

WHO'S DONE WHAT & WHERE 2012/2013

WELCOME TO NEW MEMBERS OF OUR CLUB THIS SEASON

Gaylene Radley, Brenda & Rick Fallaize, Brad Field, Gregory Field, Brian Francis, Tony Prugo, Darryl Raneberg, Gary Widdison, Bob Cranwell, Diana Harris and Heather Perry.

SPONSORS: Many thanks to the following for their support of our club.

Athol Malseed, Commercial Hotel, Park Hotel, Police Credit Union, Herbert Real Estate, Australian Executor Trustees, Evandale Estate, Viridian, Chapman's Newsagency and Margaret Marshall

FOOTY TIPPING COMPETITION: Thanks to Scott Wilson for running this.

Congratulations to the top tipsters, 1st Frank McIntyre with 156 points Equal 2nd Jeff McLean and Betty Hartshorne and lucky spin winner Carlo.

LSEBA V WIMMERA

On Sunday 9th December 2012 the LSEBA men are playing Wimmera at Edenhope and for the first time the Ladies are going to do the same at Naracoorte, so check the notice board for details names in by 25/10/2012

HAPPY BIRTHDAY TO MEMBERS WITH OCTOBER BIRTHDAYS

10th Nelda Earl, 13th Pat Elliot, 21st Gary McIntyre and 27th Doreen Oakley

CLUB TEA

Friday 26th October, Roast & Sweets come along and enjoy the food, raffles etc, a great time at the last one, and the food was fantastic!

STATE EVENTS

On the Board, we must have 8 entries in this region to be played here, otherwise you have to go to Adelaide to play.

WINTER JACKPOT BOWLS SERIES 2012

Rick Fallaize 40, Tony Prugo 39, Ron Kuhl 37 and Brenda Fallaize 36

SNAKE

The girls who represented our club at Edenhope had a surprise waiting them in the form of a snake in the ditch!

DID YOU KNOW? Hot water dissolves "super glue", so now we know this we can do all sorts of things with this, but try not to stick you broken false tooth back on upside down!

October 2012 Newsletter



PRESIDENTS REPORT

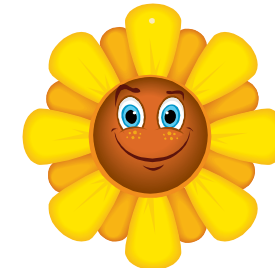
Well the bowls season is here again. Pennants will start in the next week or so. To everyone who is going to play pennants I hope you have an enjoyable season with lots of success and are able to play in the finals. It is also the start of our sponsored events; please support these events at our club. Sponsors give the club money to run these events, and it is very disappointing when there are very few entries, both for the club and the sponsor. We need to support these events at our club because if the sponsor decides that there is not enough interest in the event then they may not sponsor at our club, and if that should happen then a new sponsor has to be found (not easy) or that event is dropped from our club events. Thank you to everyone at the club who have put their hand up to help whether it be inside the club house or outside (many hands make light work). *Terry Seifer*

Snippets from the meeting 22/09/2012

The honour boards etc will all be up in the clubhouse in different locations as recommended by the honour board working party.

The MGBC Web site should be up and running soon, tournaments, happenings and the newsletter will be on-line for all to see.

If you have a couple of hours to spare in the mornings from 8-10am or afternoons 3-5pm the club is always looking for people to help with the OG Roberts driving roster. Last year we made \$11,000 for the club from this activity, if you would like to help please let Lyn Fulton know on H 8725 8585 or M 0407 053 943.



**"You know why a politician is like a banana?"
"He comes in and first he is green,
then he turns yellow and then he's rotten."**

BAR ROSTER

05/10/2012 Gary McIntyre & Trevor Fulton
12/10/2012 Bill Bremner & Gary Williams
19/10/2012 Paul Kovaleff & Ian Von Stanke
26/10/2012 ? An offer from someone would be good & Frank Lindner
02/11/2012 Colin Siebert & Peter Clark
09/11/2012 Jo Sykes & Ken Smith
16/11/2012 Noel Miller & Jeff England
23/11/2012 Kym Jones & Jim Butchart
30/11/2012 Jane Calleja & Mick Spong
07/12/2012 Terry Bruhn & Scott Wilson

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

GARDEN, GREENS & GROUNDS

Jim Butchart is responsible for the greens, garden and grounds this season and would like to have a working bee at 8.30am every Monday morning except for holidays. The old saying of “many hands make light work” is so true in this case, Jim more than welcomes the ladies to come and help as well as there are lighter jobs they can do. Jim’s number is 8725 3322 if you need more info.

A WORD FROM LADIES SPOKESPERSON

It is pleasing to see the roll up of ladies for the Wednesday Social Bowls. Last week’s 3 Bowl Pair’s winners were Margaret Marshall & Coral Clarke on a count back from Cathy McCarthy & Nelda Earl. This week Two Bowl Pairs winners were Cathy McCarthy & Diana Harris winning from Margaret Marshall & Heather Perry.

This Saturday 6th October is practice against the Port MacDonnell girls at Port Mac, cars are leaving the club house at 11.30am.

Pennant Season is now upon us, good luck and good bowling to everyone,

ONWARD AND UPWARD. *Beryl Versluis*

If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance.. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

PASS IT ON TO YOUR FRIENDS

PS: Bananas must be the reason monkeys are so happy all the time! I will add one here; want a quick shine on our shoes?? Take the INSIDE of the banana skin, and rub directly on the shoe...polish with dry cloth. **Amazing fruit!**



OCTOBER 2012 EVENTS

* Club

*Pennant

* Outside

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 30 th	October 1 st Naracoorte Open Men's 4 BYO	October 2 nd Drawn Mixed Social Bowls 1pm	October 3 rd Ladies Set Play 2 bowl pairs 10am BYO	October 4 th Drawn Men's Triples Mt G RSL 1pm	October 5 th Members Draw 6pm	October 6 th Pennant Practice V Pt MacDonnell (Ladies at Pt Mac, Men at Mt Gambier)
October 7 th Men's 100 up 9.30am start BYO Naracoorte RSL Open Mixed Pairs	October 8 th R 1 OG Pennant	October 9 th Drawn Mixed Social Bowls 1pm Naracoorte X Pairs & Fours 10am BYO	October 10 th Ladies Social Day Bowls 1pm	October 11 th Drawn Men's Triples Mt G RSL 1pm	October 12 th R 1 Ladies Pennant Members Draw 6pm	October 13 th R 1 Men's Pennant
October 14 th MGBC Inv Men's 4's 9am Catered	October 15 th Past Presidents v Lower Murray at Kingston	October 16 th Drawn Mixed Social Bowls 1pm Ladies Naracoorte RSL Inv 4's 10am Catered	October 17 th Ladies 100 up 9.30am start BYO	October 18 th Drawn Men's Triples Mt G RSL 1pm	October 19 th R 2 Ladies Pennant Members Draw 6pm	October 20 th R 2 Men's Pennant CLUB BBQ TEA 6.30pm
October 21 st Naracoorte Cos Triples BYO	October 22 nd R 2 OG Pennant	October 23 rd LADIES CLASSIC DAY 9.30am Catered Members afternoon tea please	October 24 th	October 25 th Ladies Pt Mac Inv 4's 9.30am BYO Drawn Men's Triples Mt G RSL 1pm R 1 Night Pennant Triples	October 26 th R 3 Ladies Pennant Members Draw 6pm HAPPY HOUR & CLUB DINNER	October 27 th R 3 Men's Pennant
October 28 th State Open Singles Naracoorte 9am MG RSL Open Men's 4's 10am Catered	October 29 th R 3 OG Pennant	October 30 th Ladies Beachport Inv 4's 10am BYO Drawn Mixed Social Bowls 1pm	October 31 st Mixed Minor Singles 9.30am start BYO Ladies CRR & Prestige names to selectors	November 1 st Drawn Men's Triples Mt G RSL 1pm R 2 Night Pennant Triples	November 2 nd R 4 Ladies Pennant Members Draw 6pm	November 3 rd R 4 Men's Pennant

PASS THE BANANA

Continued from the September 2012 Newsletter

Constipation: High in fibre, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey.. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood Enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

People in nudist colonies play volleyball more than any other sport.

STUNNING SENIOR MOMENT

A self-important college freshman attending a recent football game took it upon himself to explain to a senior citizen sitting next to him why it was impossible for the older generation to understand his generation.

“You grew up in a different world, actually an almost primitive one,” the student said, loud enough for many of those nearby to hear.

“The young people of today grew up with television, jet planes, space travel, man walking on the moon. Our space probes have visited Mars. We have nuclear energy, ships and electric and hydrogen cars. Computers with light-speed processing, and more”

After a brief silence the senior citizen responded as follows “You’re right, son. We didn’t have those things when we were young, so we invented them. Now, you arrogant little shit, what are you doing for the next generation?”

The applause was amazing!

Thanks to Tony Norman for this!

ANZAC DAINITIES

1 cup plain flour

1 cup sugar

1 cup rolled oats

1 cup coconut

4 ozs butter

1 large tablespoon golden syrup

1 small teaspoon bicarb soda

2 tablespoons water

Place butter, water and golden syrup in saucepan and bring to the boil. Stir in soda. Blend with mixed dry ingredients in a bowl. Stir thoroughly. Place in teaspoonfuls on greased tray (I use baking paper) and bake in moderate oven till firm and crisp, about 10 minutes. Remove when cool. From CWA cakes book and sent in by Mrs FC Darling (Tumby Bay) and Miss E Jacobs (Mount Compass).



To make half a kilo of honey, bees must collect nectar from over 2 million individual flowers.