

## WHO'S DONE WHAT, ETC

**MEMBERS DRAW 03/02/12** B Cooper **10/02/12** V Kenny  
**17/02/12** M Norman **24/02/12** Jan McCarthy

### ROSAVILLE PENNANT RINK OF THE WEEK:

**R14:** J Oakley, I Von Stanke, J Hughes and G Dent

**MIXED SOCIAL BOWLS AGGREGATE:** Points at end of February  
D Wylie 146 and D Rac 146, a draw! Well done boys.

### MGBC INVITATION MEN'S FOURS:

Runners Up: J England, G Dent, P Radley and B Walker

### CHAMPION OF CHAMPION LADIES FOURS:

B Versluis, C McCarthy, M Heaver and P Elliott **Congratulations!**

### PENOLA LADIES INVITATION FOURS:

Winners, N Earl, G Leggett, C Clarke and J Davis

**EDDIE TOMAN MEMORIAL CLASSIC PAIRS:** Winners B Vorwerk &  
J Hughes; 4<sup>th</sup> D Babb & G Widison; 5<sup>th</sup> N Miller & G Kuhl

### LADIES DIVISION 1 PRELIMINARY FINAL:

Port MacDonnell defeated Mt Gambier Red 46/12 to 35/2 well done  
girls to make it that far.

**MGBC HANDICAP SINGLES:** Winners Men's B Errock, Ladies M Heaver

**DUNKELD OPEN FOURS: Winners:** David Edwards (MG RSL)

Garry Burke, Jo Sykes & Ken Smith

### MG RSL LADIES 5 A SIDE:

**Singles R/Up** N Earl; **Pairs R/Up** C Clarke & G Leggett; **Triples R/Up**

X Jones, D Oakley & M Marshall

**MGBC CHAMPIONSHIP PAIRS LADIES: Winners:** D Parsons &

G Vorwerk **Runners Up:** M Heaver & B Versluis

### OG PENNANTS

07/03/2012 1v2 6v4 5v3 Dates of finals to be advised

### FRIDAY NIGHT BAR ROSTER

02/03/2012 J Calleja/M Spong

09/03/2012 S Wilson/T Bruhn

16/03/2012 B Bremner/B Shepherd

23/03/2012 J Hughes/B Walker

30/03/2012 C Davis/N Perry

**If you are unable to take  
your turn, please change  
with someone or let  
someone or let Frank  
8725 3483 know, thanks**

# MARCH 2012 Newsletter



## PRESIDENTS REPORT

Opening with a good note both the Ladies and the Men's Division One Red are playing in the Preliminary Finals, good luck to all involved. The Ladies Handicap Singles were played on Sunday, contestants were Gillian Vorwerk and Marika Heaver, Marika was the victor, well done. The Men's Handicap Singles were played last Friday night; the contestants for this were Peria Davis and Brad Errock with the latter being successful, well done Brad. Coates day on Sunday was a huge success, a lot of fun was had by all and a huge jump in income for the club, well done to all the helpers. What can I say about the ladies that help in the kitchen, a job well done to Helen and her girl's thank you. Two members Don Frazer and Colin Potter for painting and fixing the tablets to the wall, good job well done. If all the members did one or two hours a week on some project after a couple of months we would find it hard to find things for them to do, once again thank you to the one's that do help.

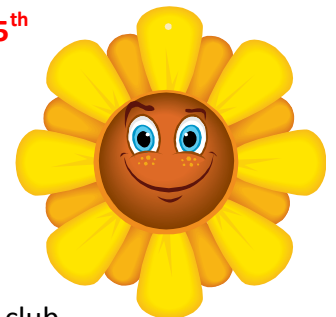
*Ian von Stanke*

**SPONSORS: A big thank you to all of them, the club could not run without these good folk. Mention you are from our club and support them. Rosedale Funerals, Chris Proud, Carlin & Gazzard, OG Roberts, Helen & John Kentish and Allan & Garry Kuhl.**

There will be a **TRADING TABLE FOR MEDLEY DAY 15<sup>th</sup> March 2012**, contact Coral or Jean for further information.

**Friday 9<sup>th</sup> March, TEA AT THE CLUB**, Roast chicken & Vegetables and Trifle for sweets, \$10 a head.

**TUESDAY AGGREGATE DINNER** at Commercial Hotel on Tuesday 13<sup>th</sup> March at 6.30pm names on board in club.



### HELPFUL HINT ESPECIALLY WHEN WE CAN NOT UNDERSTAND THE VOICE

Did you know that you have the right to speak to an Australian person when you call a company for a service or whatever. I've done this when I simply couldn't understand the person talking to me. But I never realized that this is a proactive way of bringing jobs back to Australia. Do the following when you phone any customer service operation that is based in a foreign country? I have done this twice and it works! Any time you call a company about a problem with a credit card, bank account, computer, product, etc and you are answered by a person in a call centre abroad, e.g. in India, try this: As soon as you realize that the customer service person is not in Australia (you can always ask if you are not sure about the accent), please very politely (**very politely** - this is not about trashing other cultures) say, **"I'd like to speak to a customer service person in Australia."** The rep might suggest talking to his/her manager, but, again, politely say, **"Thank you, but I'd like to speak to a customer service person in Australia."** YOU WILL BE IMMEDIATELY CONNECTED to a rep in Australia. It only takes a few seconds to have your call re-directed to Australia. Tonight when I got redirected to an Australian rep, I asked again to make sure - and yes, she was in Perth. Imagine if tomorrow, every Australian citizen requests an Australian rep, how that would impact the number of extra Australian jobs needed. Imagine what would happen if every Australian citizen insisted on talking to only Australian phone reps from this day on. Remember - the goal is to restore jobs back here at home - not to be abrupt or rude to a foreigner.

### CLEVER IDEAS TO MAKE LIFE EASIER

Why didn't I think of that? You'll be uttering those words more than once at these ingenious little tips, tricks and ideas that solve everyday problems, some you never knew you had!



Overhaul your linen cupboard – store bed linen sets inside one of their own pillowcases and there will be no more hunting through piles for a match.

### PASS THE BUTTER PLEASE

Having worked at Unilevers Premier Margarine Factory in the UK for 1 Year, as a Management Trainee, and then in Sri Lanka Managing Margarine Manufacture, I can safely admit that what you are about to read is true!

**Margarine** was **originally** manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavourings.

**Do you know?** The difference between margarine and butter?

**Read on to the end gets very interesting!**

Both have the same amount

of calories. Butter is slightly higher in

saturated fats at **8gms**; compared to **5gms for margarine**. Eating margarine can increase **heart disease** in women by **53%** over eating the same amount of butter, according to a recent Harvard Medical Study. Eating butter increases the absorption of many other **nutrients** in other foods. **Butter** has many **nutritional benefits** where margarine has a **few and** only because they are added! **Butter tastes much better** than margarine and it can enhance the flavours of other foods. **Butter** has been around for **centuries** where margarine has been around for less than **100 years**.

**AND NOW, FOR MARGARINE.** Very High in Trans **fatty acids**. Triples risk of coronary **heart disease**. **Increases total cholesterol** and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol). **Increases the risk of cancers up to five times**. Lowers quality of **breast milk**. Decreases immune response. Decreases insulin response. **And here's the most disturbing fact. HERE IS THE PART THAT IS VERY INTERESTING!** Margarine is but **ONE MOLECULE** away from being **PLASTIC!** And shares **27 ingredients** with **PAINT**

These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

- \* no flies, not even those pesky fruit flies will go near it (that should tell you something)
- \* it does not rot or smell differently because it has no nutritional value; nothing will grow on it. Even those teeny weenie microorganisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

**Share This With Your Friends!** (If you want to butter them up!)



# MARCH 2012 EVENTS

\* Club

\* Pennants

\* Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Feb 26</b> <b>Men's C of C Fours</b> at Naracoorte RSL	<b>Feb 27</b> <b>Ladies C of C Triples</b> at Mt Gambier BYO	<b>Feb 28</b> Ladies MG RSL 5 aside 9.30am BYO <b>Mixed S Bowls 1pm</b>	<b>Feb 29</b> <b>OG Pennants R14</b> Penola Inv Men's Fours	<b>March 01</b> Robe Open Men's 4's Drawn Men's Triples RSL 1pm <b>Night Owls 6.30pm</b>	<b>March 02</b> <b>Women's P Grand Finals</b> <b>Members Draw 6pm</b>	<b>March 03</b> <b>Men's Pen Grand Finals</b> <b>CLUB BBQ this NIGHT</b>
<b>March 04</b> <b>Men's Champ Triples</b> Kalangadoo Inv X 4's Kingston Open X Pairs Final State Triples Adelaide	<b>March 05</b> <b>Ladies C/C Pairs at MG RSL BYO</b> Millicent Open X 4's & Pairs. Final State Triples Adelaide	<b>March 06</b> MG RSL Open X Pairs Ladies Kalangadoo Inv Fours 10am BYO <b>Mixed S Bowls 1pm</b>	<b>March 07</b> <b>C/C Veterans Singles</b> At Penola	<b>March 08</b> Drawn Men's Triples RSL 1pm <b>Night Owls 6.30pm</b>	<b>March 09</b> <b>Members Draw 6pm</b> <b>Club Tea Roast</b> <b>Chicken &amp; Vegies,</b> <b>Trifle to follow</b>	<b>March 10</b> <b>Men's &amp; Ladies</b> <b>Prestige Medley</b>
<b>March 11</b> <b>Men's &amp; Ladies</b> <b>Prestige Medley</b> Pt MacDonnell Cos Fours Medley	<b>March 12</b> Schroeter & Kennedy Shields	<b>March 13</b> Ladies Penola Open Triples 10am BYO MG RSL Inv Men's Singles <b>Mixed S Bowls 1pm</b> <b>Final of Aggregate</b> <b>Presentation Dinner at</b> <b>Commercial Hotel 6.30pm</b>	<b>March 14</b> MG RSL Inv Men's Singles	<b>March 15</b> <b>Ladies Medley Day</b> <b>9.30am BYO</b> MG RSL Inv Men's Singles MG RSL Inv Men's Pairs <b>Night Owls 6.30pm</b>	<b>March 16</b> MG RSL Inv Men's Fours <b>Members Draw 6pm</b>	<b>March 17</b> <b>MG RSL Inv Men's</b> <b>Fours</b>
<b>March 18</b> Beachport Inv X Fours Cray Day <b>Men's C/C Singles at</b> <b>Pt MacDonnell</b>	<b>March 19</b> <b>Ladies C/C Singles</b> <b>at Naracoorte</b> Beachport Open Mixed Pairs	<b>March 20</b> <b>Mixed S Bowls 1pm</b> Beachport Inv Men's & Ladies Pairs Ladies Kingston Inv Pairs & Fours 10am BYO	<b>March 21</b> Past President's AGM Penola	<b>March 22</b> Ladies Naracoorte Inv Fours 10am BYO Drawn Men's Triples RSL 1pm	<b>March 23</b> <b>Jinx Day</b> <b>Members Draw 6pm</b>	<b>March 24</b> <b>Open Singles 2 bowls</b> <b>sectional play 9.30am</b> <b>Men's C/C Singles at</b> <b>Beachport</b>
<b>March 25</b> <b>Men's C/C Pairs at</b> <b>Frances</b> Lucindale Open Mixed Fours	<b>March 26</b> <b>Ladies Country</b> <b>Carnival</b>	<b>March 27</b> <b>Mixed S Bowls 1pm</b>	<b>March 28</b>	<b>March 29</b> Drawn Men's Triples RSL 1pm	<b>March 30</b> <b>Members Draw 6pm</b>	<b>March 31</b> <b>Men's 2x4x2</b> <b>Handicap Pairs</b> <b>9.30am</b>

## WATER AND HEART ATTACKS

Sent from a friend - Something I didn't know either!

I asked my Doctor why I and other people urinate so much at night time. Answer from my Cardiac Doctor, gravity holds water in the lower part of your body when you are upright.

When you lie down and the lower body (legs and other things) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

This then ties in with the last statement!

I know you need your minimum water to help flush the toxins out of your body, but this was news to me.

Drinking water at a certain time maximizes its effectiveness on the body:

2 glasses of water after waking up - helps activate internal organs

1 glass of water 30 minutes before a meal - helps digestion

1 glass of water before taking a bath - helps lower blood pressure

1 glass of water before going to bed - avoids stroke or heart attack

Please pass this to the people you care about.

I can also add to this: My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up. Interesting stuff to know!



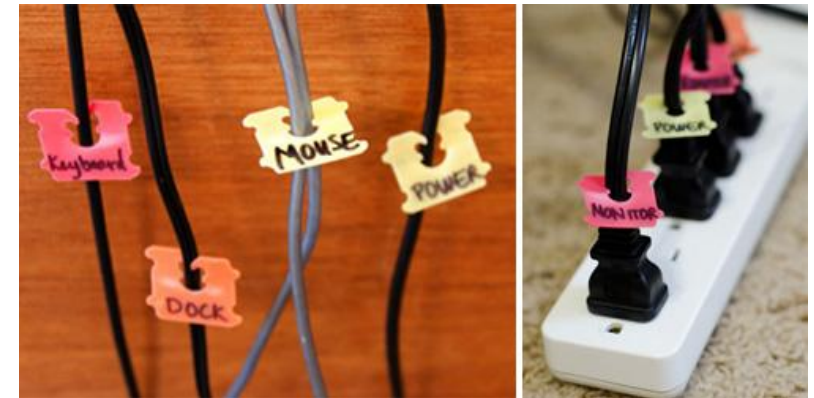
Hull strawberries easily using a straw

A tip for holiday packing, store shoes inside shower caps to stop dirty soles rubbing on your clothes. And you can find them in just about every hotel!



Gotcha! Find tiny lost items like earrings by putting a stocking over the vacuum hose.

Bread tags make the perfect-sized cord labels.



Brilliant space-saver: install a tension rod to hang your spray bottles. Genius!