

We're All Heart

Number 101

January—February 2011

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MEMBERS PLEASE NOTE:

February Meeting will be held on the 11th just this once to allow members to attend the matinee performance of the Mikado on the 18th.

March Meeting is on the 18th as usual at the Korumburra Bowling Club.



BUS TRIP. FRIDAY MARCH 25TH

The bus has been booked, the venue arranged and we are GOING!!!

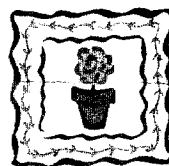
.....to "Raesowna Park" at Hazelwood North. This is a beautiful 8 acre garden, 12km from Morwell. The \$5 per head entry fee includes morning tea.

****BYO picnic lunch to have in the grounds.**

**** We depart the Bridge Street car park, Korumburra, at 9.30am.**

Add to the entry fee another \$10 each for the bus and it adds up to a very affordable day out. First in gets a seat! (24 in all)

Phone 5658 1597.



BIRTHDAYS.

JANUARY

S. Ritchie
M. Ross.
C. Van Leeuwen
T. Ketelaar

FEBRUARY

B. Rawlins
E. Paterson
H & P VanSinderen
J. Little



NEWS....

****We have received a \$1000 grant from the Dept. of Human Services to cover branch running costs for the next 12 months.**

**** An interesting fund raising idea will be discussed at the next meeting. The donation of Heartstart Defibrillators to clubs/groups/schools in conjunction with IGA, and associated support groups etc is proposed. A demonstration by a St John's ambulance agent is being arranged.**

Member's input is invited on the topic. Please come along on the 11th and have your say.

Material contained herein is for members information only and no recommendation is carried or implied.

The Back Page.....

From Marje Ross via email:

Some interesting dates this year:

1/1/11, 1/11/11, 11/1/11, and 11/11/11.

Now work this one out: The last two digits of the year you were born + the age you will be this year will equal 111. How 's that!!!



And more from Marje: Subject: "THEN and NOW "

Your kids are becoming you...and you don't like them
...but your grandchildren are perfect!

Going out is good.
Coming home is better!

When people say you look "Great"...
they add "for your age!"

When you needed the discount, you paid full price.
Now you get discounts on everything...
movies, hotels, flights, but you're too tired to use them.

You forget names ... but it's OK
because other people forgot
they even knew you!

Remember when your mother said,
"Wear clean underwear in case you GET in an accident"?
Now you bring clean underwear in case you
HAVE an accident!

You used to say,
"I hope my kids GET married..."
Now, "I hope they STAY married!"

You miss the days when everything worked with
just an "ON" and "OFF" switch...

When GOOGLE, ipod, email, modem ...
were unheard of, and a mouse was something
that made you climb on a table.

You used to use more 4 letter words ...
"what?"..."when?"... ???

Meatloaf with mashed potato

Ingredients (serves 6)

2 tsp olive oil
4 rashers short cut, rindless bacon, finely chopped
1 onion, chopped
750g beef mince
1 carrot, peeled, grated
1 zucchini, grated, excess moisture squeezed out
1 1/2 cups (105g) fresh breadcrumbs
1/3 cup (80ml) tomato sauce
2 eggs, lightly whisked
Salt & freshly ground pepper
Mashed potato & steamed green beans, to serve
Extra tomato sauce, to serve

Method

Preheat oven to 180°C. Line a 7cm deep, 10 x 20cm loaf pan. Heat the oil in a medium frying pan over a medium heat. Add the bacon and onion and cook for 7-8 minutes or until soft.
Place the bacon mixture, mince, carrot, zucchini, breadcrumbs, tomato sauce and eggs in a large bowl. Season well with salt and pepper. Use clean hands to mix until well combined. Press firmly into the pan.
Bake for 40-50 minutes or until cooked through. Set aside for 10 minutes before serving.
Slice the meatloaf and serve with mashed potato, green beans and extra tomato sauce.