

Veteran's Golf Club of Victoria Inc.

Established 1949

ABN 54 147 171 969 E

President:	Ray Underwood	9583 8637	<u>Honorary Secretary</u>
Vice President:	Bernie Coyle	9766 0293	Stan Odachowski
Captain:	Gary Finnis	9583 1224	10 Kimber Court
Vice Captain:	Donald MacDonald	9889 2401	Dingley Village 3172
Treasurer:	David Vine	9583 7373	9551 2332
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Handicapper:	Grant Haselgrove	9584 6852	

JUNE NEWSLETTER – 6/2011

On Monday 6 June 2011, 47 members played golf at Rossdale Golf Club. It was a Stableford event for the Keith Allen Trophy.

PRESIDENT

President Ray warmly welcomed members to Rossdale GC and hoped that everyone enjoyed their round of golf.

Apologies:

Apologies were tendered by Bob Leverington, Brian Guinane, Daryl Edwards, Neal Hills, Ken Smith, John Hiscock, Neil Bathie, Paul Dehamer, Terry Brownscombe, Hugh Churchward and John Farrow.

Special Golfing Achievements:

Ray mentioned that there was 1 known 'winner' since we last met:

31/5 Ken Griffiths, (16@Long Island) S'ford 40 points (Winner on c/b).

Sick Parade:

Ray welcomed Geoff Craine and Barry Pollock back into the fold after their period of illness.

Ken Fisher, Ken Gangell and Neil Bathie remain on our sick list.

We wish them all the best and hope they get better soon.

Raffle:

Ronnie Chong was congratulated for his great job looking after our raffle.

Email addresses:

Ray advised that Email addresses will be used to send out 32 Newsletters this month. Well done to everyone who has registered.

Any member who has given his email address, but not received their Newsletter, was asked to see Stan after the meeting.

He encouraged other members with a current email account to get on board and to provide their email address to our Secretary.

Eagle Ridge 18 July:

Members were reminded that their \$35.00 game fee for Eagle Ridge had to be paid in advance. This fee included a golf cart, green fees and lunch. A sheet was being passed around for interested members to complete.

NB: We need to advise Eagle Ridge Golf Club, one week in advance, of the number participating on the day. If you pay up front and must pull out of the game, the Club will refund you your payment, **provided that we are advised 1 week before the scheduled game.**

Starters:

Ray thanked our starters for the day, Bernie Coyle and Ray Desmond.

Donation:

We would like to thank Leo Gamble for his generous donation of a bottle of Chivas Regal.

This will be a future raffle prize, so save your pennies!!!

CAPTAIN

Gary presented last month's trophy to Gerry O'Connor and Wayne Lamb.



He then went on to say that we had 47 members playing at Rossdale Golf Club. He thanked the starters and congratulated all winners on the day.

Keith Allen Trophy winner: Dennis Patterson (26) 44 points



A Grade: Rod Chandler (19) 43 points

B Grade: Bernie Coyle (21) 39 points

C Grade: Barry Taylor (33) 42 points

Nearest to the Pin:

3rd Hole: Mike Bainbridge

12th Hole: Geoff Cohen

Balls down the line:

Stan Odachowski	40 points
John Brown	40 points
Michael Bainbridge	39 points
Tom Govern	39 points
Ken Griffiths	38 points
Peter Ross	38 points
Mario Andreola	38 points
Chris Greatorex	38 points

NAGA Awards:

Ray Underwood and John Currie won the prize this month.

Raffle Winner:

Today the raffle was won by Tom Govern. The winner's prize was a fishing reel donated by J M Gillies.

Birthday Boys for July 2011:

Congratulations and best wishes to those members whose birthdays fall in July:

2nd	Dave Da Fonte	65;	2nd	Donald MacDonald	65;
6th	Paul Dehamer	72;	8th	Merv Rogers	60;
18th	Mario Andreola	75;	29th	Rod Chandler	67;

Next Event:

Monday: 4th July 2011 at Cranbourne Golf Club

Stableford: J M Gillies Trophy – be there by 7.00am

NB: On the day we will be joined by Richard Froebel, Metropolitan Zone Councillor for the VVGA.

OUR 2011 MEMBERSHIP PROFILE - Continued

Age Bracket	Number of Members	Birth Years	Committee Representation
85-90	3	1923-26	
80-84	2	1928-31	1
75-79	12	1932-36	2
70-74	22	1937-41	1
65-69	20	1942-46	3
60-64	13	1947-51	1
<60	1	>1952	

Finally, to all our members who are not feeling well, hopefully tomorrow will be a better day.

Good health and happy golfing.

Stan Odachowski

(Honorary Secretary)

Wow. This is truly enlightening. I thought it was going to be funny. But there are some very interesting healthy facts included here.

Read on.

EATING FRUIT

This is informative!

We all think eating fruit means just buying fruit, cutting it up and popping it into our mouths. It's not that easy. It's important to know how and when to eat fruit.

What's the correct way to eat fruit?

IT MEANS NOT EATING FRUIT AFTER A MEAL! FRUIT SHOULD BE EATEN ON AN EMPTY STOMACH.

Eating fruit like that plays a major role in detoxifying your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread, then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it's prevented from doing so.

In the meantime, the whole meal rots and ferments, and turns to acid. The minute the fruit comes into contact with the food in the stomach, and digestive juices, the entire mass of food begins to spoil.

Eat your fruit on an empty stomach, or before your meal! You've heard people complain: Every time I eat watermelon I burp, when I eat durian my stomach bloats, when I eat a banana I feel like running to the toilet, etc. This will not happen if you eat the fruit on an empty stomach. Fruit mixes with the putrefying other food and produces gas. Hence, you bloat!

There's no such thing as some fruits, like orange and lemon are acidic, because all fruit becomes alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruit, you have the Secret of Beauty, Longevity, Health, Energy, Happiness and normal weight.

When you need to drink fruit juice drink only fresh fruit juice, NOT the concentrated juice from the cans. Don't drink juice that has been heated. Don't eat cooked fruit; you don't get the nutrients at all. You get only the taste. Cooking destroys all of the vitamins.

Eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing

it. You can go on a 3-day fruit-fast to cleanse your body. Eat fruit and drink fruit juice for just 3 days, and you will be surprised when your friends say how radiant you look!

KIWI: Tiny but mighty, and a good source of potassium, magnesium, vitamin E and fibre. Its vitamin C content is twice that of an orange!

AN APPLE a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants and flavonoids which enhances the activity of vitamin C, thereby helping to lower the risk of colon cancer, heart attack and stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits and protect the body from cancer-causing, blood vessel-clogging free radicals.

EATING 2 - 4 ORANGES a day may help keep colds away, lower cholesterol, prevent and dissolve kidney stones, and reduce the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. Also a key source of lycopene, the cancer-fighting oxidant. Also found in watermelon: Vitamin C and Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fibre, which helps prevent constipation. Papaya is rich in carotene, good for your eyes.

Drinking Cold water after a meal = Cancer!

Can you believe this? For those who like to drink cold water, this applies to you. It's nice to have a cold drink after a meal, however, the cold water will solidify the oily stuff that you've just consumed, which slows digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks.

HEART ATTACK PROCEDURE

Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they're asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Be careful, and be aware. The more we know, the better our chance to survive.

A cardiologist said if everyone who gets this e-mail sends it to 10 people, you can be sure that we'll save at least one life.