



GROPER'S' GOSSIP

Newsletter of Claremont AUSSI Masters Swimming Club Inc.

March 2005



IN THIS ISSUE

Aqua Shop Program	p2
Rotto Report	p 2-3
Club Carnival	p4
Coaches' Corner	p5
Social Calendar	p5-6
Open Water	p6
Aerobics	p7
Committee Report	p7
Recipe Corner	p7-8
Business directory	p8

The Rotto Channel has been conquered once again so it's time to turn our attention to the shorter distances in the pool with the Claremont Club Carnival on the 10th April.

We have commenced an exciting relationship with Aqua Shop giving all members access to discounted swimwear and training equipment – read on for details.

There are coaching clinics to attend and a whole raft of social activities on the horizon. 2005 is shaping up to be a fun and busy year for Claremont Gropers.

Articles for the GG are always greatly appreciated so please do not hesitate to contact me at elena.nesci@ozemail.com.au. Happy swimming.

Elena Nesci

Aqua Shop
The Swim Specialists

Our preferred supplier proudly supporting Claremont AUSSI Masters Swimming Club



It is with great pleasure that we announce the commencement of a new relationship between **Claremont AUSSI Masters** and **Aqua Shop**. Aqua Shop are **swim specialists** who have an extensive catalogue of swimming related products, many of which our club currently uses including the **club swimwear, kickboards and fins**. Aqua Shop were **generous sponsors** of the 2005 Swim Thru Perth providing **\$1500** worth of **prizes and equipment**.

The club has signed up to the **Aqua Shop Loyalty Program** which entitles all members to a **5-10% discount** off all items purchased. Aqua Shop is a **web and mail order** based provider.

Each member will shortly receive an **Aqua Shop loyalty card** and a copy of the **Aqua Shop catalogue**. Every time you purchase an item you receive a discount and the club accrues credits to the loyalty fundraising program which can then be redeemed for club gear.

All members will be notified of **special benefits** and **new products** in the Gropers' Gossip.

This is an excellent opportunity for the club to **raise funds** and receive **world class equipment** at **discounted prices** from one of Australia's most **comprehensive swimwear suppliers**.

Stay tuned for more updates. Your **loyalty card** and **catalogue** will be forwarded shortly with full details on how to take advantage of this great

program. In the meantime check out the Aqua Shop website at www.aquashop.com.au You can sign up as a loyalty member via the website straight away - just make sure you list **Claremont AUSSI** as your club.

We look forward to a long a fruitful relationship with Aqua Shop over the coming months.

ROTTNEST CHANNEL SWIM

(This is a copy of the article in the Post Newspaper - Friday 25th Feb.)

Claremont AUSSI Masters Swimming Club had a record **nine successful solo** swimmers in the **2005 Rottneest Channel Swim** on Saturday 19th February. Competing in the **world's largest ocean race** has become a popular event in the swimming calendar for many Claremont Gropers with this year certainly no exception. As well as the **nine soloists, Claremont fielded duo and team swimmers** all of whom completed the gruelling event in impressive times with the **"Swim for Craig"** duo of **Sally Bell** and **Martin Holbrook** finishing in **first place** in their category in a time of **4hrs 58mins**.



Sal & Marty at the presentations

The long training schedule paid dividends for the nine solo swimmers, otherwise known as the G9, who finished in times ranging from 5 hrs 5 mins to 6 hrs 53mins. The conditions on the day were favourable with an easterly wind and a strong swell helping the competitors over to the island. The camaraderie and healthy competition that grew amongst the G9 made for more enjoyable training sessions and faster swimming for all.



L to R – Ali, Chris M, Elena, Bastiaan, Bette, Chad, Patrick, Chris R, Steve.

There was a huge variation in age and ability amongst the G9 swimmers but the inclusive approach of AUSSI Masters meant that the feat was encouraged and achievable.

The G9 in finishing order were;
Steve Webb (age 40) 5hrs 5mins, Chad Edwards-Smith (36) 5hrs 30mins, Bastiaan De Boer (43) 5 hrs 34mins, Chris MacQuillan (33) 6hrs 01mins, Chris Roberts (37) 6hrs 12 mins, Patrick Verryn (38) 6hrs 16mins, Elena Nesci (29) 6hrs 20mins, Bett Montgomery (56) 6hrs 25mins, Alison Farmer (39) 6hrs 53mins.

Special mention must be made of the efforts of several of our members who **raised money** for various **charities** as part of their Rottneest Channel Swim.

Sally and Marty raised in excess of **\$8000** for **The White Wreath Association – Action Against Suicide** in memory of **Craig**.

The **Albion boys**, namely **Chad, Bastiaan, Steve, Chris & Gerry**, raised in excess of **\$4000** for **The Amanda Young Foundation** and **The Louisa Allesandri Memorial Fund**.

Welcome to our new members:

**Barry Colgan
Therese Harris**

2005 MEMBERSHIP FEES ARE NOW EXTREMELY OVERDUE.

We are left with little choice but to make those unpaid members swim an 800m Fly. Fees gratefully accepted at training or by direct debit. Email me for details and a form. You must be financial to swim in the carnival and The State Open Water Swim.

2005 CLAREMONT CARNIVAL

Guess what? Our **Club Carnival** is on **Sunday 10th April** at **Claremont Pool**. This is by far the most fabulous carnival in the club calendar and one that we intend to **win** with **grace** and **style**. To make the day a success we rely on two very important factors;



- 1. Lots of swimmers**
- 2. Lots of helpers**

The carnival starts at **8.30am** after a warm-up session from 7.45am. It is usually finished by around midday with a sumptuous lunch to follow.

Neil Sutherland, our trusty **Captain**, will have everything running like a well-oiled machine if we all pull together and lend a hand where we can. Aside from actually getting your entry in (a copy of which is attached) you may wish to **volunteer** your expert services in any of the following categories:

Marshals x 3

Check Starter

Chief Timekeeper

Timekeepers x Lots

Recorders x2

Data Entry x2

Announcer

False Start Rope Steward

If you've never attended a carnival before, you've never lived! Besides which, the sense of self-importance lacking from so many of our lives can be filled by undertaking one of

the official roles!! Remember you must be a financial member for 2005 to be able to swim so get your subs in asap.

All members are asked to **bring a plate of food** for the lunch and the social committee is requesting **donations for raffle prizes** – bring these to training.

To make things really easy for you here is your own **personal checklist** to ensure our carnival is a success;

Carnival checklist

- ◆ Get your entry in
- ◆ Turn up on the day
- ◆ Swim in three races
- ◆ Bring a plate of food
- ◆ Assist in the officiating
 - ◆ Enjoy yourself
- ◆ Donate something for the raffles

2005 Carnival Dates

Sun 10th April - Claremont
14-15th May - States - Challenge St.
Sun 19th June - Westcoast - Joondalup
Sat 23rd July - Marg. River
Sun 9th Oct - Perth City
Sun 30th Oct - Fremantle

**CONGRATULATIONS
PERC EDWARDS**

**2005 OFFICIAL OF THE YEAR
FOR WA**

HAPPY BIRTHDAY

Peter Chong - 3/3
Jill Woodworth - 8/3
Edmundo Peralta - 10/3
Jenny Williams - 16/3
Chad Edwards-Smith -
22/3

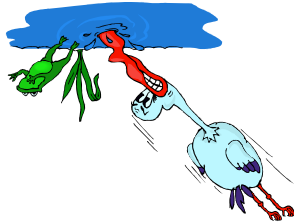


Coaches' Corner



The Coaching staff will be running a **Starts, Turns and Finishes Clinic** this Saturday **19th March 2-4pm** at **Challenge Stadium** with drinks and nibbles to follow. This is a perfect opportunity to make sure you've got that **Olympic standard dive**, a **fast and fluid tumble turn** and, most importantly, that you don't get **disqualified** for an illegal turn or finish.

Perc Edwards, our very own **2005 Official of the Year**, will be attending as will the coaching staff – **Sally, Marko, Richard H and Elena. Richard** will also be offering pointers for a more **smooth** and **efficient stroke**.



All levels will be **accommodated**. Write your name on the sheet at training, email elena.nesci@ozemail.com.au to sign up or just turn up at 2pm at Challenge this Saturday the 19th March.

The next clinic will be held on **Thursday 31st March** and it's the one you've all been waiting for – **BUTTERFLY**. There will be one lane for the conscientious objectors. **Richard Hughes** will be taking the clinic.

**GOOD LUCK TO OUR
GROPER SWIMMING IN THE
NATIONALS IN HOBART 30TH
MARCH – 2ND APRIL**

**LIZ BEAL
LESLEY CHUTE
PERC EDWARDS**

SOCIAL CALENDAR

The **2005 Social Calendar** kicked off with the first **club night** of the year at the end of February. It was a great opportunity to catch up with those members who had swum in the **Rottnest Channel Swim**, meet some of the new members and celebrate **Gabby's 40th birthday** with a little bubbly.

There were a few presentations made during the evening. **Jenny Williams** was presented with her Toblerone for scoring maximum points in the **2004 Aerobic season. Steve, Chad, Bastiaan, Marko, Chris M and Patrick** were presented with the **Club Challenge Trophy** from the **Swim Thru Perth** for the first 6 swimmers from a club across the line. All members who swam to **Rotto** were recognised with **fishy chocolates** and the usual raffle was held. All in all, a magnificent start to the year.

The **March club night** is on **Tuesday 29th March**. The bring-a-friend membership drive has been postponed until April but by all means if you have already arranged to bring along someone feel free. **Pasta** is on the menu.



CLOTHING SALE – There will be a clothing sale at the March Club Night with various **T-shirts, cossies, fleeces and badges** for sale at great prices.

April Club Night – Tuesday 26th April (Leery and lurid bathers night + Membership Drive)

Anyone for Lawn Bowls?



The Social Committee is keen to organise a few events that do **NOT** involve swimming.

The first outing planned is an afternoon of **lawn bowls**.

If you've never played lawn bowls, you've clearly led a dull and sheltered existence. Think **Crackerjack**, think **beer** and **sunshine!** No longer solely the bastion of old codgers, lawn bowls is enjoying a **renaissance** amongst the **hip, younger set** (ie you) keen to enjoy a few drinks in the afternoon while pretending to play a game that requires far **greater skill** and **patience** than many of us will ever possess. Trust me, I speak from experience. Stay tuned for further information and confirmation of a date.

If you have any **other ideas** for non-swimming social activities please speak to **Steph Canet** of any member of the social committee.

Award night / Xmas in July

The Social Committee will be organising a combined **Awards** and **Xmas in July** dinner for **30th July**. More info to follow but write this date down in your diary.



Happy St Patrick's Day

DING DONG THE KING IS DEAD

Bastiaan De Boer would hereby like to declare that he is no longer the Raffle King having been hopelessly unsuccessful in the last few raffles. It would appear the crown is now proudly worn by Sally Bell..

Open Water

The **Open Water season** is nearing an end with only a few swims left on the calendar. The **last swim** of the season is the **State Open Water Swim at Leighton Beach** on the **9th April** (the day before our Club Carnival). It is a **2km swim** for **AUSSI members only**. Entry forms are available at training or at www.aussiwa.com.au and must be received **Friday 1st April**. **THERE ARE NO LATE ENTRIES**.



Remember, you must be a financial member to be able to compete.

We look forward to seeing as many Gropers swimming in this great

event and perhaps winning the **Team Trophy** for the club!

AEROBICS

The **2005 Aerobics season** is under way with the official times **Saturday 8am-10am** and

Saturday 2pm – 4pm. The option remains for you to get a few people together on Sundays 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.



Osborne Park AUSSI Masters Swimming Club would like to invite members to their 400-800 Swim at 2pm on Saturday 16th April, at Beatty Park Leisure Centre. Forms available in the club cage.

Coaching Course

If you are interested in attending a Level 1 Coaching course on 16th & 17th April and 30th April & 1st May please email Natalie Roberts - natalier2@hotmail.com for more details.

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. 14th March 2004.

*Currently have 45 financial members.

*Claremont Carnival – 10th April, pool booked. Entry forms out this week. Call for volunteers.

* BBQ facilities outside clubrooms to share with Crabs – use for club nights and social functions.

***Club night** March 29th – Pasta

Next meeting 4th April 2004.

Recipe corner

This is a really easy recipe for a creamy baba ganoush (eggplant dip). Make sure you buy shiny, purple eggplants that feel heavy for their size. The older the eggplant the darker the skin and the more bitter it will be – a bit like you and me!



Baba ganoush (eggplant dip)

INGREDIENTS

1kg eggplant (approx 2 medium)

2-3 cloves garlic cut into slivers

sea salt

4 tablespoons tahini
juice 2 lemons or more to taste
flat leaf parsley, finely chopped
extra virgin olive oil

METHOD

Preheat oven to 220C.

With a small, sharp knife pierce the skin of the eggplants and push slivers of garlic into slits.

Roast eggplant for approx. 30 minutes in a hot oven, turning once, until soft and skin is blistered. Cool.

Peel eggplant in a colander in the sink. Mash the flesh, allowing the bitter juices to run through the colander.

Transfer flesh to a food processor, add a little salt, tahini and lemon juice and process quickly to form a smooth paste. Adjust seasoning if required.

Spoon baba ganoush onto a serving dish and sprinkle with parsley and drizzle with olive oil.

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
Remedial Massage and
Nutritional Advice
S.A.F.E and Juice Plus Products
Kiyo Knight Shiatsu Technique
7 Rankin Road, Shenton Park
ph: 9382 1958
by appt only

Elena Nesci
Pomodoro Creative Catering
Catering for parties, BBQs,
dinner parties etc
Ph/fax: 9382 1313

Michelle Bower
CHOICE CREATION – Creating
Health and Lifestyle choices,
Promoting Toxin-free, safe
Personal Care Products,
Nutritional Supplements,
Powerful Anti-oxidants,
Vitamins and Colloidal Minerals
Ph / Fax: 9384 1145
Mobile: 0417 093 953