



MAY 2021 ISSUE

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Jan's Tomato & Fig Chutney

2 kg small cherry tomatoes (or any other tomatoes chopped)
1.5 cups chopped ripe figs (YUM! I lose count because I eat as I chop!)
1 chopped onion
4 cloves garlic
2cm ginger (finely chopped)
1 big dessertspoon curry powder
500 mls vinegar (I like to use half cider, half white - with a dash of balsamic for fun!)
1 cup brown sugar (or what ever colour you have)
1 teaspoon salt
1 teaspoon all spice
Ground black pepper.

Put all in a pot and stir as it comes to the boil, then simmer for at least an hour or until it's reasonable thick and looking gorgeous. Taste and add more salt if needed. Add a little cornflour (mixed in a bit of water first) just to bind and gloss all the bits beautifully together! Great in or on anything you fancy!!

Message from the President

Hello Everyone,

This year's Annual General Meeting saw two of the Club's Executives retire. Jan Hall and Sandra Krautil joined the Committee in 2018. Each in quite different ways they have influenced the way the Club has grown in strength, We sincerely thank them for their commitment and expertise. We are going to miss them. We wish them well and glad to report their happy faces are staying around.

We welcome Bruce Greene to the role of Executive Secretary, Carl Pizzino to Treasurer and Barbara Hammond to Bookkeeper. They all bring a wealth of experience and with our returning Committee members they will continue to provide our members with good governance.

Areas that the Committee will be focusing on for the coming year will be recruitment, sponsorship, networking and input into local planning and development ----- and bowling!

Our glittering event of the year, Presentation night went ahead on Saturday 8th May. Our bowlers were recognised for their achievements throughout the year and congratulations to all members who participated in Club events and Championships for the past season. A great night was had by all.

On Saturday 24th July the Club will be hosting an evening of Bush Poetry by well-known Poet and Yarn spinner Noel Hayes. Noel will be visiting from Victoria and will provide us with many laughs as he relates to a lifetime of stories.

To all of you who are heading North, chasing the warmer weather travel safe. Our new green will be ready for you to put that first bowl down on your return!

Take care and stay safe everyone.
Regards
Margaret.

The New Green UPDATE

STATUS REPORT TO MANAGEMENT COMMITTEE JUNE 14th 2021 (May Meeting Cancelled)

Works Underway: By **New Green Contractor:**

1. Preparation of surface area completed, compacted and cracker dust spread and levelled.
2. The larger strips of the DryMax Pro synthetic surface have been laid. There has been a further delay due to the contractor's team needing to go back to Northampton to undertake emergency repairs to their greens as a result of damage done by the Cyclone.
3. Remaining strips to be laid from Thursday 27th May, expected to take another 1-2 weeks, weather is a factor.

By Block Wall Contractor: 4. Block wall now complete, along with the end-pillars and midway entry.

By Light Poles Footing Contractors: 5. Light poles footings now completed, finishing-off with concrete pads and erection of poles yet to be done. (No actual lights to be installed yet as these will be part of a future subsidy/funding application).

By Paving Contractor: 6. Compacting and levelling of ground partly done, relaying of some pavers between A and C green completed. Laying of new pavers around the new green commenced.

By Don Downey: 7. Ground behind the block wall levelled and stock-piled sand spread to necessary areas, including levelling behind the new block wall.

8. Levelling areas to be paved completed, including adding/removing excess material.

9. Stock-piled gravel spread where required, including a new path between the new gate area and midway in the new block wall.

By Members: 10. Water/reticulation pipe to rear of block wall redone following damage by light pole footing contractors.

11. Trenches dug, laying of conduit between electrical pits and new light poles bases done, (with Lance Murphy)

12. Sand spread and 'levelled' where required, light pole bases 'holes' back-filled and levelled.

14. Shade cloth removed from A green shelter and placed on perimeter fence along Dixon Ave.

15. Old concrete post footings between A and C green ground down/removed to enable paving to be levelled.

16. Old/historical club sign removed from gate entrance on Dixon Ave. and restored by Stewart Grayson.

Immediate Works Pending:

1. Complete the laying of the DryMax Pro synthetic surface. Synthetic cover over green block wall and 'carpet' in the ditch, green 'grass' surround to green, installation of disabled access ramp, commissioning and hand-over ready for Club to roll (GPG);

2. Green drainage pit (GPG/Don Downey);

3. Completion of paving;

4. Fencing of west and east side of green, including new gates (contractor);

5. Erection of shade cover on north side of new green (contractor);

6. Final clean-up, landscaping, making good. (members).

Does olive oil prevent heart disease?

Short answer: Yes

The health benefits of olive oil come from the presence of polyphenols, antioxidants that reduce the risk of heart diseases and cancers.

But to get these healthy compounds, consumers should buy good-quality, fresh "extra-virgin" olive oil, which has the highest polyphenol content. Most commercially available olive oils have low levels of polyphenols associated with poor harvesting methods, improper storage, and heavy processing.

Do cough syrups work?

Short answer: No

In 2006, the nation's chest physicians agreed that the majority of over-the-counter cough medicines don't actually work.

These colorful syrups typically contain doses of codeine and dextromethorphan that are too small to be effective.

Only cough suppressants that contain older antihistamines seem to relieve coughs. That includes brompheniramine, an active ingredient in Dimetapp.

Some Highlights From Season 2020/2021 Gala Evening and Prize Awards



Ladies Triples was won by Phyllis Morrison, Jan Hall and Sue Cudby.
Runners up were Anne Carter, Irene McCloud and Sue Cudby.

Anne and Irene collected their award.



Ken Barker was the winner of the veterans championship.

Phyllis Morrison was the Ladies Singles championship winner



Heard a Doctor on TV recently (Norman Swan on ABC) telling us that we needed children to play in the dirt with their dogs and cats and be allowed to build up some immunity! Who would have thought?

Those were the days - A Bit of Australian Nostalgia.
My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Mens Singles Champion was Tom Ellison.



Ladies Novice Champion was Val Groves



WINTER MIXED SOCIAL BOWLS

THURSDAY AFTERNOONS



Commencing Thursday 20th May

12.30pm for 1.00pm

DAILY AND SEASON PRIZES



\$8 PER DAY

DRESS MUFTI

FULL AND RECREATIONAL BOWLERS

PROSPECTIVE NEW BOWLERS AS GUESTS

Bowls Bits

Ladies Bowls

The bowling calendar has finished for another year with the Presidents Closing Day game on Saturday which was well received by our bowlers.

May 8th was Presentation night with a roast dinner followed by a choice of dessert. A friendly night had by all who attended and glammed up for the evening.

Ladies Winter bowls have started with 2 teams from Pinjarra playing at Meadow Springs last week. We host the clubs at Pinjarra next week. Fingers crossed we have

Gents Bowls

Winter Triples continues around the clubs on Wednesdays with Ken Barkers team victorious at the recent Mandurah event. Next event at Comet Bay on 2nd June.

Saturday Meat Pack triples continue at the club with lovely soup to warm the troops at the conclusion.

Thursday mixed social bowls continue , commencing at 12:30PM. A casual and fun afternoon.



Saturday Meat Pack Triples. All members are requested to consider showing off their culinary skills and making a batch of your favourite hearty soup.

At left see the latest offering from Grant. Looks like a very hearty and healthy minestrone soup ?



NEW SHIRTS -- All members please note the new shirt designs for ladies and gents have been finalized and sizes are required.

A number of shirts are now at the club so all members can try on for size.

These are sample shirts only to enable correct sizes to be ordered.

Please attend the club , check your size requirement and put your order in.

MEMBER PROFILE : Janine Branton

Where were you born? I was born in Leongatha Hospital, Victoria. We lived in the Tarwin Lower School house where my father was the Head Master.

Where did you spend your childhood? We lived in North Clayton for much of my childhood, riding bikes, kicking footballs, ice skating, horse riding and making tree cubbies (and falling out of same!). Youngest of 4 kids, 2 brothers and a sister, I learnt quickly to stick up for myself. All school holidays were spent either at Venus Bay where my father built a holiday house (winning the block of land in a pub raffle!) or at my cousins farm in Bridgewater, just outside of Bendigo

Was sport a part of your life ? After being deemed “untalented” at ballet, aged 4, I did gymnasium for 5 years, before taking up tennis. Add to this, netball, ten pin bowling and of course, catching a train to the “G” to watch the Mighty Tigers on weekends. As I’ve got older, physical sport became more difficult but I was approached in Yankalilla, South Australia to try lawn bowls and it’s now very much a part of my life

What did you want to be when you grew up? Initially I wanted to be a vet but the careers counsellor thought I would be a liability as I would want to take all “unwanted” animals home with me. So I decided I wanted to be a nurse, specifically a midwife. Though I didn’t succeed in becoming a midwife, I did specialise in the operating theatre

What was your 1st job? And last job? My first job was in the Fruit and Vege department in Coles...eventually promoted as check out chick. I hated it so much I went back to finish school. My last job was Occupational Health and Safety Nurse at Golden Grove minesite, inland from Geraldton. It was a fantastic 7 years, stressful, fun, gruelling, challenging and an eye opener.

What was your biggest life/work related experience? Flying to Rome on my own and undertaking a vespa tour in Tuscany. Learned quickly that I’m not motorbike material, opening throttle and aiming straight for the ditch by the side of the road. Fortunately it was a hay paddock which softened my landing

.Climbing the Atlas Mountains in Marrakesh

.Quad biking in Croatia

.Swimming with a whale shark

.Hiking 2/3 of the Bibbulmun track (in stages)

.Assisting in childbirth as a student nurse

.Being a midwife to a Boer goat and raising orphaned Boer kids

.Becoming a member of the Fearless Women’s Circle



Getting My Zen On - Janine

What books do you read?

Sci fi fantasy, murder mysteries, psychological thrillers. Most favourite is Lord of the Rings, The Thomas Covenant Series, Cross Stitch, The Surgeon and Where the crawdads sing

What do you do in your spare time?

Listen to music, gardening, macrame, knitting, drumming, meditation, puzzles, caravanning with my one year old puppy, watching my alpacas, Macka and Pippin, sitting in the chicken coop with a glass of wine, bush walking and of course, lawn bowling

PENNANTS REMINDER

Pennant Numbers Required

The President's Closing Day has just been completed as we head into our winter activities, we are asked by the league to guess how many pennant players we are going to have for next seasons pennant roster.

Unfortunately we don't have the budget to buy that crystal ball. We would love to give everybody a game who wants a game, so we have taken the decision to field as many teams as we feel we may be able to fill.

Bowls WA, the Murray League, and the Clubs need to work out their fixtures for the upcoming season to get their fixture books and programs to the printers, so you can see the need for getting these numbers in as soon as possible.

There are fines handed out for forfeits, and grumbles for withdrawals so each Club is almost encouraged to underestimate player numbers. This results in people missing out on a game and possibly leaving the sport.

You can understand the urgency in getting numbers as soon as possible. There are pennant Availability sheets on the players notice boards for Men and Women, so please get your names up there as soon as possible.

Steve.



Let's Laugh!

A new supermarket opened near my house. It has an automatic water mister to keep the produce fresh. Just before it goes on, you hear the sound of distant thunder and the smell of fresh rain.

When you approach the milk cases, you hear cows mooing and experience the scent of fresh hay.

When you approach the egg case, you hear hens cluck and cackle, and the air is filled with the pleasing aroma of bacon and eggs frying.

The veggie department features the smell of fresh buttered corn.

I don't buy toilet paper there any more.

Just failed my driving test. When the examiner asked me "what sign would you expect to see down a narrow country road?" Apparently 'fresh eggs for sale' wasn't the answer...

Playing With Words

1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.
6. Just so everyone's clear, I'm going to put my glasses on.

Your DUCK IS DEAD

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest.

After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?"

"Yes, I am sure. Your duck is dead," replied the vet..

"How can you be so sure?" she protested.. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.

The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck." The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$1,500!" she cried, "\$1,500 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$1,500."

Remember when we had to smack the TV because the channel wasn't coming in clearly? I feel that way about far too many people.