

News & Views From Our Committee and Club Members

This page is now devoted to information provided by Committee and Club Members



"My Exercise Routine!" Letter to the Editor

Hi everyone at Gawler Country Music Club.

I have found an excellent exercise routine for people in their 50's and over.

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb (2.3 kg) potato bag in each hand; extend your arms straight out from your sides and hold them there as long as you can.

Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb (4.6 kg) potato bags.

Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag (Whew!) in each hand and hold your arms straight for more than a full minute.

(I'm at this level.)

After you feel confident at that level, put a potato in each bag.

Leoni

Dot's Spot!



Check Out Your Ancestry

A little girl asked her mother, 'How did the human race appear?'

The mother answered, 'God made Adam and Eve and they had children and so was all mankind made.'

Two days later the girl asked her father the same question.

Her father answered, 'Many years ago there were monkeys from which the human race evolved.'

'The confused girl returned to her mother and said, 'Mom how is it possible that you told me the human race was created by God, and Dad said they developed from monkeys?'

'The mother answered, 'Well, dear, it is very simple. I told you about my side of the family and your father told you about his.'

Dot Burke

Hi Les,
This was from Club Member **Joan Batten** a long time ago and I have just found it.

Joan would like it in the Newsletter when you can, please.

Helen Gawler CMC Secretary



"Here lies a poor woman who was always tired,
For she lived in a place where help wasn't hired.
Her last words on earth were;
Dear friends I am going where washing ain't done
nor sweeping nor sewing,
And everything there is exact to my wishes,
For there they don't eat and there's no washing of dishes.
Don't mourn for me now,
don't mourn for me never,
For I'm going to do nothing for ever and ever."

Epitaph in a Churchyard, 1860.
Submitted by **Joan Batten**.

Carry On Guides SA

Proudly presents....

Rock This Party



August 26th - 28th 2010

Shedley Theatre

Playford Civic Centre

1 Playford Boulevard, Elizabeth



www.carryonguides.org.au

For Bookings Contact Barb: 8276 6974

By Post: PO Box 501 Parkholme SA 5043

or Ask Gawler CMC Committee Member Louise



'Thanks KFC

for your Sponsorship'

'We Like it Like That!'



Just a Thought From Bill Northcott!

A Gawler man is seeking to join the Adelaide Police Force.

The Sergeant doing the interview says: "Your qualifications all look good, but there is an **Attitude Suitability Test** that you must take before you can be accepted."

Then... sliding a pistol across the desk, the Sergeant says:

"Take this pistol and go out and shoot six illegal immigrants, six drug dealers, six political extremists, and a rabbit."

"Why the rabbit?"

"Great attitude," says the Sergeant. "When can you start?"



Beccy & Adam's SA October Tour Dates

Tuesday 12th - Adelaide Governor Hindmarsh Hotel - The Rematch with Adam Harvey - Tix: (08) 8340 0744

Wednesday 13th - Murray Bridge Town Hall - The Rematch with Adam Harvey - Tix: (08) 8539 1100

Thursday 14th - Port Pirie Northern Festival Centre - The Rematch with Adam Harvey - Tix: (08) 8633 8500

Friday 15th - Tanunda Barossa Arts and Convention Centre - The Rematch with Adam Harvey - Tix: (08) 8561 4299

Saturday 16th - Mt Gambier Sir Robert Helpmann Theatre - The Rematch with Adam Harvey - Tix: (08) 8723 8741

Sunday 17th - Renmark Chaffey Theatre - The Rematch with Adam Harvey - Tix: (08) 8586 1800

Beccy Cole and Adam Harvey are both known for their amazing live shows. Put them together and the audience is in for the strongest voices in **country** as they present a rollicking, high energy, fun filled evening of solo and duo entertainment.

GAWLER COUNTRY MUSIC CLUB INC.

Venue: Munno Para Bowling & Community Club Munno Para

Sunday 15th August

12noon to 4pm AGM 10am Start

12noon to 4pm



Danny Hooper & Top Dead Centre



Don't Miss Our All Day Saturday

Country Music

Cavalcade

Australia's 2010

Country Music Talent Quest

Saturday 21st August

9am Early Morning Start

See www.gawlercountrymusicclub.com.au/ for details

Plus Evening Show

"Heartland Plus"

8.00pm 'til Late Late Late...