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## Don't Miss Our Fancy Dress Event! Free Transport Provided to Ladies

Recently a Gawler Country Music Club man went to the club's fancy dress party at Munno Para wearing absolutely nothing... and with a naked woman on his back.

"So what are you supposed to be?" Kay asked at reception...

'I'm a snail!' he replied.

"What! How can you be a snail when all you've got is a naked woman on your back?"

'No No! You've got it all wrong Kay!' the man replied..

'That's Michelle!'

Silence.....!



## Our Own Stories

### 'It's a Heartache'

We all know there are many friendly, loyal followers of Country Music attending Gawler Country Music Club events each and every month.

We also know our dedicated committee has experienced significant change over the years and it appears that change is likely to continue.

An announcement was made at April's Gawler Country Music Club's monthly meeting that Bonnie Tyler look-alike Our Josie will not be standing for re-election to the club's committee.

As we all know, Josie has been one of our clubs most enthusiastic hard working supporters for many years.



Never missing an event, always willing to help out with fundraising and taking the responsibility for selling tickets.

Proud to be associated with Country Music, Josie seems to pop up in photographs of celebrities fairly regularly. This pic of Josie and Smoky Dawson was taken at

Tamworth, and she is known to have also rubbed shoulders with Rocky Page and Slim Dusty.

We will miss you Josie.

We all hope you continue to enjoy coming along to the club and rubbing shoulders with your many Country Friends.

Thanks for your support over the years.

We know that you are a Country Girl at Heart... and you will always Keep it Country...

## Ma's Country Kitchen



A little birdie tells me that some of you Gawler Country Music Club folks have been sittin' watching 'The Biggest Loser' on TV.

Isn't it amazing how millions of people sit in front of tellie, eating snacks, slouching in easy chairs, and growing fat and lazy while watching relatively large people

eating healthy nutritious food, exercising and becoming thin?

Well folks you will need to set a good example, and be like me...slim as a... em! Well let's not go there...

This healthy recipe is from 'The Biggest Loser' recipe list.

### INGREDIENTS

- ◆ 4 boneless, skinless whole chicken breasts, cut into strips
- ◆ 1 green capsicum, cut into strips/chunks
- ◆ 15 cherry tomatoes
- ◆ 1 small bottle of low fat Italian tomato sauce

### METHOD

- ◆ Stir fry the chicken and the capsicum in a wok, until chicken is near done and the capsicum is kinda crunchy.
- ◆ Add low fat red tomato sauce or basically any sauce you want (low fat!) and simmer.
- ◆ Add tomatoes during the last 5 minutes of the cooking process, just to heat them.
- ◆ Serve over a portion of spaghetti, or just mix it all in together...

'It's YUMMMYYY.Especially when you're starving...!'

You are awful Ma!.....But I Like You!

## Cat Comes Back

Aussie Country Music star Cat Southern recently returned home to SA after a 17 day tour of the Middle East, where she entertained Australian troops. Cat performed in Afghanistan, Iraq, and Baghdad.

She said, 'It was an amazing experience and such an honour to be invited. It wasn't easy though, I had to wear 15kg of body armour.'

Good to have you back home. We hope you 'Keep it Country' Cat! We don't like the idea of you getting into 'Heavy Metal!'

## 'GOIN' IT ALONE'

Steve Passfield is best known as the leader of country band Handpicked, but Steve has recently 'Gone it alone' with a collection of his own songs, two of which are written with Rod McCormack and Kevin Bennett.

You're right folks. Steve didn't really 'go it alone'.

Steve's folk and bluegrass influences are very much in evidence in his impressive collection of songs which range from the powerful Australian Spirit to the delightful Lady Of The Top End.



Steve's tribute to Slim Dusty, 'To Sing With Slim', is truly appealing and is recommended to all of Slim's fans at Gawler Country Music Club.

Produced by Rod McCormack who just happens to be Golden Guitar-Producer Of The Year.... 'Goin' It Alone' sees Steve Passfield at his best.

Steve and Rod co-wrote the thought provoking 'A Man Will Risk It All' and Kevin Bennett of The Flood and Steve co-wrote 'This House', a beautiful old style, happy, break-up song.

Bill Chambers joined Steve on vocals on 'This House' and plays some of his trademark dobro to really polish it off.

Steve's new album is set to make a mark and have Country Music listeners sharing in the emotions that good songs so often stimulate.

This is certainly not the end of the 'Handpicked' band, but a new and exciting step for Steve. With a top class album to showcase his songwriting and performance abilities, Steve has been doing a bit more of the hard work..... on "Goin' It Alone".