

IDLE CHATTER Mark II

Newsletter No: 210

Thursday 1st September 2016

This newsletter is an initiative of the Quandialla Centenary Committee

Sponsored by Quandialla Bowling Club

THE BENEFITS OF REGULAR EXERCISE

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by Kim Broomby

Are you worried about heart disease? Have a Family History of Heart Disease? Hoping to avoid high Blood Pressure? Regardless of your weight, being active increases HDL (good) cholesterol and decreases the unhealthy triglycerides. The thumbs up here, is that your blood flows smoothly which lowers your risk of cardiovascular disease. Regular exercise may help prevent or manage a huge range of health issues, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Give exercise a go.....

Exercise and activity are for everyone: regardless of age, gender or experience.

Enquiries to Kim – Mobile: 0427472152

I hope you have been reading Kim's segments in the last 3 I.C.'s.

They have been full of valuable advice on how exercise can improve your health, mind and overall life.

I know - you are all having a chuckle, I'm the person that actually runs the other way from exercise, and I'm agreeing with Kim's advice. The sensible part of my brain knows that exercise would certainly benefit me, but the body, time and enthusiasm is just not there. It's like most things in life, everything just has to fall into place and then you make that very important decision to change. So you will all be pleased to know that Kim's segments have inspired me to TRY to turn over a new leaf and introduce some exercise into my life as long as I DO NOT have to wear a leotard.



**I decided to take an aerobics class.
I bent, twisted, gyrated and jumped up and
down for an hour.
But, by the time I got my leotard on the class
was over.**

Just a little humour, but seriously I am going to take Kim's advice on board and start moving. I would also like to thank Kim for being so passionate about this, her knowledge about exercise and the benefits that we can receive has helped me and I'm sure others to make that very important decision to start looking after ourselves.

QUANDIALLA FRIDAY NIGHT JACKPOTS:

At the Bland Hotel ***you could win \$120 this Friday – only 52 cards left to find that 'Joker' card.***

The Quandialla Bowling Club Members Draw - ***GOOD NEWS there is still two Jackpot draws up for grabs!***

The first draw will be the \$10,000

The second draw will be \$1550

I'm going to sound like a broken record

But

I'm still hoping this draw will come to Quandi

so make sure you are there early in case your badge number is drawn.

☺☺☺ Good Luck!!! ☺☺☺

ST MARKS ANGLICAN CHURCH service will be held on Sunday 4th Sept at 5pm.

ALL WELCOME

MUSICA VIVA Performance in Quandialla

The Quandialla Public School is hosting the Musica Viva in the Quandialla Memorial Hall on Monday September 5th at 9.30am. ***An invitation is extended to Members of the Community to attend and enjoy this free performance.***

PLAY GROUP AT QUANDIALLA: Next visit will be held on MONDAY 5th September at 1.30 – 3.30pm at the CWA Rooms.

QUANDIALLA COMMUNITY HEALTH CENTRE:

Dr Wail El Waili will be visiting Quandialla next on **7th & 21st September.**

Please phone West Wyalong Medical Centre 69722866 to make an appointment

WEDDING SHOWER



A Wedding Shower is being held for Elleisha Piefke on Saturday the 24th of September commencing at 2pm at the Quandialla Bowling Club. Join the bride to be in helping her style her home with beautiful items from the Lorraine Lea Linen Collection. On the day your personal shopping will contribute towards the lovely items Elleisha can choose. There is no need to bring a gift, but you can choose to simply place a donation in the hope chest on the day and sign the card. You are asked to please bring a plate of goodies to share for afternoon tea and also RSVP by the 20th.

We hope you can come along and help wish Elleisha well as she prepares for her big day in October.

Please reply to marlenetaylor49@hotmail.com or send a text to 0421472160

A CELEBRATION OF RUGBY LEAGUE IN QUANDIALLA

40 Years since 1976 Grand Final Win

Saturday 17th September 2016

This Reunion is for all Players, Supporters, Sponsors etc

Proposed Programme

BBQ Lunch at 'Kevin Moran Sportsground' (weather permitting)

Afternoon Fellowship at the Quandialla Bowling Club

Late Afternoon early Evening – Dinner at the Bland Hotel

Enquiries: Rob Reeves Ph: 6347 1211, mob: 0425 222622 or

email: rlcurrawong@gmail.com

BLAST FROM THE PAST

Extracts from IDLE CHATTER

Extract from IDLE CHATTER No: 225

THURS. 2ND MAY 1966

CHALK TALK – At last Tuesday’s Assembly, the Secondary girls gave a display of gymnastics, including forward rolls, two and three man balances and pyramids.

Today (Monday), the half yearly examinations for the Secondary school will begin with the subjects, English and Spelling. The exams will conclude on Friday so this may be my last contribution to I.C.

On the night of Friday May 6th; a school dance will be held in the Memorial Hall. All classes from Infants to Secondary are welcome and a good night is assured. Starting time is 7.45 pm.

Remember the date, Friday May 6th at 7.45 pm. A.G.S

SLATHERS & WHACKERS – There was an excellent attendance for the 18 hole Stableford points competition held on Sunday May 1st. The fine condition of the course and a beautiful day of golf contributed to the excellent scoring of some of the players. For the second time this season, John Bishenden was the winner with 42 points. His nearest opponent was CJ McAlister with 37. Methinks I can hear someone sharpening up the axe, poor John. As is usual an 18-hole stroke competition was organised for the junior members. This was won by John Battenally with a nett 62, and not very far behind was Victor King. On Sunday May 8th there will be a 10 o’clock start for a 27-hole stroke handicap for the Patron’s trophy. Please note the starting time, 10 o’clock and help your club by being early.



RAINFALL IN QUANDIALLA

The month of August’s rainfall recorded at the Quandialla Post Office was 50.4mm over 9 days bringing the yearly total to 411.7mm.

Until next week - Cheers **Sue Priestley**