



GROPER'S' GOSSIP

Newsletter of Claremont AUSSI Masters Swimming Club Inc.

July 2005



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As many of you will be aware, I am going on a nine-month overseas holiday leaving on the 4th August so this is my last GG for quite a while.

I'm leaving the GG in the very capable hands of Sally Bell who will be very grateful for any contributions from members for the upcoming issues.

I've really enjoyed doing the GG and I hope that you have enjoyed reading it. I'll try and send some updates from overseas for you so you can all feel really jealous.

Claremont AUSSI is a great club to be a part of and I will miss the camaraderie that has built up over the last few years. Good luck and best wishes for the rest of the year. Happy swimming.

Elena Nesci

Agua Shop
The Swim Specialists

Our preferred supplier proudly supporting Claremont AUSSI Masters Swimming Club

PERC'S BIRTHDAY CELEBRATIONS

It's not every day that one of our members turns **80** so it was with great pleasure that we celebrated **Life Member Perc Edward's** milestone birthday with **drinks, cake and nibbles** in the clubrooms on 14th July.



There was a great turnout with some members coming out of winter hibernation to attend. Even Perc seemed to be a little overwhelmed and dare I suggest, almost speechless!!

Perc has been a **member** of Claremont AUSSI for **many years** and has not only represented the club in the pool but also on the pool deck **officiating** at various carnivals. As he puts it, **"swimming is his life"** and we're happy he's chosen to be a Groper.



His commitment to club life has included stints on the **committee** and his dedication to all facets of club activities is pretty much unrivalled. It is no wonder he was awarded his **life membership in 2004**.

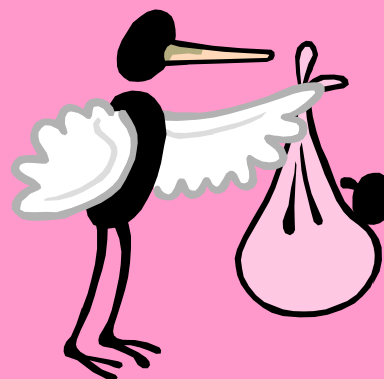
Happy Birthday Perc and may we enjoy your company for many years to come.

HAPPY BIRTHDAY

Steve Webb - 17/8
Judith Drake-Brockman -
26/8
Greg Pennells - 27/8



CONGRATULATIONS
TO EX-MEMBER
KATE LOVATT on the
birth of her baby
daughter Noor Maya
Lovatt on 2nd July.



Margaret River Carnival

A strong 14-person contingent of Groopers headed south over the weekend to compete in the **Margaret River Short Course Carnival** being hosted by the **Margaret River Breakers**. We made our presence felt at the steamy Margaret River Pool and got psyched up for a big afternoon of racing.

The schedule of events included **every stroke** over **every distance** from 25m – 200m. The 200m events kicked off the day with several Groopers tackling the dizzying tumble turns of the **200m Freestyle** (State record for Perc), the pain of **200m Breast** (State record for Anthony) and the total **insanity** of the **200m Fly** (Jenny there was a reason no one else did this event!).

The 200m events concluded the **200m IM**. **Ali** swam an outstanding **3.29.72**. In the battle of the big guns **Sal** was pitted against **Marko and Greg** in an exclusively Claremont heat. **Sal** touched out the boys and set a **State record** in the process with Greg also finishing inside the old State Record time only to be beaten by **Marko** who now holds the **new record!!** Cracker of a race in anyone's book.

The 100m events saw **Anthony** set another **State record** in the Breast, a scorching **1.02.24** from **Marko** in the free and a battle in the **Fly** between **Sal and Bastiaan**. With his reputation and ego on the line, **Bas** broke the start and **was DQd**. It wouldn't be a carnival without at least one Groper being disqualified!



Oops – bit quick of the mark Bastiaan.

The 100m IM saw **Ali, Jill and myself** side by side in the same heat. As we were about to start I was starting to regret the **large volume of wine** that had been forced upon me by my very irresponsible roommates (especially Anthony) the previous night. At the end of the race I was regretting it even more! As it turned out, we all swam **very respectable times** with the eternal battle between **Ali and Jill** continuing on from the States. Just for the record, **Jill pipped Ali by .35!**



There's way too much smiling coming from Jill and Ali!

Moving right along and on to the **50m sprints**. Not wanting to harp on about it but I was **feeling and looking rather green** before the 50m Free but through a Zen-like breathing routine managed to hold the contents of my stomach in much

to the relief of those to follow. Ah, the commitment! **Marko** once again blitzed the field with a blink and you'll miss it **27.73**.

Anthony and Greg fought out the **50m Breast** with Anthony **smashing the State Record** and Greg showing that we're not just a one man breaststroke club.



Perc in his official role between swims

Perc set another State record in the **50m back** and Claremont fielded four of the six female fly swimmers with **Sal breaking her own State record**. **Bastiaan** finally beat his Fly nemesis in a terrific heat that saw him finish in a **PB of 30.09**.

Concluding the individual events were the **25m sprints** which everyone agreed afterwards were somewhat silly. **Nat**, however, has finally proven once and for all that she is a **freestyler** with an impressive dash across the pool. **Chris and Bas** were finished before they even started and **Jenny Williams** tackled the **turn-free backstroke**.

There had been some suggestion earlier in the week that there wouldn't be time for any relays but

thanks to the efficiency of the carnival organisers we all lined up for some great relays.

Our 240+ team of Lesley, Jenny, Perc and Bas took out a **gallant 3rd**. The **160+ team of Anthony, Natalie, Sal and Marko** blitzed the field in a sizzling **2.01.83**. Special mention needs to be made of **Nat's outstanding sprint**, the first 25m of which we're not sure that she actually breathed!

The **120+ team of Chris, Steph, Elena and Greg** also smashed the competitors and set a **new State record** in the process shaving 2 seconds off the previous record which was held by the Claremont team of Sal, Craig, Marko and Kate!

It was a terrific day of racing by all Gropers. There were a few performances that should be singled out. **Lesley** took maximum points, once again, **Anthony Dunne** set three State records, **Perc Edwards** set two records as did **Sal, Marko** set one as did our **120+ relay team**. All in all we set **9 State records** and **finished 3rd** in a field of 13 clubs. Another outstanding result by Claremont. A big thank you to those partners who came and supported during the day as well, especially **Andy** for taking all the photos and **Duncan** for timekeeping.

If you were thinking the fun stopped there you'd be wrong. We all headed back to our resort to freshen up for the festivities of the **Christmas in July** function in the evening. I'm not sure what it is about **swimmers and wine** but they seem to share a symbiotic relationship, one that makes me feel quiet ill a little while later. Once again I blame my older and very irresponsible roommates.

Wine consumption also seems to make people want to **dance** as was evident by the likes of **Lesley and Marko** carving it up on the dance floor!

I am sure I speak for everyone who made the journey down that it was a **thoroughly enjoyable weekend**. Congratulations must go to the **Margaret River Breakers** for taking on the ambitious task of running the carnival with **so many events and so many competitors** and pulling it off so smoothly.



The very attractive Team Claremont was Steph, Jill, Lesley, Chris, Nat, Perc, Marko, Bastiaan, Anthony, Elena, Ali, Sally, Greg and Jenny.

Full results available at www.aussiwa.com.au

FREMANTLE MASTERS GAMES 2005

16th – 20th September
This is a multi-sport festival for mature age sports people including swimmers.

If you are interested in participating visit the website

www.fremantlemastersgames.com.au
or grab a brochure from the club cage.
Swimming events are on Sunday 18th September at Fremantle Leisure Centre.

SOCIAL CALENDAR

The numbers were good for the **June Club Night** what with the promise of pies. A slight last minute change of menu meant pizzas were offered in substitution but that dampen the spirits.



There were some great racing as usual. The **50m choice** race attracted a **record 8 breaststrokes** in a total 15-person field. The influence of Anthony Dunne is being felt in the club!

The **100m Freestyle** was hotly contested with a terrific final heat between **Marko and Edmundo** producing some scintillating times.

A **mixed-stroke relay** saw some great swims with fairly even results across the three teams. Well done to all who swam.

Barry Colgan came good with the pizzas, and chocolates were awarded to those swimmers closest to nominated times. There were some great raffle prizes up for grabs including some camping chairs, chocolates and wine.

July Club Night is on **Tuesday 26th** with soup on the menu. Club t-shirts will also be on sale although there are only sizes up to medium left after the tremendous rush at Perc's Birthday. Swimwear will be available as well.

XMAS IN JULY & AWARDS NIGHT

The **annual Xmas in July Dinner** is on this Saturday **30th July** at **Amarin Thai Restaurant in Subi**. If you haven't already committed to come to this event it's not too late. Cost is **\$25 per head** for a sit down meal. BYO wine. Don't forget to bring your Silly Santa present. The sillier the better.

We've also got quite a few club awards to be presented by Club Coach, Sally Bell. You never know you could be one of the lucky recipients!

Please contact Steph Canet steph.canet@westnet.com.au if you're interested in coming along.

COACHES' CORNER

There has been some **excellent attendance** rates at both the Tuesday and Thursday training sessions. We haven't seen the usual winter drop-off which is terrific. Don't forget the **Monday morning** session at 5.45am-6.45am. Greg Marshall has been writing some great programmes. (Please note that we have temporarily suspended our lane hire for this session until Monday 5th September but the sessions is still continuing as per usual.)

Following from the success of the Stroke Clinics, the coaching calendar is gearing up for some **specialist technique clinics** over the next few months. The Medley session was well attended. The next Specialist Session is **Kick and Drill**

– not as scary as it sounds – but I would suggest bringing your fins!!

And finally, a big thank you to **Greg Marshall** who has been the coach for July. **Marko** will be taking over the roster for August and we welcome back **Richard Hughes** from his world travels for the month of September.

**Belmont AUSSI
are holding a
55+years carnival
on Sunday 16th
October. More
details to follow.**

CLUB CLOTHING

The new club t-shirts arrived in time for a quick sale at Perc's Birthday Bash with a terrific response. We have sold out of all large and XL shirts but still have the smaller sizes. Shirts are \$30 each which includes a generous club subsidy.



Some of the Club swimwear order has arrived. There always seems to be a delay with the swimwear that is out of our control. The cost will stay the same with women's \$50 and men's \$34 (also including club subsidy). We have women's size 10, 14 & 16 and men's 14, 16 & 20. The other sizes should be with us shortly.

Clothing will be available at club nights.

AEROBICS

The **2005 Aerobics season** is over half done. Times are **Saturday 8am-10am** and **Saturday 2pm – 4pm**. The option remains for you to get a few people together on Sunday and organise your own session.



Not sure what Aerobics is? It's a great opportunity to chart your **development** in the four form strokes over various distances. You may choose to only do freestyle if you wish but it can be a great way to improve the other strokes and keep fit at the same time. It's basically swimming against yourself over 12 months all the while accruing points towards the club total.

This Saturday (30th July) – The Vic Paul Continuous 800m / 400m challenge. Each year ex-Claremont member Vic Paul swims all his 800m and 400m swims in one continuous 6200m swim to raise funds for a nominated charity, this year for Motor Neurone Disease. Vic has invited Claremont members to join him in his feat. If you're totally deranged you can attempt the whole lot or an easier option is to get a team together. Gold coin donations are welcome. The fun starts at 12 noon at Challenge Stadium.

Committee Meeting Report

In an effort to keep members **abreast** of the **matters discussed** at **committee meetings** there will

be a **short report** each month in the GG.

Please do not hesitate to contact any member of the committee with any issues you would like discussed at the meetings.

COMMITTEE MEETING – Mon. 4^h July 2005

*Currently have 60 financial members.

*Claremont Carnival – great success – well done Neil and all others who helped

- Christmas in July - Steph organising, numbers looking good. Sally and Elena have done awards

***Club night** July 26th – soup night

Next meeting 1st August 2005.

Recipe corner

I made these pancakes on the weekend as a pre-carnival carbo loading breakfast. Hope you like them.

Buttermilk pancakes with banana & honey

INGREDIENTS

350ml buttermilk
4 tbsp melted butter
2 large eggs, separated
280g plain flour
1tsp baking soda
4 tbsp caster sugar
1 tsp salt
Butter, extra for frying

4 bananas
¾ cup honey
cinnamon
thick cream or ice cream (optional)

METHOD

Beat buttermilk, melted butter and egg yolks in a large bowl until well amalgamated. Sift dry ingredients and stir quickly but lightly into buttermilk mixture.

Whisk egg whites in a clean bowl until stiff peaks form. Fold egg whites into buttermilk mixture.

In a lightly greased non-stick pan, cook small quantities of batter until bubbles form on the top. Turn and cook for a further 20 seconds.

Meanwhile, slice bananas and heat honey until runny.

Serve buttermilk pancakes with sliced banana, drizzled honey, a dusting of cinnamon and a scoop of cream or ice cream.

Makes 6-8 pancakes.

TIPS

- *Try other toppings such as lemon & sugar, strawberries & mascarpone, Cointreau & chocolate sauce*

GG BUSINESS DIRECTORY

If you would like to list your business / service / trade / skill in the GG Business Directory for an annual fee of \$5 please email your details to elena.nesci@ozemail.com.au

Stephanie & Marc Canet
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