



SWIMMING CLUB INCORPORATED

P.O. Box 455
Mermaid Beach, Qld. 4218.

QMM Newsletter January 2015

Events Calendar

18th January: QRC Short Course, Somerville House School, South Bris.

24th January: Miami Swimming Club Super Challenge. Timekeepers wanted.

26th January: 9 am -11am for Postals for our swim meet, followed by a BBQ

& Australia Day Treats.

14th February: QMM Long Course carnival.

28th February: Hervey Bay Long Course Carnival

13th-15th March: States Townsville MSQ Long Course Carnival.

8th-11th Apr: Nationals Hobart, Tas. Short Course Carnival.

Committee News

- The last meeting of the committee was held on Saturday 25.11 and the next will be on Saturday 10.1. We're in the process now of getting things right for our carnival on 14th of Feb.
- The present committee is coming to the end of its term and in the lead up to our AGM, we will be looking for members who may like to come on board and take up a position. Don't know what the situation is, but there are always going to be changes, and any position one does end up with, you'll find it both challenging and rewarding.
- All our thanks to Margie Watts who's been most efficient in looking after all the money matters while Glen Zille's been away in Sydney for the last few months. Glen did make it back for a short time and has been able to keep the bookwork up to date. The Committee appreciates both your efforts.
- We've now managed to purchase a new computer which will be used to process results at our carnivals. We received a substantial grant from the GC City Council, courtesy of local councillor, Greg Betts. It will certainly be for the benefit of us all.

Committee Members 2014-2015.

President: Lance Kunde (bronwyn2007@bigpond.com)

Vice-President: Alan Grant (thegrants28@hotmail.com)

Secretary: Belinda Herring (belindalherring@gmail.com)

Captain: Carole Simpson (qmmcaptain@gmail.com)

Vice-Captain: Vacant

Treasurer: Glen Zille (gmzille@bigpond.net.au)

Registrar: Sue Bertram (sbertram54@hotmail.com)

Endurance Director: Margaret Fittock (ajfmef@tpg.com.au)

Recorder: Denise Robertson (robertson.denise@bigpond.com)

Merchandising: Margie Watts (margiew1@hotmail.com)

Gear, Safety and Newsletter: Peter Mitchell (pdmitchell01@hotmail.com)

PR/Publicity: Vacant

Social: Julie Stuart (juliannestuart@gmail.com)

Kathy Watt (katherinewatt@bigpond.com)

Miami News

- The major issue at the moment is our carnival. Last year's was a real success and we're all hoping that this year's can be the same. We're looking for everyone's help with donating stuff for raffles, jobs on the day and competing. It's always a good day.
- The Endurance program is well and truly underway for 2015 and Friday mornings (after 7.00) and Saturdays before training are when we do it. If you've nominated to do a postal swim for our carnival, it's a good time to do it on either of these occasions if you can't make the

26th. Remember that all postal swims of 400 metres and beyond, are also counted for Endurance points.

- If you have nominated for a carnival event and don't have any idea what time it will take you, we will organise time trials at a suitable time over the next month. It makes sense to have a nominated time so you'll be swimming against others with similar times to your own. If you submit no time, you'll be in the first heat, the slowest.
- Our congratulations go out to Hobe Horton and Helen Morley. Our globe-trotting Canadian couple came back to compete in the Pan Pacs and then managed to take on most of the Endurance program. Because they had to head off back to Canada for Christmas they weren't able to complete it, but no probs, the bookwork came in with all the swims completed in top times. Prior to that both Hobe and Helen entered the open water swim at Burleigh and Hobe tackled the murky waters of the Tweed for the annual Brass Monkeys swim at Murwillumbah.
- And for anyone who may be interested, we do swim in the ocean as often as possible. Just contact me, Peter Mitchell, for any information about it. Guess it does help to be retired so you can waste time constructively.
- Also good to be informed by the GC Bulletin that swimming for fitness has suddenly become very fashionable, economical, heat friendly and overall worthwhile. Could have told 'em that 30+ years ago.
- Just a word from our Registrar, Sue, to let you know that she's waiting patiently for memberships to be got up to date. Remember that full memberships cost \$107 and it's \$95 for HCC holders. Once you're paid up, it will only cost you \$2.00 for a training session on top of pool entry. We're up to about 60 members now; we managed to get it up to 102 last year which ain't too bad.

Christmas Festivities both inside and outside the Pool

Thought we could have been in for a challenging time for our Christmas break up day. The clouds were gathering and distant rumbles were heard. No bother...it just all went away and things got back to normal.

First episode involved the traditional swimming club 'fun' session, hosted by our coaches Alex and Sally. Nothing too strenuous or difficult like those breaststroke, teeth shattering worms, just simple relays. And they did get the heart rate up quite a bit, so must have been good exercise. Good fun anyway.

So we got our exercise and now it was time to relax and indulge. There was heaps of food, the bar was open and Santa Claus was ready to get his gear on.

Those who brought a Secret Santa gift could sit on his knee and get a present; those who didn't had to forego the pleasure. Bruce enjoys the role of Santa whereas most of us would run a mile, especially having to get dressed up in all that gear in the summer heat.

Well we all enjoyed the occasion, nothing scandalous happened and left the pool area for the kiddies and their movie watching and chocolate crackles. Reckon they can handle the late nights better than many of us these days.



Birthdays

December: Julie Ryan 8th, Rob Findlay 14th, Lisa Rowlands 28th.

January: Lacey Polkinghorne 9th, Geoff Ross 9th, Errol Iselin 15th, Geoff Frost 17th, Kathy Watt 22nd, Ros Davighi 24th, Greg Brennan 28th, Liala Davighi 28th, Georgie Hartley 30th.

February: Lindy Salter 1st, Colette Southam 16th, Brian Deane 17th, Margaret Flanagan 21st, Elin Ashfield Hedstrom 24th, Brian Havilah 28th.

This is a recipe from Eric who comes over from WA to swim with us a couple of times each year and always comes to training with this delicious damper and special high fat butter. Yummy stuff!

Peppered Spinach, Fetta and Parmesan Cheese Damper

To make 2 dampers use amounts listed below. For one damper halve the amounts

3 1/2 cups (525 g)Self raising flour

1 teaspoon salt

2 teaspoons cracked black pepper

1 tablespoon sugar

40 g butter or margarine

1 cup (200g) fetta cheese, crumbled or chopped finely

3 cups (200g) baby spinach leaves, chopped finely

70g or 1 cup of shredded parmesan cheese.

11/2 tablespoons shredded parmesan cheese, to sprinkle over the top & outside.

½ cup butter milk.

1 cup water approximately

NB. The water and buttermilk can be replaced with warm beer to get a yeast input & allow some rising of the dough before baking. If beer is used put the mixed dough shaped into a round in a bowl covered with a tea cloth & allow the dough to rise or prove in a warm site for at least 45 minutes before cooking.

If I have the time I use beer. If prep time is short the results are still good with buttermilk.

Method

Combine flour, salt, pepper and sugar in large bowl & gently rub in the butter. Stir in the fetta, parmesan cheese, spinach, buttermilk and the water (or beer) to make a soft, slightly sticky dough. Turn the dough onto a floured surface, briefly knead the mix until just smooth. (Don't over work the dough)

Place the dough in a greased disposable baking dish (or place on oven paper on a flat baking dish). Press into 2 x 10 cm rounds, about 1 inch deep. Brush with a little extra buttermilk then sprinkle

some parmesan cheese over the surface. Cook in the oven at 220° C or in a covered BBQ eg a Weber, using indirect heat for 30 minutes or until cooked.

In our oven, 1 damper is cooked after 30 minutes @ 220° C, 2 dampers take about 35 minutes. The damper sounds hollow when cooked, or test with a knitting needle.

One damper provides an entree for 6-7 people.

Carole & Jim's visit to their other Paradise.....Hawaii

Jim and I look forward as often as possible to return to Hawaii and this we did at the end of November. We stayed on the Island of Oahu, which is the main tourist island, flying into Honolulu Airport. We then made our way to Waikiki where we based ourselves for the next 11 days

As we know the place really well and we have done all the "touristy" things in the past, we generally do our own thing.

This year we took a day trip to Maui, a short 40 minute flight from Oahu. We were picked up from the hotel at 5.15am and returned at 9pm, so it was a long day. The trip we took was called The Road to Hana Eco tour. This takes you on an isolated drive through wonderful tropical rainforest on a road very narrow and at times very dangerous. The area you travel is virtually cut into the side of a cliff face. Spectacular scenery, black sand beaches, and still quite undeveloped as far as tourism is concerned in this particular area. We unfortunately picked a lousy rainy cool day, so weren't able to swim or even see some of the areas we were meant to go due to the heavy rain and unsafe conditions.

Another day we had a wonderful time snorkelling and body surfing along the south east coast. We were in a small group of 12, and had the best tour driver who joined us in our activities and gave us a terrific amount of local knowledge.

As all the surfing championships were on at the North Shore we bussed it up there (2.5hrs in the local bus!) only to find none of the three that were being staged, were on that day due to poor surf.....that happens.

As it happened we were in Hawaii for the 73rd anniversary of the bombing of Pearl Harbour.

They commemorate that like we do Anzac Day, and whilst we didn't go to the service at Pearl Harbour itself in the early morning, the Governor flew the 4 surviving men over from the mainland for the commemoration. In the evening, from 6pm until 9pm, is when they had the parade. This was held in Waikiki where thousands lined the street. The parade was not as sombre as our Anzac day parade. It was an absolute spectacle with all the veterans, active members of all the forces, High school marching bands & volunteers.

They certainly do a parade well, the yanks!





