

Disclaimer

The club newsletter is a monthly publication designed to keep members informed on the activities of the club and other functions. Opinions and views expressed in the newsletter are not necessarily those of the publishers.

Hi Folks

I don't know if this is the time or place to share with you my recent colourful experience of excess vomiting. I wouldn't wish it on anyone; so I won't go into explicit detail on my vivid puking experience.

Turning a negative into a positive, I thought maybe sharing with you some useful information on dealing with **Gastro** or **Food Poisoning** might be useful for future reference.

The advice below is taken from webpage <http://answers.yahoo.com/question/index?qid=1006033105866>

You may follow the guidance if you wish. No guarantees. I can only say that it has helped me overcome my recent very unpleasant experience.

The main question I would have with the information below is about not drinking water... I was advised by a professional 'Drink plenty of water...'

What should you eat with an upset stomach?

The **BRAT** diet...
Bananas, Rice, Applesauce, Toast and Tea.

Drink ginger ale, Sprite, or 7-up, and chew ginger candy.

Do NOT eat dairy or drink water! The **BRAT** diet can also include crackers and anything bland and easily digestible.

**Les Parris
Gawler CMC Ed**

P.S. In addition I also used and recommend **Hydrolyte Electrolyte Powder** from your Chemist to avoid dehydration. Hope this helps.

Meanwhile, Happy Puking!

President's Report

May 20 2012

G'Day Members & Friends

Well we're almost done for the first half of the year. Isn't the year flying fast? Our May show was another great day. **The Sherrah** band were excellent. We were saddened to hear **Christine Sherrah** has been in hospital. Hope she will be back soon and singing like we love to hear.

Our June show will be another double header with the **Cruiser's** on **Saturday night** with rock & roll till late, then **Wildcard** on **Sunday** with **Graeme Hugo & Big Deano**. What a great weekend we are in for. Tickets are on sale for the Rock & Roll night at \$10 each. So why not come alone to both shows.

We are about to release details of our Talent Quest, so if you know someone who wants to be a part of it, let them know to contact me.

Until then. Keep It Country
Keith Warren

Gawler CMC President/Entertainment



Margaret & Bob Schulz
Monte Carlo Grinners

Club Menu

Mains

Roast of the Day \$8.00
Served with roast potatoes, vegies & gravy

Salt & Pepper Squid \$8.00
Served with Chips, salad & tartare sauce

Crumbed Chicken Breast \$8.00
Served with chips, vegies & gravy

Sandwiches (various fillings) \$3.50

Soup of the Day \$6.00
Served with a dinner roll

Dessert

Apple Crumble \$3.00
Served with either cream or ice cream

Menu suggestions welcomed

June Birthdays

People born in June are Jolly Good!

Patrick	Snow	1st
George	Dobie	2nd
Margaret	Schulz	3rd
James	Cruz	4th
Lynda	McFayden	4th
Allen	Prow	5th
Keven	McGregor	6th
Maureen	Foden	6th
Yvonne	Clancy	6th
Audrey	Legallic	7th
Debbie	Edgeley	7th
Betty	Robinson	8th
Leigh	Martin	9th
Jane	Martin	9th
Jeanette	Mold	11th
Gwen	Connor	11th
Raija	Cruz	13th
Una	Rowe	14th
Cindy	Clift	14th
Norman	Foster	15th
Leoni	Boyanton	17th
Jill	Milburn	20th
Dennis	Averay	22nd
Margaret	Williams	22nd
Heather	Kerber	22nd
Gary	Trenerry	23rd
Glenice	Foster	25th
Keith	Warren	26th
Jennifer	Fairlie	26th
Edna	Gerschwitz	29th
Perce	Drummond	29th
June	Barnes	29th
James	Errock	30th
Pat	Burnett	30th

Raffle Winners

Rosemarie Grierson
K Perry
Lyn Thompson
Chris Mountstephen
Kay Peel
Bev Jones
M Kennedy
Kath Bergan
Leila Marshall
B James

Members Draw

313 Myrtle Perry

Door Prize

Margaret Obst

Lucky Envelopes

Walter Barber
Barbara O'Daniel
Roz Lang
Kath Bergan
Iris Nash



ADELAIDE COUNTRY MUSIC CLUB

Slovenian Club Dudley Park
Pies Pasties Sandwiches Cakes Cheese & Greens etc
Tel: 8365 6315

12.30 to 4.30 p.m.

Sunday 3rd June Brian Letton and Cactus Martens

Sunday 1st July

Lee Brocky and Outback Overdrive



BAROSSA COUNTRY MUSIC CLUB

11am to 4.00pm

Buna Terrace, Nuriootpa
Tel 8523 1957

Sunday 10th June

Phoenix

Sunday 8th July

AGM plus Lee Brocky & Outback Overdrive
guest artist Tom Maxwell

QUOTE: The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.
- George Burns

QUOTE: Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.
- Mark Twain

GAWLER COUNTRY MUSIC CLUB INC.

July Saturday 14th
7.30pm 'til 11pm



Anthony Stewart
& Band
Rock'n & Roll'n
with Craig Giles

\$10.00 B Y O supper

July Sunday 15th
12noon to 4.0pm

Bernie & The Bandits
with Special Guest
Craig Giles

