



SWIMMING CLUB INCORPORATED

P.O. Box 455

Mermaid Beach, Qld. 4218.

NEWSLETTER

June / July 2001

Vic Laws Pool, Pizzey Park, Miami, Qld.

Committee:

President:	Lyn Stanley	5576 0695	
Vice President:	Alan Grant	5575 4235	
Captain:	John Crisp	5591 6117	
Secretary:	Moyra Galton	5532 2239	galton@qldnet.com.au
Treasurer:	Leanne Browne	5591 8234	
Newsletter:	Brett & Julie Stuart	5576 1989	brett.stuart@gpo.com.au

Coaches:

Lyn Stanley	5576 0695
Steve Cornelius	5538 7448

Training:

Saturday	2:45 pm (briefing and stretches)
	3:00 pm Swim
Tuesday	6:30 pm Swim

Dates:

- Albany Creek Swim Carnival 28th July
- Golf Day 12th August, Boomera Golf Course, Mudgeeraba
- Valley Swim Carnival 25th August
- Toowoomba Swim Carnival 8th September
- Lismore Rainbow Games 14th – 16th September
- Newcastle Australian Master Games 5th – 14th October
- Ipswich Swim Carnival 28th October
- Masters Pan Pacs 28th October to 4th November 2001, Hong Kong

Coaches Tip: Tuesday night training is being held in the old pool until further notice.



On these chilly Winter nights, come along to a steaming pool (28 °C) for a warming session.

Recipes from Soup Day:

A successful soup meal was held after training on 23rd June: – here are some of the delicious recipes from contributing members.

THAI CHICKEN SOUP

From Denise Robertson

- ❖ 2 chicken breasts, cut into thin slices
- ❖ 3 teaspoons ground cumin
- ❖ 1/2 teaspoon turmeric
- ❖ 2 cloves garlic, crushed
- ❖ 6 cups water



- ❖ 2 teaspoons chicken stock powder
 - ❖ 1 tablespoon sugar
 - ❖ 3 teaspoons sambal oelek
 - ❖ 1/2 teaspoon shrimp paste
 - ❖ 1 piece dried galangal
 - ❖ 50 grams glass noodles
 - ❖ 3 shredded lettuce leaves
 - ❖ 1 cup bean sprouts
 - ❖ 2 tablespoons chopped fresh coriander
- i. In large saucepan, combine turmeric, cumin and garlic and stir over heat until fragrant -about 1 minute.
 - ii. Add chicken, water, stock powder, sugar, paste, sambal oelek and galangal, stir until combined. Bring to boil, simmer, uncovered, for 10 minutes.
 - iii. Add rice noodles, simmer 10 minutes.
 - iv. Just before serving, stir in bean sprouts, lettuce and coriander.
- Serves 6.

PUMPKIN SOUP

From Else Arabena

- ❖ 2 Tablespoons Olive Oil
- ❖ 1 Onion
- ❖ 2 Carrots
- ❖ 1 Stick Celery
- ❖ 500g Pumpkin
- ❖ 2 Potatoes
- ❖ 2 Chicken Cubes
- ❖ 6 Cups of Water



- i. Chop Onion and lightly fry in Olive Oil until transparent.
- ii. Add Water, Chicken Cubes and chopped Vegetables.
- iii. Boil until tender.
- iv. Cool.
- v. Puree.
- vi. Sprinkle with coarse black pepper & Parsley when reheated.

CAULIFLOWER & BROCCOLI SOUP

- ❖ ½ Cauliflower (cut into pieces)
 - ❖ Equal amount of Broccoli
 - ❖ Chicken Stock
 - ❖ 1 small copped Onion
 - ❖ 1 Tablespoon Curry Powder
 - ❖ Chilli Sauce or Chilli to taste
 - ❖ 1 beaten Egg Yolk
- i. In a large saucepan, cook Cauliflower and Broccoli in Chicken Stock.

- ii. In separate pan cook onion until soft
- iii. Add Curry Powder and Chilli or Chilli Sauce.
- iv. When Cauliflower and Broccoli is cooked, blend until smooth.
- v. Add other ingredients
- vi. Extra stock as required.
- vii. Add Beaten egg Yoke if required to thicken.

Omissions

Apologies for the omission in the previous newsletter for Hank Markus's achievement, coming 2nd in his age group at the Samford Masters Carnival.

Norm Dash



We were all shocked and deeply saddened to hear of the passing of Norm on Saturday 23rd June. He was diagnosed with Motor Neurone Disease 12 months ago and after all his efforts to fight it, he was hospitalised in April this year, unable to swallow food. His devoted partner Sue Bertram and his daughter Moss kept a bedside vigil. Through their efforts, he was able to return home for his final weeks, where many club members were able to visit him.

Norm was an active member of the club for 5 years, volunteering for the demanding role of Registrar, which he diligently fulfilled for 3 years. He swam regularly in Lane 2, where he welcomed many new members and contributed to their staying with the club. He made many friends who miss him enormously. Norm was a super fit athlete and often proudly wore his T-shirt certifying 10 successive annual ½ marathon runs.

Our deep sympathy, love and support go out to his family, and fellow member Sue, and we hope she knows her swimming family is always here for her.

Birthdays:



Janine Corby	7-Jun	Else Arabena	2-Jul
Pamela Rendall	17-Jun	Alan Grant	4-Jul
Ann Rebgetz	18-Jun	Philip Follent	16-Jul
Barry Galton	20-Jun	Jean Walkden	16-Jul
Tony Corlass	29-Jun	Suzanne Johnston	20-Jul
John Crisp	30-Jun	Treasure Stubbs	24-Jul
		Rob Bradford	25-Jul
		Lorrie Bishop	27-Jul
		Jason Neville	28-Jul
		Margot Irwin	29-Jul
		Julie Stuart	30-Jul