

## We'll Go a-Roving

Our **Roving Reporter** and **Committee Member Brian Moore** has been out and about and provides this excellent article.



**Kristal Collins with Pete Jenkins at the Woolshed On Hindley. Thursday 15<sup>th</sup> May'08 9pm**

Where do I start?...Obviously at the beginning...(yeah Brian....very profound).

You know when you go to see a singer perform; you always try to feel positive.

Well **Kristal Collins**, you didn't let me down tonight. And neither did **Pete Jenkins**.

Those who know **Kristal Collins**, also know she is one of **South Australia's** wonderful up and coming **Country Music** artists. We've seen her here at **Gawler Country Music Club** wowing the audience with a maturity beyond her age.

This delightfully talented young lady is knocking them dead at the **Woolshed**. With about 40-50 comfortably squeezed in (given the performing venue and bar area wasn't all that large) people were appreciating the music that she and **Pete Jenkins** provided, you could see she was making the most of the opportunity presented her at the **Woolshed**. And make it she did. Getting a gig at any popular city venue doesn't grow on trees.



Along with **Kristal's** musical talent comes a sweet honest down to earth personality, and no matter how successful she becomes, **Kristal** won't forget her humble origins.

Ably, supported by **Pete Jenkins** who made his Telecaster sing like an angel one minute and push it raunchy like the devil the next, their on-stage patter and ability to relate to the patrons made for a very, very enjoyable evening. It was well worth the bus trip down here to see this entertainment tonight.

**Pete Jenkins** has been busy in his musical past doing solo work in **Sydney** and yes, also in **Ireland**, to be sure. Another of his gigs was a stint as lead guitarist with "**Rose Tattoo**" (which is not exactly country... far from it... but nevertheless very popular).

Tonight the duo was playing to backing tracks, but the guitar work and vocals were so powerful, one was not aware there was any pre-recorded backing music being used.

Now I nearly forgot to mention...in her other musical life **Kristal has a band with Pete on lead and vocals** with band members **Cain Jones** and **Jack Thompson**. Boy... have we got talent in this state or wot? They are now looking for gigs at **Country Music** venues..

I was reliably informed tonight by **Kristal's proud parents** that the band will cater for young and old.

And yes I am very well aware that **Les, our wonderful newsletter editor**, did such a great coverage of **Kristal**, that her proud parents told me tonight they were absolutely thrilled with **Kristal's** previous front page article.

Once again...well ... **Kristal** and **Pete**...you've done us proud. (And well done **Ed**.)

Better go before I miss the last bus back to **Elizabeth**.

The ever shy mild mannered **Roving Newsletter Reporter**,

**Brian Moore**

P.S. Watch out... my next article may be ... about a ..... bull..... Must run..... My Red shirt is attracting the.....aaaaah!

## Ma's Country Kitchen



### Achoo! Cold or flu?

**Most of you know by now that I am not just the Cook of the Country Household but also the person my Country family can rely on if you are not feeling quite 'One Hundred Percent'.**

As we enter the colder weather and the season of **Colds or Flu**, I thought some advice on the **sniffles and sore throats** might be useful.

**Colds and flu** share a lot of symptoms, but as anyone who's suffered from both can tell you, flu tends to come on more suddenly and is more severe than a cold.

#### Cold symptoms:

A sore throat, sneezing, a runny or blocked nose, mild tiredness and sometimes a mild to moderate cough. Headaches and fever are less common. A cold is usually over within a week, whether you take medication or not.

#### Flu symptoms:

Fever is common and usually comes on suddenly. Headaches, sensitivity to light, extreme tiredness which can last for two or three weeks, and joint and muscle pain also feature. A runny nose and sore throat are less common, but coughs can be severe. Nausea and vomiting sometimes occur too.

The only way to really tell whether it's the flu or a bad cold is to get tested by your doctor.

#### What to do?

The best way to treat cold or flu symptoms is individually.

i.e. If you have joint pain, take a painkiller. If you have a blocked nose, use a nasal spray or drops (but don't overuse them). The idea is to avoid taking combination remedies, which often contain medication you don't need.

When in doubt, tell the pharmacist your symptoms and ask their advice.

**Combination remedies** (in the form of liquids, tablets, capsules or drink sachets) often contain a painkiller (which can also reduce fever), a decongestant for a blocked or runny nose and often a suppressant or expectorant for a cough. An antihistamine may also be included.

**The problem with these remedies is you can't adjust the amount of each drug** according to your needs, so even if your joint pain has gone, for example, you're still taking a painkiller unnecessarily. It's better to treat **each symptom** when and if it occurs, with recommended doses **suited to your needs**.

#### Simple remedies can be helpful.

If you have a sore throat... suck a lolly, or drink tea or hot water (with lemon and honey for flavour).

Gargling a mug of warm water with half a teaspoon of salt will help reduce the phlegm and provide some relief.

But most importantly, drink plenty of fluids like **clear soup, lemonade or water** and try to **rest**. If you have a chesty cough and blocked nose, fluids will help liquefy the mucus so it can be blown or coughed out of your system.

**Inhaling steam** from a bowl of hot water or placing a vaporiser in your room will help in the same way - but make sure you supervise children so they're not scalded. The water **doesn't need** to be boiling to produce steam and put the bowl in the sink or hand basin so it doesn't matter if they tip it over.

Adding some eucalyptus oil to the water is often said to help decongestion, but there is no medical proof that it does anything other than smell good.

And of course, you may want to try some alternative therapies, like vitamin C, echinacea, zinc, garlic or andrographis, but be cautious, while some alternative cold remedies show promise, there are no miracle cures.

And **Pa!**.....That glass of port, Bundy Rum and whisky etc are not on the medicine list..... **Tut!** You are awful!