

THE TORCHBEARER

NEWSLETTER 61

"56ers Torchbearers Club Inc"

PO Box 2148, CAIRNS Q 4870

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President's Comments

Greetings Torchbearers and Partners

It is with a great deal of sadness I report the passing of Torchbearer Owen Berzinski. Owen carried the torch from the steps of the old Cairns City Council Chambers for the first mile out of Cairns on its long journey to Melbourne and was an excellent athlete in his youth. Our deepest sympathy goes out to Owen's wife and family.

With a relatively quiet year behind us we are all looking forward to the forthcoming AGM on November 4 where most members come together once every twelve months.

On the local scene a lot of attention has been focussed on the opening of the 50 million dollar Aquarium and personally I would suggest visitors coming to Cairns will go a long way to view a more spectacular exhibition of what the Barrier Reef has to offer.

Looking forward to swapping yarns at our Annual get together.

Good health to all

Regards
Jim Vallely

President



WE MUST NEVER FORGET THEM MELINDA GAINSFORD –TAYLOR AM

Melinda Gainsford-Taylor was born on the 1st October 1971 in Narromine, New South Wales. In her junior career (1989) she won the first of three consecutive Australian Junior 100m titles also winning the junior 200m championships in 1989 and 1991. At the 1990 World Junior Championships she reached the semi-finals of the 100 and 200m sprints and assisted the Australian 4x100m relay team to a new national junior record of 45.01 seconds.

Although Gainsford-Taylor became a world champion in 1995, her senior career really began when she won the first of five 100/200m sprint doubles at the 1992 Australian National Championships and won selection in the Olympic team where she made the semi-finals of the 200m.



Gainsford-Taylor in full flight on the track.

In 1993 she won a silver medal in the World Indoor Championships but later in the season broke down in the 100m semi-finals of the World Championships in Athletics.

Early Notice Annual General Meeting: This is to advise that the Annual General Meeting of the 1956 Olympic Torch Bearers Club will be held on Saturday the 4th of November, 2017 at the RSL Club, Esplanade, Cairns. Commencing 11:30AM to be followed by lunch. Wives and partners welcome.



Melinda winning a 100m event in the Australian Championships.

During 1994 Taylor won a bronze medal at the Commonwealth Games behind her arch-rival Cathy Freeman. She set an Australian record for 100m of 11.12 seconds. A year later she won the 200m at the 1995 World Indoor Championships, and took home a bronze medal in the 4 x 100m relay team.

In 1997 in defending her World Indoor crown Taylor was disqualified for running out of her lane in the semi-final of the 200m. Later in the year she made up for that disappointment with a new Australian record of 22.23 seconds. Soon after she reached her first individual outdoor final at the Athens World Championships being placed 7th in the 200m final.

The latter part of her career was hampered by injury. Running with knee problems she famously broke down metres before the finish when in first place during the 200m event at the 1998 Commonwealth Games.

During her career she won a total thirteen individual open titles—two at 100 yards six at 100m and five over 200m.

At her third Olympic Games at Sydney she made the final of the 200m placing 6th and assisted the Australian 4x400m relay team to a fifth place finish and a new national record.

Still holding Australian records at 100m and 200m and sharing in 4x100m and 4x400m relay records Gainsford-Taylor retired in 2002.

In her family life Melinda married Mark Taylor and the couple have two children Nicolas and

Gabriella. In 2015 Gabriella became the fastest 10 year old girl in the country over 100m and 200m.



Melinda and Gabriella exercising on the track.

Gainsford-Taylor now works with little athletics New South Wales visiting schools. She also provides expert commentary for Australian TV channel One.

She is a fan of NRL team Manly-Warringa being a former board member and a member of the 'Eagle Angels' a group of high profile women all with a passion for the Sea Eagles. Other members are Wendy Harmer, Layne Beachley, news reader Tracy Spicer and swimmer Brooke Hanson.

Melinda Gainsford –Taylor was appointed a Member of the Order of Australia in 2017 for service to athletics and a role model for young athletes.



Jane Flemming and Melinda Gainsford–Taylor at an Olympic fund raising function.

RALPH DOUBELL AM

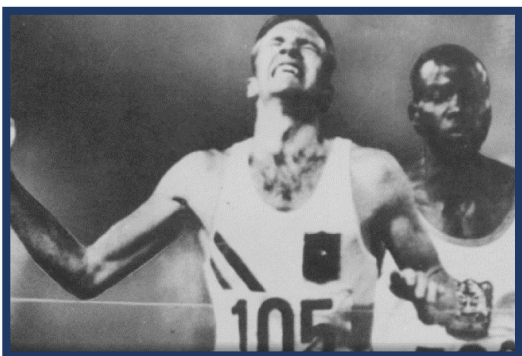
Ralph Douglas Doubell was born in Melbourne on the 11th February 1945. He was educated at the Melbourne High School and graduated from the University of Melbourne where he came under the tutelage of Austrian-born coach Franz Stampfl.



Ralph Doubell.

Doubell's first international victory was in the 800m at World Student Games in Tokyo in 1967 in a time of 1:46.7. This compares with Tom Courtney's time of 1:47.7 at the Melbourne Olympics.

His season was severely hampered by Achilles' tendon injuries and he was unable to compete for 6 months prior to the Olympic Games in Mexico City. Doubell was however able to recover in time for the games and won the gold medal, passing the pre-race favourite Wilson Kiprugut Kenya down the straight to win in a world record equalling time of 1:44.3.



Ralph Doubell beating Kiprugut from Kenya in the 800m final at Mexico City Olympics.

Doubell won the 800m gold medal at the 1969 Pacific Conference Games in a time of 1:48.0. He planned to compete at the 1972 Olympics at Munich but was prevented from doing so by calf injuries, which bought on his retirement from competitive athletics.

FAMOUS PEOPLE

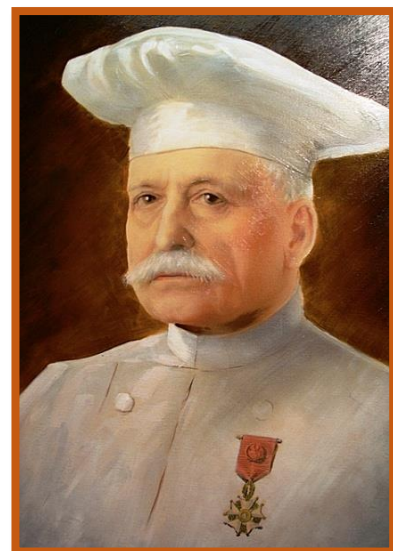
A famous and much loved tasty morsel associated with Dame Nellie Melba, the Peach Melba.

It is quite remarkable that in preparing one story another appears out of the blue. This is the case with preparing the article on Dame Nellie Melba in newsletter number 60.



The glorious dessert dish Pêche Melba.

Dame Nellie often dined at Auguste Escoffier's restaurants while performing at Covent Garden during late 1890's and early 1900's.



Auguste Escoffier dressed to deliver dessert-Pêche Melba.

Escoffier claims to have first created the Peach Melba while Nellie was a guest at the Savoy Hotel where he was chef. As the story goes Nellie sent Escoffier tickets to her performance in the Wagner opera *Lohengrin*. The production featured a beautiful boat in the shape of a swan.

The following evening Escoffier presented Nellie with a dessert of fresh peaches served over vanilla ice cream in a silver dish perched above a swan carved from ice. He originally called the dish *Pecheu Cygne* or peach with a swan. A few years later when Escoffier opened the Ritz Carlton in London with Cesar Ritz he changed the dish slightly by adding a topping of sweetened raspberry puree. He renamed the dish *Pêche Melba* or Peach Melba as we know it. The rest is history. Except for the recipe.

PEACH MELBA RECIPE.

Ingredients.

- 6 ripe tender peaches
- Sugar
- 1.5 pints vanilla ice cream
- One heaping cup of fresh ripe raspberries
- One heaping cup of powdered sugar
- Six tablespoons blanched raw almond slivers(optional)

Directions

1. Boil a medium pot of water. Keep a large bowl of ice water close by. Gently place a peach in the boiling water simmer for 15-20 seconds, making sure all surfaces of the peach are submerged. Remove the peach from the boiling water with a slotted spoon and immediately plunge it into the iced water for a few seconds. Take it out of the iced water and place it on a plate. Repeat the process for the remaining peaches.

2. When all the peaches have been submerged, peel them. The skins should come off easily if they are ripe. Discard the skins. Halve the peaches and discard the seeds.

3. Optional step: Place the peeled peaches in a large bowl of cold water mixed with 1 tbsp. of

lemon juice or ascorbic acid powder. Let the peach halves soak for 10 minutes. Drain off the water and gently pat the peach halves dry with a paper towel. This step will help to keep the peaches from oxidizing and turning brown.

4. Sprinkle the peach halves with sugar on all exposed surfaces. Place them on a plate in a single layer then place them in a refrigerator for 1 hour to chill.

5. Meanwhile make the raspberry puree. Place the raspberries into a blender and pulse for a few seconds to create the puree. Strain puree into a bowl through a fine-mesh sieve pressing down on the solid ingredients and agitating the mixture with a metal spoon to extract all the juice from the solids. Dispose of the solids.

6. Sift the powdered sugar into the puree, adding a little powder at a time and whisking in stages until the sugar is fully incorporated into the syrup. Refrigerate the raspberry syrup for 1 hour or until chilled.

7. Assemble six serving dishes. Scoop a half cup of vanilla ice cream into each dish. Place two of the sugared peach halves on top of the ice cream. Divide the raspberry sauce between the six dishes, drizzling the sauce over the peaches and ice cream. Top each serving with a table spoon of raw almond sliver if desired. Serve immediately.

Enjoy.

HISTORICAL IMAGES



Iranian women dressed before the Islamic revolution in 1979.



Gen. Umezu signs instrument of surrender, 2 Sept. 1945

General Umezu of the Japanese Army signs the instrument of surrender on the 2nd September 1945. General Mc Arthur stands in the background on the USS Missouri.



A monstrous Punt gun used for duck hunting in waters of Chesapeake Bay in the United States in the 19th and 20th century -the migratory ducks were nearly exterminated- as written about in James Michener's book Chesapeake.

JOKERS CORNER

Ladies, if a man says he will fix it, he will. There is no need to remind him every 6 months about it.

dear WINE,
we had a deal.
you were to make me funnier, sexier, smarter and a better dancer.
i saw the video.
we need to talk.

I Catch It Like I Sees It

Wine Reactions

I LIKE WINE	I LOVE MY WINE	I'M DRINKING WINE	I'M OUT OF WINE	I MISS WINE	MY FRIENDS ARE DRINKING WINE WITHOUT ME	

What face are you making??

MARRIAGE

Three friends married women from different parts of the world.

The first man married a Greek girl. He told her that she was to do the dishes and house cleaning. It took a couple of days, but on the third day he came home to see a clean house and dishes washed and put away.

The second married a Thai girl. He gave his wife orders that she was to do all the cleaning, dishes and cooking. The first day he didn't see any results but the next day saw it was better. By the third day he saw that his house was clean, the dishes washed and there was a huge dinner on the table.

The third man married a girl from Italy. He ordered her to keep the house clean, dishes washed and hot meals on the table every meal. The first day he didn't see anything, the second day he didn't see anything either but by the third day, some of the swelling had gone down and he could see a little out of his left eye. His arm was healed enough that he could fix himself a sandwich and load the dish washer. He still has some difficulty when he urinates.

Moral of the story??

KAMIKAZE HUSBAND

A husband takes his wife to her high school reunion.

After meeting several of her friends and former school mates they were sitting at a table with a glass of cheap wine where he is yawning and obviously bored. The band cranks up and people are beginning to dance.

There is a guy on the dance floor living it up big time, break dancing, moon walking, back flips, buying drinks for people, the whole works.

The wife turns to her husband and says, see that guy. 25 years ago he proposed to me and I turned him down.

Husband says: Really,--looks like he is still celebrating!

STORIES FROM 56ers FOR INCLUSION IN FUTURE NEWSLETTERS.

Gentlemen, members have experienced the joy of two stories about Norman May from Ron Royes and a beaut story from Ernie Rowe about the Olympic Torch passing through Proserpine. I will wager (I am not a gambler though) that you all thoroughly enjoyed them. Equally I will wager that you all have similar enlightening stories needing to be told through the pages of the Torchbearer. Could you all think about your own experiences and put pen to paper and the words forwarded to Bill Cummings email admin@56ers.org.au or myself at the address below. You can also write.



Kind Regards

Dennis M Stevenson
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"The Running Scotsman"