



## Issue 5 October 2016

### Inside this issue:

Olympics	2
High Performance / Nutrition	4
Competition Results	5
Fundraising News	6
New Zealand Nationals	8
Meet 10 and Unders	10
News from Head Coach	11

### DATES FOR THE DIARY

**October 16—9am**  
**Swimathon**  
LeisureFit Booragoon

**October 22—9am**  
**Garage Sale Trail**  
Brentwood Primary School

**October 30—12pm**  
**Halloween Fun Day**  
LeisureFit Booragoon

**November 5 and 6**  
**Figures Group 2 and Routines Competition**  
HBF Stadium

**November 12**  
**Bunnings Sausage Sizzle**  
Melville Bunnings

**December 10**  
**AGM and Christmas Party**  
LeisureFit Booragoon

# SupaNova

Synchronised Swimming Club

## MESSAGE FROM THE PRESIDENT

Hi All

Another big couple of months for SupaNova with a big focus on supporting the Australian Olympic team of synchronised swimmers in Rio. The hugest of all congratulations are sent to Nikita, Hannah, Cristina, Rose, Emily, Bianca, Debbie, Amie and Danielle accompanied by Lilianne and Mary. What a truly unforgettable experience you have all had—thank you for allowing us to share in your journey.

Many thanks are extended to Emma and Tammie for the amazing amount of work and effort they put into the “sleepover” enabling all our girls to watch the Olympic team swim live on a big screen while snuggled up on beanbags—it was lovely.

The SupaNova competitive stream have been working very hard on the pre-season technical skills. Sara continues to work with them all to ensure the girls are fit and strong and technically capable of performing wonderful routines as the season progresses.

It is wonderful to have our Debbie and Amie back in the LeisureFit Booragoon pool alongside Caelie and Alex. A huge welcome to our new Coach Jess Thompson—we are so very lucky to have you teaching some of our routines. I can’t wait to see the magic all our coaches weave combined with the hard work and effort our girls continue to put in when we head to Melbourne.

Nine of our girls have just returned from New Zealand where they competed in the New Zealand Nationals. We congratulate Thirsa, Celeste, Charlotte, Leah, Sarah, Amy, Ksenya, Chantelle and Meg for representing SupaNova so well while thanking Sara, Amanda, Sandi, Claire, Catherine and Tammie for taking care of the girls.

Routines have now been offered and training will change over the next six months as these replace some of the technical skills that have been practised to date. Sara has done an amazing job with the schedule ensuring all girls are continuing to learn, grow and develop so they all reach their personal best goals.

A big thanks to Tammie Crawley, SupaNova’s Secretary who not only “secretaries” the Registers, minutes, etc. but is also the force behind many of our fundraisers, creating posters, tweaking the website and keeping the peace. We would be lost without you Tammie – thank you so much for all the effort you put in.

Hannah Penney has resigned from the Committee and we heartfully thank her for all her support—Hannah was the driving force behind our Newsletters and the creation of our up-and-coming website. Alex Miller will be taking Hannah’s place until our AGM and we will value her contributions based on extensive judging, coaching, swimming and long term involvement with synchronised swimming.

With the Swimathon, Garage Sale and Halloween party looming plus the start of the competitive season, the rest of the year promises to fly by. Time to get the sequin sewing gear out again!

**Keri Zenke**  
**President**



**There were many scandals reported about the Rio Olympics, from your experience did this negatively or positively affect the atmosphere of the Olympics for the athletes?**

A lot of athletes, most athletes, were on a technology detox at the games, so mostly we had no idea what was going on except for our little bubble of focus. So I would say these 'scandals' didn't affect the atmosphere for the athletes as we were not only oblivious to the events, but also not very aware of how everyone else is feeling as everyone is in their own bubble.

**Was there a lot of pressure for you to win gold and if so, where was this pressure coming from?**

No there was zero pressure for us to win gold. Synchronised Swimming is a very interesting sport. All of the 8 countries went into the synchro competition with a pretty set ranking, and in synchro, that ranking doesn't change. If it does, it is maybe 1 placing. But things like the Steven Bradbury event can never happen in our sport.

It is a judged sport so the judges arrive with preconceived ideas of scores and rankings.

It's very much a cultural sport, much like ballet and rhythmic gymnastics, Australian culture just cannot compete with eastern European and Chinese/ Japanese culture.

It is very difficult to explain to people who don't know synchro.

**If given the chance, would you go back to Rio and compete in the Olympics again? And why?**

Yes I would. I was very nervous for our first routine; the technical routine. If given the chance, I would go back and tell myself enjoy the moment. Don't get me wrong, I definitely did, but in the end, as I said earlier, there were preconceived rankings and our performance no matter how good wasn't going to change those rankings, so I could've just enjoyed the moment more; taken the pressure off of myself.

**You suffered some injuries during the Olympics, did this affect your performance? How did you cope with your injuries?**

I did. 2 weeks before the opening ceremony I got landed on after a lift (acrobatic move) and broke my nose. 5 Minutes after the incident when I was sitting on pool deck with ice and my

head back, my coach came up and asked if I was ok I said "Yes. I have learnt that I need to move faster in this move to avoid getting landed on." The important thing with elite sport is that no matter what happens, no matter what injury occurs, you have to learn from it. Especially with the limited time, there is NO time to linger on the negatives. Learn the lesson and move on. I was out of the pool for that afternoon and I didn't swim in the team for 1 day, and then I was back into everything 2 days later. I was a little nervous to the lift again and I was weary to keep my nose out of harms way, but I had to get rid of those nerves as they would do no good in my training and would not assist me in improving.

**How long did you train in order to compete at Rio? What was your training routine like?**

We were into full time training since April. This meant that 6 days a week, we trained between 6-9 hours every day. The majority of our time was spent at the AIS in Canberra, but we spent time in Perth and at international competitions too. When in Canberra this was our day:

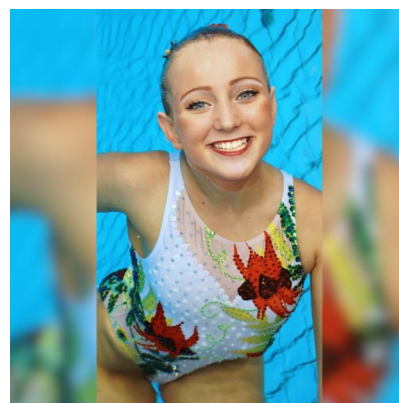
7.30 Breakfast, 8.00 Land  
9.45 Pool, 1.00 Lunch  
2.15 Land, 3.30 Pool  
6.30 Recovery, 7.15 Dinner

Land would consist of a daily activation, stretching, workout, choreography on land and extension work.

Pool sessions would consist of warm-up, workout, technical work, morning sessions would be technical routine, afternoons free routine.

**Do you plan to compete at the next Olympics?**

Until now, we have been fully self funded. We get zero funding from the government; the only prominent funding we receive is from Mrs. Rinehart. She is our main sponsor and without her, our national team would not exist. If this changes, and we receive some more funding so that everything (training, camps, competitions, travel, accommodation) is not all out of our pocket, I will 100% be doing the next Olympics. However as you can see with our daily schedule, it leaves no time to work and make money, so unless we receive funding, I cannot sustain this lifestyle for another 2 years.



**What was the lifestyle like at the Olympic Village? Were there obvious rivalries away from the competition?**

It was like daily life, except everyone around you is there for the same reason; to compete at the Olympics. You'd be walking next to a stranger, except it's weird because you know exactly why they are there, so at the same time, they're not really a complete stranger.

No obvious rivalries as I could see, the Olympics is about fair and humble competition, so any rivalries were not visible in the village. We were actually relative friends with our Egypt competitors.

**What was the highlight of your Olympic journey?**

The closing ceremony 100%! It was just a massive dance party! I met loads of people and chatted to everyone I saw and danced the whole ceremony (we all stood on the chairs because otherwise no one could see, so we were dancing on the chairs). Then at the end of the ceremony all the athletes joined the performers in the middle of the arena and somehow I accumulated a 1m tall hat that one of the performers was wearing and it is my winning souvenir from the games.





## Was the changing colour of the pool a big concern?

Good question. Synchro is a very surprisingly tough sport. If you're sick, you still train, if it's thunder storming, you still train (unless there's lightning of course), if it's a freezing pool, you still train. So with the green pool, we still trained. We weren't given time to be concerned or worry about it. Of course there was concern, but there is no room at the Olympic level to let things like that affect your training or focus.

## Did you feel hygiene was a large scare?

Not really, the village was very clean; there were sanitizer dispensers everywhere around the dining hall, the rooms were pretty clean. The only thing I would comment on is the fact that we had to put the toilet paper in the bin not the toilet, and sometimes the cleaners would just not pick up the bins for 3-5 days in a row. So that was pretty disgusting.

## Do you feel as though the Olympics was a friendly and unifying experience for the world? Or are the games too competitive?

They were definitely friendly and unifying. The interesting thing about the Olympics is that so many sports have regional qualifications. Meaning that a certain amount of countries from each continent must go. So for example in

synchronized swimming, Australia qualifies for Oceania, however there are so many European countries that do not make the games as they are not the top in Europe, however they are much better than us (and Egypt who gets the African spot). This occurs with all the sports. So it's not actually a compilation of the absolute best in the world, rather the best from each section of the world. Hence I would say it's not too competitive. Of course it is, as it is the biggest sporting event in the world, but it definitely has a peaceful and friendly atmosphere.

## You had to move to Perth in order to pursue your Olympic dream. Have you had to make any other sacrifices in order to achieve this goal?

Loads! I hardly go out with friends on the weekend. All through high-school I had to turn down parties and other social events because I was training at 5am every morning and then in the evening as well. I sacrifice having a normal life, consisting of uni and work. I hardly have time to work with my schedule, and make money. Which then leads to me not being able to live the "lavish" lifestyle of eating out on regular occasions. Money is quite tight.

We also train on Saturdays, so anything over the weekends I cannot do, i.e. festivals, weekend getaways etc.

It takes a lot of self-discipline to say no to these things and not have the "left out" feeling.

## What would be your number one piece of advice to other young aspiring athletes?

Follow your passion.

It will be hard. Do not be fooled to think it won't be. There will be days you can barely get out of bed. There will be days you ask yourself "why on earth am I doing this?" There will be times when it's just so hard to keep pushing your body to the absolute limit every single day and breaking your muscles to complete pain.

This is where the strength and beauty is. This is when the passion comes in. These are the times I'm proud of. When times are like this, you have to think back to the commitment you made to your sport at the start of your endeavor and you have to make that past version of yourself proud and push through to achieve your goal.

You don't always have to be motivated, but you do have to always be committed.

**Amie Thompson**  
**SupaNova Coach**

## CELEBRATING OUR FAVOURITE OLYMPIANS



How amazing was it to see our wonderful Australian Olympic team compete in Rio! They were simply amazing.

Amie Thompson and Debbie Tsai have officially transferred into SupaNova making



them our very own Olympian Club members! We have always thought of them as being Supa-Novians—now we have the paper to prove it.



Thank you so much for your faith in our Club Debbie and Amie.

All of us at SupaNova are in absolute awe of Debbie, Amie, Rose, Nikita, Cristina, Hannah, Danielle, Emily and Bianca managed by Mary Andreotta and coached by Lilianne Grenier.

The hugest of thanks are extended to Tammie and Emma for setting up a tv screen in the Brentwood Scout Hall—complete with movies, food, cake and games to keep everyone entertained until we were able to watch the team perform live. It was a brilliant night that will not be forgotten—a very special way of celebrating a very special occasion.





Several of our girls have trialled for extra High Performance training offered by Synchro WA and we congratulate Thirsa, Celeste, Charlotte, Kazia, Hannah and Alessandra for passing the selection process.

The first camp on the [#TrektoTokyo](#) 2020 Olympics was held at Challenge Stadium in September with high performance girls flying in from Queensland and New South Wales. Although many of the Olympic girls are still taking their well deserved time off - the next Generation of Synchro Australia was busily training for potential selection for future inter-

national competitions. They found it hard going trying to take on the Olympic routines and have a new-founded respect for the Olympians!

Many thanks are extended to the City of Melville who awarded three of our girls Youth Sports Scholarships giving them a year's free membership to LeisureFit Booragoon and raising the profile of the sport within the community. Congratulations to Alessandra, Kazia and Hannah from SupaNova and Tamila from West Coast Splash.



## FOCUS ON NUTRITION

SupaNova has been very fortunate to have Phil Evans, a qualified Sports Nutritionist, spend an evening with SupaNova parents discussing nutritional requirements and goals.

Phil discussed the balance required between Carbohydrates, Proteins and Fats with Carbohydrates including fruits and vegetables, Protein being anything with eyes (and eggs) and Fats including items such as avocados, nuts, seeds and dairy products.

Muscles hold 400grams of carbohydrates and the liver, 100 grams. As soon as this amount is exceeded, the carbs are stored as fat.



Phil suggested including all 3 food groups into each meal and made suggestions such as:

- ◆ eat nuts and fruit rather than a muesli bar;
- ◆ eat a bigger meal in the morning and at lunch time;

- ◆ provide lighter, easily digestible meals after training (e.g. seafood);
- ◆ higher fat yoghurts are better than lower fat,
- ◆ full cream milk is better than skim milk;
- ◆ coconut water helps absorb water; and
- ◆ to eat natural products where possible.

Phil suggested that nuts be kept in the car for the athletes to eat on the way to training.

It was a very informative session and we thank Phil for spending the time with us and also for planning the nutritious menu for the New Zealand trip.

## NUTRITION ADVICE FROM DR. ROSLYN CARBON

Good nutrition is incredibly important to athletes of all levels. It isn't possible to perform at your best, whatever your level of competition, if you don't put the best food into your body.

The Healthy Eating Pyramid for Australia, which was updated last year, makes it very clear that vegetables and fruit should make up the majority of the food you eat every day, and this includes snacks. Most experts would consider potato and corn alongside other starchy foods like white bread, rice and pasta in they don't have a great nutritional value. So try to always eat brightly coloured vegetables and fruit as much as possible – green, orange, red and yellow. Happily, when youngsters are growing and exercising it is almost impossible to eat too much fruit and vegetables, as they have great nutritional value without high level calories/kilojoules.

The Nutrition Australia website has a wealth of information and, as 16-22 October is National Nutrition Week, there will be increased promotion of good eating habits for everyone to use.

<http://www.nutritionaustralia.org/national/healthy-eating-pyramid/updating-pyramid>





## FIGURES GROUP ONE COMPETITION

**Congratulations to all who participated in the Figures Group One Competition held in September.**

Results were:

### Under 10 State Stream

- 1 - Sophia Johnson, SupaNova
- 2 - Bianka Albrecht, SupaNova
- 3 - Rebeka Rong, SupaNova



### Under 12 State Stream

- 1 - Emma Wakeb, West Coast Splash
- 2 - Harriett McCrae, West Coast Splash
- 3 - Lara Isbell, SupaNova



### Under 12 National Stream

- 1 - Bianca Chira, West Coast Splash
- 2 - Megan Selsmark, SupaNova
- 3 - Emma Levett, West Coast Splash



### Over 13 State Stream

- 1 - Elizabeth Craig, West Coast Splash

### 13-15 National Stream

- 1 - Emily Holloway, West Coast Splash
- 2 - Marnie Kennedy, West Coast Splash
- 3 - Beth Morley, West Coast Splash

### Junior Stream

- 1 - Tamila Andreeva, West Coast Splash
- 2 - Alessandra Ho, SupaNova
- 3 - Hannah Burkhill, SupaNova



## FIGURES TUTORS AVAILABLE....

**ALEX MILLER**, internationally qualified Judge and technical figures specialist is offering figures tuition services. Alex charges \$25 per hour per girl for 1 girl or 2 girls \$15 each per hour. \$15 extra is charged for remote pools. Alex can be contacted via email address alexandrajmiller@hotmail.com or mobile number 0422 971 046

**ROSE STACKPOLE**, freshly returned from the Olympics circuit is offering private figures tuition for anyone interested. Rose charges \$25 per hour per girl for 1 girl or 2 girls \$15 each per hour. No more than two girls at one time. Rose can be contacted via email address amberrosetackpole@hotmail.co.nz or mobile number 0431 822 630

## 16th October 2016

**Thank you for helping SupaNova raise funds by  
participating in our annual**

## Swimathon!

16th October sees the return of our annual Swimathon. This is a good fun way to spend the morning working hard swimming laps to raise funds for the Club.

Before the Swimathon please try to obtain as many sponsors as you possibly can. These sponsors can nominate to pay an amount per lap you swim, or simply donate a fixed amount for the event.

The more sponsors you get, the more money you raise for your Club!

The Swimathon starts at 9.00am—you will need to drink plenty of water during the swim so don't forget water bottles!

Parent volunteers will be greatly appreciated to come along on the day and count laps.

**We thank you once again for your support and hope you enjoy the event!**

## 22nd October 2016

## Garage Sale Trail

### SECONDHAND GOODS DONATIONS

Round up your unwanted items! Donations of secondhand goods to be sold at our stall can be brought to the pool this Sunday 16th or next Tuesday 18th. You will find Keri Zenke in the carpark : )

Volunteers to man our stalls between the hours of 9am and 3pm on the 22nd are required. If you are able to spare a couple of hours, please advise Tammie of your availability to enable a roster to be created. Kids are more than welcome—they will have a great time.

Please contact Tammie if you require a pre-order form for Krispy Kreme Donuts and Sipahh Straws. Please seek orders from family, friends and classmates with school going back this week. This is a great opportunity to purchase Krispy Kremes at less than retail prices and purchase full boxes of rare Sipahh Straw flavours including the new Latte flavour not available in stores. Pre-order forms can be emailed back to Tammie or handed to Emma (Sarah's mum) or Tammie at training Mon, Tues or Thurs this week.



**Express  
Pest Control**



**Andrew Burkhill**  
Owner Operator  
andrew.b@expresspestcontrol.com.au  
0438 446 553  
expresspestcontrol.com.au

Andrew Burkhill is offering to donate 10% of any Pest Control Services to SupaNova from the jobs he does for SupaNova families. Just mention SupaNova when you book with him—his number is 0438 446 553.



A huge thanks to all the parents and girls that helped SupaNova raise over \$1,000 at the Bunnings sausage sizzle held at Melville in August. It was such a hectic day with refills having to be made. Many thanks again to the super wonderful organisers Emma Gerovich and Tammie Crawley.







## ***SupaNova Hallowe'en Party***

### ***Sunday 30<sup>th</sup> October***

*This is a Club Fun Event so families are invited to come along and join us for the Halloween Lunch.*

*Please bring a Halloween Costume to change into after training.*

*The schedule for the morning is as follows:*

<i>8.00am – 12.00pm</i>	<i>Training as usual</i>
<i>12.00pm – 12.30pm</i>	<i>Dress up and face paint</i>
<i>12.30pm -12.45pm</i>	<i>Parade and prizes</i>
<i>12.45- 1.15pm</i>	<i>Halloween lunch</i>
<i>1.15pm -2.00pm</i>	<i>Ghostly games</i>

*Please bring a plate of spooky food or drink to share for the Halloween Lunch.*





### **BABYSITTERS AVAILABLE....**

Hannah & Kazia, from our Junior team, would be happy to babysit for your children. They have WWC checks, First Aid qualifications, offer competitive rates and have lots of experience with children! Please call: Hannah 0449 909 002 or Kazia 0431 735 063



## NEW ZEALAND NATIONALS



Thank you to all parents who contributed to the breakfast to farewell our SupaNova team heading to Mount Manganui to compete in the New Zealand Nationals.

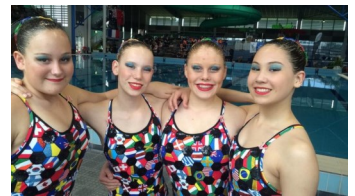
Thirsa, Celeste, Ksenya and Charlotte went as our 13-15 team and did very well coming 4th in their duet and team events. The 13-15 team had an additional challenge of re-learning their lift last minute as the pool depth was shallower than they were used to—congratulations girls on pulling it off so well!

Amy, Leah, Sarah, Meg and Chantelle went as our 12 and Under team with Chantelle coming 4th for her solo and the 12 and Under Team also coming 4th (4 was our lucky number).

Amy came 3rd overall for her figures and was presented with a gold sash at the Awards Ceremony. Chantelle was a close 4th to Amy.

The girls were accompanied by Sara as the Head Coach, Amanda as the Team Manager, Tammie, Sandi, Catherine and Claire and we cannot thank them enough for keeping the girls well fed, rested and supported.

We were very proud and hope each and every one of you have come back with unforgettable memories of a wonderful experience.



## MEANWHILE, AT LEISUREFIT BOORAGOON...



Meanwhile the girls at LeisureFit Booragoon had a few wonderful sessions—one with the pool inflatables and one with their Coaches getting in the water to practise lifts with them!



## SYNCHRO. GIVE-IT-A-GO.

SupaNova are expanding into other pools. On October 6, SupaNova hosted Synchro. Give-it-a-Go sessions at AquaLife in East Victoria Park and at South Lake Leisure Centre in South Lake. Many thanks to the girls who helped with the promotion of these.

Please spread the news to families and friends that may live in the area. The objective is to setup classes that expand in the future to support the competitive program. It is also a great way of expanding the sport south of the river. For anyone wanting to join SupaNova on a recreational level, we have the following classes:

- ◇ Monday 4-5pm at LeisureFit Booragoon
- ◇ Friday 6-7pm—South Lakes Leisure Centre

Please contact Amanda on 0422 920 088 or email [supanovageneral@gmail.com](mailto:supanovageneral@gmail.com) for more information





## Meet the 10 & Unders



**Sophia Johnson** — Hi I'm Sophia and I am 9 years old. I go to Mt Pleasant Primary School and some of my other hobbies are girl guides & art class. I like land training, swimming & seeing my friends at synchro. I have a Maltese shitsu dog called Milly and a new baby brother.



**Rebeka Rong**—Hi, my name is Rebeka Rong. I'm nine years old. I go to Banksia Park Primary School. I enjoy doing maths, reading and spelling. I also like yummy food and watching interesting movies. I love synchro because we co-operate and support each other as a team.



**Zoe Selsmark**—I am 9 years old and in year 3 at Mt Pleasant Primary School. I have been doing synchro for 1 ½ years. I like doing synchro because I like swimming and dancing. I like animals, books and lego.

### The Big Sync

Synchro WA held their Big Sync and broke the Australian record for the most number of swimmers doing a synchronised routine at once. With over 130 attendees, SupaNova friends and families contributed over one third of the attendees and Coaches. Thank you so much to everyone who came down to enjoy this fun morning.





## From Our Head Coach

This month has been amazing for everyone. Our girls finally got their routines and they can't be happier about it. They are also very excited to start them and work hard. For this season we introduced a new routine for the majority of our girls: open combination; they are all looking forward to doing it.

We are very lucky and happy that we have finally got our amazing Olympians: Amie and Debbie, back as coaches. This season Amie will take U12 and Deb will take Juniors and Masters. Thanks girls for all your help!!

We have a very busy month with all our routines starting at the beginning of October and also a competition the second week of the month, that we hope our girls show all the hard work they have been doing



since June.

9 of our swimmers went to New Zealand National Championships representing SupaNova. Our 9 girls competed in U12 Solo, U12 Team, 13-15 Duet and 13-15 Team. A special congratulations to Amy Matthews who came 3rd in U12 Figures out of 31 and Chantelle Wheatley who came 4th in the same age group figures. This was the first overseas competition for all of our girls. They had a great time, enjoyed their trip, learnt from other swimmers and also came home with ideas for their new routines. I also would like to say thanks to all their parents who made this trip come true. Our house moms did an amazing job, making sure that our girls had their healthy meals on time, updating our Facebook page and making everyone feel at home: Amanda Johns, Tammie Crawley, Claire Selsmark, Sandi Wheatley and Catherine Matthews, thanks a lot.



Two of our Juniors were very busy during the first week of school holidays attending a national camp in Perth, with swimmers from all over Australia and working hard to try to be in the national team to represent Australia in the next World Championship.

SupaNova has an incredible season ahead and I hope all of my swimmers to enjoy every moment of this beautiful sport.

**Sara Estebainha**  
Head Coach

Thanks to all of our supporters:

- **LeisureFit Booragoon**
- **The City of Melville**
- **Grill'd**
- **SSAI**
- **Synchro WA**
- **Department of Sport & Recreation**

And a massive thank you to our sponsors The Wealth Designers, Kapture Photography & Bendigo Bank

### Contact Details:

President - Keri Zenke - [fkzenke@bigpond.com](mailto:fkzenke@bigpond.com)

Vice President - Helen Hopewell - [hopewell\\_helen@yahoo.com.au](mailto:hopewell_helen@yahoo.com.au)

Secretary - Tammie Crawley - [enforcer@iinet.net.au](mailto:enforcer@iinet.net.au)

Treasurer - Carol Easton - [supanovacaz@iinet.net.au](mailto:supanovacaz@iinet.net.au)

Director - Alex Miller - [alexandrajmillier@hotmail.com](mailto:alexandrajmillier@hotmail.com)

Head Coach - Sara Estebainha - [supanovahc@gmail.com](mailto:supanovahc@gmail.com)

Non-Competitive Program - Amanda Johns - [msc1@wasp.net.au](mailto:msc1@wasp.net.au)

Fundraising Coordinators - Tammie Crawley/Emma Gerovich - [enforcer@iinet.net.au](mailto:enforcer@iinet.net.au) / [geros@ozemail.com.au](mailto:geros@ozemail.com.au)

Uniform Coordinator - Emma Gerovich [geros@ozemail.com.au](mailto:geros@ozemail.com.au)

Relationships Manager - Jan Rose - [jan.rose@optusnet.com.au](mailto:jan.rose@optusnet.com.au)

Junior Committee - [supanovaajc@gmail.com](mailto:supanovaajc@gmail.com)

**K**  
**KAPTURE**  
PHOTOGRAPHY

TWD

Fremantle  
**Community Bank®** Branch

**Bendigo Bank**