

BUSSELTON MASTERS SWIMMING CLUB

NEWSLETTER DECEMBER 2023 & JANUARY 2024

President's Pen – Richard George, Club President

Club 2023

Club Membership is 114. We welcome **Kathleen O'Shea** and **Ben Townend**. Members, please introduce yourselves and contact **Todd Taylor** to collect your **Equinox** sponsored swim caps.

Club 2024 – Annual 12-month membership opens on December 1st. This is for all members to renew membership (except 16-month members who have recently joined). Please renew in December to ensure you're a Club member, have insurance and also chance to win monthly Bold and Beautiful.

CCC—Busselton Masters 2023

We won the CCC trophy for 2023. Notably only 2 Clubs entered. Well done to everyone who swam and Julie for event management. Lets go for 2024!



Above Solo 20km swimmer Simon and support paddler Ash, support paddler Julien didn't make the photo

Left—Bronze Flaillers, Brendon, Richard, Tom, Brett, Todd.

President's Pen continued – Richard George, Club President

GeoBay Cool Water Classic. I want to reflect on the new "Classic" (11/11/23). It was a rough day, with strong ESE blowing.



Above Russell, Tess, Lindsay and Peter, with paddlers Colin and Brian (plus paddler Richard Stubbs insert!)

However all 3 teams associated with the Club, their paddlers and our solo – Simon Keall completed the event. As you may have seen Tricia Miller was Queen of the event. A special thanks also to MSWA staff CEO Sue Gliddon and Hannah Lawton for coming down to advertise Masters. Each of the swimmers faced a few challenges as we all learned about the day and adapted to the conditions. I'd also make special note of new Club member and organizer, Sam Moore, who went out of his way to help members. Sam invited 7 Oceans ultra distance swimmer Andy Donaldson to GBYC, which followed a swim with our swimmers at King Street and drinks supported by the event. Any event feedback – let me know, or go on the event website.



Above Peter and Paddler Brian Geobay Swim

President's Pen continued– Richard George, Club President

Swims

RESTART 2023. Steve and his team are coming up to the last Sunday session of RESTART. This Saturday, 2nd December, some of them are coming to **KING St** for our revised location, Ocean swim. Make them feel welcome as it maybe their first ocean swim in a while.

At all ocean swims, like this Saturday 2nd December, remember arrive ahead of time, and use our new safety procedure and buddy up with someone who swims about your pace and distance. Get in and out with your friend/s and ensure no one is left behind. Any issues, talk to the Coaches.

The coffee stall is now open at King Street for the Ironman weekend, but parking will be difficult, and you will likely need to park along King Street at the oval. I understand Yacht Club is also sailing.



Tess and Peter getting ready



The easterly wind made conditions testing at the Geobay Swim

President's Pen continued– Richard George, Club President

Ironman

Club support has been terrific for the **Ironman** this Sunday, 3rd December – thank you for your time – with 34 members and a few friends making all the difference. It is always a long day, and we are very grateful. Your efforts increase the Club funds by at least \$2000 and enables us to meet the gap between membership fees and all the services we provide.



Andrew H has done a wonderful job, supported by Gail G. Also Naomi T – who developed the link to register. The Shifts are as notified by the Club. Some early Ironman times were incorrect. Its Early 5:30-9:45, Mid 9:45-2pm; Late 2-6PM. Please arrive 15-minutes ahead of your time for handover.



Albemarle has again sponsored our Clubs winter program for 2024. Richard S was successful in an application for \$1540 to deliver coaching and lane hire. This is a second-year sponsorship, with a large amount of scrutiny in a competitive field of applicants. Albemarle is one of the worlds largest lithium processors and based in Kermerton. We thank Richard for his work.

Monday and Wednesday Training

These have stopped for 2023. Please watch for a notification of when they will start for 2024! Mondays recommence 12th February .

Andy Donaldson pictured on the left, and his manager Jay far right, swam with Busselton Masters Swimmers Friday night before the Geobay Swim

President's Pen continued – Richard George, Club President

Social

Swim Calendar – look at the swims coming up. My annual favorite is the Xmas morning swim.

Christmas Party and Awards we will advise a venue shortly. This year we have the usual SportsPower awards from the Coaches and President, but a kind donation means we also have a few new ones too.



Russell and Richard (paddler) with Big smiles at the Geobay Swim

GBYC

Friday 5:00PM Social swims are running, followed by drinks at the GBYC. Social membership (\$30) and our expectation is regular attendees join – but its voluntary.



Brian Paddling for Lindsay Swimming

Congratulations to Maureen King, for the random swimmer of the month Budgy Smugglers Award. For new members, this award is \$100 and presented every month by sponsors, Budgy Smugglers. It's a great reward! Please join the Bold and Beautiful app and record your daily swims. As they add up it records your swim distance and puts you on the virtual map around Australia.

President's Pen continued – Richard George, Club President



Care and Kindness - can I thank you all for being such wonderful people. Members lives, and families intertwine in Clubs like ours, enriching our experience. However life also throws up issues of all sorts, mostly happy, but some sad. I only hear and see some of the amazing acts of kindness that happen out of the water, with support wrapped around those who need it, as the need arises. Our Club is about more than swimming.

Sunsmart Swimming

Please Read the flyer, later in the newsletter on how to be Sunsmart and avoid skin damage

Next Committee meeting is 6th December. Please talk to Committee members, or myself about issues you'd like raised. Next time you see Tess or Karen, give them a big hug as appreciation for joining the Committee too.



President - Richard George

Augusta swimmers and friends

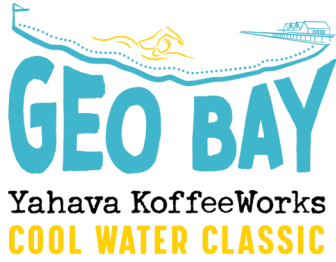


Andy Donaldson Swims with the Friday Night Swimmers before Sundowners at the GBYC

🌊 Exciting times in Busselton as [Andy Donaldson](#), the long-distance swimmer and charity champion, joins us for the GeoBay swim! 🌊

The night prior, he took a refreshing swim at King Street with club members, before delivering an inspirational talk at the yacht club. Huge thanks to the GeoBay swim organiser and Busselton Masters Club member Sam Moore, for hosting, alongside Andy's swimming manager Jay. 🙌





Geobay Swim

🎉 Huge congratulations to the incredible Tricia Miller, our very own Yahava Queen from Busselton Masters Swimming Club! 🌊👑 Tricia earned the honor of being recognized as the oldest female swimmer in the Yahava KoffeeWorks Cool Water Classic. 🌊 Age is just a number for Tricia, who exudes a teenager's energy! ☀️ Cheers to her remarkable achievement on the Geographe Bay's sandy beaches. 🏖️

[#SwimRoyalty](#) [#TriciaMiller](#) [#BusseltonMasters](#) [#GeoBaysSwim](#)





Masters Swimming WA

Country Carnival by Correspondence

2023

Place	Team		Points
1	Busselton	WBS	2,379
2	Geraldton	WGT	468



GLC (08) 9754 3600

The Geographe Leisure Centre Hours over the Christmas Period

Friday 24th December close at 12md
25th December Christmas Day Closed
26th December Boxing Day Closed
1st January New Years Day Closed





Augusta Swim and Day Out

We had an amazing morning at the Busselton Masters Swimming Club Flinders Bay Swim! 🌊

☀️ The weather was perfect, and the water was wonderfully warm. After the swim, we enjoyed a delicious lunch at the Augusta pub. Such a fantastic day with great company! 🌤️ 🍷





The Pub at Augusta
is not short on amaz-
ing food and views!





Social Membership Geographe Bay Yacht Club

Many of our members have joined this wonderful Club

There is nothing better than having a swim and sundowners at the

Geographe Bay Yacht Club on a Friday Night

Social Membership is \$30.00 per year.

You can invite 5 guests along.

The Busselton Masters are building a strong association with the GBYC, and are having our bi-monthly meetings in their meeting room.



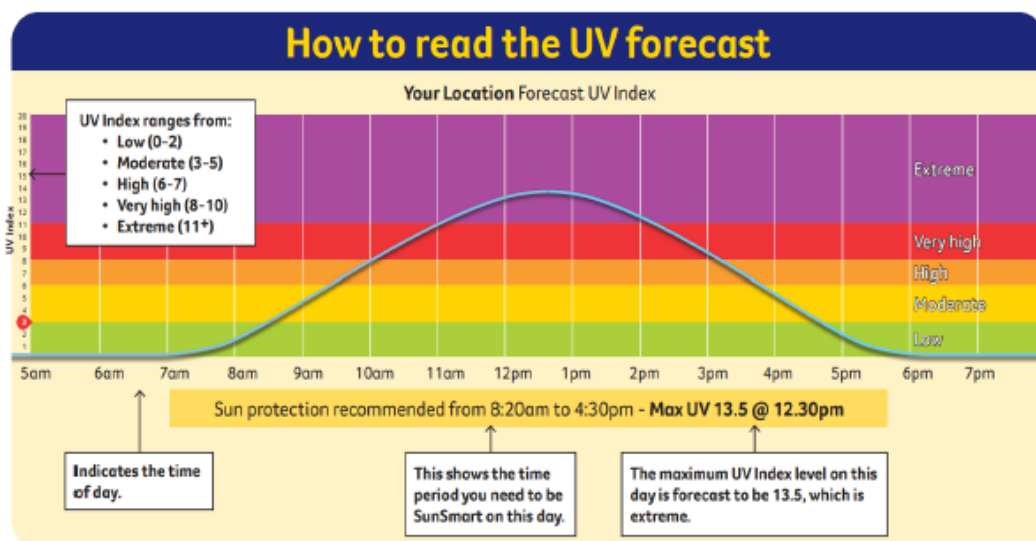
**Geographe
Bay Yacht
Club**

Junior and Adult sailing,
family friendly, Busselton
Western Australia

How to be SunSmart

Often called our 'national cancer', Australia has the highest rate of **skin cancer** of the world. Two in three Australians will develop skin cancer in their lifetime, and every year around 2,000 Aussies will die from this disease. The good news is that skin cancer is largely preventable by minimising exposure to ultraviolet (UV) radiation from the sun. Being SunSmart is a simple and effective way to reduce your risk of developing skin cancer. For your local UV forecast go to:

<https://www.myuv.com.au/?location>



There's more to sun protection than sunscreen. Protect yourself in **five ways**:



Slip
on sun protective clothing



Slop
on SPF 30 (or higher) sunscreen



Slap
on a broad-brimmed hat



Seek
shade



Slide
on wrap-around sunglasses

Find Skin Cancer Early

Common skin cancer symptoms:

- A new spot or mole on your skin that is red, pale or pearly in colour
- A spot that is different from other spots on your skin
- Any crusty or non-healing sores
- Any spots, freckles or any moles changing in size (width), thickness (height), colour, or shape

Get to know your skin and what's normal for you, particularly if you're over 40 years of age. If you notice any of these symptoms or any other unusual changes, tell your doctor without delay.

If it's skin cancer, the earlier it's found, the greater the chance of successful treatment.

Visit <https://www.findcancerearly.com.au/cancer-symptoms/skin-cancer/> for more information.

When UV is 3 or above be SunSmart.

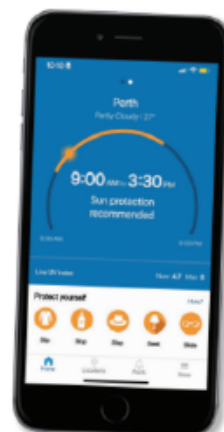
But how do you know when?

Use the free SunSmart Global UV App!

The sun's ultraviolet (UV) radiation is the major cause of skin cancer. UV cannot be seen or felt and can damage your skin on cool or cloudy days. The sun protection times tell you when UV is forecast to reach 3 and above, **that's the time to be SunSmart.**



Scan to download the SunSmart app



Download the app or go to myUV.com.au

**Swimmer of the Month
For November
presented to
Kelly Rickwood**

**Awarded to Kelly, for
awesome improvement in fitness
and excellent streamlining in
freestyle.**

**Kelly is committed to Monday
training sessions**



**Summer break now for Monday coaching sessions until Monday 12th February
– which is the Monday after the Jetty Swim.**

Big thank you to Trish for her always brilliant coaching sessions!

Busselton Masters Swimming Club - Social & Events Calendar 2023

Month	Activity	Details
December	<ul style="list-style-type: none"> Restart Nov 2023 Week 4 Busselton Ironman Fundraiser Snorkelling – The Sculpture Tour – Busselton Jetty BMSC Christmas Windup Busselton Foreshore Swim and BBQ BYO Summer Solstice Swim GBYC Sunset 7.29pm Christmas Day Swim 8:30am Busselton Nets 	<ul style="list-style-type: none"> Sunday 3rd December Sunday 3rd December Sunday 10th December Sunday 17th December 4pm Friday 22 Dec 2023, 5pm Monday 25th December 8.30am

Busselton Masters Swimming Club - Social & Events Calendar 2024

Month	Activity	Details
January	<ul style="list-style-type: none"> Gnarabup Swim (1km). White Elephant Café. Port Bouvard Mandurah CUT 2 CLUB SwimAus 2024 Open Water Championships Nationals in Busselton SwimAus Australia Day Community Swim BMSC Australia Day Swim and Drinks GBYC ROTTA Virtual Swim 2023 20 km 	<ul style="list-style-type: none"> Saturday 13th January Saturday 20th January Wednesday 24th – Saturday 27th January Friday 26th January morning Friday 26th January 5pm Saturday 20th January to Saturday 17th February
February	<ul style="list-style-type: none"> Meelup Twilight Swim and BYO Meal or Curry Busselton Jetty Swim 4pm Drinks at the Par 3 after the Jetty Swim ROTTA Virtual Swim 2023 Final Day Teams Events Barrett's 40th Swim through 1600m 	<ul style="list-style-type: none"> Saturday 3rd February Sunday 11th February Sunday 11th February Saturday 17th February Saturday 24th February
March	<ul style="list-style-type: none"> WOW Jetty to Jetty Coogee Steve's Trophy Swim Snorkelling at the End of the Jetty Bridgetown Big Day Out Gracetown Bay Swim (Easter) 	<ul style="list-style-type: none"> Sunday 10th March Saturday 16th March Sunday 17th March Sunday 24th March Saturday 30th March

Snorkelling - Underwater Sculpture Tour

Sunday 10th December

Meet at the Busselton Jetty at 10am

We will walk out together and Snorkel at 10.30am

from the dive platform at the end of the jetty

If you would like to grab a coffee prior go to the

Beach Shack Café at the Equinox at 9.30am

Bring Flippers, goggles, a snorkel and mask if you have them (not essential)

Sunscreen, Hats etc.

A trolley for carrying gear if you have one!



Christmas 2023 Windup

Sunday 17th December

Location to be Decided

4pm Swim

5pm Christmas Party



Summer Solstice Swim

Friday December 22nd 2023

Location King Street

Toes in at 5pm

Followed by Drinks at the
Geographe Bay Yacht Club

The sun sets on the longest day of
the year at 7.29pm

We need to photograph this for the
MSWA Summer Solstice competition



Happy Summer
Solstice!



Christmas Day Swim

8.30am The Nets on the Busselton
Foreshore

Followed by a Cuppa and Christmas
Treats

Tea and Coffee provided

Bring a Thermos and some Mugs if you have some
plus Christmas Treats to Share

If not we will!

Newsletter Editor and Social Corner - Gail George

The Social Organisers

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

Colin is helping out with all of the flyers! He is brilliant!

Any suggestions to us at president@busseltonmastersswimming.com

We value your input to give variety and new activities!

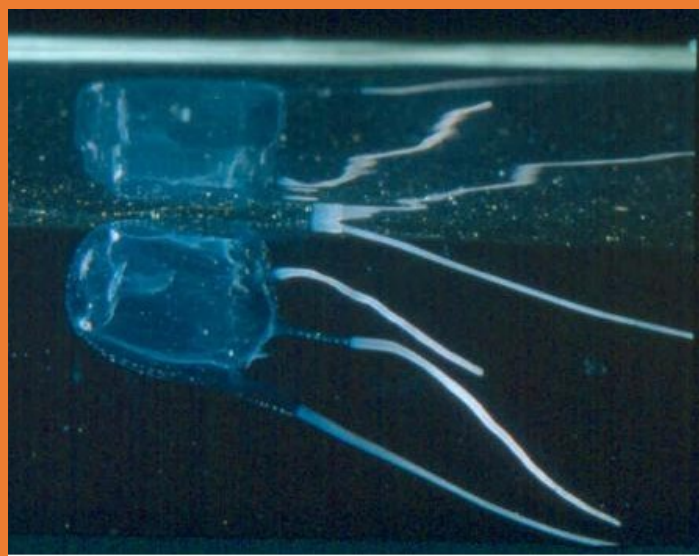
Plenty of things on the Calendar for members to participate in in the next months.

Dates Below:-

Remember to come to Yallingup and swim in the Lagoon on Tuesdays, Toes In at 10.30 am. Plenty of social chatter afterwards at the Yallingup Store!



Shop 8 67 Kent St, Busselton WA
6280



Stinger Cream

\$12.99 per tub

Available from the Discount Drug Store Pharmacy
near Woolworths in the Centre of Busselton



OPEN WATER UPDATE

Saturday 2nd December – Registration Deadline

Rottneest Virtual Swim is on again – 20km over 4 weeks Jan – Feb 2024. Register your name with Colin to be in it - more spot prizes and special awards this year.

Saturday 13th January

Margaret River Ocean Swim – usually a lovely 1km swim with clear water at Gnarabup – wave start allowing fastest swimmers to go first.

Saturday 20th January

Virtual Rotto participants start recording your swims from today.

Saturday 20th January

Need a challenge? Cut to Club is on today 2.25km or a tough 3.5km option

Port Bouvard Mandurah

<https://www.portbouvardslsc.com.au/cutclub/#:~:text=Port%20Bouvard%20SLSC%20has%20organised,next%20swim%2020th%20January%202024.>

Wednesday 24th - Saturday 27th January

Swim Australia Open Water Swimming Championships is back in Busselton for 2024. Lots of events requiring qualifying times for the speedsters and a Community Swim option on Australia Day Friday 26th distances including 500m and 1.25km laps from 1.25km all the way up to 10km.

https://www.swimming.org.au/events-results/events/2024-australian-open-water-championships#msdynmkt_trackingcontext=0dc41d6f-0073-4124-924e-f94dad931325

Saturday & Sunday 10th & 11th February

Busselton Jetty Swim weekend – Those swimming on Sunday usual early morning meeting point in front of Equinox. Jetty Swim organisers always welcome volunteers including registrations on Saturday.

<https://busseltonjettyswim.org.au/volunteers/>

Saturday 17th February


Virtual Rotto final swim today including 2km team swim. Presentations after.

DATE	EVENT	LOCATION	DISTANCES	TYPE
Sat 13/01/24	M R Ocean	Gnarabup	1KM	Ocean Solo
Sat 20/01/24	Virtual Rotto	Busselton West St Nets	Start 20KM Accrual	Ocean Pool Solo
24 -27/01/24 Fri 26/02	Swim Aus- tralia	Open Water Swim Champs Community Swim	Busselton Jetty 500m 1.25km laps up to 10km	Ocean Solo & Relays Solo
Sun 11/02/24	Busselton Jetty Swim	Busselton	600m/ 1KM relay 1.6 / 3.6KM solo	Ocean Teams Solo
Sat 17/02/24	Virtual Rotto	Busselton West St Nets	TEAMS 20KM & Finish Accrual	Ocean Teams
Sat 24/02/24	Barrett's Swim-Thru	Bunbury	1.6KM	Estuary So- lo
Sun 10/03/24	Jetty to Jetty	Coogee	750m / 1500m	Ocean Solo
Sat 16/03/24	Steve's Tro- phy	Busselton West St Nets	850m / 1.7KM Nominated time	Ocean Solo
Easter Sat 30/03/24	Bay Swim	Gracetown	1KM	Ocean Solo
More Swims for you to consider!				
Nov 2023 – Mar 2024	WOW series	www.wowswims.com.au downloadable-calendar	250m try it Up to 10KM	WOW
Sept 2023 – Mar 2024	OWS series	www.openwater swimming.com.au/ events/	500m up to 10KM	OWS
Sat 20/01/24	Cut 2 Club	Dawesville Mandu- rah	2.25 / 3.5KM	Ocean Solo
Sat 24/02/24	South 32	Rottneest Channel Swim	19.7KM	Ocean Team Solo
<i>TBA Sun</i> <i>31/03/24</i>	Aussies	Scarborough	2KM	Ocean Solo

REMINDERS ON OPEN WATER SWIMMING

Factors to keep in mind - particularly as we enter the summer season, the elements can change very quickly at this time of the year.

- ♦ Outside Ambient Temp
- ♦ Water Temp
- ♦ Sun Protection
- ♦ Length of Time in the water
- ♦ Wind Factor
- ♦ Keep in mind - Your Own Barometer
- ♦ If you get cold, alert your Buddy or Coach that swims near you, don't try and continue swimming because everyone else is. ALERT, ADVISE - turn around go back
- ♦ Make a plan to swim a achievable distance, you can always repeat the distance with your buddy, Always Advise what the plan is.
- ♦ Double Cap – you lose body heat very quickly through the top of your head
- ♦ Keep your swimming Safe and Achievable

<div> 2023/24 Season OPEN SOON #COMESWIMWITHUS</div>			
PART 1			
DATE	EVENT	LOCATION	DISTANCE
Sat 21 Oct 2023	Round 1: Leighton	Leighton Beach	500m 1.25km 2.5km 7.5km 5km
Sat 4 Nov 2023	Round 2: Bunbury	Koombana Bay	500m 1.25km 2.5km 5km
Sat 25 Nov 2023	Round 3: Coogee	Coogee Beach	500m 1.25km 2.5km 7.5km 5km 10km
Sun 10 Dec 2023	Round 4: Rockingham	Rockingham Foreshore	500m 1.25km 2.5km 5km
Sat 30 Dec 2023	Round 5: Mullaloo	Mullaloo Beach	500m 1.25km 2.5km 7.5km 5km 10km



It is on again for 2024 ROTTO Virtual Swim

Solos:- Accrue the 20km (pool and/or ocean) over four weeks
Sat 20th Jan – Sat 17th Feb 2024

Can't do Solo Accrual? Consider a Team Swim on Sat 17th Feb

Want to be in it?

Here is How – Do something about it TODAY

- Register via Email to colinholden968@gmail.com
Pay \$20 EFT (Or over the counter at Westpac) to
BusseLton Masters Swimming Club BSB: 036-123 A/C
497285 Notation '*Surname* Rotto'
- Save the date:- Saturday 17th Feb to do your final Solo
Accrual Swim any Team Swims followed by Presentations.
- Register **before Sat 2nd December 2023** and you are in it.
- More Spot Prizes & Special Awards this year!
- Briefing notes & Recording sheets later:-|





MEELUP SUNDOWNER SWIM

BYO BBQ or Spice Odysee Curry

WHEN: Saturday 3rd February 2024

TIME: Meet at 5pm – toes in the water 5.15pm

WHERE: Meelup main Car Park

BRING: BYO everything for BBQ – Public BBQs available

BYO Picnic chairs

Option to order Take away curry from Spice Odysee Van parked at Old Dunsborough boat ramp – Ring Sathish in the afternoon with your order on 0448392509 - he will have your curry ready to collect (anytime after 5.30pm)

<https://www.spiceodysee.com.au/indian-curry-van-busselton-dunsborough-margaret-river.html>

FAQ: **Are there stingers?** Yes – but often not as many as Busselton

Are there changerooms? Yes with cold water showers

How far is the swim? Up to you no set distance & Yes it counts toward your Virtual Rotto accrual

TRANSPORT: Car pooling may be possible – ask around to see who might be going

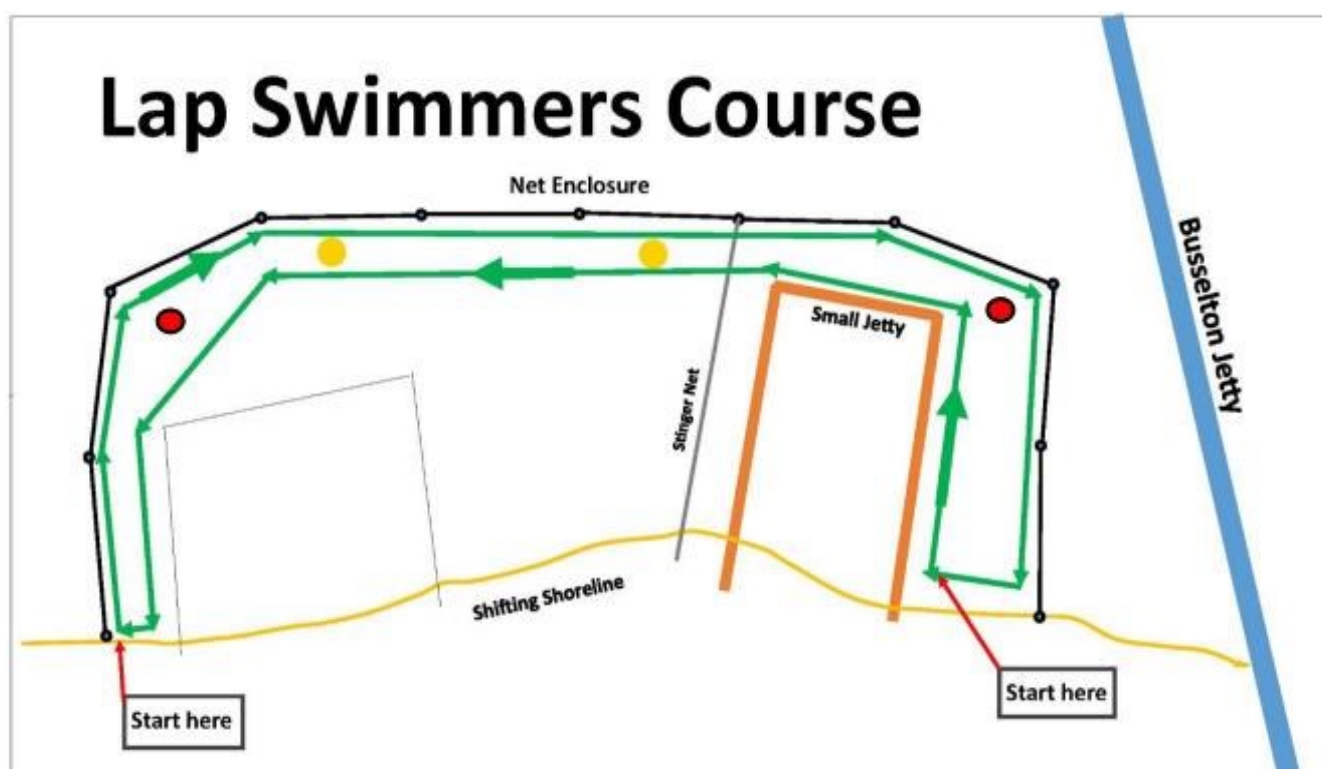




The Nets in Busselton have now been installed,
Please follow this course to save injury

Busselton Foreshore

Lap Swimmers Course



Please KEEP LEFT to avoid collision

One full circuit 900m

Wheels and Peddles 2023

Thursday Bike Riding Adventures

Club members have a weekly bike ride via a coffee spot along the way.

Keep in touch via messenger

If you would like to be added to the messenger group please email

president@busseltonmastersswimming.com

The rides always start at

Dolphin Road, West Busselton,

9.00am Thursdays

If it is hot 8.30am

What's On

Check Google Calendar for more details on the Club's Website

Click on the QR Code

[Busselton Masters Swimming Club](#)



Keep yourself up to date, to find more info is in the event when you click on them.

You can import them into your own calendar and receive reminders

Committee Meeting Dates for your Diary for 2023 and 2024

Venue Geographe Bay Yacht Club

Meeting Room

6th December 2023 6pm

21st February 2024 6pm

17th April 2024 6pm

19th June 2024 6pm

21st August 2024 6pm

16th October 2024 6pm

4th December 2024 6pm



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 of
Maureen King
A \$100.00 Budgy Smuggler Voucher

Sports Power Busselton

Give BMSC members a discount on swimming equipment including fins, goggles and bath-ers.

Please let them know when you purchase



Such a great local business with friendly helpful staff



Albemarle sponsors our winter Stroke Clinics and coaches winter's 26-week Saturday swimming sessions, including the Stroke Clinic, Andrew's coaching and the CCC event.

Thankyou to Naomi Taylor who does an amazing job on our club's website, supporting our club with IT support and knowledge.

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	Tess Martin Andrew Hembroff	Meeting secretary bussomsecretary@gmail.com Essential systems and processes, streamlining operations	Guides Executive
Treasurer	Natalie Metcalfe	Budgets / reporting, audits, planning.	Guides Club expenses, and helps set fees
Vice President Membership	Todd Taylor	Membership, Swim Central, New members first contact.	Caps
Grants Officer	Richard Stubbs	Funds, Opportunities, facilities.	Supports Club development
Coach, Coach Co-ordinator	Steve Gibson	Coaching team, Andrew Sexton, Peter Pavlinovich, Tricia Miller, Monique Gilks, Steve Gibson and Julie O'Connor helping achieve swimmers goals though skills at the GLC .	Looking to be a coach? MSWA links. https://mastersswimming.org.au/become-a-club-coach/
Club Captain— Pool and Coach Club Captain— Open Water	Julie O'Connor Colin Holden*	Leads Club pool swimming meets / events / records. Open Water Swims— coordinates Club members	Opportunities to achieve swimmers goals. Works with Club coaches.
Bold & Beautiful	Todd Taylor	Specific B&B website	Fun, Monthly prizes
Triathlon Events	Andrew Hembroff	Specific - 2 Tri Events	Fundraising Event Coordinator
Social Events	Darryl Kelly Tess Martin, Sue Hart, Colin Holden, Steve Gibson and Gail George. Karen Bull	Leads events with Committee and members support	Please all help here
Communication	Gail George	Newsletter Facebook	Google calendar
Committee	Simon Keall Karen Bull	Supports Club—events Supports Club—events	Committee member Committee member

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