

## WANTED

Member's Jokes, News and Articles Please!

### Flu Season



Yes the **Flu Season** is with us again. Make sure you get your daily dose of fruits and veggies.

Take your vitamins and bump up your vitamin C.

Get plenty of exercise because exercise helps build our immune system.

Walk for at least an hour a day, go for a swim, take the stairs instead of the elevator, etc.

Wash your hands often. If you can't wash them, keep a bottle of antibacterial stuff around.

Get lots of fresh air. Open doors and windows whenever possible. But don't freeze.

Try to eliminate as much stress from your life as you can.

**Get plenty of rest. Take the doctor's approach. Think about it...When you go for a shot, what do they do first?**

**They Clean your arm with alcohol... Why? Because Alcohol KILLS GERMS.**

**So..... I walk to the liquor store. (exercise)  
I put lime in my Lager. (fruit)  
Celery in my Bloody Mary. (veggies)  
Drink outdoors on the patio. (fresh air)  
Tell jokes, laugh.... (eliminate stress)  
Then pass out. (rest)**

If you keep your alcohol levels up, flu germs can't get you!

Grandmother always said, "A shot in the glass is better than one in the ass!"

Thanks to Club Member Dr Kevin Keepence for this advice



## Our Own Stories

### 'Country Travelers'

With Tamworth geographically quite some distance away, one need not travel far to enjoy the atmosphere, the songs and the friendship of country music, as club members **Marjorie, Ann and Jeff** have found out.

With the hint of a Scottish accent **Ann** (Centre) admits that she is a country music fan and she regularly listens to country music on radio.

**Jeff**, who is still recovering from being plastered.... his right hand that is..... shares Ann's interests, and they like listening to **Sara Evans and Terri Clark** whom they say, 'Sing from the heart'.



**Marjorie** (Left) enjoys the lively bright singing of country music.

She proudly reveals that she was at the competition in **Sydney in 1950** where **Reg Lindsay, Slim Dusty, Tim McNamara and The McKean Sisters** first started out on their musical careers.

Marjorie is involved in many community activities and is a proud member of the **Salvation Army**.

Thanks to you all for contributing to the newsletter, and.....

**'Lang may yer lum reek.....'**

**If you don't know what this means ask Ann.**

## Ma's Country Kitchen



### For the Cold Weather... Another of Ma's Hot Tips

#### French Lentil Soup with Sausage

3 tablespoons olive oil  
1 medium onion, finely chopped  
2 medium carrots, finely chopped  
1 celery rib, finely chopped  
1 1/4 cups lentils (preferably French green)  
6 cups water  
1 1/2 teaspoons salt  
1/4 teaspoon freshly ground black pepper  
4 ounces **smoked** sausage (beef pork or kielbasa)  
1 tablespoon balsamic vinegar, or to taste

Heat 2 tablespoons oil in a 4-quart heavy pot over moderately high heat until hot but not smoking, then cook onion, stirring occasionally, until golden brown, about 6 minutes. Add carrots and celery and cook, stirring, until softened, about 5 minutes. Add lentils, water, salt, and pepper and bring to a boil, then reduce heat to moderate and cook, covered, until lentils are tender, about 30 minutes.

While lentils are cooking, heat remaining tablespoon oil in a 10-inch nonstick skillet over high heat until hot but not smoking, then brown smoked sausage on all sides, about 5 minutes. Cool sausage slightly on a cutting board, then cut into 1/2-inch-thick pieces. Add sausage to soup and stir in vinegar.

'Slurp!'

## CD OUT NOW!

**Alison's Hams & Mark Tempany** Check out Alison's latest "Remember" album released APRIL 2006! "Remember" comes packaged as a *double CD set* with **Mark Tempany's** 'Summer Dreams' album!



44 Songs! 2CDs available from  
**STORMFRONT PRODUCTIONS PO BOX 2313  
WHYALLA NORRIE SA 5608**

## Bubbling from the Barossa



**Maureen, Margaret,  
Margaret, Sue & Lesley**

Visitors from the **Barossa Country Music Club** came along to listen and enjoy **John Turner & Saddle Tramp** and **David Croser**.

Nice to meet you again folks. I had a bit of a problem drinking all those bottles of port you brought me to have your pic shown in this Newsletter. **Hic!**

It's good to hear that your club (**The Barossa CM Club**) has settled into your new venue. Best wishes to all in the Barossa and hope to see you again soon.