

## News & Views From Our Committee and Club Members

This page is now devoted to information provided by Committee and Club Members

### The Importance of Walking In the Navy

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

My grandpa started walking five miles a day when he was 60. Now he's 97 years old and we don't know where he is.

I like long walks, especially when they are taken by people who annoy me.

The only reason I would take up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing.

I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

If you are going to try cross-country skiing, start with a small country.

I know I got a lot of exercise the last few years..... just getting over the hill.

We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

AND  
Every time I start thinking too much about how I look,  
I just find a Happy Hour at Munno Para Bowling and Community Club  
and by the time I leave,  
I look just fine.

You could run this over to your friends but, what the hell, just e-mail it.



#### “Warren Johncock and Friends” at the Port Adelaide Navy Club.

Warren Johncock, Ray Page, Terry Davies, Harold Aistrope, Julia Williams, Barry Hissey, Sam Murray and George Thornton (not in this photo)

Over 25 years ago, Warren Johncock's Band “Cobbers and Co” began a tradition at the Port Adelaide Navy Club, volunteering their services every Anzac Day.

They were also booked whenever a ship was in Port to entertain the crew.

One night the band were playing for a group of intoxicated Sailors who at the end of the night invited the Band to play the following evening on the deck of their ship, HMAS Brisbane. However, when they arrived the next evening to play, the Captain knew nothing about it and asked, if we could remember any of the sailors names. Warren said he couldn't, and the Captain decided it was a good idea, and invited them on board. The sailor's wives and girlfriends were on board as well. Warren said, “It was a warm still night. What a party!!!”

Warren went on to say that this was the first, and only time a civilian 60/40, rock come Country Band had played on the deck of an Australian Navy Ship. This was 15th November 1996, a memorable moment for the boys, that they treasure as one of their best highlights in their band's many years of performing together.

To be continued Next month

Leoni

.... Having passed the enlistment physical, Warren was asked by the doctor...

"Why do you want to join the Navy?"  
"My father said it'd be a good idea, Sir."  
"Oh? And what does your father do?"  
"He's in the Army."....



### Just a Thought From Bill Northcott!

A boy from an unnamed suburb of Sydney came home from class and his father asked, "What did you learn in algebra class today, son?"

"Well, I learned Pi R Square," replied the boy.

"Now, hold on there son," he quickly replied, "You may think I am stupid, but everybody knows that pie are round."

### Dot's Spot!

Paddy and Murphy are working on a building site.

Paddy says to Murphy "I'm gonna have the day off, I'm gonna pretend I'm mad!"

He climbs up the rafters, hangs upside down and shouts "I'M A LIGHTBULB! I'M A LIGHTBULB!"

Murphy watches in amazement!

The Foreman shouts "Paddy you're mad, go home" So he leaves the site.

Murphy starts packing his kit up to leave as well.

"Where the hell are you going?" asks the Foreman.

Murphy replies..."I can't work in the friggin' dark!"



### Saturday 18th June



Nite Time Show

Doors open 6pm for Meals

Dancing 7.30 to 11pm  
Tickets from Club \$10

Rock'n 'n' Roll'n  
To The Cruisers



‘Thanks KFC for your Sponsorship’  
‘We Like it Like That!’

### What's In a Name?

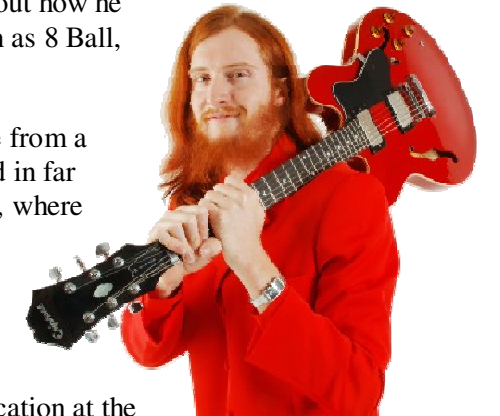
Acknowledgement to DAVID STEWART

#### 8 BALL Aitken

... reckons some things are just meant to be.

Take the story about how he came to be known as 8 Ball, for example.

“That name came from a rough gig I played in far north Queensland, where there was a lot of bikies and prawn trawlers. While I was playing this gig, there was a gentlemanly altercation at the pool table and the eight ball landed up on the stage with me... The name stuck. “That name picked me.”



### GAWLER COUNTRY MUSIC CLUB INC.

Sunday 19th June  
11am to 4.0pm



WildCard  
with guests

Graeme Hugo  
&  
Big Deno

