

BUSSELTON MASTERS SWIMMING CLUB

NEWSLETTER October 2022

President's Pen October – Richard George, Club President

Club Management

Busselton-Dunsborough Times called this week for an interview on the lack of a 50m pool in the Region. I raised our Clubs views that we required more lane space to grow and that we seek better times to swim. We also question the \$3.6m proposed IDP investment when that could be used to leverage new facilities.

Annual General Meeting is on 15th October 2022. The AGM is an important meeting for you to contribute to the way your Club is managed. We plan to swim at the GLC, like last year, then Brekky BBQ and AGM. If anyone has matters to raise or is interested in being on the Committee, please come and have a chat to me.

Club Award nominees and our 2022 winners. Any ideas – please pass on your suggestions to a Committee member in the next few weeks.

Committee

State and National Committees are proposing increases to fees, with the National component to lift \$12. The State body (\$2 increase) has written arguing that its too much. We agree and will be lobbying for a smaller increase. We will set the 2023 Fees at the AGM.

Todd advises the Clubs **SportsTG** portal will be down for a month, so no new swimmers until the new system is up. The replacement is supposed to be excellent.



Members and Social

We welcome renewing member **Julie D'Arcy** (83) and new member **Richard Firth** (84) who joined this week, just before SportsTG shuts down for 30 days.

We also wish **Ben Stone** who is heading to the Hawaii Kona Ironman, all our best.

President's Pen October – Richard George, Club President

Next weekend, October 2nd (9am) – the Social Club have the **Spring CowTown to Marg's** (and return) Bike Ride planned. PS your President attended the Thursday groups session and was impressed by the speed and kilometers peddled – his knee complained afterwards.

Meelup coast *walk-swim-lunch* was very popular and congratulations to all who made it. Did anyone see the 3600-year-old, 25 stemmed Meelup mallee. True, it's there.

Budgy Smugglers – Congratulations October winner **Suzanne R** – check the voucher soon.

Bold and Beautiful watchers will have noticed **Darryl K** and **Lesley R** are almost at their One Million Meters. Its been said one may have inadvertently missed a few on his (oops) way?

News hounds tell me **Blackwood** teams are training hard, and **Ironman** teams are being built.

Club Carnival is Over...

The inaugural **Busselton Masters Carnival** was finalized last weekend and we ate to its success at a wonderful post relay BBQ, with lots of mushrooms. The Club thanks all of you who swam and contributed to the fun and earned points for the Country Correspondence swim. This event wouldn't have happened without the many members who helped on pool deck and **Julie O'C** (who came as Marshall and starter) and **Naomi Taylor** who helped set up the e-registrations.

Please thank **Rhonda P.** and let her know how much you enjoyed it.

A Busso Club First – many of you ARE doing the Virtual Rottnest Channel Swim

Planning the inaugural **Rotto Virtual Swim** is well advanced and being arranged by **Colin H.** Please contact Colin and enter by **October 30** and pay \$15 asap. Places are limited.

Swim on as summer is nearly here - Richard George





BIG TIP on Allergic Reactions.....

If anyone has an allergy that needs to be known, please remember not everyone knows what to do.

After a recent Bee Sting I needed to be admitted to the local medical establishment. ie Busselton Hospital - thankfully 2mins away..

I am Anaphylactic to Bees, I carry 2 EpiPens.. after 1st straight to Medical Establishment If no transport available

Ring 000

If required 2nd EpiPen can be administered 20 mins later.

If you have an Allergy that requires attention. Please let us know.

I don't mean to alarm anyone but I think everyone should be aware if you have allergies.

Mon - Bee Sting

For use with adrenaline (epinephrine) injectors - refer to the device label or scan QR code below for instructions

Translated versions of this document are on the ASCIA website www.allergy.org.au/anaphylaxis#ta5

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy seek medical help or freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline injector
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before severe allergic reactions (anaphylaxis)

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



2 GIVE ADRENALINE INJECTOR

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

IF IN DOUBT GIVE ADRENALINE INJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

How to give adrenaline injectors

Refer to device label or
scan QR code below:



ALWAYS give adrenaline injector **FIRST**, if someone has **SEVERE AND SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice), even if there are no skin symptoms. **THEN SEEK MEDICAL HELP.**

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this first aid plan for the person with the allergic reaction.

Adrenaline injectors are given as follows:

- 150 mcg for children 7.5-20kg
- 300 mcg for children over 20kg and adults
- 300 mcg or 500 mcg for children and adults over 50kg

Newsletter Editor and Social Corner - Gail George

The Social Organisers

Darryl K., Tess M. Sue H, Colin H, Steve G and Gail G.

We are already working on the summer program, the swims have been listed with known dates so far by Open Water Captain Colin H., as well as some winter and spring social events.

Things Coming up

Bike Ride Cowaramup to Margaret River

Always popular. Meet at the Cowaramup Men's Shed 9am start Distance 13km to the Hairy Marron Café 69 Bussell Hwy, Margaret River for morning tea Then return to Cowaramup Mountain bikes with thicker tyres preferred. See page 3 Newsletter.

Pot Luck dinner and Talk by Donna Stephenson

Donna is going to talk about Health and Fitness for us all. If you have any questions or things you would like covered in the talk please email Donna at president@busseltonmastersswimming.com
See the advert in the newsletter page 4

AGM and Bacon and Egg Burgers

Club AGM 10am Saturday 15th October 2022
Geographe Leisure Centre after our Saturday Swim
Remember to bring some \$\$\$

We are having a raffle with one of Mon's fantastic Advent Calendars.

Busselton Masters Swimming Club - Social & Events Calendar 2022

Month	Activity	Details
October	<ul style="list-style-type: none">Bike Ride Cowaramup to Margaret River The Hairy Marron Coffee ShopClub AGM + Bacon and Egg Burger Breakfast GLCBSLSC Donna Stephenson Talk and Pot Luck Dinner Night Busselton Surf Lifesaving ClubBlackwood Marathon Weekend	<ul style="list-style-type: none">Sunday 2nd October 202215th October 2022 10am22nd October 202229th October 2022
November	<ul style="list-style-type: none">Ceinwen RobertsWOW Swim Koombana Bay 500m, 1.25km, 2.5km, 5km, 10kmAugusta Swim and Pub LunchWetlands Bike Walk	<ul style="list-style-type: none">Date tbc NovemberSaturday 26th NovemberTbc November SundayTBC November Sunday
December	<ul style="list-style-type: none">Busselton Ironman FundraiserBMSC Christmas Windup Busselton Foreshore Swim and BBQ BYOChristmas Day Swim 8:30am	<ul style="list-style-type: none">Sunday 4th December18th December 4pm25th December 8.30am



The Hairy Marron

Bikes | Food | Coffee

Bike Ride Cowaramup to Margaret River

Sunday October 2nd 2022

Meet at the Cowaramup Men's Shed

9am start

Distance 13km to the Hairy Marron Café

69 Bussell Hwy, Margaret River for morning tea

Then return to Cowaramup

Mountain bikes, thicker tyres preferred.



Pot Luck Dinner and Guest Speaker

Our very own Secretary, Coach and Club Member

Donna Stephenson

Donna started her working life as physiotherapist and has worked with a range of national sporting teams and managed research at the Australian Institute of Sport in the 1990s.

Donna is very interested in staying as fit and healthy as possible as the numbers tick over ever more quickly. Donna is doing further study to be able to coach strength training for older athletes, particularly post-menopausal women. Come along and find out what will give us the best health span to stay active swimming, cycling and more.

If you have any questions Donna can research and talk about, please send Donna an email on gadgetgirl61@gmail.com

Talk Topic:- Health and Fitness Is Swimming Enough!



Saturday October 22nd 6pm
Location, the Busselton Surf Lifesaving Club
Barnard Park 21 Foreshore Parade, Busselton WA 6280

Please bring a dish to share
It could be a casserole, salad, vegetable dish or dessert!

Tea and Coffee provided
BYO drinks

Annual General Meeting

Club AGM 10am Saturday 15th October 2022

Geographe Leisure Centre after our Saturday Swim

Bacon and Egg Burgers Included

Bring \$\$\$...we have a raffle!

AGM Raffle of Advent Calendar.

The Raffle will have to take place at the AGM as the Advent Calendar has to hang by the 1st December.

\$1 a ticket .. Bring your \$\$\$\$ This year's will be different again.

It's not quite ready yet but no two will ever be the same. But my choice of theme this year is Puppy Dogs!

You might get a Sneak Peak in a week...

Next Committee Meeting

Time 6.00pm Busselton Surf Lifesaving Club

Wednesday 19th October 2022

Any Agenda Items please direct to our Club Secretary

president@busseltonmastersswimming.com

Prescription Goggles



**Prescription Swimming Goggles are
available from Specsavers in Busselton, or online from
other retailers, and probably other retail outlets locally.**

**There are plenty of brands to choose from. I use Leader Goggles, Blue in +4 around
\$80.00**

**This allows me to see with clarity when swimming. I can even read the notes Trish pre-
pares!**

**I can see the fish in the lagoon watch the surfers. Without them, it is pretty much in a
blur!**

**If you wear glasses, the exact script can be made up (more expensive)
or you can buy off the rack +1 to +6**

Your optometrist will be able to advise you on the strength you require.

There is loads of information on line as well.

Meelup Walk

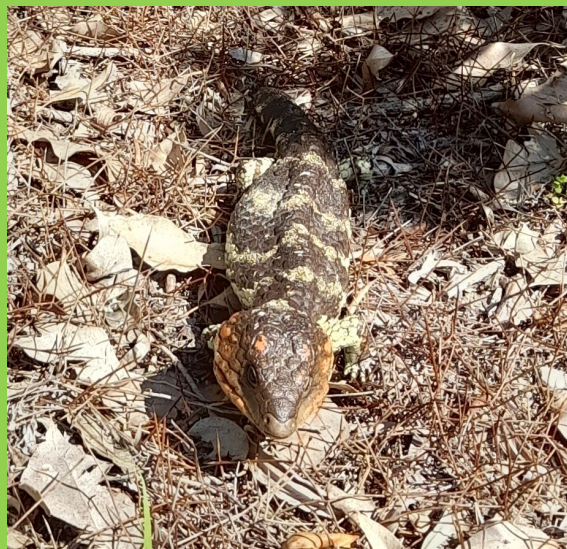
Good turnout with 20 walkers enjoying the spring sunshine and a gentle 7km scenic return trip spotting orchids along the way.

Sightings along the track were a bit scarce but least one whale was seen on our return to Meelup.

Numbers grew to join in a perfect clear and warm Meelup swim and after a BYO picnic lunch.

Thanks to Darryl Kelly for suggesting this one & those on the social committee that organised it.

A lovely way to spend a morning – fun, fitness & friendship.



Wheels and Peddles September 2022

Thursday Bike Riding Adventures

Keep in touch via messenger

The peddling adventures continued through the whole of September ,with a variety of weather conditions. From superb Sunshine on one day to Sunny bit cold on another day, to Cloudy, Windy and Rain on other days..

First day of Spring was a stunner. Bit of a chill still in the air, but perfect conditions for a bike ride. Only once to Dunsborough this month.. Trish Andrew and Mike went. Coffee and back again. The other rider went to Abbey and back.

As usual a variety of riders, heading towards a variety of coffee stops, to a variety of punctures. Coffee always follows at one of our favourite haunts.

Magpie Vasse, Par 3 featured a few times this month as they have a fabulous set-up, they are very friendly, coffee is good, and “The Barn” has a fireplace and a couple of heaters. And so convenient. Great destination is Par 3.

Lets see what October brings. Starting off With Cowaramup to Margaret River Ride on the 2nd October

There's always a little tale to be told on the riding adventures:



Wheels and Peddles September 2022

Little Tip

Buy a new tyre replacement kit, quite useful when a flat happens and the spare tyre hasn't got a hole in it!

Andrew H had a flat on one of the September rides, he had a spare, phew! Unfortunately his spare had a puncture! Now the weather wasn't fabulous, and after a bit of stuffing around, Andrew rang a Taxi. I was on my way to pick him up but then the Taxi arrived and put Andrew and his Bike in the back and took him home. Onya Andrew! Glad you got back safely.

Be prepared and ready for the spring time weather

SUNSCREEN, TYRE KIT, FLY NETS,

CHECK YOUR BRAKES,

The reptiles will be on the move

Mobile phone

If you can, if you want to

Meet at Dolphin Road, West Busselton,

9.00am Thursdays

Time may change from Nov to 8.30 TBA

Spring is here & Christmas is getting closer!

Here's a thought, buy someone a Tyre Kit for Xmas



Colin Holden our Club Captain Open Water Swims has put this together
Preliminary Dates for 2022 / 2023 OPEN WATER EVENTS (DRAFT)

DATE	EVENT	LOCATION	DISTANCES	TYPE
Following Swims are all Local – Day trip only				
Sat 26/11/22	WOW series	Koombana Bay Bunbury	500m/ 1.25km /2.5km/5km/ 10km	Ocean Solo
Sunday November	Augusta Swim	Flinders Bay	@1KM	Ocean Social
Sat 21/01/23tbc	Margaret River Ocean Swim	Gnarabup	1KM	Ocean Solo
Sun 12/02/23	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams / Solo
Sat 25/02/23tbc	Barretts Swim-Thru	Bunbury	1.6KM	Estuary Solo
Sun 12/03/23	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 18/03/23tbc	Steves nominated time	Busselton West St Nets	850m / 1.7KM	Ocean Solo
Sat 8/04/23	Bay Swim	Gracetown	1KM	Ocean Solo
During JAN FEB 2023tbc	Virtual ROT-TO	Busselton	New event 20KM Accrued distance or 10xperson team 2KM each	Ocean Solo Teams
Following Swims venues further away so probably involve overnight stay				
Nov 2022 – Mar 2023	WOW series	www.wowswims.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2022 – Mar 2023	OWS series	www.openwaterswimming.com.au/events/	500m up to 10KM	OWS



BUSSELTON JETTY SWIM

SATURDAY 11TH + SUNDAY 12TH FEBRUARY 2023



2023 **EVENT**
**IMPORTANT
BALLOT DATES**

1ST OCT, 6:00 AM - BALLOT OPENS
9TH OCT, 11:59 PM - BALLOT CLOSES
17TH OCT - ENTRANTS NOTIFIED BY EMAIL

Our event will again be using a ballot system for swimmers.

The Ballot entry dates for noting in your diaries:

Sat 1st Oct 6:00 am Ballot opens

Sun 9th Oct 11:59 pm. Ballot closes

Mon 17th Oct All entrants notified of ballot results by email.

No need to panic as you have 9 days to nominate your ONE only entry. On closure of the ballot period, a random draw will shuffle all ballot entries into an order for offers and waitlist. Following closure of the Ballot, anyone found to have duplicate entries (including team members) will be removed from the Ballot and banned from the event for a period of two years. If the duplicate Ballot registration is a member of a team, that team will not be eligible for the Ballot and the person/people with duplicates will be banned for a period of two years.

For more information, go to

UPDATE ROTTO Virtual Swim 2023

Distance options to suit all abilities

23 SWIMMERS ALREADY REGISTERED

STILL TIME FOR MORE TO SIGN UP

Want to be in it?

Here is How – Do something about it TODAY

Put your name down with Colin and pay \$15 cash.

OR email colinholden968@gmail.com & pay \$15 EFT Busselton Masters Swimming Club BSB:306-005 A/C 2244329 Notation 'Surname Rotto'

Save the dates:- Final weekend Saturday 18th and/or Sunday 19th to do the open water team swim – **Most swimmers are opting to accumulate the 20kms over 4 weeks from Sat 21st Jan but everyone who can should swim with the teams on the final weekend of fun and presentations.**

Do this **before 30th October** and you are in it.

More details later:-





ROTTO Virtual Swim 2023

WHAT: A chance to be a part of the South32 Rottnest Channel Swim

WHEN: Sat 21st Jan to Sun 19th Feb 2023 (FOUR WEEKS)

WHERE: Usual beach at West St nets and / or other open water locations

RULES:

- ♦ **20 KM** Swim as SOLO / DUO / FOUR or 'NOVELTY' TEAM of TEN
- ♦ Plenty of options to complete the distance.
- ♦ First decide to go
 - ♦ SOLO or organise yourself into a
 - ♦ DUO or
 - ♦ FOUR- person team OR nominate to be part of
 - ♦ TEN-person team.
- ♦ SOLO SWIMMERS can choose to do accrued distance over FOUR WEEKS.
- ♦ All other TEAM SWIMMERS to complete the whole 20KM over Final Weekend Sat & Sun 18th & 19th Feb.
- ♦ 'NOVELTY' TEN-Person Teams to swim 2km each Sat 18th Feb

PRESENTATIONS: Social Function time & venue to be advised for Presentations
On completion participants awarded medal & certificate

COST: \$15 per person to enter

HOW: Names with cash to Colin or Email colinholden968@gmail.com



& pay EFT to Busselton Masters Swimming Club
BSB:306-005 A/C 2244329 Notation: *Surname Rotto*

Entries with payment by 30th October



COACHES CORNER

Things are changing over summer as we go back to the Ocean Swimming

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 last day 28th November

Peter Pavlinovich, then Steve Gibson Training Tuesday Nights 7pm to 8pm

Andrew Sexton Training Wednesday Afternoons 2.45pm-3.45pm ongoing until demand drops off

Andrew Sexton Training Thursday Nights 7pm to 8pm

Andrew Sexton Training Saturday 8.45am to 9.45am last Day 15th October AGM Day

Saturday Open Water Swimming Commences

22nd October Saturday Swimming at the Nets 8.30 am

Kareena Preston MSA will be visiting Busselton 25 October as the following:

- Tuesday 10.30am social swim at Yallingup
- Tuesday 7-8pm GLC pool training. Normal coach roster. Kareena will be observer.

Remember Bring Your Fins to Training

YALLINGUP LAGOON SOCIAL SWIMS

**WEEKLY ON TUESDAY TOES
IN AT 10.30AM**

**A Cuppa Afterwards at the
Yallingup Store!!**



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@busseltonmastersswimming.com

Caps

**If your cap needs
replacing please contact**

Todd Taylor

president@busseltonmastersswimming.com





Please Support our Sponsors

The Equinox

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



**BOLD AND
BEAUTIFUL**
SWIM SQUAD MANLY



Bold and Beautiful

Swimmer of the Month

to the lucky August winner... Suzanne Reynolds

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.



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

To Contact the committee members please email president@busseltonmastersswimming.com