



Melbourne's year-round open water swimming group

Lead Article

Fran Johnson - Dalliance with The Don



It seems lockdown has spawned an entirely new Iceberger sub-culture of continuous daily swims at RBYC.

We recently read of Iceberger Kerry Watson's amazing Run of Continuous Daily Swims (refer Iceberger News 24th December 2020). Yet, all the while, Iceberger Fran Johnson was quietly amassing a similarly impressive score such that on 27th December 2020 Fran equalled Kerry's run of 285 continuous daily swims.

We have observed Fran's determined and courageous swimming during lockdown as she has made the fabled 'yellow pole' her own...and she is still going, ably supported by her swim buddy Clive Fraser. Well done Fran!

We may need to initiate an inaugural Bradman Award should Fran reach the epoch-defining score of 334.

Left: Fran at the Yellow Pole on her 285th.

Photo credit - with kind permission - Grant Cameron

Olsen Hooper Channel Swim Winner 20th December 2020 – Greg Wallace



Iceberger Greg Wallace was first across the line for the Channel Swim event during last month's Olsen Hooper Swim Carnival at RBYC. Greg attributed his victory to: *"five years of work with the 7.30 squad and a year of intensive work racing Mick and Stewie Conlan and proven Olsen Hooper legend Mike Potter. A regime of repetitive triangles mixed with continued good humour, bantering and sledging and a daily diet of RBYC large cappuccinos.*

An unprecedented winter of spartan conditioning with no hot showers making do with running water from the hose - the joys of cold concrete in the undercroft.

Clear guidance from Head Coach Alistair Purvey and Dave Sedgwick as conditioning coach. Support from the Turk, Kerry, Barrie and Rupert – The Magnificent Seven!!"

Left: Greg Wallace crossing the line. Photo by David Brooks

New Iceberger Sub-Committee

The annual names-drawn-from-a-hat tradition (at least since 2019) has resulted in Mel Kemp, Kerry Watson and Clifford Hayes being selected as the 2021 Iceberger sub-committee members. They will replace Natalie Sparkman, Suzy Calley and Peter Grose.

Jack Hawkins will remain as a member along with Peter Strain (RBYC). Ria Bleathman will continue to attend meetings in her role as editor of the Iceberger Newsletter (although not as a full member).

Thank you to Natalie, Suzy and Peter for your valuable contributions.



Olsen Hooper Summer Cup 20th December 2020



Clockwise from top left: Ian Serpless, Mel Kemp, John Olsen, Les Finnis, Lindsay Crouch, Robbie Robertson, Don Fisher, Ted Baillieu, Ken Broadhurst, Greg Kemp, Sam Paynter, Keith Badger, Peter Homann

Photos by David Brooks. Compiled by Ria Bleathman.

The Iceberger Calendar

Date	Event
21 st February 2021	Pier to Perignon 4km Ocean Swim No. 33. Link: https://portseasurf.com.au/p2p-2021/





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Back at RBYC - The Fab Four

The Fab Four



LtoR: Icebergers Michael Conlan, Michael Lombard, Nick Desira Zoe Francis - RBYC Brighton, December 2020

LtoR: Beatles George, Paul, Ringo, John - Abbey Road, London August 1969

Back at RBYC - Yogabergers

Yoga on the Deck – Iceberger Lance Coughlan



Above: Lance during a Navasana or Boat pose.



Iceberger Lance Coughlan's early morning yoga sessions are proving to be very popular.

The 15-minute sessions are held on the outside deck at RBYC on Tuesdays and Thursdays at 06.10am irrespective of the weather which adds a freshness to the event particularly during winter.

The sessions are a great way to stretch those rarely-used muscles and to help get the blood percolating through our veins to prepare for the ocean's tempest.

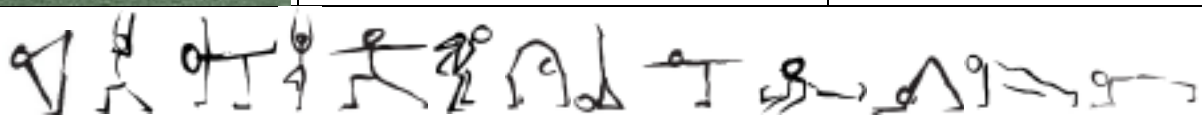
Lance is qualified in a form of yoga founded by Professor S T Krishnamacharya and has attended courses taught by his son T K V Desikachar in India. Lance has been a yoga instructor for twenty years.

The sessions are ideal for beginners. All members are welcome.




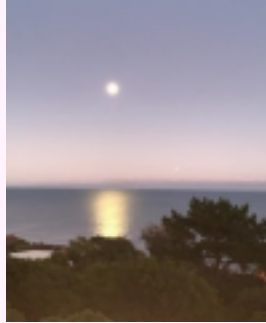
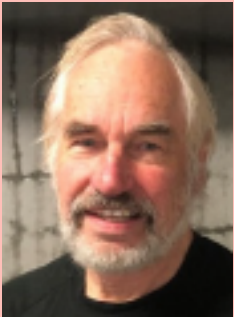
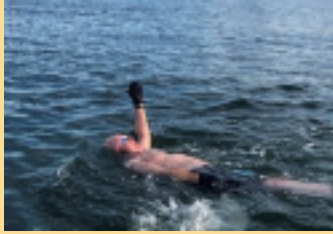

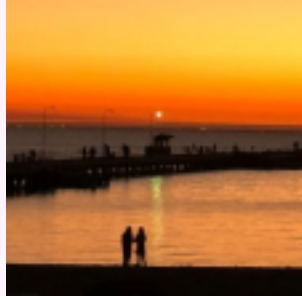
Left: Lance in a modified Vasisthasana pose.



Above: Yogabergers

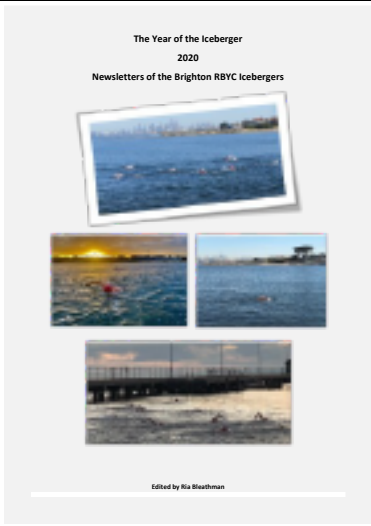


Our Grandiloquent Swimming Universe

Our Swimming Universe 2020			
 <p>Greg - News 23rd July 2020 Oracular, Delphic (adj.) Pertaining to the Oracle at Delphi, the font of all wisdom. (Ancient Greek)</p>	 <p>Nick - News 1st October 2020 Grooflins (adv.) When you're lying face down. (Scandinavian)</p>	 <p>Don and Andy - News 12th June 2020 Brumous (adj.) Grey skies and winter days filled with heavy clouds or fog. (English)</p>	 <p>Mel - News 1st May 2020 Mångata (n.) The glimmering, road-like reflection the moon creates on water (Swedish)</p>
 <p>Mike – News 29th Oct 2020 Pogonotrophy (n.) Cultivating or growing a beard. (Greek)</p>	 <p>Kerry – News 29th October 2020 Ukiyo (n.) The floating world, living in the moment, detached from the bothers of life. (Japanese)</p>	 <p>Ria – News 20th August 2020 Rosicler (n.) The glowing, pink light of dawn. (Spanish)</p>	 <p>Steph - News 29th October 2020 Opacarophile (n.) A lover of sunsets. (Ancient Latin/Greek)</p>

Each of the photos in the above mosaic have appeared in various issues of the Iceberger News during 2020. They are reproduced albeit in various languages to exemplifying how unique yet totally connecting our daily swimming habits are across all cultures and at many levels thus giving further resonance to the notion of the 'Universe of Swimming'.

The Year of the Iceberger 2020 eBook – Ria Bleathman

 <p>The Year of the Iceberger 2020 Newsletters of the Brighton RBYC Icebergers Edited by Ria Bleathman</p>	<p>Readers of the Iceberger News can access a recently produced e-Book titled <i>The Year of the Iceberger 2020</i> via the following link:</p> <p>https://epublications.snap.com.au/ebook/10049444/html/index.html</p> <p>The eBook consists of the entire collection of our 2020 Newsletters and is also available on our website.</p> <p><i>The Year of the Iceberger 2020</i> is a repository of our collective emotions, experiences and our struggles during a significant year in the history of the Brighton Icebergers. These are our stories...and there are many more to come.</p> <p>Thank you to Iceberger Warren Fisher for producing another masterpiece!</p>
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The Iceberger Calendar

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Melbourne's year-round open water swimming group

Lead Article – Portsea Swim Classic – 23rd January 2021



Above: Fran and Ken

The 35th running of the Portsea Swim Classic took place on Saturday 23rd January 2021 with Icebergers well-represented on the podium. Fran Johnson and Ken Broadhurst finished second and third, respectively, in their age groups in the 1500m Classic swim event.

Fran Johnson was also placed second and Lou Lockwood third in the 2500m Gold swim in their age group whilst Clive Fraser and Jack Hawkins finished second and third, respectively, in their age group.

Other top ten placings were Lucas Tucker, Chris Yencken (1500m & 2500m), Ingilby Dickson, Clive Fraser (1500m), Paula Giles (1500m & 2500m), Brett Davis (1500m & 2500m), Rob Robertson and Don Riddington. Well done to all!

...where's Mel...?

For those readers who noticed the absence of perennial podium-ascender Mel Kemp from the above achievers, fear not, Mel was busy on the same day on the other side of the State clocking up a victory in the **2021 Shipwreck Swim Series in Warrnambool** where she 'streeted' the field to win the Women's 1.4km Super Veteran event.

Well done Mel. It's pleasing to know that you are continuing to enhance your swimming reputation and thank you for proving that 'veterans' can be 'super' too!

Right: Super Mel



Clockwork Bananas – Ria Bleathman

Last month four Icebergers walked out of RBYC for a channel swim but were, unbeknownst to them, channelling their inner Stanley Kubrick as the following *fruiterati* comparison shows:



An awesome foursome



Iceberger's Clockwork Bananas



Stanley Kubrick's Clockwork Orange

Photo: Sam Paynter



Haenyeo - Korea's Diving Women of Jeju

The Haenyeo women harvest a variety of seaweed and other sea life in the cold ocean waters off Jeju province, Korea. Their story closely aligns to our Iceberger ways given that we both share an ability to swim in open water with little or no thermal protections against the cold.



The Haenyeo are trained from the ages of 11 to stay in the water for periods of up to one hour in average water temperatures of 13-14C in winter, often semi-naked or wearing just flimsy cotton swimwear.

After an hour, they would get out of the water and dry by a fire after which they went back into the water for another hour.

A major study in the 1970's [Hong] into the thermoregulatory responses of the Haenyeo found that they developed a habituation to extreme cold which included a metabolic acclimatization to cold stress and reduced blood flow to their hands and feet (called 'blunted cutaneous vasoconstrictor responses').

Left and below: 1970's Haenyeo



As the Haenyeo started wearing wetsuits from the 1970's their cold-adaptive abilities reduced (called de-acclimatisation) disappearing altogether after about three years of continuous wetsuit usage.

In 2016, the culture of the Jeju Haenyeo was inscribed on the intangible cultural heritage of humanity of the United Nations Educational, Scientific and Cultural Organization (UNESCO).

In a similar manner Icebergers, who eschew wetsuits for two winter swimming seasons, will have their names inscribed on the Iceberger Honour Roll which, whilst not as global as a UNESCO listing, is no less a meritorious achievement in the annals of cold-water swimming.

Beyond Blues - Annual Iceberger Fundraiser

The Beyond Blues Organising Committee, comprising Keith Badger, Alistair Purvey, Peter Homann and David Tonkin, has confirmed the annual Beyond Blues fundraising event will take place again this year with an online collection and auction. COVID19 restrictions permitting, the event will culminate in a celebratory swim at RBYC at 7.30am on Sunday 21st March 2021 followed by brunch at Keith and Debby Badger's home at 336 New St Brighton.

Last year's event was the most successful to date raising \$16,339. This year the Organising Committee is targeting \$20,000. Over the five years the event has been conducted \$54,950 has been raised by Icebergers for this very worthy charity.

Please contact Alistair Purvey with ideas for any auction items you can donate. Special food and drink items, vouchers for nights out, weekends away at holiday homes, home furnishings, sports gear and other valuable collectables are always keenly bid.

Babyberger

On December 21st, Iceberger Lupčo Talevski and his partner Beck welcomed their daughter, Allegra, into the world. All are happy and healthy and pleased to be able to announce another generation to be inculcated into the life aquatic!

The Iceberger Calendar

Date	Event
Sunday 21 st March 2021 at 7.30am	Beyond Blues fundraiser celebration swim followed by brunch at Keith and Debby Badger's 336 New Street Brighton home
Friday 28 th May 2021 at 7.00pm for 7.30pm	RBYC Trivia Night – with Quizmaster Don Warner





Melbourne's year-round open water swimming group

Lead Article

Welcome to Our New First Year Swimmer – Martin Tobin



Martin at RBYC

Started swimming with Icebergers: Spring 2020

Early years: Grew up in Malvern and Ormond.

Learnt to swim: Gloria's Goldfish Swim School in Bentleigh in the 1970s. Graduated to lap swimming at Harold Holt in the 2000s.

Open water experience: social swims at Walkerville in South Gippsland for a while but started entering events over past two years.

Best swimming experience: achieving a podium finish at the Current Cruiser swimming event at Sandy Point in early 2020 (a small field, but second place is second place I say)

How did you find us: via other new members Tim Hille and Michael Urban (Ormond Football Club friends).

Swims with: Tim Hille, Michael Urban and Fran Johnson - 6.45am Wednesday and Friday and 8am on Sunday.

Favourite route at RBYC: Yellow pole and back.

Swimming goals: to buy a house in Brighton and swim every day so I can keep up with Tim, Michael and Fran.

Interesting factoid about you: I used to bury people for a living.

Portsea Swim - 4th February 2021

Portsea Swim - 4th February 2021



Photo: Jeff Doube – Portsea regular

On Thursday 4th February 2021, a group of Icebergers met other regular Portsea swimmers for two memorable swims. One pod swam a 'Double Pointer' - a 2.4km course starting from the Portsea Pier to Point Franklin, south to Police Point and return, whilst the other pod completed a shorter swim.

Both swims were followed by the time-honoured Iceberger tradition of a coffee and chat.

LtoR: photographed before their swim, Icebergers Don Warner, Andrew Mulholland, John Philpot, David Lane, Chris Yencken, John Scanlon and far right Jack Hawkins. Don Casbault, a Portsea regular is on Jack's right.

Letters to the Editor

Doug Weir - January Water Temperatures

I have been taking the water temperature for around 20-25 years. This is the first January I can recall when the temperature has struggled to reach 21deg.C. Normally we would have a few days at 24 degrees C or above. The average January water temperature this year is possibly 2-3 degrees lower than normal.



What is a Figgie?

I recently received an anonymous email from a reader of our Newsletter, possibly UK-based, who asked the following question:

Dear 'Editor from Hell', I am really enjoying your newsletters from the website. I think you are doing a wonderful job! But I have a question: What is a "Figgie"?

Given I am a relative 'newbie' Iceberger, may I ask anyone in-the-know to provide me with an authoritative response to this question for inclusion in the next edition? Thank you in advance.

Miscellanies - Mr Cavill's Great Swim

as reported in the Sydney Morning Herald, Tuesday 4th March 1879

On Saturday 22nd February 1879, a Mr Fred Cavill completed a remarkable 18-mile swim down the Yarra River which was considered the longest and fastest known swim in the colony at the time.

As the newspaper report stated: "*Mr Cavill swam the entire distance on his right side*" [the Australian Crawl stroke still decades away]. His achievement was attributable to his "*great muscular strength, the mechanical precision of his leg stroke, the clock-like regularity of all his movements, his endurance, and British pluck*".

His swim started at mid-day at the Johnson Street bridge then "*past the deep pool at the Abbotsford quarries thence to Studley Park Bridge...then Simpson's Road Bridge*". After 4 hours of swimming he took a raw egg mixed with cocoa at the Church Street bridge. He then swam past the foot of Punt Road where "*another raw egg in cocoa was administered*". Along the way he was "*seized with an attack of the cramp*" but this "*did not incommode him...and...it left him after a few vigorous strokes*".

Mr Cavill reached Prince's Bridge at 25 minutes to 6pm where two of his children swam out to meet him "*amid the deafening cheers of an immense crowd*".

Mr Cavill wrote to the *Argus* newspaper on 27th Feb 1879 that his achievement on the Yarra "*...is likely to inspire love for swimming and thus advance the cause of cleanliness and life-saving in the colony*".

Babybergers

Iceberger Nick Dorman and wife Ashley welcomed their second son Myles into the world on 28th January 2021 - a younger brother for Julian and another inductee into the life aquatic.

Curglaff – Ria Bleathman

I recently stumbled across an old rarely used Scottish word specifically referencing our Iceberger ways.

The word is **curglaff** which means 'the shock felt when one first plunges into cold water'. According to The Writer's Studio the word is so little used it is considered endangered.

There is an oblique reference to *curglaff* in literature from a 1737 poem by William Meston:

*Curgloft, confounded and bumbaz'd,
On East and West, by Turns, he gaz'd.*

The word resurfaced in the Georgia Chess Magazine over the sudden death in 1884 of renowned New Orleans chess player Paul Morphy who "died from curglaff" after taking a bath [swim] on a hot day.

Lockdown 3.0

Melbourne's *graffiterati* comment on our third lockdown:





Melbourne's year-round open water swimming group

Lead Article – The 33rd Pier to Perignon Swim 21st February 2021

This year's Covid-adjusted Pier to Perignon took place on Sunday 21st February and Icebergers were well-placed with Lucas Tucker finishing second in a field of 787.

Pier to Perignon race founders, Icebergers Ted Baillieu and Robbie Robertson, competed their 32nd and 33rd swim respectively in this race. [plus one winter swim for Ted]. Well done to all.



Spot the Bulldog - starting line P2P 2021. photo: Sam Paynter

Iceberger placings included:

Pos	Name	Time
2	Lucas Tucker	33.31
26	Romney Jones	37.25
45	Chris Yencken	38.55
74	Lindsay Crouch	41.15
97	Amanda Donohoe	41.06
103	Antony Lynch	42.45
162	Brett Davis	42.45
191	Tim Hille	43.08
194	Ken Broadhurst	43.12
209	Clive Fraser	43.26
220	Peter Grose	43.38
229	Simon Mezger	43.52
231	Paula Giles	43.52
266	Jack Hawkins	44.32

source: my.raceresult.com for more results

The Answer is Blowin' in the Wind – Paul Pascoe



The recent News article about the Melbourne *graffiterati's* comment on 2020 and Lockdown 3.0 prompted our immediate-past Commodore Paul Pascoe to provide an equivalent *vexillologist's* comment on 2020 as follows:

This photo (left) is of a flag string flown during RBYC's very late Opening Day sail-past in December last year.

A little hint for non-vexillologists....reading from the top, the first letter is "F" and the fourth letter is "K" and the final four flags are the numerals 2-0-2-0.

The name of the boat flying this string during the RBYC sail past in December last year shall nameless - but the message is loud and clear!

Iceberger Honour Board – Jack Hawkins (Iceberger sub-committee)

The following members have swum two winters without wetsuits to earn the title of 'Iceberger' and will now be listed on the Iceberger Honour Board. Congratulations to the following:

**Stuart Conlan
Alex Afshar
Romney Jones**




Becoming an Iceberger

Becoming an Iceberger is earned via a two-step process. Swimmers who complete their first season of regular winter swimming at RBYC without a wetsuit are elevated to 'first-year swimmer' status.

Those first-year swimmers who swim a second winter at RBYC without a wetsuit are then elevated to the full status of Iceberger and listed for perpetuity on the Iceberger Honour Board.

What is a Figgie?

	<p>Reader's responses to a recent question in the News: <i>What Is a Figgie?</i> resulted in widespread agreement that 'Figgie' is a shortened form of the acronym FIG-JAM and apparently first used by Peter Homann.</p> <p>Your intrepid Editor Googled FIG-JAM and came up with <i>fig</i> and <i>jam</i> biscuits (Left) which of course couldn't explain the true Iceberger etymology of 'Figgie'.</p>
<p>The 'whispered' version of the meaning of FIG-JAM which is 'F*ck I'm Good - Just Ask Me' and so the great question of <i>What is a Figgie?</i> is hereby resolved. Does this mean that <i>Figgie</i> is now a word?</p>	

Mr Cavill's Great Swim on the Yarra 1879 - Post Script

It seems Mr Cavill (refer News 18th February 2021) is no mere footnote of Australia's swimming history. He was, in fact, the famous Fred Cavill later to become known as 'the Professor of Swimming'.

Fred Cavill's memorable swim down the Yarra River was completed just weeks after his arrival in the colony from England in February 1879. Three years earlier, he attempted only the second swim across the English Channel (after the inaugural swim by Captain Webb on 25 August 1875) being dragged from the water 3 miles from the finish line. On his second attempt a year later he failed to reach the finish line by a mere 220 yards. It would be another 30 years for the next successful crossing of the Channel in 1911 after 80 failed attempts by a variety of swimmers in the meantime.

In 1884 Fred Cavill published a pamphlet *How to Learn to Swim* which outlined his theories on 'natations' and he established the first floating baths or 'natatoriums' in Sydney.

Fred was the father of the famous swimming Cavills. His son Arthur Cavill is credited with originating the Australian crawl stroke and his other son Sydney Cavill was the originator of the butterfly stroke. His youngest son, Dick Cavill was the first to use the crawl stroke in a competition and, in 1902, was the first person to swim 100 yards in under a minute.

Fred's three daughters, Madeline, Fredda and Alice were all accomplished swimmers and instructors. Six members of the family were jointly-inducted into the International Swimming Hall of Fame in 1970. It is noteworthy that the Cavill swimming dynasty started on our upside-down river in 1879!

Letters to the Editor – Greg Kemp

Your article on Fred Cavill swimming the Yarra brought back many memories. I've known about him since I was about 7 years old because I learned to swim at North Sydney Olympic Pool in Lavender Bay. My father learned to swim there when he was young and used to wax lyrical about Cavill. I stay at Lavender Bay when in Sydney and walk to the North Sydney Olympic Pool for a nostalgic swim and pass the memorial to Cavill.

I will be in Lavender Bay in less than a month's time again so will again remember my father's words extolling Cavill.

I used to play water polo at all these old Sydney Harbour pools for Manly Boys High School which is why your article on Cavill brought back many pleasant memories.

The Iceberger Calendar

Date	Event
7.30am Sunday 21 st March 2021	Beyond Blues fundraiser celebration swim followed by brunch at the Badgers 336 New Street Brighton. Donations and auction open online tomorrow!






Melbourne's year-round open water swimming group

Lead Article – New Iceberger Stuart Conlan

Welcome to Our New Iceberger – Stuart Conlan	
	<p>Started swimming with Icebergers: February 2017 Early years: Brighton / Bayside Learnt to swim: King Club Open water experience: Originally Brighton Baths Best swimming experience: Finishing ahead of the old boy 'dad' most weekends 😊 How did you find us: Family Swims with: 7:29 Group - Saturdays & Sundays (depending on social the calendar) Favourite route at RBYC: Triangle Swimming goals: Pier to Perignon / Portsea Classic Interesting factoid about you: Lived bayside for 30+ years. Mad Brisbane Lions Fan - fortunate to witness the greatest team of this Millennium 01,02,03.</p>

The Flying Doctor	
	<p>On the 20th February 2021, Iceberger Mel Kemp won the Port Campbell leg of the three-race ShipWreck Coast Swim Series (Warrnambool, Port Fairy and Port Campbell).</p> <p>Mel was placed a meritorious second overall in the female Super Veteran category for the series after having also won the Warrnambool leg on 23rd Jan 2021.</p> <p>Well done Mel!</p> <p>Left: Mel crossing the line at Port Campbell</p>

The 5.30 Club

Whilst our 5.30am Iceberger Clan (comprising Gary Liddell, David Tonkin and Doug Weir) has been swimming year-round at 5.30 each morning for decades, it seems the modern era has recently discovered that 5.30am is a 'thing' and 're-purposed' something that our Iceberger Clan has known all along.

The *new* **5.30 Club** started in 2019 in a Cronulla café as a place where 'ambitious people gather at the crack of dawn to get their day off to a productive start'. The new '5.30 Club' has now spread quickly to other cities throughout Australia. Nothing new in a 5.30 start, say early-bird Icebergers, but the packaging that goes with it shows a distinctly generational change.

The new 5.30 Club call their sunrise experience 'The Power Hour' and a 'Productivity Game-Changer' and so, it has come to pass, what is old is new again and our Iceberger 5.30 Clan members are in the vanguard of the new millennium; rockstars in fact!



The Clans of Brighton

The 17th April 2020 edition of the News included a summary of our swimming groups to record the pre-Covid19 traditions of the Brighton Icebergers with the prescient message:

‘...our strong culture...will prevail and... we’ll meet again’.

It is pleasing to report that ‘our swimming traditions’ have prevailed as we slowly emerge from the depths of our pandemic-induced diaspora. Here is the latest list of the enduring **Clans of Brighton**:

Iceberger Clan	Swimming Times at RBYC
Captains of Industry	Every Wednesday at 12.30pm. Occasionally on Monday. <u>Includes:</u> Clifford Posner, John Tregaskis, Garry Johnson, Chris Yencken, Nick Dorman, Rob Robertson, Ken Broadhurst, Don Warner, Gina Harris, Janie Zacharin, Suzy Calley, Amander Flaherty, Christina Wilhelm, Lou Lockwood, Fran Johnson.
The 7.30 Squad	Every day at 7.30am. <u>Includes:</u> Alistair Purvey, Michael Conlan, David Sedgwick, Greg Wallace, Rupert Hugh-Jones, David Urquhart, Tony Bond, Mike Potter, Kerry Watson, Barrie May and John Lochhead.
The B Team	Every day between 6.30am and 7am. <u>Includes:</u> Peter Homan, Peter Court, Keith Badger, Greg Kemp, Don Fisher, Russell Parrington, Martin Hunt, Warren Fisher, Peter Botterill, Roger Stephens, Leigh Betts, Mark Buckley, Keith Franklyn, Jack Hawkins, Bill Craig.
Chocolate Royals	Every Tuesday and Thursday at 7.00am. Weekends at 7.30am. <u>Includes:</u> Peter Maddison, Michael Lombard, Zoe Francis, Ian Scholes, Jenny Vran, Peter Miglic, Andrew Mulholland, Terry Fox.
5.30 Clan	Every day at 5.30am. <u>Includes:</u> Doug Weir, Gary Liddell, David Tonkin. Opening the gym/locker room and recording daily water and air temperatures.
Figgies	Weekdays at 6.30am. Weekends at 7am. <u>Includes:</u> Ian Serpless, Cameron Owens, Lance Coughlan, Ken Broadhurst, Antony Lynch, Lindsay Crouch, David Hallam, Michael Bruce, Ingilby Dickson, Sam Paynter, Romney Jones, Simon Mezger, Fran Johnson, Clive Fraser, Janie Zacharin.
Seven Heaven	Various locations and times agreed via What’s App. <u>Includes:</u> John Philpot, Lou Lockwood, Kathy Roberts, Jenny Vran, John Scanlon, Don Warner, Suzy Calley, Christina Wilhelm.
Eight is isoleight	Every Sunday at 8am. <u>Includes:</u> Andrew Rosengren, Nick Desira, Fran Johnson, Stephanie Desira, Sam Paynter, Libby O’Farrell, Natalie Sparkman, Suzy Calley, Christina Wilhelm, Ingilby Dickson.

A swimming buddy at Portsea – weedy sea dragon.

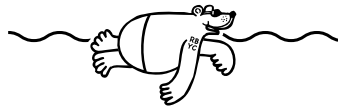
Photo: Nick Desira



The Iceberger Calendar

Date	Event
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Friday 28 th May 2021 at 7.00pm for 7.30pm	RBYC Trivia Night – with Quizmaster Don Warner





Melbourne’s year-round open water swimming group

Lead Article – Paula Giles

Welcome to Our New RBYC Swimmer – Paula Giles



Started swimming with Icebergers: March 2020. I wore a wetsuit until the water got back up to 15C degrees. Despite this, everyone was very welcoming and friendly - perhaps due to changing in the Undercroft! I hope to swim through winter without a wetsuit with the support of some hardy Icebergers.

Early years: Adelaide-born, moved to Melbourne at age six.

Learnt to swim: at the Malvern Baths by Alan Crawford, then Harry Gallagher at the Olympic Pool after winning the State Under 9, 50 yards freestyle. I stopped swimming in my 20s and didn’t go near the water until ...

Open water experience: ...I was introduced to open water swimming in 2016. Initially freaked out at the marine life. I couldn’t see the bottom and there was no black line!

How did you find us: Several AquaHawks are Icebergers so it was only natural to start swimming at Brighton!

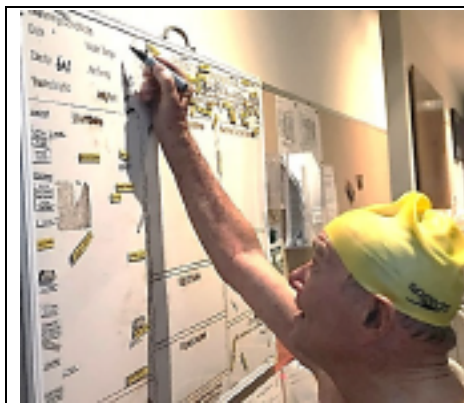
Best swimming experience: in 2018 the Messina Straights (Sicily to Italy). The Dardanelles Strait in 2019 was like touching history. 2016 Cinque Terre. Rottneest Island 2018, 2019 in a relay with Fran and Clive.

Swims with: Not part of a ‘clan’ - sometimes solo or in a group around 7:15 – 7.30.

Favourite route at RBYC: Anywhere so long as it includes time outside the marina.

Interesting factoid about you: When I was ten I won a large pink china pig at the Lilydale interclub meet.

Doug Weir – The End of an Era by Ria Bleathman



Those Icebergers who swam out of RBYC on Sunday 21st March 2021 bore witness to the end of an era in the history of the Brighton Icebergers when Doug Weir posted his final swimming conditions report - a service he has been providing to Icebergers for the best part of two decades.

Gary Liddell and David Tonkin will continue Doug’s time-honoured tradition of recording our daily swimming conditions on our safety board.

On behalf of all Icebergers, thank you Doug for helping to weave the precious fabric of the Brighton Icebergers.

A message from Doug:

“Thank you for your camaraderie, kindnesses and the good-natured ribbing you Icebergers have extended to me over many years. I have been fortunate to have known many of you for a long time. (Melinda Kemp and Jane Zacharin for 50 years).

Gary Liddell earns my ‘special thanks’. Over the past twelve months age has caught up with me. Mobility and balance have become a problem. Gary was always there at dawn with a steady hand to ensure I did not fall which could have had (in the words of my GP) "catastrophic consequences".

I have been blessed to have a long and interesting life. My happy years with the Icebergers at both the Baths and Royal Brighton Yacht Club will be among my treasured memories” – Doug

Swimming Conditions		Swimming Conditions		Swimming Conditions		Swimming Conditions		Swimming Conditions	
Date	Water Temp	Date	Water Temp	Date	Water Temp	Date	Water Temp	Date	Water Temp
TH 12/4	17.3	SAT 31/10	15.7	SUN 28/6	10.3	SUN 8/3	17.3	SAT 7/11	14.2
Clarity 90%	Air Temp 19.3	Clarity 40%	Air Temp 15.9	Clarity 95%	Air Temp 6.4	Clarity 95%	Air Temp 13.9	Clarity 60%	Air Temp 14.3
Yacht Traffic	Jellyfish 6m	Yacht Traffic	Jellyfish 6m	Yacht Traffic	Jellyfish 6m	Yacht Traffic	Jellyfish 6m	Yacht Traffic	Jellyfish 6m



Under water at RBYC – by Andrew Miller

After months of observing the proliferation of sea life around the marina (presumably due to the absence of people fishing thanks to lockdowns and the pier closure) I started to photograph my daily observations. Here are some examples of what you could find if look carefully during your next swim!



Iceberger Beyond Blues Annual Charity Event by Keith Badger

After a fortnight of mounting excitement and fierce auction bidding, our impassioned swimming community came together on a drizzly Sunday to support the Beyond Blue mental health charity.

A strictly non-competitive "smell the roses" swim was followed by a fun-filled brunch at Keith and Debby Badger's home where about 60 people with replete stomachs enjoyed an outrageous live auction led by Tom Lockwood. Total takings have set a new record of \$21,611. Thanks and congratulations go to all those enthusiastic supporters that once again made this event so special.



BB Committee after the 'smell the roses' swim LtoR: Keith, Peter, Alistair and David





Melbourne's year-round open water swimming group

Anzacs, Gallipoli and Swimming

The spirit of Anzac began in a small cove on the *Gelibolu* Peninsula in the Turkish Dardenelles during World War 1 when invading Australian and New Zealand troops started landing at 4.28am on Sunday 25 April 1915.



Above: Soldiers swimming at Anzac Cove 1915

The landing became part of the 'Gallipoli Campaign' and the ensuing eight months of ferocious fighting against the Turkish forces provided an intersect between the horrors of war and the larrikinism of the young Aussie and Kiwi soldiers.

Despite being in the midst of battle, the Anzacs did not miss a chance for a swim at the cove, sometimes under enemy fire.

Jack Buntine, a Gallipoli survivor, said in 1999: *"we used to go swimming at Gallipoli and they would be shootin' at us. You'd see bullets goin' in the water around you - but they didn't worry me. Johnny Turk was not going to stop me swimmin"*.

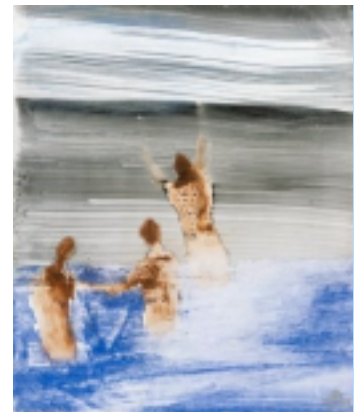
Nevertheless, swimming proved to be deadly:

"While bathing at the cove on 23 June, eight men were hit by a shell. One of them came out of the water holding his severed arm. At times, men simply disappeared - they were killed in the water".

Source: Dept of Veteran's Affairs Gallipoli Portal

Swimming amongst the bullets was further corroborated in Patrick Carlyon's *The Gallipoli Story* when he wrote *"...The Turks began lobbing shells into the sea amongst the bathers, but the men continued to swim there "* and again by Joseph Beeston in his *Five Months at Anzac* when he recounted:

"...early in the campaign we had a Turkish attack one morning; it was over by midday, and an hour later most of the men were swimming ... and sometimes they were killed in the water." -



Right: *Swimmers at Gallipoli* by Sidney Nolan
Australian War Memorial collection



The spirit of Anzac continues to find expression in our contemporary realm.

Last year Australians marked Anzac Day differently due to the pandemic. People were encouraged to stand in silence at the end of their driveways, on balconies or in backyards at 6am for a minute's silence.

Iceberger Sam Paynter photographed a Digger (left) at the end of his driveway in Brighton at 6am on Anzac Day 2020. It was one of the most compelling images of the year and exemplified the spirit of Anzac and why we are often described as a nation of unassuming heroes.



They Cried for Their Mothers
by Ria Bleathman

On each and every Anzac Day
I rise before the dawn.
To share in the solemnity
Of a nation's time to mourn.

I think of all those farm-boys
On the killing fields of France.
Smashed and shot and shattered
They didn't stand a chance.

Some cried at night for solace
In the lands of Bible Lore.
Some cried for their dear mothers
Amongst the blood and guts and gore.

I think of all those mothers
Who lost a darling son.
All for King and Country
When their lives had just begun.

We pause each year in silence
For those who bravely died.
And express in these brief moments
Our sorrow and our pride.

Yet the din of war continues
As it echoes in my head.
It's not the sound of cannon
But our weeping sons instead.



Pvt Alec W Campbell, 16 years old
Gallipoli 1915

Anzac Day Commemoration at RBYC

Each Anzac Day, the Royal Brighton Yacht Club conducts a service at the club, honouring the 477 names on the Honour Boards in the Members' Bar and, in particular, the 25 members who did not return from active service.

This year the RBYC Anzac Day Memorial Service will take place on **Sunday 25th April 2021 at 11.30am** in the Members Bar.

LEST WE FORGET



15th April 2021

© Icebergers at RBYC Melbourne Australia



Melbourne's year-round open water swimming group

Lead Article – Iceberger Martin Hunt

Iceberger Roll of Honour – #141 Martin Hunt



Joined Icebergers: March 2015 after Peter Homann purchased my membership at a Beyond Blues banquet.
Early years: my first swim was from the first landing to the shore. I struggled but after 3 stops I made it. That was the first hurdle.
Best swimming experience: Completing my first St Andrews then my first No Brainer then my first Big Yella >>> There is now NOTHING I cannot conquer. I do a Big Yella Once per year but only in perfect conditions. This year was a record time of 1 hour 32 minutes.
 All these were done AFTER I successfully completed a Lorne Pier to Pub in July coming last (45 minutes). This is something to be proud of.
Swims with: 7am group – although recently it's become a rabble due to Rocket Homann going to QLD and Keith going to hospital for R&M.
Left: Martin at RBYC. Below: crossing the line in the Olsen Hooper Cup 2020.

Swimming goals: to not get eaten by sharks or stung by jellyfish and endeavour to swim alongside some of the Brighton Figgies and be accepted into their change room conversations.

Interesting factoid about yourself: There are very few mountains I am yet to conquer in my sporting life as I have captained the school football teams (back in the very early 70's), won countless accolades as a distance runner and oarsman but I am yet to beat Warren Fisher in the change room in grooming time spent in front of the mirror.



What song is the soundtrack to your life: The Rolling Stones "Sympathy for The Devil"... I was a naughty little boy...but fortunately I eventually grew out of that (I hope!).

What makes an Iceberger: I am an Iceberger because I fear nothing. I am oblivious to pain. Sharks never enter my mind. Jellyfish are something I enjoy swimming through and give me a marathon distance event with no time limit and I am in.

What is your motto for a good life: A good life requires Good Food, Good Drink, Good Companions, Dedication, Humour and a Hell of a Lot of Good Luck along the way...I Love My Life.

The Berger In Us All – by Ria Bleathman

The recent article in the News about the Clans of Brighton has uncovered other groupings of Icebergers based on shared interests outside of swimming. These groups are recognised by the post-fix 'berger'. Have you heard of these?

<p style="text-align: center;">HIKEBERGERS <i>Bookbergers</i> BUNKERBERGERS Ladybergers Maltbergers Hambørgers Oarbergers <i>Babybergers</i> Hellbergers Artbergers <i>Tassiebergers</i> Icebergers</p>	<p>Hikebergers (bushwalkers), Bookbergers (reading group), Bunkerbergers (those from 2020 who never left the undercroft), Ladybergers, (are there gentleman-bergers?), Maltbergers (malt whisky aficionados), Hambergers (those who decamped during Lockdown to swim at Hampton), Oarbergers (rowers), Babybergers (newly-minted future Icebergers), Hellbergers (bikers), Artbergers (dark MOFO solstice swimmers), Tassiebergers (exiles from Van Diemen's Land) and, of course, the one-and-only Icebergers.</p>
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Iceberger Family Album - Brighton, March 2021



LtoR: Tim Roberts-Thomson, Peter Botterill, Ross MacDowell.
Photos: Ria Bleathman



Peter Maddison, Andy Mulholland, Rob Hooper

Silent like the 'P' in Swimming and other literary aggrandisements

The phrase *Silent like the 'P' in swimming* is used when highlighting a difficulty in pronouncing specific words that contain a letter that isn't voiced.

Such a phrase also relies on 'The Great Unsaid' of open water swimming for more effect and thereby elevating our heretofore silent traditions of clearing one's bladder whilst swimming to a higher literary form.

So, dear Bergers, when next we partake of our secretive micturitions at sea we are no longer enriching the nutrient load of the Bay but, rather, enriching the splendid language of the likes of Shakespeare and Byron.

Letters to the Editor. – from Alistair Purvey

An excellent Anzac Commemorative Edition of the Iceberger News -

“And the poetry is moral and sublime,

And in my opinion, nothing can be more fine”. – [William McGonagall 1830 - 1902]



Photo: Ria Bleathman

Clive Fraser and Fran Johnson at RBYC

The Iceberger Calendar

Date	Event
Friday 28 th May 2021 at 7.00pm for 7.30pm Bayview Room at RBYC	Trivia Night – with Quizmaster Don Warner. Please form teams of ten. Cost is \$20 per person. Book at the RBYC office.





Melbourne's year-round open water swimming group

Lead Article – Maree Paris

Welcome to Our First Year Winter Swimmer – Maree Paris



Started swimming with Icebergers: Summer 2020/2021

Early years: Brighton East.

Learnt to swim: Harold Holt in the 80's. Synchronised swimming during my primary school years.

Open water experience: I began dunking in the water at Elwood during winter and as the weather warmed, began swimming to the pole. I have now swum two events, The Portsea Swim Classic and The Cerberus.

Best swimming experience: swimming the No Brainer for the first time. The water was crystal clear and I could see all the sea life. It was magical.

How did you find us: Through my friend Kristine and Jack Mordes.

Favourite route at RBYC: the No Brainer on a calm day.

Swimming goals: To swim the 4km Pier to Perignon in 2022

Swims with: I've joined Lance a few times for yoga and swam with Jack and Kristine. Ongoing will be Tuesday, Thursday mornings 6.30am.

Interesting factoid about yourself: I play the cello to challenge my brain and, when I was 11, I won a fishing competition between Brighton fishing club and Nicholson River fishing club with the biggest bream. I was newspaper-famous for a day.

Iceberger Family Album - Brighton, April 2021



Above: Icebergers Stephanie Desira, Kirsty Webb and Jenny Vran

Left: Icebergers Lindsay Crouch front with Romney Jones (L) and Richard Owen (R)

Photos: Ria Bleathman

Letters to the Editor – Jack Mordes

I think the new swimmer profiles are a great idea. It gives me something to talk about with the newbies when we are having coffee.



Warriors of the Sea – Series One



Icebergers LtoR: Jack Mordes, Terry Fox, Greg Wallace and Rob Hooper

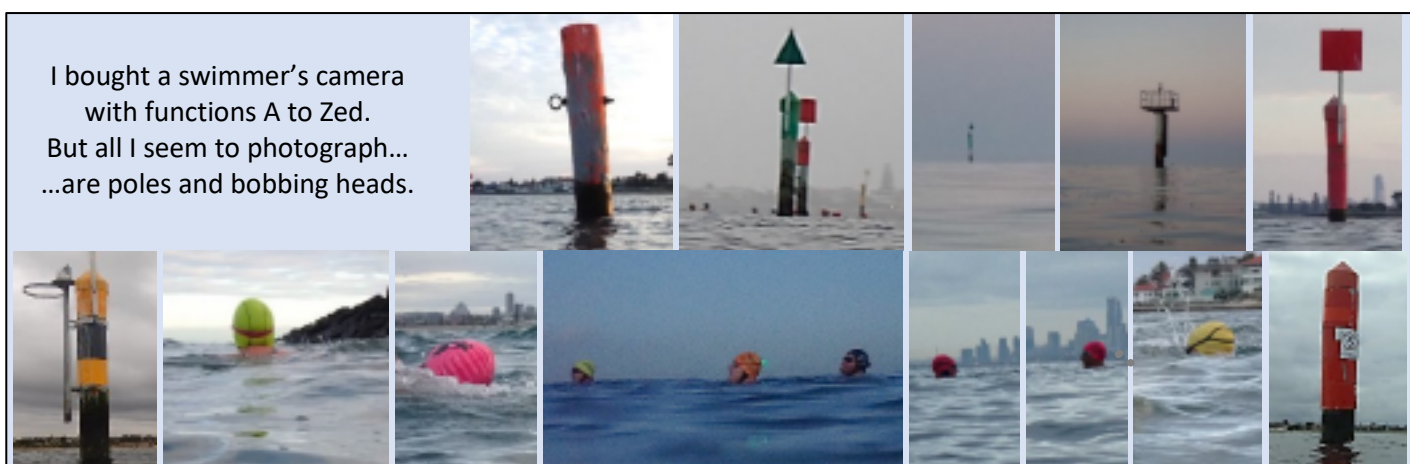
The 7.30 Group - RBYC 1st May 2021



LtoR: Icebergers Kerry Watson, Rupert Hugh-Jones, David Sedgwick, John Lochhead, Michael Potter, Greg Wallace, Tony Bond and Alistair Purvey.

A Swimmer's Camera – by Ria Bleathman

I bought a swimmer's camera with functions A to Zed. But all I seem to photograph... ..are poles and bobbing heads.





Melbourne's year-round open water swimming group

Lead Article - Kristine Dalton

Welcome to Our First Year Swimmer – Kristine Dalton



Started swimming with Icebergers: Summer 2020/21

Early years: Bayside, Sandringham and Beaumaris.

Learnt to swim: Paul Sadler in Brighton in the 70's.

Open water experience: Competed in a few events in my 20's - Pier to Pub and Portsea Swim Classic. Took 20 years break then dipped my toe in the water with the Portsea Swim Classic Tribe event and Cerberus event in 2021.

Best swimming experience: The Portsea Swim this year was a highlight because it gave me and my swimming buddies a goal that launched our new/renewed passion in swimming

How did you find us: Jack Mordes introduced me and my fellow swimmers to the charms of the RYBC, the multiple swimming routes, the steam room, hot showers and friendly members.

Favourite route at RBYC: Around the boats on a calm day.

Swims with: new members - Maree Paris, Brigid Cotterill, Natalie Michelli, Justine Gallagher, Anneliese Luz and Nicolle Guzik.

Swimming goals: To keep going when the temperature drops (I know that's the idea).!

Interesting factoid about you: I once spent a day working with Shane Gould when she was promoting the Sydney Olympics. My tasks included holding, and keeping safe, her many medals from 1972 – I never expected to get that close to Olympic Gold.

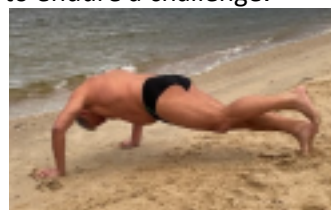
The Victor – by Joe Tsalanidis and Greg Kemp



Above: Joe Tsalanidis (L) and Greg Kemp (R)

The story behind the photo...

From Joe: When others in Greg's group (Russ, Don et al - I call them Greg's disciples) got to the Corner and then agreed to turn back, Greg rose to the challenge of doing a longer swim comprising the silver pole, red pole, talking pole and the channel. He swam strongly and kept up. My bowed head and handshake are an acknowledgment to his willingness to endure a challenge.



From Greg: ...accolades go to Joe... from the SW corner, where my group turned back, I decided to go it alone albeit at a steady (read slow) pace but when I reached the Starter's Hut who did I see swimming next to me but Joe. This gave me confidence to go hard. It was a terrific battle with the lead changing multiple times. I was left puffing at the end when I hit the beach just behind Joe, who turned around and shook my hand. He then hit the beach and did about 50 push ups!! (pictured above). A very physically and mentally satisfying way to start the morning!

Photos: Ria Bleathman



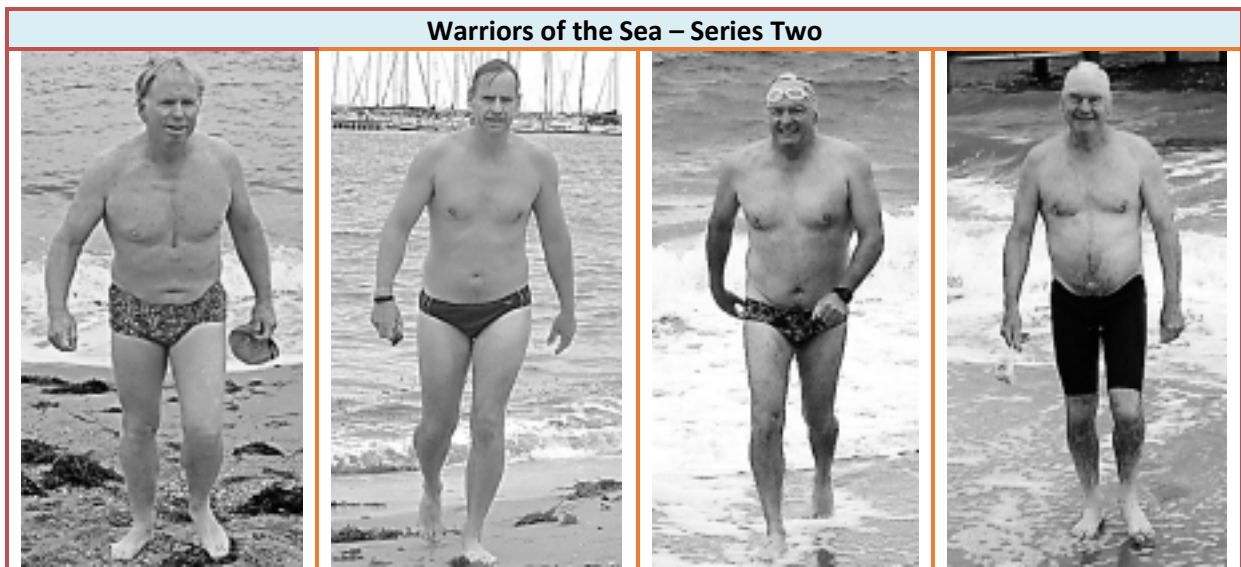
The Photographic Essay – by Ria Bleathman



The Swimmer
Greg Wallace



The Michaels
Michael Urban and Michael Bruce



Icebergers LtoR: Michael Lombard, Andrew Rosengren, Antony Lynch and Russell Parrington

Natant and the New World

Natant is a rarely used Old World adjective that means swimming or floating. Our fellow Icebergers are, in fact, our ‘natant buddies’. Just don’t refer to each other using the noun-form *Natantians* as it is a sub-order of crustaceans such as shrimps and prawns.

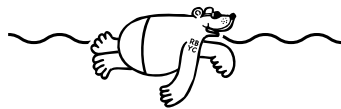
Natant was first recorded in 1460 and didn’t exactly set the etymological world on fire having only two recorded usages by 1776 (which was a big year for some). Although in 2008, according to *wordlucky.com*, natant was mentioned 169 times.

Nevertheless, the Iceberger News has taken another tired, poor and huddled word yearning to breathe free from the wretched refuse of the teeming shores of oblivion and given it a deserving prominence in our swimming life; etymological libertarians that’s us!

The Iceberger Calendar

Date	Event
Sunday 20 th June 2021 at 5.00pm	Winter Solstice swim at RBYC. Event director: Sam Paynter.





Melbourne’s year-round open water swimming group

Lead Article – Outback bergers by Keith Badger

What does travelling 6,700 kms through the heat and dry red dust of inland Australia have to do with ocean swimming? Not much. Yet twelve Icebergers did just that in search of the elusive H₂O. Keith Badger continues:



As ‘B-Teamers’ we were not looking for extreme swim challenges or galas, we just hoped to wash off the heat and grime of 600km driving-days knowing that Outback towns are usually sited on rivers and often have good pools.

However, we arrived too late for the pools and left too early to plunge into muddy, brown rivers. At the Gulf, we heard there were 8.63m crocodiles in proximity – definitely, no swimming there! Eventually, on Day 8 after 4,230kms, we found our oasis on the Simpson desert edge – in Bedourie, western Queensland.

Better the towel than the budgies! Photo Keith Badger

With a population of 122, Bedourie had a pool and alongside it a glorious artesian spa at 35.5 degrees. Our leader, Rocket Homann described it as “just about the best pool I’ve seen”. We took over the pub and were given the key to the pool. The air temperature was cold but a cool pool swim followed by a fiery spa provided the perfect pick-me-up. The only problem was a camel with a liking for Russell’s towel! (pictured)

Sartorial Spleandour Back in the Bunker – Lockdown 4.0



Clockwise from top left: Don Fisher, Keith Badger, Russell Parrington, John Lochhead, David Sedgwick, Alistair Purvey, Jack Mordes, Terry Fox, Cameron Owens, Suzy Calley, Andrew Mulholland, Fran Johnson, David Hallam.

Photos: Jenny Vran, Stephanie Desira, Michael Bruce, Ria Bleathman

To all Warriors of the Sea-to-be
 It seems to me
 you love to be
 Warriors of the Sea.
 There’s been a coup
 join the queue
 Gals are warriors too...



Warriors of the Sea – Series Three



Icebergers LtoR: Christina Wilhelm, Lou Lockwood, Mel Kemp, Ria Bleathman

Plato swims, not

The ancient Greek philosopher, Plato famously described some people as *mête grammata mête neîn epistôntai* – roughly translated it means ‘unlettered and unable to swim’.

In making such a statement, Plato conflated the ability to swim with intelligence arguing that whilst people could *learn* to walk and talk they needed to be *taught* how to read and swim and thereby reasoning that the ability to swim is a measure of one’s intelligence.

So dear bergers, based on reasoning by the ‘Athenian Brainiac’, our ability to swim *confers* upon us a high intelligence and, by using the same reasoning, we could also *infer*, that the better we swim the smarter we are!

Incidentally, Plato couldn’t swim so his Theory of the Ages might be due less to the veracity of his reasoning than by the accumulated anxieties of a non-swimmer...but that is a musing for a future edition of the Newsletter.

Iceberger Family Album



Clockwise from Top Left:
Russell Parrington, Libby O’Farrell, Craig Stephens, Don Fisher

The Iceberger Calendar

Date	Event
Sunday 20 th June 2021 at RBYC - 5.00pm swim-off.	Winter Solstice Swim. Event director: Sam Paynter





Melbourne's year-round open water swimming group

Lead Article – Profile Stephen Jones

Roll of Honour – Iceberger #65 Stephen Alexander Jones



Joined Icebergers: Iceberger since 2006. I was recruited by Michael Lombard to improve the culture of the group. At this time Icebergers swam at 8am on Saturday and Sunday and the Captains of Industry swam at 12.30 Wednesday.

Early years: Born in Hobart, lived in Sandy Bay. Early swimming experiences in the pristine Derwent River. Absolutely no swimming pedigree, in fact it is said I swim like a runner.

Best swimming experience: Lots of team swims, including Alcatraz, Catalina Island to LA, Rottnest Island Swim. Bay swims, RBYC to St Kilda, RBYC to Mentone. Carried Michael Lombard to his first Gold Medal in the pairs event in the Bloody Big Swim.

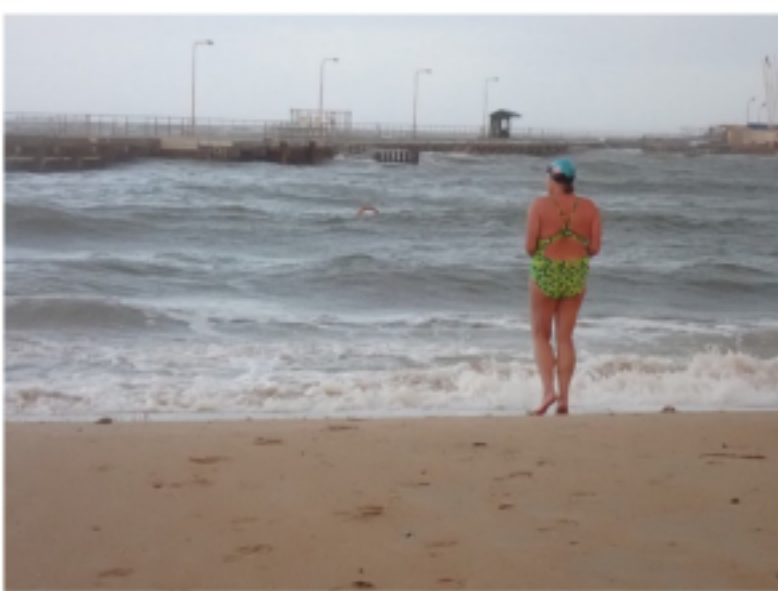
Swims with: Now I swim daily at 0620 with Greg 'Minibus' Barclay and Jack 'The Real Coach' Mordes.

Swimming goals: Maintain Iceberger traditions swimming all year round at Lorne in bathers.

Most concerning moment: Getting lost in the fog and finding myself at the Reef Pole with no visibility and seemingly no way home.

What is your motto for a good life: The 15 years of swimming and developing great friendships among this eclectic group has been a wonderful experience. Having said that, another winter in the carpark looking at blue naked people would be a winter too far. Except for the other Taswegian Mickey. Photo: Jenny Vran

The Photographic Essay – photos by Ria Bleathman



The Tempest – Christina Wilhelm



The Reconnoitre
Fran Johnson

In the Swim – it's not about the swimming

The noun 'swim' refers to that part of a river or waterway frequented by fish or where an angler fishes. The metaphor is therefore piscatorial whereby an angler who casts their bait 'into the swim' can expect some nibbles whereas a fisher elsewhere may not have any such nibbles and is considered 'out of the swim'. The phrase *in the swim* effectively means being 'in the current' of popular affairs, events, fashion or opinion.



Iceberger Family Album



Don Warner, Parkdale 9th June 2021 photo Charlie Evans



LtoR: John Tregaskis and Clifford Possner, Captains of Industry - 9th June 2021



Winter Solstice Swim RBYC 20th June 2021 photo Ria Bleathman



Garry Johnson's 80th Birthday Swim RBYC 11th June 2021 photo Kathy Roberts

Warriors of the Sea – Series Four



Icebergers LtoR: David Urquhart, Rupert Hugh-Jones, Don Fisher, Martin Hunt

The Iceberger Calendar

Date	Event
Friday 13th August, 7 pm for 7:30 pm	Trivia Night in the Bayview Room at RBYC. Please phone the RBYC office on 9592-3092 to re-book.





Melbourne's year-round open water swimming group

Lead Article – Profile Ian Scholes

Roll of Honour – Iceberger #67 Ian Scholes



Joined Icebergers: Not sure exactly but Facebook wasn't a thing and John Olsen still had blonde hair!

Early days: Started swimming again in an attempt to motivate myself to get fit after a bet with a mate as to who could swim one kilometre the fastest. Lost that bet and several other similar bets (e.g. who can do the most push-ups) and still not fit, just lighter in the pocket!

Best swimming experience: Some of Gina's swimming trips in Italy and Spain. Also whenever we reach the end of a session of squad training.

Swims with: The Chocolate Royals because we don't go "too hard".

What song is the soundtrack to your life: Can I have two?... *I've Done All the Dumb Things* (Paul Kelly) and *Life's Been Good* (Joe Walsh).

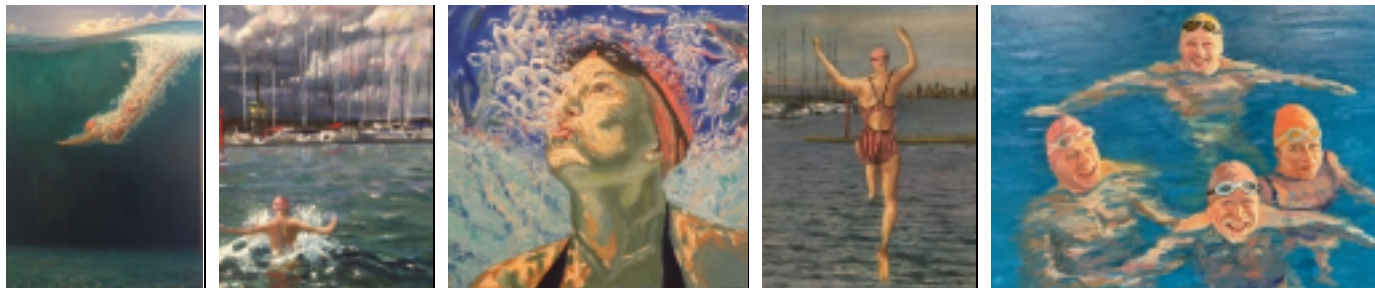
Swimming goals: To keep going as long as I can or until I can't. keep up with Foxy or Mr Average whichever comes first. Also if certain members, who I won't name, ever swim past me I'd have to think about giving up.

Interesting factoid about yourself: Painting is one of my passions and besides some of the portraits on the wall outside the changing rooms at RBYC I have done several other Iceberger-themed paintings (pictured below).

What makes an Iceberger: The ability to smile and say 'beautiful ' every time you are asked about the water conditions (particularly in July and August) and being able to remember when it's your turn to shout coffee.

What is your motto for a good life: "Don't waste a day or even a minute" because life is like a roll of toilet paper....the closer you get to the end, the faster it goes.

photo: Ria Bleathman



Swimming Memories by Kerry Watson

Whales



One of my most memorable swimming experiences was in Tonga in September 2016 when I was snorkelling on the surface in 100 feet of open water. I noticed a huge shadow underneath me and was astounded to see that it was a humpback whale about the size of a bus.

After my initial surprise I then felt a sense of awe swimming next to such a graceful animal. I took this photo with a borrowed el-cheapo camera.

I hope you can publish this photo for my fellow Icebergers not only to re-live the moment but to share a memorable swimming experience.

Photo: Kerry Watson



Miscellanies - Mao Zedong Swims – 55th anniversary

On July 16th, 1966, 72-year-old Chairman of the Chinese Communist Party, Mao Zedong (pictured foreground), joined 5,000 other swimmers in Wuhan’s annual swim across the Yangtze River.



Mao and bodyguards – River Yangtze, Wuhan 16th July 1966

Surrounded by swimming bodyguards and placards with giant portraits of himself asking for another 10,000 years of life, he stayed in the water for 65 minutes, drifting ten miles downstream in the powerful current.

The swim was an attempt by Mao to prove his relative fitness for embarking on his Cultural Revolution (1965-1972) given his earlier impaired Great Leap Forward (1958-62) which killed around 45 million people in the resulting famine.

Mao’s Cultural Revolution proved to be comparatively more benign expiring around 1.5 million people.

Source: *History Today*

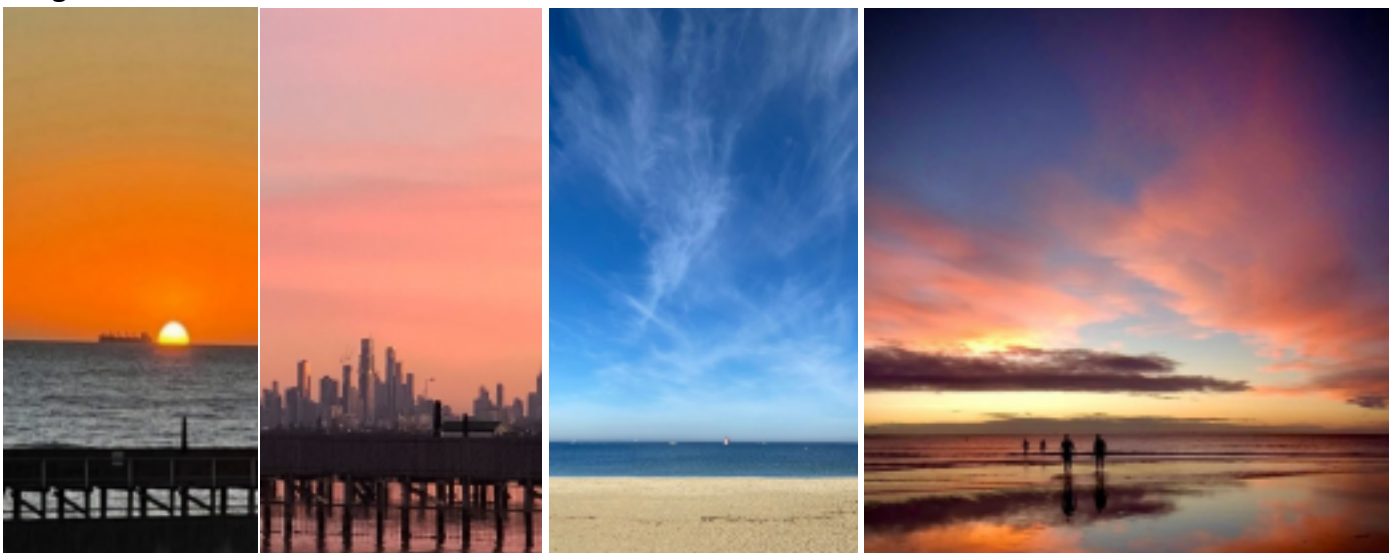
It is noteworthy that Mao used swimming to establish both his competence and vitality - although not his longevity, as he died ten just years later in 1976, several noughts short of his objective of 10,000 years of life.

Warriors of the Sea – Series Five



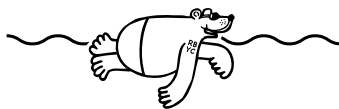
Icebergers LtoR: David Sedgwick, Michael Bruce, Romney Jones, Sam Paynter

Big Skies



Photos LtoR: Suzy Calley, Rupert Hugh-Jones, Libby O’Farrell, per Ingilby Dickson (Anglesea Swim Team)





Melbourne’s year-round open water swimming group

Lead Article – David Williams

Welcome to Our First Year Winter Swimmer – David Williams	
	<p>Started swimming with Icebergers: April 2021 Early years: Geelong (school pool) Learnt to swim: Kuala Lumpur Open water experience: Swimming to pontoon @ Somers! Best swimming experience: Icebergers!! How did you find us: Peter Maddison Swims with: 7.00am Group comprising Keith, Don, Russell, Warren, Peter, Greg and / or The Chocolate Royals. Favourite route at RBYC: Starter’s Hut but yet to do No Brainer Swimming goals: Pier to Pub Interesting factoid about you: Long-past rowing prowess.</p>

Icons		
		<p>This image at left is considered the most iconic image of the past century’s greatest athlete.</p> <p>A specimen of might and power, he became the defining exemplar of ‘The Greatest’ against which all other sports super stars are measured.</p> <p>The other image is of a Mr. Ali who boxed.</p> <p>Iceberger Martin Hunt (left), who can swim, had this photo taken to imply that he could box.</p> <p>Mr Ali, who could box, (far left) had this photo taken to imply that he could swim.</p> <p>As a result, both images explain, inadvertently, why there is ‘con’ in icon.</p>
<p>M. Ali, Miami, 1961. © Flip Schulke</p>	<p>M. Hunt, Brighton, 2021</p>	

Iceberger Family Album



Iceberger Sam Paynter RBYC 20th June 2021

Photo: Ria Bleathman



Warriors of the Sea – Series Six



Icebergers LtoR: Tony Bond, Gary Stapleton, Ingilby Dickson, John Scanlon

f#%* is an Analgesic

Previous articles in the News have included a range of highfalutin, psycho-scientific approaches to coping with cold water swimming such as *anticipatory thermo genesis*, *cold response habituation* and *blunted cutaneous vasoconstrictor responses*. Despite such theories, it seems there is a more primal approach to managing our cold-water responses.



Psychologists at the British Swear Lab at Keele University researched as to why swearing, a supposedly maladaptive response to pain, is such a common pain response. Research volunteers exposed their hands to ice-cold water for as long as possible - once while swearing and once when not.

It turned out that, when swearing, the volunteers could keep their hands in the cold water nearly fifty percent longer than when they were not swearing. Furthermore, whilst swearing, the volunteers' heart rates went up and their perception of pain went down which meant that swearing had created an auto-adaptive response to cold water.

These studies also found that stronger swear words are stronger painkillers. f#%* providing the greatest relief from cold water, less so with other profanities although more than using a neutral word.

There is a name for using profanities to provide relief from pain – it's called *lalochezia* – so those who apply such cold-water management principles are called *lalocheziacs*.

Icebergers – Alternative Views



The Iceberger Calendar

Date	Event
Friday 13th August, 7 pm for 7:30 pm	Trivia Night in the Bayview Room at RBYC.





Melbourne's year-round open water swimming group

Lead Article – JFK Swims

John Fitzgerald Kennedy, the 35th President of the United States, was a competent swimmer which enabled him to save lives during his US Navy service in World War II.



On 2nd August 1943, while serving as a Lieutenant in the Solomon Islands (pictured left), the 26 years-old future President's Patrol Torpedo Craft (PT-109) was sunk by the Japanese and Kennedy and his crew survived by clinging to the flaming pieces of his boat in the pitch darkness.

Kennedy then led his crew on a four-mile, 15-hour swim to a nearby island while pulling a badly burned crew member by biting the rope on his life jacket to free his arms for swimming.

After days without food or water, Kennedy and his men swam to another island where two natives found them. Kennedy sent them for help by delivering a message he carved into a piece of coconut shell:

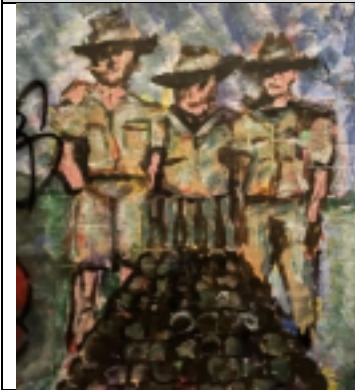
"NAURO ISL...COMMANDER...NATIVE KNOWS POS'IT...HE CAN PILOT...11 ALIVE...NEED SMALL BOAT...KENNEDY".

The coconut message was delivered and Kennedy and his PT-109 crew were rescued on 8th August 1943.

Kennedy's father, Joseph, later had the coconut shell mounted on a wood base and JFK used it as a paperweight on his desk in the Oval Office. The 'President's Rescue Coconut' is now in the John F. Kennedy Presidential Library and Museum in Boston, USA. *(the source for this article)*

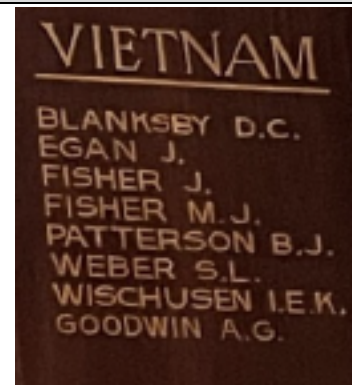
For his service, Kennedy received the Navy and Marine Corps Medal and the Purple Heart.

Vietnam Tributes



Left: The Graffiterati's Tribute to Vietnam Veterans – Hosier Lane, Melbourne CBD

Right: RBYC's Tribute to Vietnam Veterans - Roll of Honour.



18th August - Vietnam Veteran's Day

On 18th August 1966, near the village of Long Tan, soldiers from D-Company, 6th Battalion in The Royal Australian Regiment, supported by artillery fire from Nui Dat, fought one of the fiercest battles of the Vietnam War. Eighteen Australians were killed which was the largest loss of life for Australian troops on a single day during the war.

On the 18th August 1969, D-Company returned to Long Tan to erect a memorial cross (pictured right) and commemorate the battle. Over time, this day became synonymous with all those who served and died in the Vietnam War. In 1987, 'Long Tan Day' was designated 'Vietnam Veteran's Day' to honour the service and sacrifice of all Vietnam Veterans.



The Piper's Lament, Long Tan August 18, 1969

Approximately 60,000 Australians served in the Vietnam War, of these 3,000 were wounded and 521 were killed.

Source: Shrine of Remembrance, Melbourne / Australian War Memorial, Canberra



Killed In Action – by Ria Bleathman

Act I – The Son

Dear Mum and Dad and Sandra
(and Grandad long deceased).
I'm writing from some jungle
in Vietnam's steaming east.

I'm not much good at letters
but I need to really try.
Coz I'm feeling quite uneasy
and shit-scared I'm gonna die.

The word is we're leaving
for a place called Nui Dat,
The Brass have gone all quiet,
don't know where it's at.

I miss my old Monaro
I hope it's somewhere dry.
Can you take a picture
and send in your reply?

I'm gonna keep my head down
and together with God's grace,
get the hell right out of here
this bastard of a place.

Act II – The Ministry

I write to you today
from the Ministry of War.
As much as is permissible,
by prevailing Federal Law.

I am authorised to specify,
this much that I can tell,
your son went down in battle
his file stamped with 'FELL'.

I've arranged for his belongings
be shipped *post-haste* from here
Packed and marked 'Express Post'
direct to Station Pier.

I do not know the words
to assuage your pain.
But according to dispatches
he did not die in vain.

Please contact this department
if I can help you any more.
Signed with utmost gratitude,
The Ministry of War.

Act III – The Mother

I intend to write you letters,
to bend before I break.
Each word becomes a calmant
for every breath I take.

Your car is in the garage
Dad keeps it nice and dry.
He goes and cleans it daily
but mostly just to cry.

Your name is on an honour board,
neat and gold embossed.
I'm told I should be proud of
my only son I've lost.

K_I_A_ are letters,
if taken on their own,
But put the three together
and they slice me to the bone.

I know the pain of sadness,
my daily life thus blurred,
But writing gives me clarity
For you live in every word.

Act IV – The Tribute

These words are a tribute
to those 'Nasho boys' of ours.
You were badly treated,
shameful, then and now.

These solemn words are written
to right the wrongs of time.
Men chosen by a lottery
and broken in your prime.

You bore the words of protest,
though you didn't ask for war,
and words became the bullets
that pierced you to the core.

Words are lethal weapons
and for years can resonate.
But time and tide can heal
And anger dissipate.

So let these words today,
from the nation that you served,
Be the peace you fought for
and the peace you now deserve.

***Killed In Action* - Explanatory Notes**

Killed In Action is a narrative play in four versified Acts, or cantos, and tells the story of the Vietnam War through four lead characters.

Act I is a letter from an Australian conscript to his family in Melbourne from the Long Tan battle zone in 1966. Act II is a letter from the Ministry of War advising the boy's parents of their son's death. Act III is a letter written by the grieving mother as a lament to her dead son. Act IV describes the prejudices some of our conscripts endured and is a public apology for their treatment.

Words provide a connective allegorical thread to the story.

In Act I, words become an escape for the soldier from the rising fear of impending battle. In Act II, words are a bureaucrat's shield to hide an inability to emotionally connect. In Act III, words are a mother's futile yet defiant hope to breathe life into death and, in Act IV, words become a salve to the harmful effects of words and, in the final stanza, words become 'weapons' of self-empowerment.





Melbourne's year-round open water swimming group

Lead Article – Barrie May

Welcome to Our Second-Year Winter Swimmer – Barrie May



Learnt to Swim: Tara Drive swimming pool Frankston - obtained 'herald'.

Early years: Started amateur swimming alone in 2017 (Hamberger) in the afternoons and professionally with Icebergers in 2020.

Best swimming experience: Swimming at dawn every day all year around is an experience in itself. Can't explain the sense of daily achievement unless you speak with an Iceberger.

How did you find us: Icebergers eventually found me floundering on the beach and gave me confidence at a time I needed some.

Swims with: 7.29 Squad (Triangle).

Swimming Goals: Maintain consistency on a daily basis.

Interesting factoid: My father was a naval officer so I didn't have a childhood but rather my childhood was a boot camp. To this day after the daily swim, I spit polish my shoes and make my bed every morning before work. Simple tasks many fail to achieve.

Motto: The only time I look down on anyone is when I am helping them get back on their feet again.

The "Unofficial" Lorne Winter Pier to Pub Swim by Keith Badger

On the Saturday 31st July a motley selection of B Team swimmers took the opportunity between a rare break in lockdowns to venture down to Lorne. This year's official Iceberger Winter Pier to Pub may have been cancelled but we were not to be denied an excuse for a swimming classic.



LtoR: Keith Badger, Stephen Jones, Martin Hunt, Peter Court, Roger Stephens, Peter Homann, Warren Fisher. Greg Kemp swam but missed the photo while Rocket Homann is a Queenslander who avoided the cold water - KB

In true Iceberger tradition we regrouped later over beer and malt whisky before a rousing Italian meal brought another very satisfying Iceberger community experience to a close.

Six of us braved an offshore breeze and light drizzle to take to the temperate 12-degree water. In true B Team tradition we all swam our own course losing track of each other along the way.

However, in time we emerged, bedraggled but full of smiles, complimenting the experience and awarding Roger Stephens the Roger Stephens medal for people called Roger Stephens.

Letters to the Editor – Warren Fisher

A beautiful tribute to remember the Viet Vets! Thank you.

It was amazing to see the RBYC Honour Board to the Vietnam Vets as my two brothers, Michael Fisher and John Fisher, were listed on the Board in the photo. I did not know this Board existed. I have sent your tribute to my surviving brother.

Thank you again.



Warriors of the Sea – Series Seven



Icebergers LtoR: Ian Serpless, Peter Botterill, Ken Broadhurst, Lindsay Crouch

Annette Kellermann Swims

Annette Kellermann was born on 6th July 1886 at Marrickville in Sydney and was to become one of the greatest swimmers of her age.

At the age of six, to strengthen a weakness in her legs, she learned to swim at Cavill's baths in Sydney and by fifteen she had mastered the trudgen and single overarm strokes and started winning races.

The Kellermann family moved to Melbourne and, in 1905 after a long-distance swim in the Yarra and exhibitions swims, Annette and her father went to England where Annette made her first of three unsuccessful attempts to be the first female to swim the English Channel.



Her one-piece swimsuit, made by stitching black stockings into a boy's costume, and her epic and often risky swims, made her a sensation of the era. In 1907 she was arrested on a Boston beach for wearing a brief one-piece swimsuit. The publicity helped to relax laws relating to women's swimwear.

Kellermann retired from long-distance swimming and concentrated on the stage headlining in the US as the 'Australian Mermaid' and 'Diving Venus'. Judged the 'perfect woman' (Left), Kellerman was a strong advocate of swimming for physical health, fitness and beauty. A film of her life, *Million Dollar Mermaid*, starring Esther Williams, appeared in 1952.

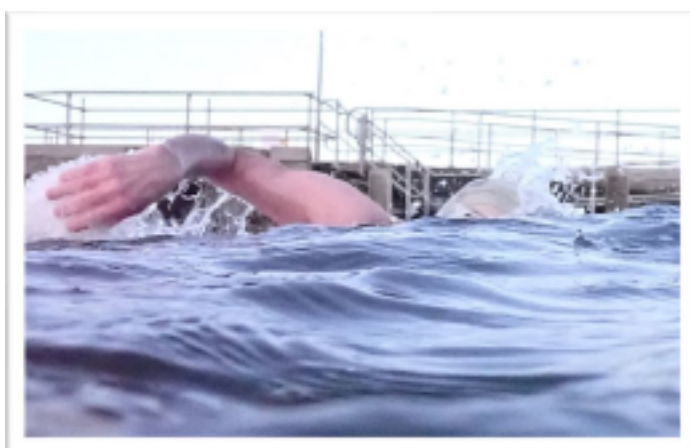
Annette regarded her part in emancipating women from the neck-to-knee swimming costume as her greatest achievement. She was honoured by the International Swimming Hall of Fame in 1974.

Annette died at Southport Queensland on 6th November 1975. source: *Australian Dictionary of Biography*

Iceberger Family Album - Brighton, August 2021



Stephen Jones



Alistair Purvey

19th August 2021

© Icebergers at RBYC Melbourne Australia

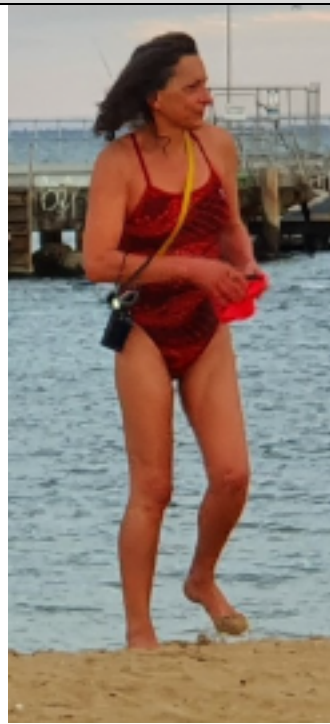




Melbourne’s year-round open water swimming group

Lead Article – Ria Bleathman

Second Year Winter Swimmer – Ria Bleathman



Joined Icebergers: June 2018

Early days: my formative years were spent in the Steppes in Tasmania’s Central Highlands, so-named after the Russian Steppes with both areas sharing the climatic extremes of hot airless summers and marrow-freezing winters.

Learnt to swim: in the inland water holes of the Styx and Broadmarsh rivers and upper reaches of the Derwent River – tiger snake country.

Best swimming experience: Alcatraz crossings, Manhattan Harbour, Winter Rip, Franklin River, Dardanelles and daily with the Icebergers.

What song is the soundtrack to your life: The A-side is any broken-hearted tragic-love-lament by Joni Mitchell. The B-side is *I Am Woman* by Helen Reddy.

Swimming goals: I’d love to complete at least one Ocean’s Seven swim or a Toughest Thirteen swim. The Freedom Swim in South Africa is still on my bucket list. Just to have a swimming goal is a goal in itself these days.

Swims with: anyone who can cope with losing me!

Interesting factoid about yourself: started in taxidermy but deserted this career path for the dazzle of investment banking – both professions renowned for ‘stuffing the innocent’.

What makes an Iceberger: understated self-belief.

What is your motto for a good life: the important things in life are not *things*.

photo Andrew Mulholland

The Channelleers – Anniversary Season



Left: English Channel swimmers LtoR: Nick Desira, Libby O’Farrell and Sam Paynter.

photo Ria Bleathman

Iceberger single crossings of the English Channel are:

22/09/2009	Michael Newton
08/08/2010	Richard Payne
13/07/2013	Libby O’Farrell
15/07/2013	Donald Riddington
12/09/2013	Nick Owen
10/07/2015	Brett Davis
07/08/2015	Dan Carta
31/07/2016	Nick Desira
23/09/2016	Sam Paynter
13/07/2017	Esther McConnell

“To me, the sea is like a child that I’ve known a long time...when I swim in the sea I talk to it. I never feel alone when I’m out there”.

Gertrude Ederle, first woman to swim the English Channel on 6th August 1926.

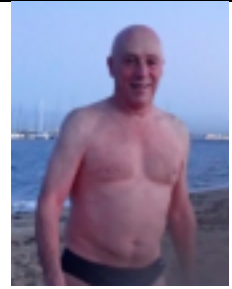


A Swimmer's Gold Medal

The World Marmalade 'Olympics' – by Peter Gustavsen

I started making marmalade about fifteen years ago because I found most commercial marmalades were too sweet for my liking. I discovered a recipe in an old Women's Weekly Recipe Book which I have since tweaked a number of times.

I experimented by making five or more different versions (around 50 jars at a time and then give most away). In 2018 I entered The Royal Melbourne Show and won Second Place in the Novice Section.



With that success, and some encouragement, I decided to enter The World's Original Marmalade Awards in 2020 and won a Bronze in the 'Merry Marmalade Category' -the merry-add was bourbon.

For this year's Awards, I entered in two categories. I won another Bronze in the 'Merry Marmalade Category' - this time the merry-add was Nant whisky and Gold in the 'With a Twist Category' - the twist being gin-infused with blood orange and Japanese kyu mandarin.

I donated my marmalade to the Iceberger Beyond Blue Auction and achieved \$151 last year and \$255 this year for a single jar - what price next year with GOLD!!!!

The Chill of '21

And so we hunker
in the bunker,
On mornings cold and raw.

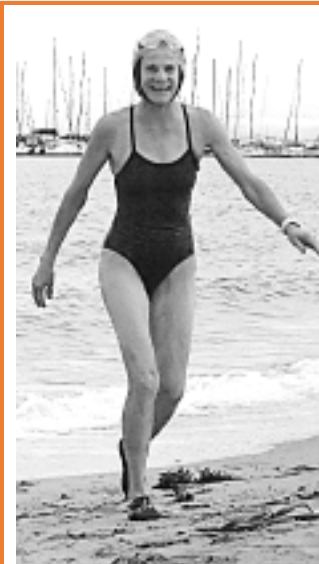
Our members blue
in open view,
We follow lockdown law.

And in the Spring
so let us sing,
As bones begin to thaw:

'Again as one
in twenty-one
No secrets anymore!'

Ria Bleathman

Warriors of the Sea – Series Eight



Icebergers LtoR: Keith Badger, Andrew Mulholland, Kathy Roberts, Joe Tsalanidis





Melbourne's year-round open water swimming group

Lead Article – Captain Cook Swims, not

We are familiar with Lieutenant James Cook's landing in Botany Bay Australia in 1770 on his first voyage of discovery as well as his brutal death on St Valentine's Day 1779 on a Hawaiian beach on his third voyage of discovery (by then he was a Captain). What is less well known about Cook's death is that he died by drowning when, as he waited for his crew's rescue boats, he was attacked and stabbed by enraged Hawaiian villagers and then fell on his face and drowned in the surf.

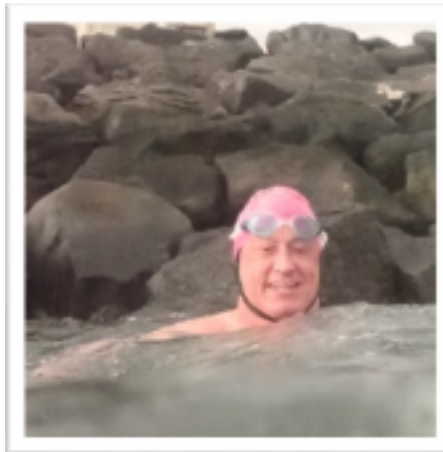
Historians postulate that Cook may have been able to save himself by swimming to the rescue boats just metres away but he, like many Royal Navy mariners, could not swim.

It may seem ironical that there is an annual Captain Cook Ocean Classic swim held in Botany Bay in memory of someone who died because they couldn't swim in much the same way that Melburnians have a municipal swimming pool named after a Prime Minister who drowned but these may be less ironies than examples of our predilection for viewing our history through the paradigm of swimming.

Fellow Psychrolutists

A psychrolutist or a psychrolute is one who swims or bathes in the open air daily throughout the winter or, more specifically, a member of the Victorian Society of Psychrolutes established in 1840 in London to promote this practice. *source: OED*

Our Fellow Psychrolutists



LtoR: Fran Johnson, Clifford Posner, Libby O'Farrell

Keyboard arias

Lockdown Blues I

Once I was *slim and ritzy*
Wore bikinis *itzy-bitzy*
Went on dates *glam and glitzy*
During lockdowns *guzzled spritzy*
Now I look *total shitzy*.

Ria Bleathman

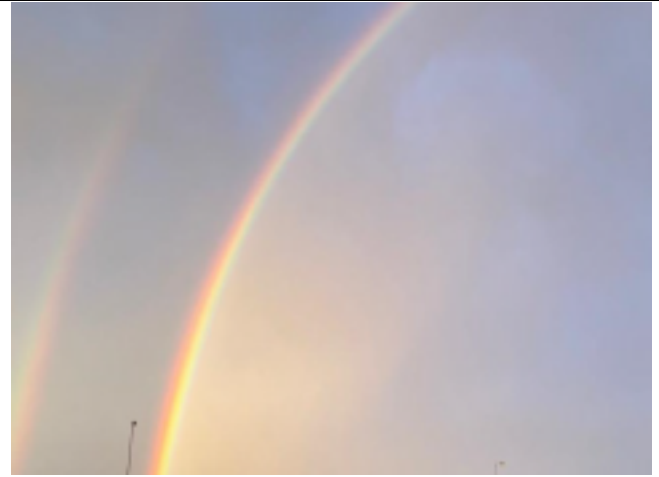
Lockdown Blues II

Still in lockdown, *going ditzy*
Hair unkempt, *turning nitzy*
Skin is puce, *looking zitzy*
Glued to screen, *here I sitzy*
'Solo Ria' now *befits me*.

Ria Bleathman

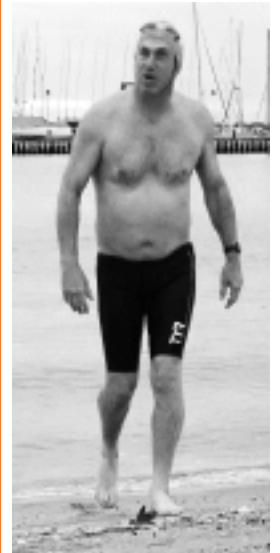


There are rainbows in lockdown – 20th August 2021



Clockwise from top left: Sam Paynter [RBYC], Lisa Thompson [RBYC], Antony Lynch [Hampton], Libby O'Farrell [Hampton]

Warriors of the Sea – Series Nine

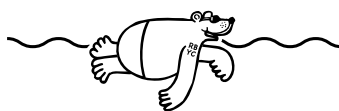


LtoR: Jenny Vran, Chris Yencken, Michael Potter, Ian Scholes

The Iceberger Calendar

Date	Event
Thursday 23 rd September 2021	Spring Equinox 5.21am AEST Southern Hemisphere
Tuesday 28 th December 2021	Burson Rock2Ramp COVID Ocean Swim – Garry's Swim Anglesea SLSC at Point Roadknight, Anglesea www.rock2ramp.com

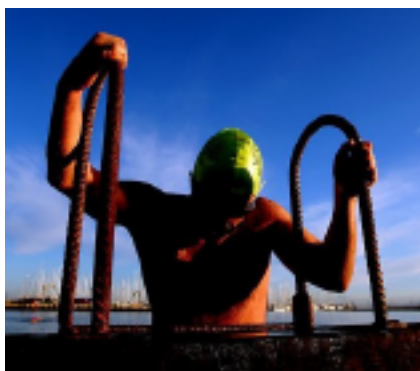




Melbourne's year-round open water swimming group

Lead Article – Peter Miglic

Roll of Honour – Iceberger #85 Peter Miglic



Joined Icebergers: 2010.

Early days: learnt to swim at Mount Martha South Beach and Swimland on Springvale Road in Glen Waverley.

Best swimming experience: daily at Shelly Beach in East Ballina, NSW in the mid 90's (yes there have been a few shark attacks more recently) and the Byron Bay swim from The Pass to the SLSC.

Swimming goals: find more time to swim in clean water.



What song is the soundtrack to your life: *I'm almost with you* The Church

Interesting factoid about yourself: : I went to school just outside Stuttgart, Germany for a short period when I was seven.

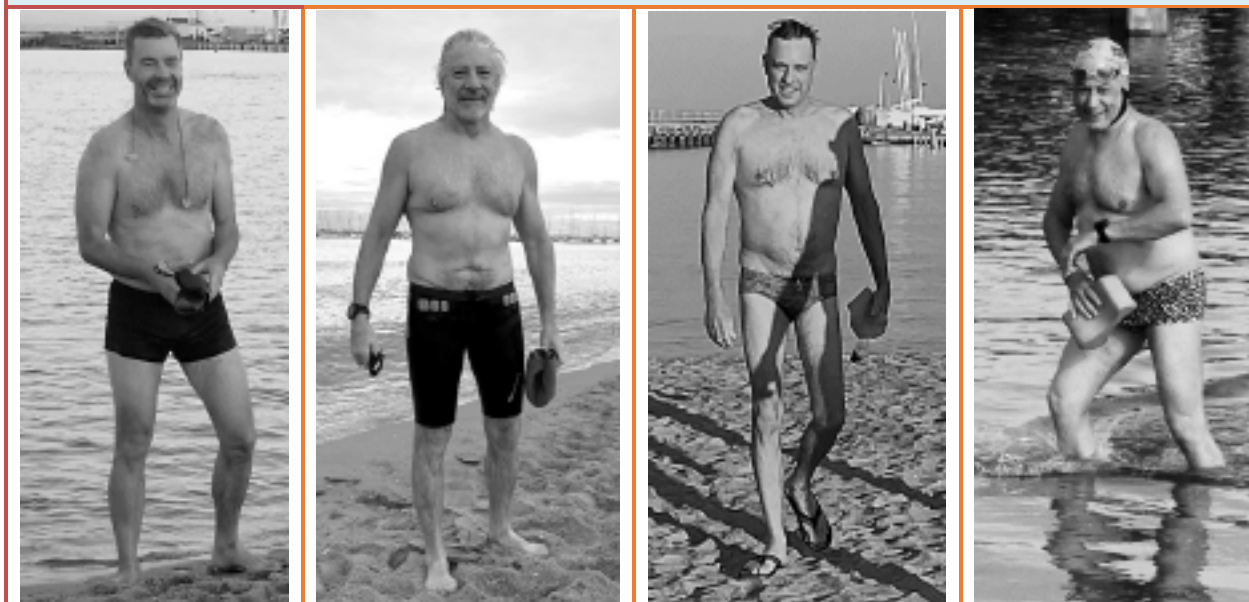
What makes an Iceberger: I think most Icebergers are socially warm, disciplined, and have mental strength (particularly in winter).

What is your motto for a good life: it used to be work hard but I'm starting to reconsider that as there are clearly more important things.



Photographers clockwise from top left: Miglic Collection, Ria Bleathman, John Scanlon.

Warriors of the Sea – Series Ten



LtoR: David Waters, Stephen Jones, Peter Maddison, Clifford Posner

Letters to the Editor – Keith Badger on the 16th September 2021 edition

Another newsletter of resplendent erudition with that lovely mix of historical facts, zany eccentricities, Bohemian ditties and pics of people who make our lives special. What's not to like about that!



Iceberger Family Album



LtoR: Christina Wilhelm and Suzy Calley
photo Zoe Francis

LtoR: Michael Bruce, Andrew Rosengren, David Hallam, Cameron Owens
photo: Ria Bleathman

'This morning was cloudless and glittering, the wind was keen, the water choppy. It was like bathing in the elixir of life: I went in crabby and aching and old; by the time I came out, I had shed years'. **Al Alvarez, 7th Nov 2002** after his morning swim at **Hampstead Heath Ponds**.
Provided by Alistair Purvey



Barrie May – RBYC 11th September 2021 [water temp 12C] *Photo: Ria Bleathman*

Melbourne Football Club – AFL Premiers 2021



Iceberger Keith Badger
 57 years in waiting





Melbourne's year-round open water swimming group

Lead Article – Stephanie Desira

Roll of Honour – Iceberger #144 Stephanie Desira

Joined Icebergers: roughly five years ago.

Early days: I began swimming in the womb but always found it too warm. My earliest memory is climbing into the freezer section of our local Tuckerbag supermarket as a 3-year old wearing floaties and goggles. Even then I knew I was destined to be an Iceberger.

Best swimming experience: You might think it would be a relay swim between Malta and Gozo a few years ago with Suzy, Gina and David. But the truth is, my best swimming experience is any time I get to see my husband Nic emerge from the water in the middle of winter in his budgie smugglers. Hubba hubba! Am I right ladies?



What song is the soundtrack to your life: It's a toss-up between 'Sunshine on my Shoulders' by John Denver and anything by Conchita Wurst (you know, the bearded lady who won the 2014 Eurovision Song Contest).

Swimming goals: To represent Australia in the 2032 Brisbane Olympics in the 800m freestyle! I know what you're thinking, why not the 1500m? I just think I'm better suited to the 800m.

Interesting factoid about yourself: for many people, lockdown has meant the loss of freedom. Not me. I have decided to free myself...of clothes. Don't be surprised if you see me Icebergering in the altogether.

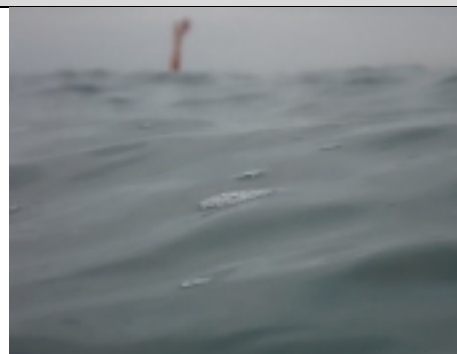
What makes an Iceberger: someone who is completely insane and enjoys the company of other like-minded lunatics. Why else would we all do this?

What is your motto for a good life: always find something to make you smile (like Nic emerging from the water in his budgies) 😊

photo: Stephanie after completing a Brighton Beach swim

Thalassotherapy – the use of seawater in cosmetic and health treatment.

Clive Fraser swimming not waving



Editor's email to Clive: Hi Clive, this is a photo [left] of you swimming backstroke this morning.

I thought of tossing the image in the bin as it doesn't follow any coherent photographic rules of focus or composition but it seems to express a narrative of sorts.

Clive's email reply: Hi Ed, Suits my character: lacking focus and all at sea!?!

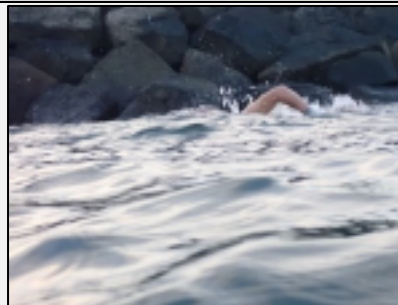
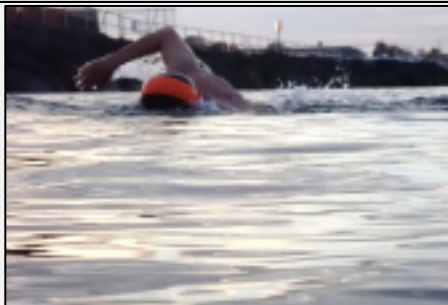
Useful Latin...

Natare possum - I can swim

Natare ergo sum ego – I swim, therefore I am



Elbows High



I did but see you swimming by
Head immersed and elbows high.
You did not stop to give your name
I had no pen, all the same.
But here's a mix of those I've shot
A stroke in time, but not forgot.

Ria Bleathman



LtoR: Russell Parrington,
Peter Botterill, Keith
Badger, Don Fisher,
Martin Hunt

Iceberging



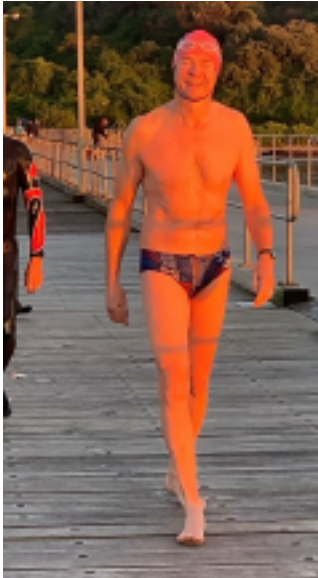


Melbourne's year-round open water swimming group

Lead Article – Simon Mezger

Roll of Honour – Iceberger #81 Simon Mezger

Joined Icebergers: 2010. Ted Baillieu said come down for a swim in March of that year - the rest is history.



Early days: Acclimatising to the cool waters of Bass Strait as a young lad. We had a fishing shack just above the high-water mark at Crayfish Bay located 3km from the Cape Otway lighthouse. I learned to manage the currents going in and out of the bay by holding onto the bull kelp that lined a place we called the 'gut way'. Large stingrays, an abundance of fish life, crayfish and abalone were my sea friends and where I learned the joys of the ocean and cold-water swimming.

Best swimming experience: Ningaloo Reef with turtles, Maldives with sharks, McCrae and Flinders with friendly dolphins and some of memorable swims with the Icebergers including 13 Poles (Serpent pending), Black Rock to Mentone, Bondi to Bronte (Iceberger Heartbreakers tour).

Interesting factoid about yourself: Was fluent (almost) in Chinese mandarin after studying for 13 years and aspired to have a career in China only to be told in the 80's that I should go and learn how to do something and then come back.

Twenty-five years of management consulting later and I have never gone back which is the only regret I have.

Swimming goals: To keep swimming until I can't.

What song is the soundtrack to your life: *The Killers* by Mr Brightside - always a dance floor filler.

Make and model of first car: 1970 VW Beetle 1600cc Superbug (pictured right).

What makes an Iceberger: A willingness to look after your mates, checking in with your body before every swim, an ability to get on with everyone and the courage to swim when you don't feel like it.

Your motto for a good life: if it scares you then that is exactly the time you should do it.

Photos clockwise from Top Left: Flinders Winter Solstice, The Beetle Porepunkah 1986, Black Rock to Mentone swim with Peter Grose.



The Magnificent Seven – RBYC 9th October 2021



LtoR: David Waters, David Williams, Keith Badger, Joe Tsalanidis, Peter Maddison, Andrew Mulholland, Warren Fisher.



Bill the Bastard - Against All Odds

Bill the Bastard was one of the thousands of horses sent from Australia as part of the Australian Light Horse contingent to the Middle-East in WW1.

'Bill the Bastard' was so named because he was considered unrideable tossing all who tried to 'break' him but because of his huge size and strength (17.1 hands and 730 kgs) he was used as a pack horse at the war front. He took two bullets on the suicidal mail run at Gallipoli, one of which was never removed.

Furloughed to Egypt, Bill was befriended by Major Michael Shanahan, a carpenter from Queensland, who broke-in Bill using liquorice treats, soothing pats and swimming. The pair became legends during the Battle of Romani when they galloped into No Man's Land under enemy fire to rescue four stranded troops in the dark and stifling heat of the Sinai desert. The four troopers piled onto Bill and then, with all five men on him, rode through enemy troops and three miles to safety.

Bill was amongst the action again when, in September 1918, Lieutenant General Harry Chauvel used the 'Jericho Cup' as a ruse to enable his Light Horse troops to assemble behind enemy lines for a surprise attack. Bill the Bastard was entered into the Cup to be ridden bare-back by Aboriginal horse handler Jackie Mullagh. The thoroughbred, Khartoum, was the short-priced favourite but Bill won the three-mile desert race by half a length at odds of 50-1. The ruse worked. Within twenty-four hours of the Jericho Cup, Chauvel led his troops to victory in the Battle of Megiddo and the final battle of the Sinai and Palestinian campaign in WW1.

After the war, Bill was sent back to Gallipoli to assist soldiers collect battlefield artefacts for the Australian War Memorial. It is believed Bill remained on the Gallipoli Peninsula and lived out his days with Turkish farmers who were warned never to put anyone on his back.



The Rescue on Bill The Bastard

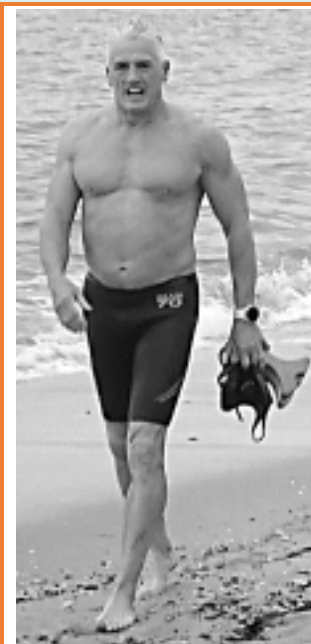
The story of Bill the Bastard is noteworthy in that, to tame the wild beast, swimming, liquorice and gentle pats proved to be more effective than brute force – and, through this approach, a legend was created.



Major Shanahan on Bill 1915. [AWM]

Bill the Bastard is Hero Horse No. 8 in the Australian War Horse Memorial which is the source of much of this story. Further reading is available in the book *Bill the Bastard* by Prof Rowland Perry.

Warriors of the Sea – Series Eleven



LtoR: David Hallam, Tim Hille, Lachlan Wilson, Michael Conlan





Melbourne's year-round open water swimming group

Lead Article – Anzacs Swimming Their Horses

Australia's Middle East campaign in WW1 was noteworthy for the legendary Australian work horses called *Walers* which were used extensively by the Australian Light Horse mounted divisions. The term 'Walers' was originally coined by the Raj in mid-19th century India due to the horses coming from the colony of New South Wales.



Walers were known for their toughness in the dry desert lands of the Sinai and could work for long periods without water under extreme conditions. The Anzacs would often rest in the shade of their faithful mounts to find some relief from the searing 50C heat.

The tough attributes of the *Walers* proved decisive in the historic cavalry charge at Beersheba on 31 October 1917 where, after marching all night and fighting all day with no water, the mounted Anzacs on their *Walers* galloped across a burning desert to rout the entrenched and heavily armed Turkish forces.



The Anzacs didn't let the war interrupt their swimming and their trusted *Walers* usually went with them showing, once again, that Australian history can be viewed through the paradigm of swimming, both horses and soldier.



Photos: Light horsemen swimming their horses.

Top: Romani Palestine 1916.

Below: Suez Canal 1916

Above: Jaffa Palestine 1916. (source: AWM)

Obituary – Doug Weir

On 9th November 2021 we learnt of the very sad passing of our dear friend and fellow Iceberger Doug Weir. Doug was the very essence of our club and made an enormous contribution to the Iceberger community over many decades.



Doug Weir 1930-2021

Doug is best remembered for recording the ocean conditions on our Safety Board after his 5.30am swim each morning, a job he did with enthusiasm and joy for twenty years. In 2016 Doug was inducted into the Iceberger Hall of Fame.

On behalf of the Brighton Iceberger community we extend our sincerest condolences to Doug's wife Rosita and family.

Goodbye Dougie...swim free...



The Peace
by Ria Bleathman

The Armistice was signed
in a pre-dawn peace accord
And the horror of the Great War
closed through pen not sword.

The Peace would quiet the cannon
at eleven on the hour
And end the bloody carnage
the buds of hope thus flower'd.

But as The Peace was hailed
by friend and dreaded foe
The arsenal of killing
pierced the morning glow.

The accumulated payload
of steel and bomb and shell
Waited not for Peace-time
and blew all hope to hell.

The morning was a slaughter
before The Peace was law
And peace was cut to pieces
and let loose the Dogs of War.

The Peace is now a sequence
of eleven, three-times said
But the number still most haunting is
three thousand soldiers dead.



The Last Man to Die

The Armistice to end WW1 was signed at 5:45am on 11th November 1918 committing all sides to cease fighting at 11.00am that same day. Yet, despite the agreement to peace, both sides fired cannons and missiles up to 11.00am to avoid, as some believe, having to haul away their heavy artillery and to ensure they were in the best position should the Armistice fail.

2,738 men died on the last morning of the war with the last soldier dying at 10.59am. In total, there were 10,000 casualties on this morning.

After the war there was deep shame that so many had died after the Armistice was signed and before it had taken effect. The U.S. Congress opened an investigation. In France, many graves of French soldiers who died on 11th November were backdated to the 10th November.



Anzac Avenue, Shrine of Remembrance Melbourne.

11 November 2021

© Icebergers at RBYC Melbourne Australia

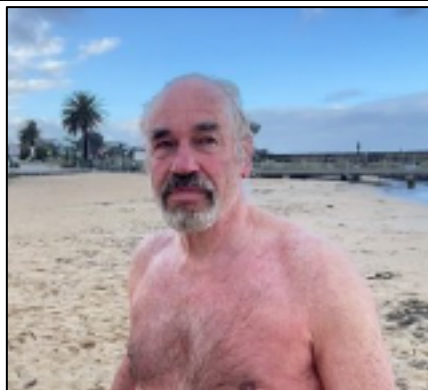




Melbourne's year-round open water swimming group

Lead Article - Mike Potter

Roll of Honour – Iceberger #39 Michael Potter



Early days: Discovered the Brighton Baths when local Malvern pool closed around April. Can't believe that was over 40 years ago. Moved across to Brighton in 1983

Best Swim experience: Swimming The Rip with the Finnis boys, Suzy Calley and others in 2015. Close behind that morning swims off Noosa beach or in Nelson Bays, NZ.

Swimming goals: Very simple – it's the 7.30 Squad's mantra – "Keep Swimming – Keep Punching".

Interesting factoid: First address in 1970's Melbourne was a single room in a Fitzroy Street boarding house between the Ritz and George Hotels St Kilda. It's still there but I'm not.

Soundtrack to your life: It was "This is My Song" written in '66 by Charles Chaplin and sung (also in French) by Petula Clark - the antithesis to heavy metal. It's now John Farnham's "That's Freedom" all 3.43 minutes of it.

First car: 1964 Morris Minor. Never missed a beat, never threw a piston or lost oil and always started even in NZ's High Country as well as carrying five undergrads and a five-gallon keg of DB Bitter!

What makes an Iceberger: not giving up after three attempts tying your runners or getting into your jocks after 8 deg full immersion.

Motto for a good life: Kia Kaha – stay strong to your values and always keep a sense of humor.



Photos: Top Left Mike at RBYC, Winter 2021.

Right: Mike - Winner Olsen Hooper Summer Handicap 2018

'Hamburgers' - Hampton Beach 15th October 2021



Icebergers: Ian Serpless, Jane Zacharin, Antony Lynch, Lindsay Crouch
photo: Ken Broadhurst



Andy's Gone A-Droving...



On 20th November 2021 Icebergers held a farewell swim for our fellow Iceberger Andrew Rosengren who is moving to the hinterland of northern NSW. Andy still plans visit us at RBYC on his regular business trips to Melbourne – once an Iceberger always an Iceberger!

Best wishes Andy from your Berger Buddies!

Left: Andy in his element and Right with Ingilby Dickson.

Photos: Ria Bleathman



Warriors of the Sea – Series Twelve



LtoR: Peter Miglic, Lance Coughlan, Tom Naylor, David Williams.

Letters to the Editor

Greg Wallace - Great work, fabulous story on Bill the Bastard [News 28 October 2021]. I had two great, great uncles who were light horsemen. Both survived and returned home to NSW. My cousin owned a horse which won the Jericho Cup two years back, it was a special significance to my family. Regards and Thanks, GW

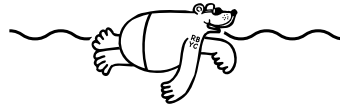
Melinda Kemp - Very sad news about Doug. I had known him all my life. He often used to take us swimming at the baths before schoolabout seven of us would pile into the station wagon!

Brighton Historical Society - Dear Ria, Thank you for your email and the link to the 2020 Newsletters. We are most appreciative and would certainly like to include a copy in our collection. We'd also appreciate the 2021 edition when available. Thank you for thinking of us, Kind regards, Robyn Vincin, Secretary

The Iceberger Calendar

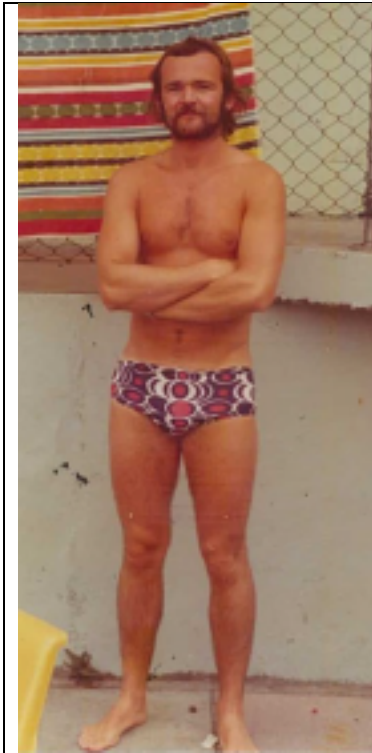
Date	Event
13 th February 2022	34 th Pier to Perignon 4km Ocean Swim. Registrations open 3 rd December 2021. More details: https://portseasurf.com.au/pier-to-perignon/





Melbourne's year-round open water swimming group

Lead Article - Swimming Histories by Alistair Purvey



Our second winter in the RBYC bunker reminded me of my younger days living in London in 1974/75 when I swam at the Serpentine Lido in Hyde Park with the Serpentine Swimming Club.

In the winter months, the Lido was closed to the public but open to the winter swimmers from 6.00 a.m. to 9.30 a.m. where everyone changed in an old air raid shelter, males and females together. In summer all swimmers changed in the Main Pavilion.

I worked as a life-guard at the Serpentine Lido in the summer of 1974 and in winter as an assistant gardener. I still receive a monthly pension from the City of Westminster (apparently the UK Government over-taxed UK workers during the 70's and now have to repay us poor workers) - solidarity comrade!

Left: Alistair at Serpentine Lido, Hyde Park London 1974. Right: Alistair at RBYC, Melbourne 2021.



Iceberger Family Album - RBYC 6th November 2021



Icebergers LtoR: Peter Botterill, Ian Serpless, Ingilby Dickson, Ken Broadhurst, Lindsay Crouch, Andrew Rosengren, Antony Lynch, David Hallam, Lance Coughlan, Cameron Owens, Tom Naylor.





Iceberger Don Fisher RBYC 10th October 2021



Iceberger Russell Parrington RBYC 24th October 2021

photos: Ria Bleathman

Our Spectacular Vernacular

I recently received a message from an overseas reader of our Newsletter who considered our language “quaint but occasionally incomprehensible” after I had used ‘budgies’ instead of bathers in an article in the 10th June 2021 edition. The comment prompted me to put together the following verse as an enduring celebration of our language rich and rare:

Strine
<p>Girt by sea and surfies, Budgies, bush and furphies. Barbies, blokes and brollies, Footy, utes and lollies.</p>
<p>Summers full of mozzies, Noah’s Arks and cozzies. Rubber thongs and sunnies, Southern Cross and dunnies.</p>
<p>In Winter Go The Roos, The Saints, The Bloods, The Blues. The Doggies and The Dees, Collywobbles at the ‘G’.</p>
<p>Knacker, wacker, yakka The Rock and acca dacca. Take a squiz, what’s the biz? Out the Back-o’-Bourke it is.</p>
<p>And thus our lingo quaint, The B.B.C. it aint. But for us it is sublime, And officially it’s Strine.</p>
<p>Ria Bleathman</p>

Cnidarophobia –fear of being stung by jellyfish while in the water.
 Those of us who have such fears are called cnidarophobes.

The Iceberger Calendar

Date	Event
Sunday 12 th December 2021	Convivial post-lockdown swim at RBYC. Meet at 7.30am on the steps of the café for the Safety Briefing





Melbourne's year-round open water swimming group

2021: Our Year in Print - from the Editor's Desk

The Iceberger News was launched on 24th January 2020 to enable us to tell our unique swimming stories. After fifty editions, 33,911 words, 464 pictures and 216 articles it would seem 'The Iceberger News' is delivering on that noble endeavour.

The News was formed out of the darkest days of our lurch into the Pandemic Era. Whilst we curse this dreaded plague at least our Newsletter has proven that, even in the depths of despair, joyous things can grow and flourish.

The News has included stories on history, language, philosophy, poetry, events, plays, commemorations, member profiles, Latin, obituaries and milestones, even profanities, all expressed through the paradigm of swimming. The News has thereby shown that, despite such disparate and seemingly contradictory themes, swimming is a universal language through which we can express both our differences and our shared interests.

Our stories enrich and intensify the experiences of our swimming realm and, by sharing these stories, they become an enduring gift to others.

Ria Bleathman



Keith Badger 24th October 2021



Peter Homann 7th November 2021

Photos: Ria Bleathman

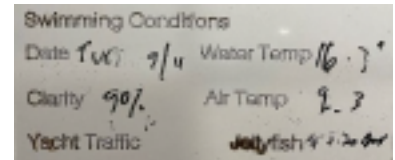
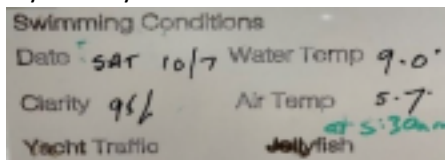
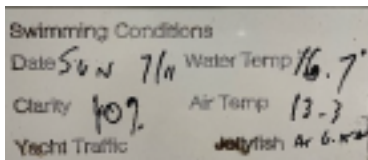
Temperature Taking



It is appropriate that in this anniversary edition of the Newsletter we recognise our intrepid water temperature-takers Gary Liddell (pictured left) and David Tonkin (pictured right) who continue their barometric-swims each morning at 5.30am. A service they have been providing (with Doug Weir RIP) for the past two decades.



After their swim, Gary and David record the sea conditions on the Safety Board which not only provides a vital safety service to the Iceberger community but is a welcome re-assurance that our traditions continue despite the disruptions of 2021. Thank you Gary and David.



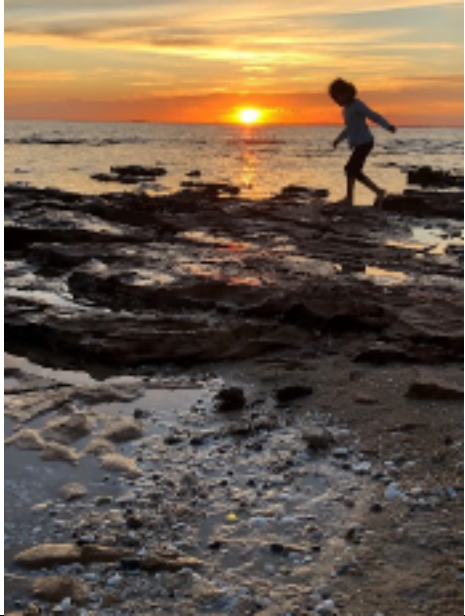
Sea Life by Ria Bleathman

Jellyfish
 Those Jelly-fish
 Are Helly-ish.
 How I wish
 There were none of which.

Sharks
 Should I ever see one
 I hope it's just a wee one.

Stingrays
 Flat and undulating
 With highest lethal rating.
 Not for size or scale
 But their nasty little tail.

Photo of the Year 2021 – Assessment by Ria Bleathman



The image (left), taken by Iceberger Jenny Vran, captures the fading glow of a waning sun which gives a heightened meaning to an otherwise nebulous, penumbral image, not so much in the glow but the silhouette produced by the glow.

The sharp rocks contrast with the languid evening sea and provides an unsettling synergy made more pervasive by the cautious posture of the child. Through this the image introduces an allegorical element whereby, despite an apparent calm, the ocean's ever-present dangers can never be completely disregarded or ignored.

From a compositional perspective, the image applies the 'rule of thirds' and near-far style with well-defined depth of field. The movement dynamic is enhanced by the kinesis between the diagonal foreground and horizontal background.

The image therefore succeeds in the effective application of both a creative and structural metaphor.

Warriors of the Sea – Series Thirteen



LtoR: Martin Tobin, Jarrod Harrington, Fran Johnson, Kerry Watson

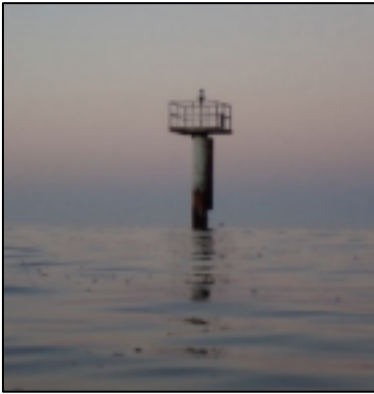
Letters to the Editor - Strine

Thank you for the celebratory verse in your club Newsletter. I read the words out loud to family and friends here in the West Country [UK] although for them your verse provided less explanation but more exasperation. I am astounded that you could possibly understand each other. Cheerio. CE

Alistair Purvey - I read and re-read your wonderful poem looking for the Hawks. However it didn't matter as AC/DC saved the day – another fine Scottish product, G.O.A.T. All good! AP



Year of the Iceberger – MMXXI



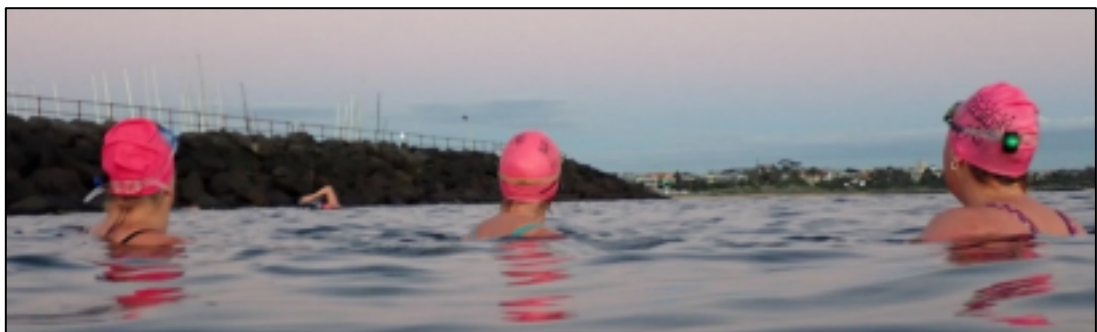
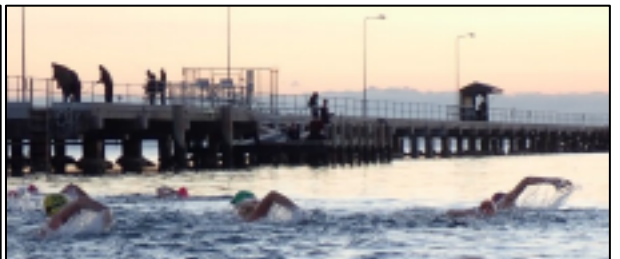
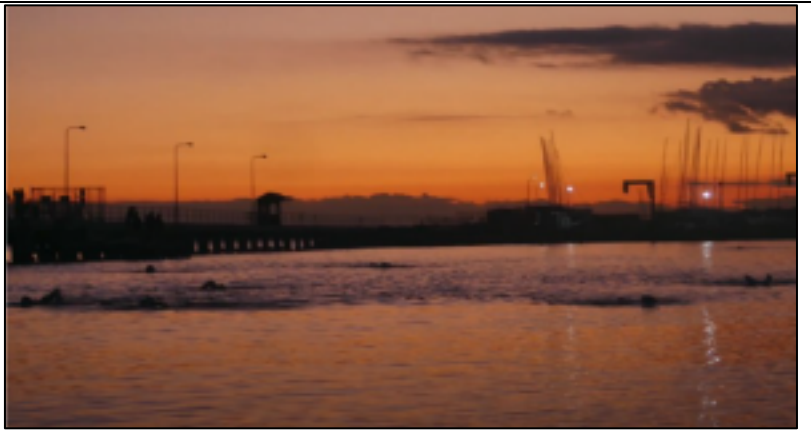




Photo credits: Jenny Vran, Stephanie Desira, John O'Donoghue, Nick Desira, Ria Bleathman, Kerry Watson, John Scanlon.