



THE ROCKY RAYS SPLASH

WHAT'S HAPPENING IN AND AROUND THE POOL

ISSUE 1 – SEPTEMBER AND OCTOBER 2021

Welcome to the Club

Welcome to the first ever 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.

Rumour has it we now have 85 official members of the Rockingham Masters Swimming Club! Welcome to all our new members, we are so glad that you took the plunge to join us. This is the most members we have ever had and with an exciting summer calendar ahead, we hope that you can all get the most out of your training.

Whether you are training for a Rottnest Team or Solo swim, working on your triathlon swim leg, learning how to train and perfecting your stroke or just swimming laps for fitness, you are always welcome at the Rocky Rays.

Committee:

President – Mark Jenkins

Competition Co-Ordinator – Michael Cook

Vice President – Shannon Bowron

New Members – Ian Williams

Secretary – Vacant

Social Media Co-Ordinator – Anne Evans

Treasurer – Ingrid van der Wel

Uniform Officer – Lyle Kildea

Coach Co-Ordinator – Cherie Savin

General Committee – Matt Evans, Elly Bourne, Colin Moyers, Bridget Young, Richard Gorzkos

Fundraising Co-Ordinator – Greg Frey

What's going on?

In the Pool:

Sunday 21/10/21 Stadium LiveLighter Club Challenge @ HBF Stadium

29-31/10/21 Let's Swim Together by Masters WA

In the Sea:

Sunday 10/10/21 0830am Rocky Masters Beach Swim up to 1200m, BBQ brekky after, location depending on wind

Saturday 23/10/21 OWS Leighton Beach 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 31/10/21 Rockingham Triathlon Club Spring Tri @ Rockingham

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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/>

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.

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 for more locations closer to home, work, school etc.

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Happy Birthday to you!

Happy Birthday to the following Rocky Rays born in September and October: Michelle, Paul, Karen J, Len, Neal, Clare, Mike, Greg, Jacqui G, Jacki H, Matt, Ingrid & Ian.

For the sweet toothed swimmers

Creamy Lemon Slice

Ingredients

- 200 g plain sweet biscuits
- 115 g butter melted
- 395 g sweetened condensed milk
- 1/2 cup (125g) lemon juice
- 4 eggs

Method

Preheat oven to 160 degrees celsius (fan-forced). Grease and line an 18X28cm slice tray with baking paper and set aside.

Crush the biscuits until they resemble fine crumbs. Add the melted butter and mix to combine.

Press the biscuit mixture firmly into the base of the tin. Bake for 10 minutes in the oven. Remove and allow to cool.

Using electric beaters or a stand mixer, beat the sweetened condensed milk, lemon juice and eggs until creamy (approximately 4-5 minutes). Note: the mixture will be very runny at this stage.

Pour the liquid onto the prepared base and bake for 15 minutes or until set. Allow to cool in the fridge for a minimum of 4 hours (preferably overnight).

Store in an airtight container in the fridge for up to 5 days, if it lasts that long!

Out and about:



Waikiki Beach: some of our Rocky Rays cleaning up the beach, so much rubbish on the shore! These beach clean ups happen almost every weekend so find them on Facebook (Rockingham Beach Cleans) if you want to be involved.

Bunnings Rockingham: Some of our Rocky Rays working very hard selling sausage sizzles and helping us raise us over \$1700!!!

Great work Team 😊



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Coach's Shout Out

From Cherie Savin (aka Coach Chez)

"I have been asked to give a shout out to an awesome Ray's member. I've been with the club just over 5 years so it's actually hard to pick just a single person as we have so many amazing swimmers and amazing members. Since I am starting us off, I'm going to go back to the beginning....."

When I was a relatively new coach to the club, I had this English lady come down, my first memory was of her being a bit stubborn, with her not wanting to do my sets as she didn't see 'the point' of doing a lot of things I had in my programs.

Fast forward all these years and she has become one of our biggest ambassadors, competing regularly in many pool and open water comps. Going above and beyond to support our wonderful club in many different rolls. Even spending her weekend to come over to Rotto to see myself and others finish our first Rottnest channel solo crossing. She is a quiet achiever, rocking up to training eager to get in and get it done and always staying for a chat afterwards. I have loved watching her blossom and grow into the athlete she is today (swimmer/triathlete) and I am very blessed to call her a friend. I can't wait to see what she will achieve next"



That English lady is.....KAREN JENKINS

The RAMOS report (Rockingham Awesome Masters Ocean Swimmers)

Hello, all Awesome Rockingham Masters swimmers and welcome to the first 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.

The idea of swimming in the ocean has blossomed since the dreaded Covid closed our public pools. Back in April 2020 when restrictions first started in Perth and the pools closed, a group of club members swapped the pool for the beach.

That group known as The Warnbro Sound Warriors has continued to meet and swim in the ocean 6 days a week and now recently 7 days a week, come rain, hail, snow or wind.

We swim at 8.30 on every morning at one of several local beaches, Waikiki big ramp, Penguin Island jetty, Palm beach jetty or Rockingham foreshore, all depending on the weather. Jump onto Facebook and find "Warnbro Sound Warriors", ask to join the group, answer the questions and then all the locations and hot gossip is posted daily in the morning. We are all mostly club members, and just have fun, no pressure, lots of laughs and the cold water is a huge benefit to physical and mental wellbeing. No restrictions, fins, wet suits whatever you fancy. Our motto is No K's No cake, as often someone (especially Shannon) will bring along a tasty delight for after the swim. We would love to see you on the beach, and look forward to a fun filled ocean water swimming season. Please note the WSW are not part of the Rockingham Masters Swimming Club, just individuals that get together for a swim, we all swim at our own risk.

Please contact any of the committee members if you are interested in starting ocean swimming, as most events cater for distances from 500 metres upwards, and it's a wonderful way to start a day.

Happy to take your enquiry - Greg 0408924082

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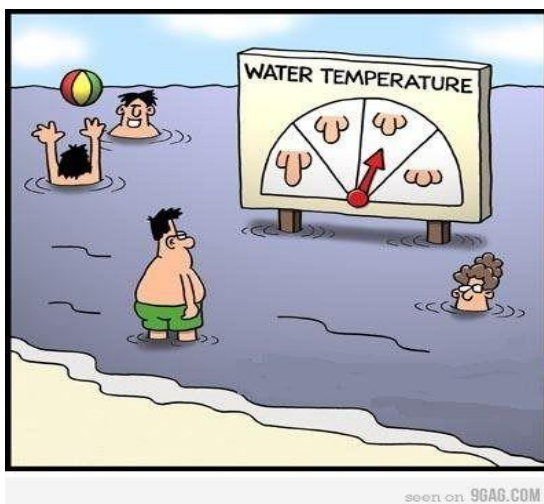
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Winter RAMOS sightings at Waikiki and Shoalwater Beaches



Rocky Ray Giggle



SAVE THE DATE!!!
Rocky Rays Christmas Party
Sunday 19th December 11-3pm
The Cruising Yacht Club Rocky Beach

Motivate me!

"When life gets you down, you know what you gotta do? Just keep swimming." — Dory, Finding Nemo

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