



GROPER'S' GOSSIP

Newsletter of Claremont AUSSI Masters Swimming Club Inc.

August 2005

Hi to All Gropers

It is with some trepidation that I attempt to take over from Elena and produce a Gropers' Gossip for your reading pleasure!

As you would all agree, our Pocket Rocket has done a sterling job over the past couple of years in producing an attractive, amusing and very readable publication, and we will sorely miss her contribution.

Apart from being such a good writer and editor, Elena always had her finger on the pulse of Claremont AUSSI and was able to provide us with mountains of juicy gossip! I'm not sure that I am so firmly in the loop, so if you want to be able to read such things, you need to let me know what's going on! So, please – feel free to provide me with anything relevant (or not so relevant) on email address sal@4u.com.au. I look forward to hearing from you.

Sally Bell

Aqua Shop
The Swim Specialists

Our preferred supplier, proudly supporting Claremont AUSSI Masters Swimming Club

WELCOME NEW MEMBERS

William Deucher, Georgina Jobling, Tony Pennells,

Kim McInerney, Suzanne Jefferys

CLUB NIGHT AUGUST - OUT FOR DINNER!

Club night is next **Tuesday 30 August**, and after the usual short training session at Challenge and a few fun races, hungry Gropers are invited to **Alanya Turkish Cuisine** at Floreat Forum.

The restaurant is licensed and BYO. Prices range from a \$3.50 side dish to a \$59.50 seafood platter for two – so there'll be something to suit everyone's taste and budget.

Alanya comes well recommended by a few of the clubbies that have been there so please come along and join in the fun! We need to book tables so if you are thinking of coming, please email Steph Canet **this weekend**, on steph.canet@westnet.com.au.

HAPPY BIRTHDAY

The big 40th Birthday for
Alison Farmer, on
1 September

Thomas Engelbrecht 11/9

Anthony Lynn 28/9



SOCIAL UPDATE

Our **Social Committee** continues to work hard to come up with ideas for functions – in addition to the work they do to pull our Club Nights together!

Functions “on the drawing board” at the moment include:

- **An afternoon of water polo and swimming races** with the Dolphins water polo club, followed by a friendly BBQ;
- A **Lawn Bowls** day????!!!
- **Family BBQs** after Aerobics on Saturdays.

We look forward to hearing more!

In the meantime, here's a report from **Carolyn Vuletic** regarding our very successful recent function – Christmas in July!

CHRISTMAS IN JULY 2005

This year's traditional Xmas in July was held at the **Amarin Thai** restaurant in Subiaco. It provided a great setting for a fantastic evening. The food was delicious and each table was decorated with mini Xmas trees adding the festive touch.

The **Silly Santa** present-giving once again displayed the diversity it has in the past – ranging from the usual to the bizarre. Some presents resurfaced from last year and some will no doubt revisit next year's function. **Mrs Santa and her elf** presided over the proceedings which exhibited the competitive spirit that Claremont AUSSIs are famous for. Particularly the **bottles of alcohol**

were most favoured, doing the rounds of the tables and finally coming to rest in the hands of the final ticket holder. It was in some cases more of a **pass the parcel** than a present-giving and it provided some very funny moments, continuing the festive mood of the evening.

Perc was finally able to hand over the **Perpetual Reindeer Trophy** which – after much discussion from the judges about this highly sought after award – was presented to **Ali Farmer** for her regal ability to christen tablecloths with champagne.

Captain **Neil Sutherland** did a great job in presenting the Club Awards and acknowledging the efforts and participation of some members. The awards were as follows:

Most Improved Gropers

A Lane: Chris Roberts

B Lane: Liz Beal

C Lane: Jenny Williams

Fastest Gropers (*consistently being the fastest over 50m & 100m Freestyle*): **Male:** Bastiaan de Boer
Female: Sally Stanford

Racing Stripes Award (*for dedicated carnival attendance and always racing hard*): Marko van der Veen

Most Dedicated Groper (*for all round involvement in all the Club's activities*): Richard Fox

Coaching Award: Greg Marshall

Open Water Swim Award: Lesley Chute

Troopers Award (*for jumping in and helping with everything – above and beyond the call of duty*): Elena Nesci

Desperado Award (*most desperate attempt to get a State Record!*): Greg Pennells

Keen Bean Award (*so keen that you wreck your shoulder helping out!*): Patrick Verryn

Marketing Achievement Award (*for convincing everyone to swim breaststroke*): Anthony Dunne

A huge **thank you** must go to **Steph Canet** for her wonderful organization of this entertaining and enjoyable evening. It has become a regular event on the year's social calendar; one not to be missed so put it in your diary for next year.

COACHES' CORNER

September marks the return of our intrepid globetrotter **Richard Hughes** to the coaching role. Whilst Richard isn't giving away any secrets, you can expect his usual well-thought-out programmes, often too detailed to fit on the board.

On the serious side, take this opportunity to experience **Richard's love for coaching and helping people improve their strokes**. Whether or not Richard himself also swims, or coaches from the deck, you can be assured he will be watching everyone closely and offering helpful hints where appropriate.

Recipe corner

Just a recipe from an old Womans Weekly book, which I found very easy and very tasty.



Smoked Salmon Risotto

INGREDIENTS

1 cup long grain rice
1 onion
1 stick celery
60g butter
½ cup dry white wine
3 cups boiling water
2 chicken stock cubes
250g frozen peas
30g butter – extra
125g smoked salmon
4 shallots or spring onions
salt, pepper

METHOD

Wash rice under cold running water, drain. Peel onion, chop finely; chop celery finely; chop shallots. Heat butter in pan, add chopped onion and celery, cook until softened. Add rice, stir until rice is coated with butter. Add wine, 1 cup of boiling water and crumbled stock cubes. Bring to boil. Reduce heat, simmer uncovered until water has evaporated. Add another cup of boiling water, cook until this water has evaporated. Add final cup of boiling water and frozen peas. Cook until water is almost absorbed. Overall cooking time should be about 20 minutes from the first time water is added. Stir in finely chopped smoked salmon and shallots, stir in extra butter, season with salt and pepper. Serves 2-4 depending on hunger!

GG BUSINESS DIRECTORY

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