

# SHARK BAIT

Issue. 12



*This is your good old fashioned newsletter, filled with all the ins and outs that you need to know about the St Kilda Sharks for the 2013 season.*

*Shark Bait editor Gina Donovan (aka Gina 2.0) would love to hear any of your suggestions for Shark Bait so feel free to email her on:*

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Recipe  
Revolution

## Banana and Raspberry Cake with Passionfruit icing

### Ingredients -

- Melted butter, to grease
- 125g butter, chopped
- 140g (2/3 cup, firmly packed) brown sugar
- 2 eggs, lightly whisked
- 125g (1/2 cup) sour cream
- 260g (1 cup) mashed ripe banana
- 225g (1 1/2 cups) self-raising flour
- 1 tsp ground cinnamon
- 1/4 tsp bicarbonate of soda
- 100g frozen raspberries
- 125g cream cheese, at room temperature
- 40g butter, at room temperature
- 80g (1/2 cup) pure icing sugar
- 60ml (1/4 cup) fresh passionfruit pulp
- Raspberries (optional), to serve

**Step 1** - Preheat oven to 180°C. Brush a 10 x 20cm (base measurement) loaf pan with melted butter. Line the base with non-stick baking paper. Stir the butter and sugar in a small saucepan over low heat until the butter melts. Set aside for 10 minutes to cool slightly. **Step 2** - Stir the egg, sour cream and banana into the butter mixture. Sift flour, cinnamon and bicarbonate of soda into a large bowl. Make a well in the centre. Add banana mixture and stir until well combined. Fold in the frozen raspberries. Spoon mixture into prepared pan. Bake for 1 hour 10 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan for 5 minutes to cool slightly before transferring to a wire rack to cool completely. **Step 3** - Use an electric beater to beat the cream cheese, butter and icing sugar in a small bowl until pale and creamy. Beat in half the passionfruit pulp. Spread the icing over the cake. Top with raspberries and drizzle over the remaining passionfruit pulp.



# Can you guess which Shark this is?

Answer on next page of the newsletter



## COME DOWN AND SUPPORT THE SHARKS!

SUNDAY 30<sup>TH</sup> JUNE

## ST KILDA VS. ST ALBANS

At Kings Park Reserve in St Albans

RESERVES DIVISION 12PM

PREMIER DIVISION 2PM



# QUOTE OF THE WEEK!

*“What colour bread would you like with your sausage?”*

– PHOEBE (WORKING ON THE BBQ)

## Women in Sport... When did it all start?

In the colonial era, popular women's sport that were encouraged were often ones that did not challenge traditional gender definitions and allowed for men and women to compete fairly against one another. By the 1880s, a number of sports had been integrated into physical education courses for girls at schools in Victoria. The sports chosen and the methods of teaching them to girls were borrowed from a British sporting and educational tradition.

There were changes in the social acceptability of women's sport in Australia taking place by the 1900s and some sports like fencing began to become more open female participation.

Coming out of the second World War, women's sport in the country was in a better place than sport in other countries. Many of the sport organisations for women remained intact during the war period and held competitions. Women did not have to deal with issues like food rationing, petrol rationing, population disbursement, and other issues facing women in post-war Europe. Sport had continued on largely undisturbed. At the end of World war two, Australia saw an increase in immigrants coming to the country, with many coming from places that had not previously sent immigrants to the country before. The influx of newcomers helped to introduce and led to participation in sports that had previously not enjoyed much popularity in Australia.

In Australia we as women are so lucky to have so many opportunities to play sport, we need to respect the women who have gone before us that allowed this to happen and we all need to continue to promote women in sport for the future generations!



Childhood Photo Answer: Jess Gardner

## TEAM VIC = VICTORIOUS!!!

THE VICTORIAN NATIONAL TEAM COMPLETED A CLEAN SWEEP OF THE 2013 CHAMPIONSHIPS WHERE IN THE GRAND FINAL THEY DEFEATED WA BY 37 POINTS!

During the weeks preliminary rounds the strong team recorded an average winning margin of 78 points. Our very own Jasmine Garner who was the championship leading goal scorer (13 goals) was able to impact the score board in the grand final by kicking two goals in the second quarter and another in the third quarter.

Congratulations to our representatives who played in the Championships; Jasmine Garner and Penny Cula-Reid.



Well done to Jasmine for making the All Australian Team along with 9 other Victorians!

# Sharks **HOT** Seat!

**GEORGIA HARRIS**

**(G, BIG G)**



**WHAT WOULD BE YOUR DREAM JOB?** A firewoman! I want to help people and make a difference and I like that they work 4 days and then get time off.

**WHAT DO YOU DO FOR WORK NOW?** I work at Kingpin bowling alley.

**WHAT WOULD BE YOUR LAST MEAL?** Probably steak and veggies with extra mash potato.

**WHAT IS ONE THING YOU HAVE LEARNT ABOUT YOURSELF THIS YEAR?** I've learnt that I need to put myself into every contest to build my confidence.

**WHO DO YOU FOLLOW IN THE AFL AND WHO IS YOUR FAVOURITE PLAYER?** Essendon and I love Jobe Watson he is just the best!

**WHO DO YOU THINK THE HARDEST TRAINER IS AT THE SHARKS?** CHAPPY.....I NEED A FEW BROWNIE POINTS!

**WHAT IS IT THAT YOU LOVE ABOUT THE SHARKS?** I know it sounds lame but they are seriously like my second family! I really felt welcome as soon as I stepped into the club.

**WHAT IS YOUR FAVOURITE MOVIE?** 'Romy and Michelles high school reunion'

**WHAT IS YOUR FAVOURITE MUSICIAN?** Taylor Swift

## Events Coming Up!

June 17<sup>th</sup> - 22<sup>nd</sup> - AFL WOMEN'S NATIONALS IN CAIRNS

Saturday 29<sup>th</sup> June - FEMALE FOOTBALL CURTAIN RAISER MELBOURNE FC VS. WESTERN BULLDOGS

Friday 5<sup>th</sup> July - CALENDAR LAUNCH PARTY

Sunday 14<sup>th</sup> July - PAST PLAYERS AND SPONSOR DAY

Sunday 21<sup>st</sup> July - \$1000 DRAW

### VWFL PREMIER FINALS SERIES

Saturday 27<sup>th</sup> July - SEMI FINALS

Saturday 3<sup>rd</sup> August - PRELIMINARY FINALS

Saturday 10<sup>th</sup> August - GRAND FINAL

