



The Newsletter that reaches across Australia

# Country

# Network

May-June, 2013

Website: [www.countrynetwork.com.au](http://www.countrynetwork.com.au)

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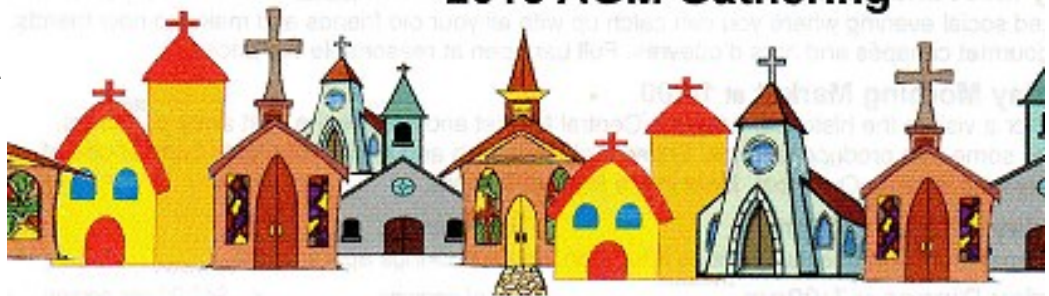
## ADELAIDE

### THE CITY OF CHANGES

**G  
M**

Country Network

2013 AGM Gathering



**Adelaide Meridien Hotel,  
21- 39 Melbourne St, North Adelaide  
Friday October 25th - Monday October 28th**

Welcome to all participants coming to ADELAIDE for the AGM. You will notice a big difference here, if you haven't been for many years.

- ◆ New trams and extension of the route.
- ◆ New Adelaide Hospital and Medical Research Institute
- ◆ Entertainment Complex extensions
- ◆ New Adelaide Oval
- ◆ Several New Hotels in the city
- ◆ New bridge over the River Torrens
- ◆ PANDA Palace at the ZOO
- ◆ Alterations to Victoria Square
- ◆ Electrification started on Railways
- ◆ New Rundle Place shopping centre
- ◆ Revamp of the Rundle Mall
- ◆ New apartment buildings
- ◆ Car park extension at airport
- ◆ Alterations to the shipping terminal



(by David T.)

SAHMRI (Research)



From the Assistant Editor:



Since Cliff was unable to attend the Bent Banana Bash, I'd like to thank David, Brian and their many local helpers for the enjoyable, efficient and friendly Corroboree which they organised in Sawtell. I refer to further articles here for more detail.

It's Anzac Day today and I have just received a suggestion by Cliff to write this editorial. It may be the time to reflect on experiences as gay men in the military.

I did National Service myself at a time when I was in denial about my sexual attraction to men. This was despite my body giving unmistakable signals when I was in the presence of one or more guys whom I found attractive! When living together with a group of men as in a military camp, you inevitably lose your privacy as experienced at home, and share new as well as mundane activities together. This more open way of living, combined with an environment without women, seems inevitably to lead to possibilities of sharing homoerotic experiences, even among a group of primarily straight men. Also, the many joint tasks plus support for any friends having a hard time with the instructors (many of whom were quite sadistic) further strengthen the bonds of mateship. Of course, in actual combat situations, these ties are reinforced mightily by mutual support in situations of extreme danger. In our hut, the sexual tension which built up was released in sex 'bangs'.

Although this was a thrill, as a gay man (even though unrecognised at the time), my main desire was to feel close to the one or two guys whom I found beautiful. To discuss religion, politics, music and literature with them (at the time, Tolstoy and Dostoyevsky), to go on long walks together, all with an increasing desire to put my arms around them – which I never did. When you read the First World War poets, such as Wilfred Owen, you can see the beauty (light) shining like a beacon through the brutality, boredom and senselessness of the life in the trenches, trying to extract some essence of selfless comradeship from the ashes surrounding them. One of the most difficult tasks must have been the impossibility of showing any gesture of affection to the one with whom you were falling in love.

In theory, the situation is now different, with 'don't ask, don't tell' finally being replaced by a more open policy. However, in the current Australian military, with its dire record of bullying, it may take years until young gay servicemen have the guts to be open about being gay. If we look back at the Sacred Band of Thebes in ancient Greece almost 2500 years ago, we find men and their lovers openly going into battle together. There was similar openness within the Spartan armies. At last, we are starting to recover some of the ground lost between then and now!!

*John R*

Country Social Network Inc.  
(Reg Y2063541)



## Future Social Events Around Australia

- WA Sunday, 19th May, 2.00 pm Stirling Theatre Organ Productions (See notice Page 6).
- WA Sunday, 9th June Coffee Morning in Perth city meet as usual at 10.30 am (See notice Page 8).
- SA **Adelaide AGM—25th-28th October, 2013.**

### Contributors to Magazine:

Neil W.	David F.	Michael S	Pete B.
David T.	Frank J.	John R.	Ian B.
Graham S.	Richard McL		John L.
Cliff M	David B.	Les F.	

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## President's Message



There have been two recent events where members have been faced with personal difficult times whilst away from home, family and friends. On both occasions fellow members have stepped up and provided hospitality, compassion and friendship despite being strangers before the occasion. They may dismiss their actions as something anyone else would do given the circumstances; and this may be so with the majority. None the less, their genuine kindness provided great assistance and assurance to those members dealing with difficult times. On behalf of all members, I thank you. You make me proud to be a part of this social organization.

Businesses and government agencies offer services; that is their job. As a social organization, we only offer friendship. Through the assistance of volunteers we try our best to offer social occasions and other strategies to assist members in forming and nurturing these friendships. With nearly 300 members, we're not going to be best buddies with everyone. Our diversity ensures interesting discussion on how we should run the many aspects that make up our social organization and often there are disagreements. This will never change. However, we should always keep things in perspective and never lose sight of the bigger picture; that Country Network is providing opportunities for friendship via social networking. We all have the opportunity to play our part and make a difference.

It's Country Network renewal time again. Yes, don't the days, months and years just whirl by. On behalf of all members, I ask for your continued support. We have many exciting plans on the near horizon that will assist all members in their social networking capabilities and see this organization to continue to grow. We'd love to have everyone on board.

A little love and affection in everything you do will make the world a better place, with or without you. - Neil

## SA AREA CO-ORDINATOR'S REPORT

### HAPPY BIRTHDAY

Shane A., Chris C. and Barry S. celebrate their coming of age on 7th, 17th and 23rd respectively. All the very best guys.



### THE BENT BANANA BASH

Congratulations to the king of the Banana Benders and all his bent men that made our mid-year Corroboree meeting a truly memorable event.

### EXTENDED HOLIDAY

Robert M. and I stayed with some CN members at Coffs Harbour before and after the meeting. Perhaps this area should be called 'Greenland'. What a beautiful green location. Thank you guys - your hospitality was greatly appreciated.

On leaving we caught a CountryLink train to Sydney which unfortunately was delayed at Taree for 3 hours due to a rail line problem. We arrived in Sydney for an overnight stay and the next day caught our cruise ship "Celebrity Solstice" for a cruise to Cairns, Port Douglas, Airlie Beach and Willis Island then returning to Sydney to spend 3 days there before returning to the city of churches.

Celebrity Solstice



### FROM A CHURCH NOTICE BOARD

The fasting and prayer conference..... includes meals.

### VISITING ADELAIDE

It was a pleasure meeting up with one of the handsome men from Victoria, Tony C.  
(Cont'd over page...)



**At the Movies**

**By Michael S. of NSW**

**Olympus has Fallen**

The White House has been taken over by terrorists. The President, Vice-President, Defence Secretary and others are held hostage in the bunker under the White House. Demands are made by the terrorists. Only one secret service agent can save the day!! I have to say that I am a sucker for this type of movie—it kept me in a state of suspense for most of the time.

**Oblivion**

The year is 2077, 60 years after a war with aliens. While the war was won by the humans, earth is devastated by nuclear fallout. Tom Cruise stars as a pilot who repairs drones that patrol earth—he gradually realises that something is not as it should be. This is science fiction at its best and I enjoyed it although am not an *aficionado* of the genre.



**The Other Son**

Two babies are accidentally switched at birth and are reared by parents who are not their biological parents. This is a scenario that has been the background to storylines and movies on more than one occasion over the years. However, here, it is set in the middle east and the main protagonists are a Jewish and a Palestinian family respectively. The families are very similar in their aspirations etc.—apart from the depiction of the natural trauma, the film also shows how the population is faced with West Bank barriers and check points. While the movie was perhaps a little drawn out, I found it moving.

**Proverbs from the Famous:**

“She gives most who gives with joy” - Mother Teresa

“I long to accomplish a great and noble task but it is my chief duty to accomplish small tasks as if they were great and noble”.  
- Helen Keller

**SA AREA CO-ORD.'S REPORT: (CONT'D)**

and his friend Richard from the USA, who spent a few days here checking out our city, before catching the Ghan to Darwin.

**LEAVING ADELAIDE**

Ed T and Barry S are off to the Philippines in June and will be travelling around to a few different locations. Have a great trip fellers!

**JUST A THOUGHT**

Old age is the period when you begin to smile at things you used to laugh at.

Best wishes to all. - David T.

**REPORT FROM THE STATE OF HANDSOME MEN**

The State of Handsome Men is going into winter hibernation. About 20 of our members including our esteemed President have hired a villa in Tuscany until the end of June. I will be in Tuscany the following week. Tough luck, but for whom? They will not all be there at the same time. I understand the villa has 4 bedrooms so the villa will be "a revolving door" so to speak. Inside the bedrooms other things may be revolving or evolving. Back in Victoria, CN will be quiet. The monthly dinner in Geelong organized by Bruce is always a great success with about 20 people attending. Roger K hope to start something similar in the Latrobe Valley east of Melbourne after he returns from his winter travels. Birthday greetings for those who celebrate in May and June go to Roger K, Robert M, Kevin McK, John R, Norman V, Eric V B, Kevin W, Jeff G, Peter C, Terry E, and Howard L.

Frank Jackson



## Notes from the Treasury



### Bank Accounts

Observant members will have noticed that our membership forms have details for our Commonwealth Bank account while our booking forms for get-togethers have ANZ details. This is an accident of history. The reason we have accounts with two banks is that it is not convenient for some treasurers to use one or the other.

When Martin R. was treasurer, he set up the ANZ account, with all its add-ons, in Alice Springs. The Commonwealth account predates that time, but I am glad we have it, as the ANZ closed down its branch in Wellington twenty or so years ago, so any cheques that get through to me get deposited in

the Commonwealth Bank in Wellington, and it was easier to negotiate our term deposits there as well.

The real purpose in writing this piece is to let you know that it doesn't matter which account members deposit their money in. One member told me that it is easier to do electronic transfers to one because his account is with that bank. I don't understand why that would be, but if that is how it works for you, then go with what is easier.

I am particularly grateful to those members who pay by cheque or cash and deposit the money themselves. Of course you will need to make sure there is some way of identifying your deposit on our bank statement. The system in the Commonwealth allows you to put your name. Easy. The ANZ, on the other hand, only allows numbers. The tellers must suggest phone numbers as that is what everyone uses. Of course then you

will have to let me know which set of numbers identifies your deposit. A note on the form will do it, or an email, or a phone call. After all, this is a social club and I like to hear how people are going and what they are up to.

So here are some numbers you might like to keep in your records so that no matter what the form says, you can deposit money in whichever Country Network bank account is easier for you.

Treasurer. ANZ Bank  
Account Name:  
Country Social Network Inc  
BSB: 015-881  
Account No. 4779-37562

Commonwealth Bank  
Account Name:  
Country Social Network Inc  
BSB: 065 521  
Account No: 1009 6483

**John Lynch**

## Social events

If you haven't realized, our social events are now listed in the public section of our website. No personal contact details are offered, but readers can enquire of the event via [events@countrynetwork.com.au](mailto:events@countrynetwork.com.au). If you have realized this fact, you probably already know these listed events are sometimes old and no longer relevant. That is because we don't have anyone in charge of this specific role and we rely on others to fill-in when (if) they have the time. It's one of a few roles that we keep asking to be filled, but we still are yet to fill. The role simply requires these events to be added and/or removed, as required, as well as being the recipient of email enquiries sent to [events@countrynetwork.com.au](mailto:events@countrynetwork.com.au). Simple. This would take less than one hour per week.

Any offers?

Whilst on the subject of social events, it's good to see the success of the "pub night". The boys in Coffs have been doing it for sometime. Bruce is having a good turnout for their monthly get-togethers. Roger in Drouin has just started the same for the Latrobe Valley. Michael from Narara is soon to trial the interest on the lower Central Coast. WA coffee morning in the city. These are not necessarily CN events, nor do they need to be and nor should they be seen as potential membership drives for CN. They are simply more opportunities for like-minded men to get together in a social occasion. Please help support the efforts of fellow members trying to help make a difference.

If you would like to host or suggest a social event, please contact your area - coordinator. If you would like a social event of another social group advertised, please contact your area - coordinator. This includes festival events that may be of interest to fellow members.

### **CHANGE OF E-MAIL ADDRESS:**

Please note **Doug B. from Ettalong, NSW** has had to change his e-mail address to [austraveller4@gmail.com](mailto:austraveller4@gmail.com). Doug is involved in the travel industry so if you have travel plans and would like to talk to him, he can be contacted on **ph 0418499490** or the e-mail address above. **Doug is one of our valued CN Members.**



## AREA CO-ORDINATOR'S REPORT—WA

Hello again from WA.

It has been a busy time since our last newsletter. Early April Graham led a group on a day of culture in Perth city. The number was small, however everyone met at Bocelli Coffee shop and then moved to the Art Gallery and also viewed displays at the Library. There was a lunch break in there somewhere and later the group parted. Thanks to Graham for looking after the boys. Later in the month we had a Movie night at a friend's place in Medina and 15 turned up where an enjoyable evening took place. One of these nights may happen again as the feedback was encouraging.



As you would have seen or heard, Gay marriage is now legal in New Zealand. From this the local ABC Radio in Bunbury ran a program to have people discuss their views on air. In ABC's research they contacted the WA Gay 'Out' magazine and from this I was contacted to be interviewed on air. (My name is the contact for people in the country area). It was only a five minute interview and I was able to mention Country Network, our social goals and our website. I just wonder how many listeners may have had a look?

On 19<sup>th</sup> May our next outing is an Organ Concert, so, if you read this before that date I hope to see you there. - Best Regards, Pete



## Stirling Theatre Organ Productions Karrinyup, WA

Members, here is something from the past and will bring back great memories. You will need to write this date down and book quickly. Tony Fenelon is a famous Australian organ player and renown world wide. More details below.



### TONY FENELON, OAM, LMusA

Australia's foremost concert artist and pianist. He displays a wide taste of music genres in concerts with a fine balance between popular tunes and light classics including music from movies, stage shows, jazz and great standards. Tony has 24 recordings to his credit and 4 gold records and is now an international artist for the Roland Company. As well as performing on the Karrinyup WurliTzer Tony will also play some items on the versatile Roland Atelier AT900 during this concert.

Website : <http://www.wurlitzer-karrinyup.com/sitemap.html>

**DATE** Sunday 19<sup>th</sup> May 2013

**TIME** 2.00 PM

(best to arrive 15 min early)

**Address:** Karrinyup Community Recreation Centre, Davenport St, Karrinyup (Behind the shopping centre)

**PRICE** \$14.00 Concession  
\$16.00 Adult

**Interested? PLEASE ring and arrange booking direct to the Organ Society on 08 94479837. Also advise you are booking with Graham Sturke's group**



## NEWS from the LAND OF THE BENT BANANAS



It seems that all who made it to Sunny Sawtell for our 2013 Corroborree just before Easter enjoyed themselves. That's good. It's nice to know that our efforts were worthwhile. There was a lot of pre-event work (planning took six months), full on for us over the weekend (but yes, we too managed to enjoy ourselves), and then the letdown on the Monday - it was all over.

It would not have happened without the great team of guys from this neck of the woods who 'put in' big time. Fifteen of us in all. We all took responsibility for at least one aspect of the weekend, and many 'floated' between tasks to provide further support. Marvellous co-operation and camaraderie.

This brave band of boys (sans bananas) assembled at the Tin Shed in Fernmount on Sunday, 21 April to de-brief. (The likely lads are all in the photo.) And to

look at the questionnaires that had been completed, nearly 20 in all. To those who took the time and effort to complete those forms, thank you. Please be assured that your comments have been noted and a précis will be provided to the Committee for attention as seen fit for future gatherings. At least if we ever have to do it again in this region it will be even better!

On a disappointing note, for those who visited Pelena Energy up at Dorrigo and found the presentation interesting, Peter Lynch has had to close the enterprise. Peter has invented a very cheap means of generating power, particularly apt in remote areas. However he has been unable to garner any support from Australia, and, up to the time he closed, has installed many units in Fiji and the Solomon Islands, with great success.

All in all it was a grand weekend. And made so by the members who attended. The true spirit of Country Network abounded, and there was much meeting of first-time attendees, renewing friendships, and doing what we do best - having a good time. If anything, we tried a bit too hard to show off what we have here. And yes, we DID have bananas. Mysteriously (?) some 300 'disappeared' over the weekend. And there's a photo somewhere of us all holding up the BIG BANANA!

To have over 60 participants was excellent, and to end up in the black was good too. Thanks for the support. Roll on Adelaide!

David B, Co-ordinator  
2013 Corroborree

**WA** has a service which not many people may know about. It is a not-for-profit community based organisation focused on the delivery of high quality services to older people and people living with disabilities from diverse backgrounds, including language, culture, spirituality, sexuality, gender identity. They are part of the Commonwealth HACC scheme (Home and Community Care) and also work as support services for Gay, Lesbian, Bisexual, Transgender and Intersex groups. I'm sure other states have similar groups and if you would like to let me know about them I can put details into the Newsletter or on our website.

They recently addressed the Prime Timers and offer services such as:  
*Domestic Assistance:* light house cleaning, clothes washing, shopping (transport), paying bills etc.

*Respite Care:* assistance to give carers the opportunity to take a break from their vital role.  
*Social Support:* social visits to isolated people, sometimes small group activities.

You may like to volunteer some of your time to help this organisation?

Contact Wendy Bennett, or Michael D'Souza on 9275 4411 or e: [umbrella@westnet.com.au](mailto:umbrella@westnet.com.au)



Website: [www.umbrellacommunitycare.com.au](http://www.umbrellacommunitycare.com.au)



## Letter to the Editor



### EXPANSION OF CN MEMBERSHIP INTO NEW ZEALAND

Just a quick note to say that I enjoy reading all the articles submitted by CN members who have the financial ability and physical capacity to tour not only Australia but O/S too. I found KIWI KAPERS to be one which stirred the most interest in me lately because it was full of useful practical information and links to further information. The article to which I'm referring was written by John R and published on page 5 of the April 2013 Newsletter. It was so full of extremely interesting touring information and advice on visit planning. This included contact information and web links to appropriate material to help organise a successful O/S visit. My comments do not suggest that other articles haven't been just as informative, BUT this one was particularly about NZ, and thus an automatic stimulus to write this letter.

Together with many others, we were helping David B of Fernmount NSW organise what we believe to have been a very successful, Sawtell 2013 mid-year "Corroboree". I made the comment that there were NO O/S visitors but was told there was ONE person attending from the USA.

The nub of my letter is as follows: My John and I think that "we", that is CN, should expand our membership base to include our sister AN-ZAC partner, New Zealand. When the opportunity presented itself at Sawtell, I took up the question with our President Neil while he and Mal were involved with all those things the CN President and his consort have to do as part of yet another jam-packed CN event. This included attending those bloody meetings that don't stop just because "you" are at a Corroboree. Neil was sympathetic to my suggestion and said there were ways it could be accommodated. However, he did have some concerns as to how "we", that is CN, could properly "vet" overseas people making membership applications. All members, particularly the executive, have a vital responsibility to block

unauthorised access to our well-protected personal information, especially that which is on file by way of the membership list. As discussed on previous occasions, similar issues arise for individual membership applications by unknown Australian guys living in isolated parts of the country. Despite these concerns, it did seem to me that Neil thought this topic may be worth more consideration at a later date.

So given Neil's concerns, some of which I've outlined above, I ask the question, what do other CN members think about expanding CN Australian membership to include NZ? Then, if we did, how would we effectively "vet" new membership applications?

Possibly it could be a topic in General Business at the 2013 CN Adelaide AGM in October! I understand that many O/S friendships have been formed, particularly between like-minded men at Mardi Grass. This leads to many Australian based men visiting O/S based men and visa versa.

**Yours in solidarity  
Richard [Dick] McL**

## WA Birthday Greetings:

For June: Richard W.—  
1st and Marcel K.—20th



## Change to Coffee Morning



Perth City morning coffee is still happening—However June will be changed to a week later. So if you are attending, please meet on **SUNDAY 9TH JUNE** at usual time (10.30 am) outside the Coffee Club, proceeding to NTA Café. Ring Cliff for further info.—Mob: 0422 799 729.

### JOKE CORNER:

There was a family gathering, with all generations around the table. Mischievous teenagers put a Viagra tablet into Grandpa's drink, and after a while, Grandpa excused himself because he had to go to the bathroom. When he returned, however, his trousers are wet all over. 'What happened, Grandpa?' asked his concerned children.

'Well,' he answered, 'I don't really know. I had to go to the bathroom. So I took it out and started to pee, but then I saw that it wasn't mine, so I put it back!'





## CORROBOREE COOEE!

Resounding applause and thanks to our North NSW Bent Bananas for a wonderful experience. We were bound together by good manners and human emotion.

I stayed overnight with a photographer friend on the first night of my trip. The next morning I travelled north by train, for me one of the most romantic and relaxing forms of travel. This was despite some noisy passengers in my carriage during part of the journey. I was fortunate to be met in Sydney by John M, staying together with John's friend in a prime location on the 4<sup>th</sup> floor overlooking Oxford St. We were both up at 6am the next morning, Friday, to catch the train from Central. This time the trip was peaceful.

What a wonderful welcome at the station by Martin M in South Pacific attire with a banana strategically placed! As we checked in at the cabins, we had a warm feeling to see many familiar faces and enjoy plenty of hugs. At our cabin we soon sorted out the sleeping arrangements to everyone's satisfaction. There was some perving via computer memory sticks, but it isn't really my style. I thought of my former close friend Jack, who died after a fall at age 94.

The Sawtell venue was a dream place, with the cabins being comfortable, located privately and having open plans. Also, the sea was warmer than I expected for that time of year, rather reminding me of Hinchinbrook Island. I collected pebbles for my jewellery and hope to get more when I come again in October. I played with ideas to make a mosaic table with a carved central pedestal.

Our bus driver Tom was very friendly and competent. The walking tour in Dorrig National Park was enhanced by the knowledge of our guide Lesley. When meditating next, I will imagine swimming in the pool under the waterfall in the National Park. Bellingen is a very attractive town. I found a local glass blower where I made purchases to stock my antique shop. I also found a good value B&B for October. Before heading back to the bus, I bought a glass necklace from a cute guy named David. I was further thrilled by roadside waterfalls and an old pub. The lunch was memorable, with my main course enhanced by bananas. What else!

Our Saturday dinner was held at the Sawtell RSL club. Except for the salad, I enjoyed the meal. But the highlight was the talk by the guest speaker. What an inspiration! Don't let the powerful ruin your world. Lessons for me include fighting the potential loss of the local caravan park pool used by our

children, as well as buying back the local sanatorium for a hospital.

Sunday gave us another chance for a tour, shorter than that the day before. The main attraction was the Big Banana where we enjoyed a tour, many photo opportunities plus a wide variety of imaginative banana snacks. I was glad to be able to finish my snack as there was no food allowed on the bus. We had several good café choices for lunch. My main course was pork dumplings with sweet rice in banana leaves from the Sunday Market. I was tempted to ride a camel up the main street to signal the invasion of the queens! We returned happily to our cabins for a rest before a short meeting. The final evening barbecue was a fitting conclusion and we circulated between the open air and undercover as the mosquitoes emerged. There was great comradeship and plenty of laughter and I was expecting banana fritters as a final flourish!!

Warm thanks is due to the many organisers of this corroboree, where efficiency was combined with thoughtfulness. The key organisers, David B and Brian N, deserve special thanks. I hope that the many friends, old and new, whom I met, will also be at the AGM in October.

*Ian B*  
Warburton

### CN—NOTICE BOARD

- \* **PET SITTER REQUIRED** - would you like a holiday in **Perth** (Ocean Reef) during August 2013. We are looking for a person or couple who like cats, to move into our house to feed and brush our cats. We will be leaving on the 19th of August and returning Thursday 29th August and we would be happy for you to arrive a few days before we depart and stay for a few days after our return. If you are interested for this date or for another time, please contact us: Carl McKenzie (08) 9300 6014 or Mob: 0409 375 359 or e-mail: [resolute3@bigpond.com](mailto:resolute3@bigpond.com)
- \* **Harbour City Bears—Sydney**—have moved their meeting place to the Banks Hotel in Newtown. See more information on [HCB Newsletter 2013-04-04.pdf](#)



## TRAVELS WITH YOUR AUNT

### THE FLOATING TREE

The Papuan coast has two distinct climates from May to October it is the Laurabada and from Late December to March it is the Lahara. With the Laurabada the strong winds blow almost non stop from the SE (the SE trade winds to us). The Lahara brings the rain, usually late afternoon thunderstorms which are not regular. In between it is a hotchpotch with no distinctive pattern.

A friend invited several of us to go to his village for Easter (about 120 Km SE of Moresby) . We would travel by mo-



torised catamaran: two dugout canoes connected by planks. Running parallel with the coast, 500-1000m offshore is a long reef, which calms the waves of the Laurabada, making it reasonably sheltered inside near the coast. We left on Good Friday morning with some twenty people on board. As we travelled, the Captain. of the catamaran always had a man keeping lookout at the front. The dugout canoes were brittle, and If one of them hit a heavy object they could be damaged.

The weather had not kept to its expected pattern, and the Laurabada had already started its afternoon blow so we experienced a headwind slowing our progress. With about 100km covered the Captain. got a bit worried because we had to cross a wide estuary where there was likely to be a lot of rubbish coming down from a big river, and it was getting close to the falling of dusk, which, in the tropics is rather sudden.

He decided it was too dangerous to cross the estuary in that failing light, so we disembarked. We had a meal and then settled down for the night. I had taken with me a doubler bed sheet for use at the village. In the lee of a small sand dune I spread the sheet after piling up some sand as a pillow. Two men from the village, returning home for Easter joined me on the sheet. We each covered ourselves with our rami (sarong). I must admit that that night I had to exercise a lot of self control.

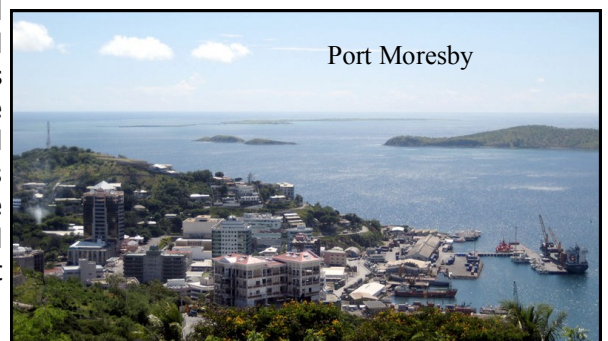
Next morning after breakfast we were up and away. Part way across the estuary we saw a remarkable sight: a small tree, maybe 3m high, floating upright as if it was growing in the water. We stopped to let it past, and saw that it had a great tangle of roots in which many shrubs and other refuse acted as counterweights to keep the tree erect. After it had moved on towards the open ocean, we also moved on and were soon safe at the village.

Once comfortably

installed, we sat on the verandah of our host's home. All the houses surrounded a large open space, facing inwards with their open verandahs. They were all of course about two metres high on stilts. The people of this area are related to the Polynesians and their language is meant for singing. Every syllable must finish with a vowel, and what is more, they seem to get the ability to sing in four part harmony with their mother's milk. As we sat there they all started to gather around the house bringing with them all sorts of food. Each family might bring with them a couple of coconuts or a pawpaw or a big hand of bananas; possibly some Taro or a bunch of Aibica, an edible leaf: all the time singing these wonderful songs of welcome. When they had finished, we gave them the gifts they wanted us to bring from the city: bread and tinned meat.

The next two days were spent as equally interesting and friendly, until on the Monday we returned to Moresby without incident, but I will never forget that tree floating imperiously out to the ocean with its own little island.

(by David F.)



## **REPORT FROM THE RETURNING OFFICER**

Just a quick reminder that this year's Annual General Meeting [AGM] will be held in Adelaide, South Australia, on Saturday 26th October 2013.

Below I've set out the time table [originally *set out in the constitution, Part III*] that I'll be following in the lead up to the AGM. Those who wish to "put their hand up" to serve the organisation by nominating for election to one or more of the executive or non-executive positions for the year 2013-2014 must be financial members of our organisation.

See the front page of the latest Membership List for each Executive and Non-executive position within CN Inc.

1. No less than 90 days prior to the date of the AGM nominations will be issued to ALL financial CN members.  
Issuing of Nomination Forms to all financial members: ..... **27th July 2013**
2. Completed Nominations Forms MUST be with The Returning Officer NO later than 60 days prior to the date set for the AGM.  
Return completed Nomination Forms to The returning Officer by: ..... **27th August 2013**
3. If more Nominations are received than positions to be filled for any position a Ballot will be held for that position.  
(Should a Ballot be required, the Papers MUST be issued NO later than 14 days after the close of Nominations.)  
If required, Ballot papers MUST be issued NO later than: ..... **9th September 2013**
4. If a Ballot is required, ALL completed Ballot Papers MUST be with the Returning Officer NO LATER than 14 days prior to the date of the AGM:  
The Returning Officer MUST have all completed Ballot Papers by: ..... **12th October 2013**
5. Results of the elections will be announced at the AGM: ..... **26th October 2013**

If however, there are only enough nominations received by 27th August 2013, to fill the EXACT number of executive and non-executive places to be filled, NO Ballot will take place.

If insufficient numbers of nominations are received, nominations to fill any vacant position/s will be called for from the floor of the AGM.

If insufficient nominations are received from the floor of the AGM the newly elected Executive may appoint a person or persons to fill the vacant position/s until the next AGM.

Should any financial CN member require further information please don't hesitate to contact me as per the details in the current membership list.

My next article will be about the procedures to be followed should a Ballot be required.

Yours in solidarity,  
Richard [Dick] McL  
Returning Officer 2012-2013





### THE HUMBLE PINEAPPLE!

The pineapple is a member of the bromeliad family. It is extremely rare that bromeliads produce edible fruit. The pineapple is the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual flowerets that grow together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower. Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Colour is relatively unimportant in determining ripeness. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit. The more scales on the pineapple, the sweeter and juicier the taste. After you cut off the top, you can plant it. It should grow much like a sweet potato will.

This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthy foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis.

The juice has an anthelmintic effect; it helps get rid of intestinal worms.

Let's look at how pineapple affects other conditions. Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become brittle with age.

Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least one half cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis. It also produces mild pain relief. In Germany, bromelain is approved as a post-injury medication because it is thought to reduce inflammation and swelling.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. It is commonly used in Europe as a post-operative measure to cut mucous after certain sinus and throat operations.

Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. In and of itself, pineapple has a very low risk for allergies.

Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference. It's also good for a healthier mouth. The fresh juice discourages plaque growth.

#### EDITOR'S NOTE:

**[Now before you go out and buy a truck load of pineapples, consider a number of things. Firstly, thanks to David T. for sending me this information. Secondly, there is a lot of misinformation and misrepresentation of information on the Internet so it could be truth or fiction! I have no technical or medical expertise or wish to verify the claims they make in this article. Remember pineapples contain a large amount of acid which they haven't mentioned so LARGE amounts of pineapple may cause an allergic reaction in some people.]**

**On the upside, this makes interesting reading and the taste of pineapple is usually delicious so eaten sensibly, like all fruit, it can only do you good! ]**

### RED CAYENNE PEPPER:

Les F. from Queensland writes:

"In a recent web search re Erectile Dysfunction, prostate cancer cells etc, I was impressed to find that Red Cayenne Pepper cleans artery walls, improves circulation, reverses E.d., increases metabolism and immunity, heals heart disease and stomach ulcers as well as killing prostate cancer cells. There are three levels of strength and twice daily dosage of up to a teaspoon is suggested. A teaspoon of honey and the cayenne pepper helps it go down. This may be of interest to others to do a web search for greater detail."

Regards, Les

Wikipedia Encyclopedia states:

Cayenne pepper, by weight, is relatively high in [vitamin A](#). It also contains [vitamin B<sub>6</sub>](#), [vitamin E](#), [vitamin C](#), [riboflavin](#), [potassium](#) and [manganese](#).<sup>[6]</sup> However, given the very small amount of cayenne pepper typically consumed in a serving, it makes a negligible contribution to overall dietary intake of these nutrients. Cayenne pepper is also claimed to be a male [aphrodisiac](#) because it contains [capsaicin](#) which can increase blood flow to all parts of the human body. Many questions persist about the thermal value of cayenne. Canadian natives have used cayenne in their boots as a guard against sub-zero temperatures.

