

The History of Gawler Country Music Club

Each month our **Gawler Country Music Club** events at **Munno Para Bowling and Recreation Club** attract significant crowds. With merriment, dancing, music and a never ending supply of food and drinks...what more could we wish for?

What we often overlook when enjoying ourselves is the amount of work and time spent organising such events. Whether it be a local club event or a large scale festival, it takes a special kind of person and a supportive team of people to pull together to make each event a success.

You can read more about this on our website www.gawlercountrymusicclub.com.au Click on the **History** link.

We still need pics and information from the past to complete **The History of Gawler Country Music Club**. If you can help out please send/pass your information to our **Club Secretary Helen**.

Recollections by Joni Lee-Voyce

1992/1993 First Gawler Country Music Club Secretary

A little birdie tells us you are recovering from recent hospitalisation Joni. Hope you're feeling better now.

'I Remember...'

Founding Member **Glen Harrison** and **Merle Rogers (President of the Gawler Tourist Association)** got together to arrange an informal committee to stage the first **Gawler Country Music Festival**.

After this event a number of **Country Music** enthusiasts joined forces to form an official committee.

Glen Harrison was the First Gawler Country Music Club President

Glen was President, Merle Rogers was Vice President, Joni Lee-Voyce was Secretary; Sandy Davies was Treasurer; Promotions was the responsibility of Joe McKerron; Glen Harrison's wife Christine and daughter Kahren were also committee members.

Joni Lee-Voyce officially registered the **Gawler Country Music Club Inc name in 1993** and she was the first person to pay here dues and join **Gawler Country Music Club**. As a courtesy **Joni** gave **Glen** the **No. 1** membership number.

The name '**Gawler Country Music Festival**' was registered around the same time and the **Gawler Club's Committee** organised the festival which was very successful.

The **club** used to hold its monthly shows at what was then **Emily's Restaurant** (Now the **Nova**) they then moved to the **Gawler South Football Club** where they stayed for several years. Now the venue is **Munno Para Bowling and Recreation Club**.

Joni was **Club Secretary** until **1996/1997**.
Thanks for your contribution Joni.

Additional information is always welcome from anyone who wishes to contribute to 'I Remember...'



Pic by Ian Fisk

Ma's Country Kitchen



I am not an expert on health issues but my recent reading has provided me with some interesting information.

Did you know Vitamins and minerals ...

- * **reduce risk of stroke & heart attack!**
- * **strengthen your nails!**
- * **improve your hair condition, strength and growth by providing certain essential nutrients to the hair follicle!**
- * **keeps your skin soft and disease-free!**
- * **promote normal growth and development!**
- * **maintain bone density and strength!**

- * **regulate blood clotting!**
- * **help in the function of nerves and muscles, including regulating a normal heart beat!**

This bit is easier to understand.....

How To Make Home-Made Fruit and Vegetable Juices:

1. You'll need an inexpensive juice machine.
2. All fruits and vegetables should be juiced raw.
3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds, with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.
4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.
5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.
6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a sour odour and tiny gnats and fruit flies may appear after 8 to 10 hours.
7. It is best to drink freshly made juices within one day.

Healthy Homemade Smoothies and Shakes:

Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.

2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.

3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.

4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water or fruit juice so that the shake will have a milkshake consistency.

5. If the shake/smoothie is too thin, add more fruit or ice. If it's too thick, add more liquid.....Yum!

Neville Potter

Gawler Country Music Club



Last Sunday's **Christmas show** was a very special occasion for **Gawler Country Music Club** member **Neville Potter**.

Neville's companion **Beris**, indicates that due to **Neville's** illness, it is likely to be the last time **Neville** will be visiting our club.

We know how much **Neville** loves his **Country Music** and we have been privileged to have had the pleasure of his company at many of our shows.

'Although you won't be with us as usual Neville, our thoughts and prayers are with you.'

I'm sure all **Club Members** will rally round to say ...

'Neville, Thanks mate for supporting us, and we'll sure be thinking of you.'

2009 Country Music People's Choice Awards finalists



Best Female Vocal

Kasey Chambers
Beccy Cole
Dianna Corcoran
Shea Fisher
Nicki Gillis
Amber Lawrence
Ronni Rae Rivers
Melinda Schneider
Sara Storer
Felicity Urquhart

Best Male Vocal

Arthur Blanch
Adam Brand
Troy Cassar-Daley
Travis Collins
Steve Eales
Adam Harvey
Lee Kernaghan
Steve Passfield
Graham Rodger
Keith Urban