$700.00 for the day.

The weather was perfect , which always helps.



### Next Committee Meeting

**Wednesday 15th June 2022**

**Time 6.30pm Location To Be Confirmed**

Any Agenda Items please direct to our Club Secretary

[president@busseltonmastersswimming.com](mailto:president@busseltonmastersswimming.com)

### Newsletter Items

Please send us in club news and photos to the email account, notation of "Newsletter Item"

Any relevant news of club members swims or photos. This makes the newsletter more interesting!

Please email to Gail George [corymbia151@bigpond.com](mailto:corymbia151@bigpond.com)

## Swimming Program May 2022

### Swim Times

*8.15am Monday Trish Miller GLC*

*7 pm Tuesday Peter Pavlinovich GLC*

*2.45pm Wednesday Andrew Sexton GLC*

*7 pm Thursday Andrew Sexton GLC*

*8.45am Saturday*

### Social Swim

*10.30am Tuesday's Yallingup Lagoon*

Remember Bring Your Fins to Training

**Monday Trainings 8.15am –9.15am**

**With Coach Tricia Miller**

Enjoy a Social Cuppa on the lawn after  
BYO Cuppa and Snack  
or purchase Coffee and Snacks from the  
**GLC Café**

They have Yahava coffee or

a smoothie, wrap, toastie or the specialty  
cake of the day.

Lots of healthy options and great atmos-  
phere.

**Yahava**

**Yahava**

Try

# COACHES CORNER



Please Check the **Google Calendar** on the BMSC website if you can't remember!!

## All of these trainings are at the GLC

**Tricia Miller Training** Monday Morning 8.15am to 9.15am

**Andrew Sexton Training** Thursday Nights 7pm to 8pm

**Peter Pavlinovich Training** Tuesday Nights 7pm to 8pm

**Andrew Sexton Training** Wednesday Afternoons 2.45pm-3.45pm

**Andrew Sexton Training** Saturday 8.45am to 9.45am

## Kareena Preston

### from Masters Swimming WA, Coach & Swimmer Educator

will be visiting Busselton again Monday 16 May and Tuesday 17 May 2022 as part of MSWA's ongoing support and commitment to Coaches and Club members.

**Please take advantage of these excellent and informative sessions.**

**Monday 16th May** – 8.15am - 9.15am GLC ODP. Coffee and chat with Kareena after. Venue TBC.

**Tuesday 17th May** - 10.30am Social Swim at Yallingup lagoon. BYO cuppa and chat with Kareena after, weather permitting.

**Tuesday 17th May** - 7 - 8pm - Skills / How to Swim / Train for 100m events - GLC ODP weather permitting. Indoor pool if weather is bad.



## Please Support our Sponsors

### The Equinox

is a massive supporter of our club providing our swimming caps and complimentary coffee mornings.



## Bold and Beautiful Swimmer of the Month Gail Stubber

A \$100.00 Budgy Smuggler Voucher

### ***Sports Power Busselton***

They give club members a discount on swimming equipment including fins, goggles and bathers.



Such a great local business with friendly helpful staff

Our Club Member Naomi Taylor does an amazing job on our club's website. Support Naomi's

business Micro Biz Web Solutions for all of your web and Social Media needs.



<b>Roles</b>	<b>Who</b>	<b>Purpose / Leads</b>	<b>Other</b>
<b>President</b>	Richard George	Club direction, supports Committee to achieve Clubs goals.	MSWA, Shire, GLC issues - opportunities. Tell me what you want from our Club
<b>Secretary / Coach</b>	Donna Stephenson	Essential systems and processes, streamlining operations (Meeting secretariat)	Guides Executive Health and fitness
<b>Treasurer</b>	Natalie Metcalf	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
<b>Membership / VP</b>	Todd Taylor	Membership, SportsTG, new members first contact.	Vice-President
<b>Grants Officer</b>	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
<b>Coach, Coach Co-ordinator</b>	Trish Miller	Coaching team, Andrew Sexton, Peter Pavlinovich, Donna, helping achieve swimmers goals though skills. GLC communication.	Looking to be a coach? MSWA links. <a href="https://mastersswimming.org.au/become-a-club-coach/">https://mastersswimming.org.au/become-a-club-coach/</a>
<b>Club Captain—Pool</b>  <b>Club Captain—Open Water</b>	Rhonda Pearsall  Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims—coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches.  *R2R fundraising
<b>Bold &amp; Beautiful</b>	Andrew Stephenson	Specific B&B website	Fun, Monthly prizes
<b>Triathlon Events</b>	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
<b>Club development – Social Events</b>	Gail George	Leads events with Committee and members support	Please all help here
<b>Communication</b>	Gail George	Newsletter Facebook	Google calendar
<b>Committee</b>	Andrew Stephenson	Supports Club—events	Committee member
<b>Committee</b>	Simon Keall	Supports Club—events	Committee member

To Contact the committee members please email [president@busseltonmastersswimming.com](mailto:president@busseltonmastersswimming.com)