



---

# GROPER'S' GOSSIP

---

Newsletter of Claremont AUSSI Masters Swimming Club Inc.

January / February 2005

**It's** a new year and a whole new calendar of events for the Claremont Gropers.

The first edition of the GG for 2005 is chockers with news from the past few months as well as important info for the busy schedule ahead. We welcome the new committee, some new members, introduce new initiatives in the

training arena and give you a run down of the carnival calendar for 2005.



## IN THIS ISSUE

New Committee	p2
President's Message	p3
Swim Thru Perth	p4-5
Carnival Calendar	p5
Newman Carnival	p5-6
Coaches' Corner	p6-7
Social Calendar	p7-8
Open Water	p8
Aerobic Swimming	p8-9
Committee Report	p9
Recipe Corner	p9-10
Business directory	p10

The Open Water swimming season culminates in the Rottnest Channel Swim this Saturday with a record number of Gropers attempting solo crossings. This should cap off what has been an outstanding Open Water season for Claremont with many age group wins and excellent participation rates in almost every race on offer.

The social committee kick off the year with the first club night next Tuesday 22<sup>nd</sup> February. Look out for a few new events in the coming months.

The Interclub Carnival Calendar is out for those Gropers keen on trying out their form strokes.

All in all, 2005 is going to be a busy year. We welcome all our re-joining members and our brand-new members and look forward to a year of "fitness, friendship and fun".

Elena Nesci

**2005 membership fees are now overdue. Please give your \$80 and forms to Treasurer, Patrick, ASAP or we will have to chop off your arms (which tends to make swimming a little difficult).**

## **AGM REPORT & 2005 COMMITTEE**

The **AGM** was held on **Monday 17<sup>th</sup> January** with 21 Gropers in attendance. The various reports were tabled and the new committee positions were filled. With no major items on the agenda the meeting concluded in record time and all in attendance enjoyed a drink at the bar afterwards.

A big **thank you** to the **outgoing committee members Mike Dodds, Jenny Williams and Alison Farmer.**

**The new committee for 2005 is;**

### **President – Roy Burton**

Roy has been a member of Claremont AUSSI for many years and has been an integral part in the successful running of the Swim Thru Perth. (See the President's Address)

### **Vice-President – Jill Woodworth**

Jill filled the position of Treasurer in 2004 and has helped to ensure the club enjoys a healthy financial position heading into 2005.

### **Secretary – Natalie & Chris Roberts**

Natalie and Chris have taken on what is arguably the most time-consuming role in the committee. They will no doubt be calling on outgoing Secretary, Jenny Williams, for advice and guidance.

### **Treasurer – Patrick Verryn**

Patrick joined Claremont late in 2004 and has thrown himself into all aspects of the club, including

nominating for the position of Treasurer.

### **Captain – Neil Sutherland**

Neil continues in the role as Club Captain ensuring the carnivals are well attended and smoothly run.

### **Vice-Captain – Bastiaan De Boer**

What's a captain without his trusty vice-captain? Bastiaan continues in the role of Vice-Captain ensuring the successful combo from last year lives to swim another day.

### **Coach - Sally Bell**

Great to welcome Sally back to the role of coach in what is shaping up to be a year of innovations in the coaching arena. (see Coaches' Corner for a full report)

### **Recorder – Richard Johnson**

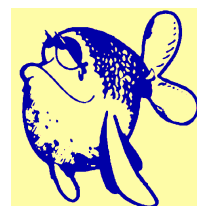
Richard continues in this role that has really become his own. Check out the results of his collating in the section on Aerobics.

### **Public Relations – Elena Nesci**

On board again to edit your GGs and keep members up to the minute with results and activities.

### **Social Committee – Steph Canet, Chad Edwards-Smith, Perc Edwards, Carolyn Vuletic**

Club nights, raffles, dinners, weekends away, fridge re-filling. Is there anything the Social Committee can't do?



## Message from the President



On behalf of the **new Club Committee** I would like to **welcome all members** to our 2005 season.

2004 was a testing year. There was a new low budget approach to the 2004 Swim Thru Perth, the pool decision on Claremont vs. Challenge and the tragedies suffered by Beth and Sally. Club members rallied on each occasion and provided their support, as we would expect.

On behalf of all the members, I would extend a **thank you** to the **outgoing committee** and acknowledge the work of retiring **President, Michael Dodds, Vice President Alison Farmer** and **Secretary, Jenny Williams**.

The Club has entered 2005 in a very **sound financial position** due to the previous committee's work and we have just conducted a very successful **Swim Thru Perth 2005**. Special thanks to Elena as the STP Co-ordinator and to the committee, members and friends who assisted. Elena's efforts were acknowledged at the 17 January 2005 Annual General Meeting when she was the worthy recipient of the inaugural Craig Bell Service to the Club Award.

Due to the very **successful efforts** of the **STP Committee** in attracting key sponsors and the success of the trip for 2 to Broome raffle, which raised in excess of **\$3,000**, the Committee has made decisions to make **special donations** from these funds. **\$1,000** will be donated to each of the **Red Cross Tsunami Appeal**, in response to the tragic loss of life from that event and, in memory of our colleague, fellow member and past President, **Craig Bell**, to the **White Wreath Association** which serves to reduce suicide and provides support for affected families.

At a future meeting the Committee will give consideration to **identifying a charity** that part proceeds of future STPs can be given. This is a commendable approach taken by a number of AUSSI and other Clubs who conduct annual open water swims whereby we can collectively return something to the community and identify ourselves with a worthy cause.

One of the initiatives we will be embarking on shortly is a **membership drive**, directed in the first instance to members of recent years who no longer swim at the Club. Invitations to attend **Club Night on Tuesday, 29 March 2005** (Easter) will be sent for a low-level 30 minute re-introductory swim followed by supper and a drink. If a name springs to mind, please let **Jill, Natalie, Elena or myself know**.

Finally best wishes, smooth waters and strong arms and minds to our nine solo entrants and other team members in the Rotto Swim this coming Saturday.

**Roy Burton**

# SWIM THRU PERTH



**Claremont AUSSI Masters Swimming Club** was the proud organiser of Australia's oldest open water swimming race, the **2005 86<sup>th</sup> Swim Thru Perth** held on Saturday 22<sup>nd</sup> January. Competitors started at **Barrack Street Jetty** and finished on the banks of **Matilda Bay 4.5km down the Swan River.**



**First three finishers**

Despite the smoke haze from the bushfires, the **conditions** in the water were **almost perfect** for the 203 competitors who completed the race. The water was warm and calm and there was little current to contend with although the presence of jellyfish in and around Matilda Bay was a challenge in the final stages of the race.

The field was **extremely competitive** with Athens Olympian Travis Nederpelt finishing first in a

time of 51.15 mins just ahead of his older brother Jarrad in a time of 51.23. First female was Nikita Barsby in 58.28. Thirteen-year-old Rhys Voysey was awarded the Ron Grannery Trophy for the fastest swimmer under 14 years crossing the line in 1.00.31. The field had swimmers ranging in **age from 12 to 79** with all but two starters finishing.



**Nudie juices** were on hand to quench the thirst of the swimmers and spectators and help create a fun and festive atmosphere on the foreshore. **Part proceeds** from all monies raised from the event will be donated to the **Red Cross Tsunami Appeal** and the **White Wreath Association.** The **Qantas / Cable Beach Club Raffle** was won by club member **Sally Bell.**

With such a fabulous turnout and great support from all who attended it is no surprise that the event was a huge success. **Special thanks** to **Natalie Roberts, Roy Burton, Dave Cummins, Jill Woodworth and Bastiaan de Boer** for their tireless efforts and to those club members and friends who manned the BBQs, sold raffle tickets, registered swimmers, filled official roles and generally made the event run as smoothly as possible.

Claremont AUSSI Masters would like to thank all the **competitors, spectators, Major Sponsors (nudie, Aquashop, Qantas, Cable Beach Club Resort and City Toyota) and prize donors** for helping to make the 2005 86<sup>th</sup> Swim Thru Perth an overwhelming success and a great community event.

**Elena Nesci  
STP Co-ordinator 2005**

Welcome to our new members:

Natalie Palleros  
Julian Siwek  
Marty Holbrook  
Dianne Casserly  
Claire Singleton

## 2005 CARNIVAL CALENDAR

The **2005 Carnival calendar** is busier than ever with Claremont entered in **6 Interclub Challenges** including the Margaret River short course event in July.

Gropers performed exceptionally well at the **2004 Interclubs** with great **attendance rates** and some impressive swims from all swimmers in many age groups. If you haven't swum at an interclub before and feel a little intimidated at the idea of racing, rest assured that the main purpose of the carnivals is to **encourage participation regardless of ability**.

Heats are allocated according to your nominated time so you will be

swimming with people of similar standard regardless of age. (Of course, the option always remains to nominate a time that is way too slow for you so you can win your heat!!)

Everyone who swims **gains points** for the club total and invariably has an enjoyable day. Stay tuned for carnival updates throughout the year.

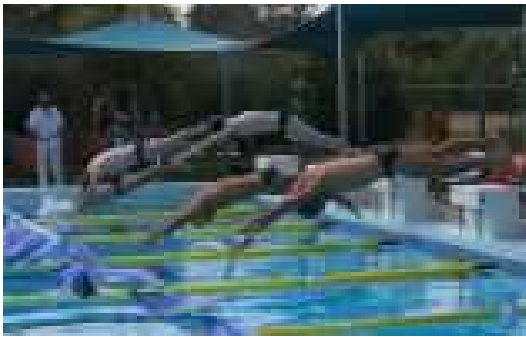
**Write down these dates in your diary:**

## 2005 Carnival Dates

Sun 13<sup>th</sup> Feb - Newman Churchlands  
Sun 10<sup>th</sup> April - Claremont  
14-15<sup>th</sup> May - States - Challenge St.  
Sun 19<sup>th</sup> June - Westcoast - Joondalup  
Sat 23<sup>rd</sup> July - Marg. River  
Sun 9<sup>th</sup> Oct - Perth City  
Sun 30<sup>th</sup> Oct - Fremantle

## Newman Churchlands Carnival

The **2005 club carnival season** began in a sedate manner for Claremont AUSSI with a small contingent competing in the **Newman Churchlands Carnival on Sunday 13<sup>th</sup> February**. The usual crowd of Gropers was unfortunately drastically reduced by the proximity of the carnival to the Rotto Channel Swim.



Whilst there was no chance of overall honours, those swimmers who took part still swam admirably and posted some good times. Claremont finished 7<sup>th</sup> overall with only 9 swimmers!

Our one and only relay team entered won their age category handsomely.

Congratulations to all those who swam.



**Team Claremont for the Newman Churchlands Carnival was;**

**Lesley, Steph, Anthony, Bastiaan, Richard F, Richard H, Richard J, Marko & Perc**

## Coaches' Corner



Welcome to a new year with Claremont AUSSI! I'm pleased to be **Head Coach again for 2005**, and I also welcome our Assistant

Coaches – **Richard Hughes, Marko van der Veen** and first-timer **Elena Nesci**. We'd also love to incorporate "**guest writers**" into our schedule, so please don't hesitate to come forward if you have a great programme in mind.

As usual, our **training nights** are **Tuesday and Thursday from 7.00pm – 8.00pm (all standards catered for)** and **Aerobics** will continue to run on **Saturday from 8am – 10am and 2pm - 4pm**. As well, there are often groups of similar speed swimmers who make their own arrangements to get together at other times. Remember that **Club Night** will operate on the **last Tuesday** of each month.

I'd like to give you a run-down of our plans for training sessions, from now until the end of May. This time frame has been chosen as the **State Swim is in May (14-15<sup>th</sup>)** and this will be the culmination of our summer/autumn training.

For the last few months our focus has obviously been on longer distances, and **mostly Freestyle**, in preparation for the open water swimming season. With the Club having **9 solo swimmers, 1 duo team and others competing in 4-man teams in the Rottneest Channel Swim**, there have been a lot of people needing this type of training.

But for those of you who prefer sprinting and/or other strokes, the news is good once the Rotto Swim has been swum on 19 February.

This year each coach will do a **whole month** of training sessions in a row, so that they can build

some real continuity into the sessions, and provide a particular focus if they wish. In most cases I am leaving this up to each coach to decide upon, but there will certainly be a **greater emphasis on sprinting from February to May** – and the capacity for **non-Freestylers** to do more form-stroke training.

Following the success of the concept last year, we will continue with our **“specialist stroke”** nights, where one or two lanes will have an **hour-long clinic** on a specific stroke. (There will be one lane left vacant for the non-negotiable Freestyle sloggers!)

The dates for these sessions will be:

**Thursday 24 February:  
Backstroke Clinic (Sally)**

**Thursday 31 March:  
Butterfly Clinic (Richard)**

**Thursday 28 April:  
Freestyle Clinic (Marko)**

**Thursday 2 June:  
Breaststroke (Anthony Dunne)**

Please don't hesitate to contact me if you have any queries or comments – all feedback is appreciated.

**Sally Bell**

## HAPPY BIRTHDAY

Steph Canet - 5/2  
Dave Cummins - 6/2  
Bette Montgomery - 7/2  
Michael Dodds - 17/2  
Gab Jolliffe - 21/2  
Anthony Dunne - 25/2



## SOCIAL CALENDAR

The **Social Committee** is planning a packed year of social events including **Club Nights, an Awards Dinner and a trip to Margaret River** to coincide with the Interclub Carnival. They are always looking for **volunteers** to help organise the events so if you're keen let them know.

### Club Night -

The **Social Committee** will be organising the **Club Night Calendar** for the year. Club Night's are held on the **last Tuesday** of the month and are a perfect opportunity to introduce new members to the club and catch up with swimmers from the other lanes.

The **first Club Night** of the year is on **Tuesday 22<sup>nd</sup> February**. After the success of last year's **Bring-A-Plate-Club-Night** the Social Committee has decided to start the season off in similar fashion.

To ensure we get a good spread of food please bring your allocated selection according to your swim lane.

**A - Laners – Savoury**

**B – Laners – Savoury**

**C – Laners - Sweet**

**March Club Night – Tuesday 28<sup>th</sup>  
March (Membership Drive)**

## Open Water Swimming



### The 2004-2005 Open Water Swim Series

reaches a climax this weekend with the Rottnest Channel Crossing. Claremont has a record number 9 solo swimmers, 1 duo and several team swimmers competing in this famous event. We wish all those competing the best of luck and hope that the weather Gods are kind to them.

Throughout the season Gropers have competed in almost all the events on offer in great numbers with several members winning Age Group prizes including **Lesley Chute, Perc Edwards, Chad Edwards-Smith, Bette Montgomery and Elena Nesci.**

A strong contingent of Gropers made the journey down to **Busselton** for the annual **Jetty Swim on the 6<sup>th</sup> February.** Accommodation was booked at the Busselton Broadwater Resort with a BBQ on the Saturday night pre-race. All who made the trip enjoyed the opportunity to get away from Perth for the weekend.

With 18 club members in the swim and some great times posted, it is fair to say that we were a commanding presence at the event (especially the Albion Boys in their striking cossies!).

## 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.

The **2004 Aerobics results** have been collated thanks to **Club Recorder, Richard Johnson.** Once again, **Jenny Williams** reached maximum points by completing all the events on offer. This includes 5 x 800m butterfly!!!! Liz and Perc also performed admirably.

The 2004 results were;

**Jenny Williams – 390 points**

**Liz Beal – 386 points**

**Perc Edwards – 330 points**

**Jill Woodworth – 168 points**

**Richard Johnson – 135 points**

**Alison Farmer – 125 points**

**Bastiaan De Boer – 120 points**

**Sally Bell – 105 points**

**David Cummins – 105 points**

**Lynette Cummins – 96 points**

**Elena Nesci – 78 points**

**Richard Fox – 60 points**

**Koos Van Rensburg – 60 points**

**Dirk Hirschberg – 46 points**

**Gary Bradley – 30 points**

**Patrick Verryn – 30 points**

**Dan Austin – 27 points**

**Trevor Beer – 15 points**

**Rob Griffiths – 15 points**

**Edmundo Peralta – 15 points**

**Neil Sutherland – 12 points**

Well done to all who completed Aerobic swims in 2004.

The **2004 Top Ten times** drawn from Aerobics and carnival results can be found at;

<http://www.results.aussimasters.com.au/anking/index.php>

If you have any queries or feel there are any mistakes please contact Richard Johnson. Well done to all Gropers who have posted Top Ten times.

## **Craig Bell Service to the Club Award 2004**

It was an honour for me to present this Award at our recent AGM, in memory of my late husband Craig who had a lifetime of involvement in voluntary work, not only for Claremont AUSSI, but for the Royal Life Saving Society, both in WA and nationally, and North Cottesloe Surf Life Saving Club.

The award was a simple tally of votes received by Club members and there were three names which stood out, however there could only be one winner.

I think everyone in the Club agrees that the accolade was well deserved by the 2004 recipient – **Elena Nesci**. I know I voted for Elena, and my reason for doing so was not only all the “real work” she did for the Club during the year, but for her infectious energy and enthusiasm which I believe has played a major role in making Claremont AUSSI a

wonderful club to be a member of in 2005.

Having been a member for over 13 years, I can honestly say the feeling around the Club hasn't been this good for many years, and I think Elena has played a major role in this.

I know she feels a little uncomfortable having received this award, because there are so many hard workers behind the scenes who have done so much in 2004 and previous years. And certainly it is a shame we haven't had such an award in the past – there are a number of Club members whose names would certainly have appeared on the trophy in previous years. However, I think there is no doubt that if we are looking solely at 2004, then Elena is an extremely worthy winner.

Congratulations, Elena.

**Sally Bell**

## **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. 7<sup>th</sup> February 2004.**

\*membership fees are now overdue. Membership drive to be a priority.

\*Claremont Carnival – 10<sup>th</sup> April, pool booked.

\***Swim Thru Perth** Great success. \$1000 each to be donated to Red Cross and White Wreath.

\***Club night** Feb 22<sup>nd</sup> – BYO plate.

**Next meeting 14<sup>th</sup> March 2004.**

## Recipe corner

This was the cake we had in Busselton for Steph and Bette's birthdays.

It's dead easy and pretty much foolproof. You can substitute any stone fruit for the nectarines ie peach, mango or plum.



### Luscious Nectarine Cake

#### INGREDIENTS

700g nectarines (about 4 medium)

2 Tablespoons sugar

200g butter, chopped

220g caster sugar

Grated rind of 1 lemon

Grated rind of 1 orange

3 eggs

250g SR flour

1 teaspoon baking powder

2/3 cup buttermilk

#### METHOD

Plunge nectarines into a saucepan of boiling water for about 1 minute. Remove with slotted spoon and peel. Halve, remove stones and cut each half into 8 wedges. Place in a bowl and sprinkle with the sugar.

Beat butter, caster sugar and citrus rinds until light and fluffy. Add eggs one at a time, beating well between additions. Sift together flour and baking powder and fold into egg mixture alternately with buttermilk, in 2

separate batches. Spoon batter into a base-lined, buttered and floured 22cm springform pan.

Drain nectarines, reserving syrup that has formed. Place wedges evenly over surface of cake and bake at 180C for 70-75 minutes or until cooked when tested with a skewer.

Spoon syrup onto cooked cake and stand for 5-10 minutes before removing from pan.

## 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](mailto: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

