



ROCKINGHAM MASTERS  
SWIMMING CLUB

---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

## Vice President's Hello

Welcome to the third edition of the Rocky Rays Splash. This will be emailed to all our amazing members every second month to help keep you informed of what's going on in and around the pool.

Shannon Bowron here, I am Vice President of Rockingham Masters Swimming Club. I would like to welcome you all to the third newsletter and to start off with I would like to give you a short insider of myself and my role within the club. I have been a member of Rockingham Masters for about 4 years after searching for the Club on Facebook and coming down to have a go. I swam competitively as a teenager but University and boys put at end to that when I was 17!! 21 years later I found I had more time to myself as my children were getting older and I am absolutely so glad I made that decision. It's been almost 4 years since I joined and I can't imagine life without the Rocky Rays in it. I have joined the Committee, made so many amazing friends, competed in events I never thought I was capable of – a Rottneest Channel solo, Ironman 70.3, the Busselton Jetty swim etc. Prior to this I was President of Baldivis Little Athletics Club where my children have competed for the past 11 years. Let me say that in comparison to 350+ athletes and their parents, being on the Rocky Rays Committee is an absolute breeze. Thank you for making it so easy!

If you haven't already, please check out our brand-new website – [www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

We would like to thank our very talented swimmer Richard for doing such a wonderful job with this, thank you Fins!

The committee are a fantastic team and are all excited about our future. So again, welcome to the Club and I look forward to meeting you on the pool deck or in the ocean.

## Committee

President – Mark Jenkins	Competition Co-Ordinator – Michael Cook
Vice President – Shannon Bowron	New Members Officer – Ian Williams
Secretary – Vacant	Social Media Co-Ordinator – Anne Evans
Treasurer – Ingrid van der Wel	Uniform Officer – Lyle Kildea
Fundraising Officer – Greg Frey	Meet Co-Ordinator – Richard Gorzkos
Coach Co-Ordinator – Cherie Savin	General Committee – Karen Jenkins, Matt Evans, Elly Bourne, Colin Moyers, Bridget Young, Richard Gorzkos

---

Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it! Please email Shannon at [vicepresident@rockinghammasters.com.au](mailto:vicepresident@rockinghammasters.com.au)



---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

## What's going on?

### In the Pool:

Tuesday 04/01/2022 training starts back

### In the Open Water:

Saturday 15/01/2022 OWS#7 swim @ Coogee Beach

Saturday 22/01/2022 OWS#8 swim @ Sorrento

Sunday 23/01/2022 WOW swim @ Swim Thru Perth

Saturday 29/01/2022 Cut 2 Club swim @ Dawesville Cut – register at [portbouvardslsc.com.au](http://portbouvardslsc.com.au)

Sunday 06/02/2022 OWS#9 swim @ Town Beach Mandurah

Sunday 13/02/2022 Busselton Jetty Swim

Saturday 19/02/2022 OWS#10 @ Cottesloe

Saturday 26/02/2022 Rottnest Channel Swim

Most days of the week – local ocean swim, join the *Warnbro Sound Warriors* page on Facebook for daily times and locations (depending on wind direction but locations include Waikiki, Palm Beach, Shoalwater & Rocky Foreshore)

### On the Land:

Sunday 02/01/2022 Rockingham Triathlon Club SuperMix tri and kids race @ Rockingham Foreshore

Sunday 20/01/2022 Rockingham Triathlon Club Super Sprint Tri @ Rockingham Foreshore

## How do I find out about these events?

The following websites, Facebook and Instagram pages are a wealth of information for all the events for the upcoming summer season. Please follow them if you wish, to be well informed of what's happening and how to be involved.

Masters Swimming WA – for all things Masters: events, resources, memberships etc [www.mswa.asn.au](http://www.mswa.asn.au)

WOW Swims - From 250 metres to 10 kilometres and everything in between, WOW Swims has a distance that suits you - in protected locations with full water safety [www.wowswims.com.au](http://www.wowswims.com.au)

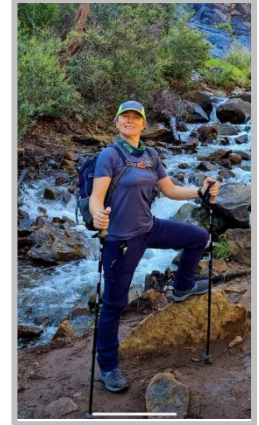
Open Water Swim Series (OWS) - The Swimming WA Open Water Swimming (OWS) Series is the largest series of OWS events in Australia. The OWS Series has become an icon of the Western Australian sporting calendar, attracting amateur and professional swimmers from age nine to ninety-nine. [www.openwaterswimming.com.au](http://www.openwaterswimming.com.au)

Rockingham Triathlon Club – our local tri club run by some amazing volunteers in our community. Friendly local races in beautiful Rockingham with road closures for the bike leg (safety first!) [www.trirockingham.asn.au](http://www.trirockingham.asn.au)

## Coaches Report

By Doreen Stubbe (aka Dory)

“I would really like to acknowledge **Lorry Rule** for this edition of the Rocky Rays Newsletter. She moved from the UK to WA in 2007 and since then her craving for adventure has taken her on some wonderful journeys. You can possibly find her trail running up in the hills, hiking with the OTBT group, keeping swimmers safe whilst on patrol at Secret Harbour beach or even competing recently in her first ever ocean swim race! Well done Lorry on being an awesome Rocky Ray, we are so lucky to have you.”



## Coaches

Our Coaches rotate over a two-weekly roster. We are lucky enough to have 4 super Coaches and Coach Michael is currently in training. Please let us know if this is something you are interested in doing, we can never have enough Coaches and we would love to have you! Tuesdays – Jeannette or Cherie, Thursdays – Bridget or Doreen.

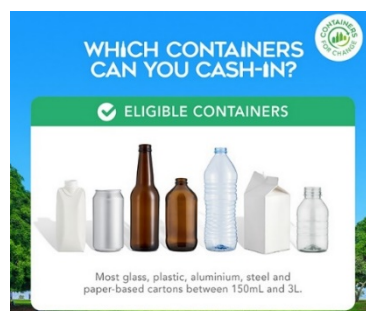
## Happy Birthday To You!

Happy Birthday to all the Rocky Rays born in January and February:

Erin Amory, Julie Amos, Gemma Ansell, Stephen Hughes, Briggitte Kovar, Colin Moyers and Derek Nguyen

## Cash For Containers

Let's raise some cash for the Rocky Rays!! Each container earns us 10 cents so start collecting your cans, beer bottles, paper milk cartons and plastic water bottles. Our scheme ID is **C10314412**



### How and where?

We have 2 options local to us – bag drop or depot. Depot is walk in or drive through to get your containers counted and refunded on the spot. Bag drop - simply 'bag it, tag it and drop for a convenient and contact-free way to recycle and receive refunds using your scheme ID (bags supplied at drop off point or BYO biodegradable bag).

Bridging the Gap Port Kennedy, 20 Blackburn Drive PK, (BAG DROP/DEPOT), Cash for Containers Shoalwater, 117 Safety Bay Rd Shoalwater (BAG DROP), Rockingham, 19 Dixon Rd Rocky (DEPOT), 31 Crompton Rd Rocky (BAG DROP/DEPOT)

Or check out [www.containersforchange.com.au](http://www.containersforchange.com.au) for more locations closer to home, work, school etc.



---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

## Out and About

### Lake Leschenaltia

On a brisk Sunday morning 15 November 11 RAMOS (Rockingham Awesome Masters Ocean Swimmers) headed off for the long trip to the beautiful lake hidden in the Eastern hills. The lake swim is the first in the masters WOW series and the first real swim for the season. It is known for its friendly and laid back no pressure event, with great prizes and raffles. The setting is spectacular, fresh water, a balmy 19 degrees water temperature, no waves and nothing to eat you. Varying distances cater for all swimmers with a 400, 800, 1.6 & 3.2 km courses to select from.

Big thanks to Brad who must have left Rockingham very early and secured the perfect spot on the lakes edge for our meeting point. Greg, Debbie and Mark all had a go at the 3.2 course, with Debbie and President Mark coming in first in their age groups. Richard, Mike, Elly, Brad, Gemma, Ian all smashed the 1.6 k course with super fish Elly also taking out first in her age group.

Special mention to Gemma, Greg and Richard who placed second in their age groups. Just keep your eye on Richard who is smashing his previous times from last year in every event he swims in. Claire had a great swim in the 800m and also placed first in her group. A sensational effort from the Rocky mob overall.

Swimming is good fun but the after-swim Brunch was sensational, a mix of savoury and sweet food with everyone contributing was a wonderful way to replenish after the swim. The lake swim is a great low stress flat water swim to put on the calendar for next year.

Many thanks to Stacey for being the support and team photographer, and the other partners and friends that attended.



---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

## Fremantle Ports Swim Thru

On a Saturday 11 December 9 Rocky Rays participated in the 250m, 'Try It', 1600m and 3.2km Fremantle Ports Swim Thru at South Beach, Fremantle. This event (1600m Classic at the time) was first swum at South Beach Fremantle in 1922 and was the first open water swim in WA. It was won by 14-year-old Maisie Boyle who was awarded a teapot. A replica of this teapot, known as the Maisie Boyle trophy, bears the name of all winning swimmers since the event was restarted in 2003. And thanks to the great effort from our committee member Lyle Kildea, her name will now adorn this trophy as she took out the 1.6km distance in 24:57.96, so congratulations to Lyle for being the fastest female as well as the first female winner of this category since Maisie herself way back in 1922.

The other Rocky Rays that participated did very well in their age and gender groups for the 1600m event, including Erica Thomas (1st), our President Mark Jenkins (3rd), Karen Jenkins (6th) and Doreen Stubbe (6th). For the 3.2km event, well done to Michael Cook (9th), Ian Williams (10th) and Richard Gorzkos (4th).

After a good week, unfortunately the weather turned and the conditions were pretty tough, but everybody had fun, and to top it all off, various raffle prizes were won by our Rays including a \$250 voucher from East West Design Furniture forcing Michael to add more money to get his Bali inspired furniture that he didn't need beforehand.







ROCKINGHAM MASTERS  
SWIMMING CLUB

---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

## For the Sweet Toothed Swimmers

### GINGERBREAD LOAF

#### INGREDIENTS

- 150g (5oz) butter
- 100ml (3.5oz) golden syrup
- 2 cups plain flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 Tbsp ground ginger
- ½ tsp salt
- 1 cup brown sugar
- 1 egg
- 1 cup milk
- 1 Tbsp brown sugar - extra for topping

#### INSTRUCTIONS

1. Preheat the oven to 170°C fan bake and line a loaf tin with baking paper.
2. Melt together butter and golden syrup in the microwave and stir to combine.
3. In a large bowl sift or whisk together the dry ingredients, flour, baking powder, baking soda, cinnamon, ginger, salt and brown sugar.
4. Make a well in the centre and pour in the butter and golden syrup, crack in the egg and add the milk.
5. Stir everything together until well combined and pour into the loaf tin.
6. Crumble over 1 tablespoon of brown sugar.
7. Bake for 1 hour or until a skewer inserted into the middle comes out clean.

## Skills Clinics with Kareena

We wish to thank Kareena Preston from Masters WA for coming down to us to host both a starts/turns and open water skills clinic. Turn outs at both clinics were very good and the response was very positive with many swimmers learning new skills to assist us in both the pool and ocean.

Thank you Kareena for your visit, we would love to make these a more regular feature for our Club.



---

Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it! Please email Shannon at [vicepresident@rockinghammasters.com.au](mailto:vicepresident@rockinghammasters.com.au)



ROCKINGHAM MASTERS  
SWIMMING CLUB

---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

## The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Hello, all Awesome Rockingham Masters swimmers and welcome to the third addition of the RAMOS report. In this report, in the future we hope to bring you results, photos and comments on ocean swims that club members participate in over the summer ocean swimming series.

### Rotto Swim Thru; 4 Dec 2021

This RAMOS report is aimed at our musically inclined swimmers - "Think Kenny Rogers" and sing along to this.....

*On a warm Saturday morning, on a boat  
bound for Rotto,*

*I met up with 5 swimmers and husbands  
came along,*

*We took turns at staring at the water  
through the window*

*Thinking about swimming all this way in  
times to come.*

*I said, team we are all champions, were  
ready for the challenge,*

*Knowin' that the swim is only 1.6*

*So, if you don't mind me sayin, I'll meet you  
at the pub later*

*To talk of our glory and those we did defeat.*

*So, we bumped and slapped together, and we  
made it to the finish,*

*Some so proud and others feeling kinda sad,*

*Cause every swim has a winner and every  
swim a loser,*

*And the best you can hope for is to make it to  
the end.*

*When we finished drying, and headed to the  
hotel,*

*Brushed off the sand and ordered us a drink,*

*We all felt so much better, as we  
contemplated the next one*

*And counted up the money to get another  
drink.*

*(ARE YOU READY SING LOUD)*

*You have to know when to breathe in,  
know when to look up,*

*Know when to turn around and know when  
to run.*

*You gotta look for the timing clock*

*Hoping you smashed it*

*There'll be time enough for gloating*

*When the swimming's done.*

*(FEEL FREE TO HIT THAT VERSE AGAIN)*



ROCKINGHAM MASTERS  
SWIMMING CLUB

---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

Well done to Debbie, first again in her age group, Mike, Richard, Lorry and Greg, with great support from Steve, (Deb's better half).

The Rotto swim thru has been going for 45 years, it is only one distance 1.6km, with a 500m come and try short course.

It is always very busy in the water, so one to avoid if you don't feel comfortable with close company for the entire swim. It's a midday start, with a casual ferry ride in the morning, coffee at the bakery and a casual stroll down to the army jetty ready for the swim. Conditions were good with light winds and flat seas.

It is on the first Sat in Dec each year. We hope to see you there next year!

Splash.



## Christmas Party Shenanigans

A very big thank you to all who attended our Christmas Party – we really hope you had a relaxing afternoon and enjoyed the company of other Rocky Rays and their families. The raffle was a huge success – donations came from many local businesses some of which are owned by Rocky Rays. A full list of these is on our website, thank you again for giving us some wonderful gifts to give away to our swim family. Also thank you to our hardworking Committee who gave up a lot of their precious time before Christmas to seek out donations, wrap gifts, organise the function and many other errands. We really appreciate all your hard work and it doesn't go unnoticed.

---

Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it! Please email Shannon at [vicepresident@rockinghammasters.com.au](mailto:vicepresident@rockinghammasters.com.au)





ROCKINGHAM MASTERS  
SWIMMING CLUB

---

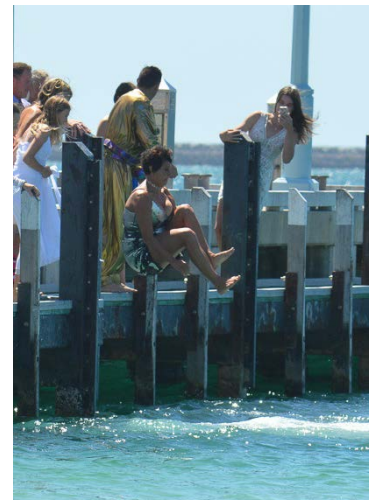
# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---



---

Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it! Please email Shannon at [vicepresident@rockinghammasters.com.au](mailto:vicepresident@rockinghammasters.com.au)



ROCKINGHAM MASTERS  
SWIMMING CLUB

---

---

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 3 – JANUARY AND FEBRUARY 2022

[www.rockinghammasters.com.au](http://www.rockinghammasters.com.au)

---

---

**The Rockingham Masters Swimming Club wishes all their members and families a safe and happy New Year!**



## Rocky Ray Giggle



## Motivate Me!

### New Year Goals

Worry Less

Stop comparing

Embrace challenge

Love myself

[OURMINDFULLIFE.COM](http://OURMINDFULLIFE.COM)

---

Please let us know if you would like something included in our newsletter – local business shoutouts, upcoming events, exciting news, we want to share it! Please email Shannon at [vicepresident@rockinghammasters.com.au](mailto:vicepresident@rockinghammasters.com.au)