

## Club News WANTED

### AUSTRALIAN INDEPENDENT COUNTRY MUSIC AWARDS REACH NEW HIGH



2005 Winners pictured: Left to Right Royden Donohue, Stacey Morris, Tracy Coster, James Blundell, Shelley Evans, Travis Sinclair.

Organisers have just completed compiling a record list of nominations for the 2006 Telstra Country Wide Southern Stars – the Australian Independent Country Music Awards.

The Awards are held in conjunction with the giant 10 day Mildura Country Music Festival, and Awards organiser John Arnold reports that a total of 275 individual nominations were received for the seven judged categories, representing recorded product from 116 individual artists and groups.

"The volume of nominations for this year's awards reconfirms the strength and growth of the Independent segment of the Australian Country Music Industry," said Mr Arnold.

Entries for last year's awards highlighted the emerging stars with record entries in the Male and Female Rising Star categories, but this year the emphasis is on the established artists with strong nominations in both the Male and Female Vocal sections. The Male category sees a 50 percent increase in 2006 with a total of 36 nominations.

The highest nominations were received in APRA/AMCOS Independent Single of the Year with 99 entries and One Stop Entertainment Independent Album of the Year with 46." The record number of nominations in Single of the year is testimonial to the strong part that these artists play in the industry," Mr Arnold commented. "Many of these songs achieved major national chart success during the past twelve months," he said.

The Australian Independent Country Music Awards are now in their 10th year, and are widely recognised as a major benchmark for independent country music artists. A significant number of winners and finalists at previous awards have gone on to further success in a variety of awards.

2006 Southern Stars finalists were announced on Friday, August 11, with winners to be announced at a Gala Concert at the Mildura Arts Centre Theatre on Saturday, 30 September.

Further details about the 20th Mildura Country Music Festival and the 2006 Telstra Country Wide Southern Stars – the Australian Independent Country Music Awards are available freecall 1800 039 043. Source: www.milduracountrymusic.com.au



## Our Own Stories

### 'Terry!'

For club members old enough to remember the song, 'I Hear The Sound Of Distant Drums' you will, I'm sure, be able to relate to this article and the man.

Terry Sheehan joined Gawler Country Music Club almost exactly one year ago, and at our recent AGM Terry was elected onto our club's Committee.

Terry's passion in years gone by was music.



As a drummer with bands in Australia and in England, Terry hangs on to his talents and has adapted his skills from pop and rock etc. to focus on Country. He treasures the old drum-kit that

has seen him through many years of experience and memories.

Terry tells us about his background.

'In 1956 I was in three marching bands, one being the Sea Cadets. In 1959 at the age of 15, I joined a group as a drummer... 'The Black Diamonds'. I went on to play with them for eight years... Then other groups, duos, trios... playing in the midlands and northern suburbs of England. I originate from Derby.

I came to Australia in 1977 to continue playing and have performed with **Copperfield County, Murray Mac and Cobbers & Co.**

A series of problems including a hip replacement slowed the Little Red Wagon, so I concentrated on singing.'

Terry is also an active member of **Gawler Country Music Workshop** and wishes to pass his skills and many years of experience on to others. Terry says.....

**'I wish I could do it all over again...'**

## Ma's Country Kitchen



### The ABC of Herbal Tea

Ma has had a few aches and pains lately after her Bungee Jumping expedition in Queensland.

She's been trying out these remedies. There's no guarantee, but they may be worth a try.

#### Alfalfa

- \* Digestive for protein.
- \* Reduces Acidity, Arthritis.
- \* Assists to reduce allergic reactions. (amino acids)

#### Angelica

- \* Stomach Strengtheners.
- \* Immunity protection from colds and flu.
- \* General Tonic for rheumatic complaints. (Cu, Vit A, Steroids)

#### Aniseed

- \* Used as a digestive.
- \* Expectorant for hacking coughs and catarrh

#### Barley

- \* Demulcent qualities soothe the urinary tract for cystitis.
- \* Lemon barley water is a nutritious and diuretic drink.

#### Basil- "The King Of All Herbs"

- \* Likes to have its foliage watered as well as its roots.
- \* Gives off its aroma without the leaves being crushed.
- \* Deters flies.
- \* Clears the head and brain.
- \* Use it sparingly and at the last minute for culinary purposes to prevent bitterness.

#### Bergamot

- \* Sometimes called Oswego.
- \* Contains thymol which makes it useful for sore throats.
- \* Use bruised leaves in a salad for piquant flavour.

#### Black Currant

- \* Vitamin C, P and Folic acid. Dried Fruit, Ribena, Rocket Fuel

**Boldo** Liver, Gall, Pancreas, Digestive, Weight Control. CAUTION.

**Burdock** Rheumatoid, Uric Acid. CAUTION

#### Catmint (Nepeta Cataria) Not the Garden Variety

- \* Used as a mild sedative especially for children who suffer from nightmares, restlessness at night. Better when taken regularly.
- \* A favourite tonic for cats.
- \* Attracts Butterflies!!

#### Celery

- \* Don't waste the water that celery has been cooked in.
- \* Assists rheumatic problems.
- \* Kidneys and Mineral Balance (Ph, Na, Si) CAUTION

#### Chamomile

"The Herb Of Humility"

- \* Vagus Nerve. Sleep, Abdominal Migraine, Allergies etc (A team)
- \* Chamomile tea ensures a soothed digestive system and a good nights sleep.
- \* Mild enough to be used for children and babies.
- \* Add it to bath water to reduce redness and inflammation of the skin, including sunburn.
- \* Used as a rinse for a hair tonic, highlighting and perfuming blonde hair.
- \* Put any left over tea on the compost to keep it sweet.

#### Chicory

- \* Used in the floral clock as flowers open at sunrise and close at 2 pm.
- \* Leaves align themselves to the north -it is said to have great life giving qualities.
- \* Can be eaten as a vegetable.
- \* Used in conjunction with coffee to provide support to the liver.

#### Cinnamon

- \* Flavour, Clear the Head (brain)
- \* Cleanses the mouth and throat and can cure nausea if sipped slowly when warm.
- \* May prevent and alleviate the symptoms of colds.

#### Coltsfoot

Bronchial. Tea and Smoked.

#### Corn Silk

- \* Soothing for urinary complaints, cystitis and UTI
- \* Only useful when still green

**Munch, Munch.....**