

# THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 7 – SEPTEMBER AND OCTOBER 2022

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

## Vice President's Hello

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

Well, we are officially in Spring though the weather doesn't quite feel like it this week, does it? We have had our car rally/treasure hunt since our last newsletter which was loads of fun (well for most people who had a good sense of direction!). Plans for our Rocky Rays Christmas Party are underway and from what I hear, it will be a spectacular evening! We had a ripper of a Bunnings Sausage sizzle to raise funds for future social events. The Rays were very successful in the Bunbury Postal Swim with lots of certificates and placing going to our awesome swimmers. OWS and WOW swims have released their summer swim calendar, Busso Jetty and Coogee Jetty to Jetty have also locked in their events for this summer. Check out their social media for more information.

If you haven't already, please check out our website – [rockinghammasters.com.au](http://rockinghammasters.com.au). It is regularly updated with events, photos and other important things to know about the Rocky Rays. Bridget's back to basics Wednesday night sessions are back – she has been overseas supporting Fiona Cullinane in her English Channel Swim! What a wonderful achievement for Fiona who has been in the Rockingham Stingrays for many years! Congratulations Fiona!!

Unfortunately, Tuesday (26 July) was one of our favourite coaches last coaching session with us and our club. After numerous years of coaching us, Cherie has had to relinquish her position as a coach due to other commitments.

We wish her well and thank her greatly for the time and dedication that she has given us and our club. As she will still be a member of the club and a keen swimmer, I'm sure we will still see her down at the pool or in the ocean.

Cherie's position as coach will be taken by Michael Cook and we look forward to officially welcoming Michael to the coaching team.



## Committee:

<b>President</b> – Mark Jenkins	<b>Social Co-Ordinator</b> – Michael Cook
<b>Vice President</b> – Shannon Bowron	<b>Team Captain</b> – Ian Williams
<b>Secretary</b> – Erica Thomas	<b>Marketing and Communications Officer</b> – Anne Evans
<b>Treasurer</b> – Ingrid van der Wel	<b>Uniform Officer</b> – Lyle Kildea
<b>Fundraising Co-Ordinator</b> – Greg Frey	<b>Coach Co-Ordinator</b> – Bridget Young
<b>Member Co-Ordinator</b> – Karen Jenkins	<b>General Committee</b> – Elly Bourne, Colin Moyers, Debbie Hart, Richard Gorzkos



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## What's going on?

### In the Pool:

Sunday 18<sup>th</sup> September – Somerset Masters – Act Belong Commit 1500m @ Aqualife Victoria Park

Sunday 23<sup>rd</sup> October - Stadium Masters - Act Belong Commit Club Challenge National Swim Series Meet @ HBF

Sunday 30<sup>th</sup> October – Banks Phillips Cup @ MARC 1-4.30pm (Mandurah)

### In the Open Water:

Saturday 10<sup>th</sup> September - OWS round #1 @ Dampier Foreshore

Saturday 29<sup>th</sup> October – OWS round #2 @ Leighton Beach

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 30<sup>th</sup> October – Rocky Tri Club Spring Triathlon @ Shoalwater 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 <https://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 <https://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. <https://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!) <https://trirockingham.asn.au/>

Rockingham Masters Swimming Club – our very own website where you will find training, membership, Coaching information, photos from recent events, upcoming events and other news <https://rockinghammasters.com.au/>

## SAVE THE DATE!

The Rocky Rays Roaring 20's - we are excited to announce that we will be holding an end of year Christmas function on Saturday evening, 17<sup>th</sup> December from 6pm to 11 pm. This will be a great evening and themed as the 1920's Great Gatsby. There will be dancing, a roulette and blackjack table so you can dance and gamble the night away. And what's even better is that you don't even have to provide your own gambling money. Professional croupiers will be supplying chips and manning the tables with a prize given for the best gambler. Keep an eye on facebook or our website for more information.

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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)

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## Coaches:

Our coaches rotate over a two-weekly roster. We are lucky enough to have 4 super coaches but 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!

Our coaches are Jeannette Michael, Bridget and Doreen.

## Happy Birthday to you!

Happy Birthday to all the Rocky Rays born in September and October:

Neil Gourley, Len Hartley, Karen Jenkins, Samantha Wright, Anne-Marie Dullaghan, Jackie Hagan, Peter McKiernan, Ian "SK" Williams, Ingrid "Treasz" van der Wel, Greg Frey and coach Michael Cook.

## Cash For Containers:

We have almost raised \$1000 through this fundraiser so a big thank you to those families that regularly donate their recyclable containers to our Club.

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 RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Since Mr RAMOS himself is currently overseas we don't have an official report for this month. But I can tell you that the group consensus is that the ocean is rather freezing at this time and that we have found many ways to keep warm after our swims. These have included warm date loaf (with butter of course), hot drinks of your choice, hot water bottles, oodles, slippers/ugg boots, buckets of warm water for our feet, wetsuits covering head to toe with the addition of wetsuit caps, gloves and booties!

The water is currently 16 degrees according to our various watches and it can only get warmer, right??

## Guest Reporter – Ian Williams aka Rocky Rays Team Captain and Sausage King

For those that don't know, Bunbury Masters holds their annual Postal Swim between the months of May and June, the event open to any financial member of Masters Swimming Australia

2022 was their 26th swim and involves 3 x 400m timed swims in either, freestyle, breaststroke, backstroke, butterfly (why would anyone?) or IM. FYI, 5 extremely brave swimmers did complete a 400m timed butterfly this year, however I do not know if any of these swimmers are out of hospital yet.

Unlike normal club swims where they are held at specific clubs, the postal swims are held at participants own club at a time that suits them and can be completed over 2 months. As a club we have entered before and personally I wanted to do this year as I have never done the distance in anything other than freestyle.

With the assistance of Head Coach Bridget, 5 initial members completed their first timed freestyle swim and soon after 2 others joined in to complete the 2 other timed swims and maximum respect to coach Doreen, who did all 3 whilst also training one night-just because she could!

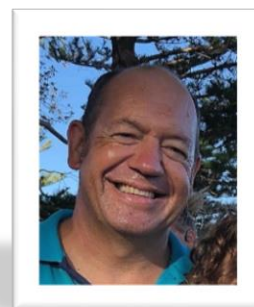
Well done to all who took part, it was fun to do this with others and to encourage and support our fellow members. Sometimes getting out of your own comfort zone and challenging your own abilities is a test of endurance and what you are capable of! I know that next year I will look to improve my own times and I'm sure the coaches will assist myself and others in reaching similar goals in 2023.

Congratulations to Elly Bourne and Annie Beste who both came 1st in their age groups. Hayley Smith an impressive 14th timed swim overall and 4th place in her age category. 2022 new member Miranda de Goede and cross code athlete Anne Marie Dullaghan came 5th and 6th in their age category and under 4 seconds apart! Coach Doreen Stubbe who still in my book deserved a decent hot shower after her same day 1.2km swim and a worthy 5th place in her hotly contested age category. A 2nd for me in my age category. Technically the chap that came 1st was from Tassie and in my book doesn't really count.

So that's a wrap from this year's Bunbury Postal Swim 2022. Next year I encourage all members to consider this event with the aim to improve their own expectation of what can be achieved in the pool with the help and support of fellow members.

Just keep swimming and no harm in the odd piece of cake now and then too.

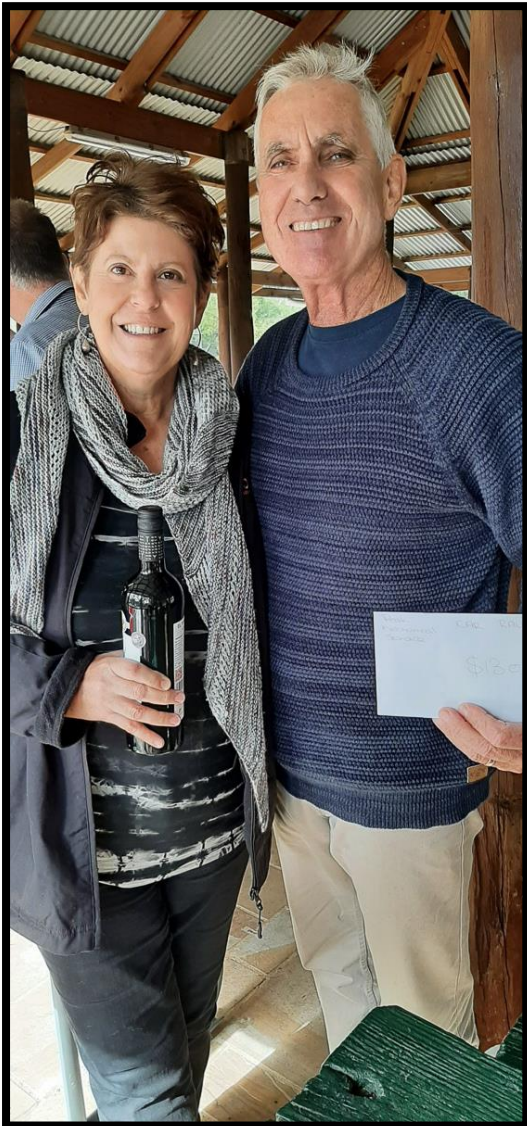
Team Captain: Ian Sausage King Williams



## Car Rally/Treasure Hunt

We really want to thank our Social Committee including Michael, Greg, Richard, Debbie and their families for all their hard work in putting on the recent car rally. They sent some eager Rocky Rays on an adventure before ending up at the Baldivis Children's Forest for games and a BBQ lunch.

Congratulations to Brian and Mary for taking out top prize. Those caravan adventures have prepared you well! Thank you to all who attended, we really hope you enjoyed it. Please send us any suggestions you may have for future Rocky Rays social events. Thank you again to the Social Committee, we look forward to your next creation!



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## Banks/Phillips Cup

The Banks Phillips Cup is a hotly contested competition between the Rocky Rays and the Mandurah Manna's Swim Clubs. This competition began to honour a swimmer from each of our clubs who sadly passed away in the same year. It is a very fun based competition of mostly games and relays with a bunch of prizes and a magnificent trophy up for grabs for the Team who scores the most points. Please save Sunday 30<sup>th</sup> October from 1pm if you care to join us for this afternoon of fun and friendly rivalry. Afternoon Tea will be served in MARC clubrooms afterwards and we may even take home the trophy again??

Save the date – Sunday 30<sup>th</sup> October 1pm MARC Mandurah in the outdoor pool. See you there 😊



*GO THE ROCKY RAYS!*



## Bunnings Sausage Sizzle – Saturday 3rd September

Thank you to all the Rocky Rays who helped at the sausage sizzle at Bunnings last weekend. We had a ripper of a day and made just over \$2000 for the club. This is a rather impressive amount given the increased costs of our supplies, we need to thank all of you who were involved in the planning, prep and selling on the day. This money will go towards social events for our summer season so THANK YOU AGAIN TEAM ROCKY RAYS!





ROCKINGHAM MASTERS  
SWIMMING CLUB

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## For the sweet toothed swimmers

### APPLE AND RASPBERRY CRUMBLE SLICE

#### INGREDIENTS

2 cups plain flour (300g)  
1 cup sugar (220g)  
1 tsp baking powder  
1 tsp cinnamon  
150g butter, melted  
1 tsp vanilla essence  
1 egg  
1.5 cups frozen raspberries (150g)  
2 apples, peeled & diced (200g)  
1/2 cup rolled oats  
30g butter, melted

#### INSTRUCTIONS

1. Preheat oven to 170°C fan bake. Spray and line a slice tin with baking paper.
2. Add flour, sugar, baking powder and cinnamon to a bowl and whisk together.
3. Pour in melted butter and vanilla. Crack in the egg. Mix until you can no longer see white bits of flour.
4. Set aside 1 cup of mixture for the topping. Place the rest into the tin and press into the base.
5. Peel and dice apples into 1 cm pieces. Spread apple and then raspberries evenly over the base (I have successfully used shop bought jam, lemon curd, frozen berries etc when I didn't have fresh fruit)
6. Add the 1 cup of topping mix back to the bowl. Pour in rolled oats and the extra 30g of butter. Mix with a spoon or press together with your hands.
7. Crumble the oaty topping over the apple and raspberries, press down softly with your hands.
8. Bake for 45-50 minutes until the top is golden and the base is cooked through.
9. Allow the slice to cool in the tin before lifting out using the baking paper. Cut into slices and serve at room temperature.

## Rocky Ray Giggle

Last night I dreamt I was swimming in  
orange water, it was just a Fanta Sea



## Motivate Me

A year from now you will wish you had started TODAY!

Until Next time Rocky Rays.....

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