

THE GOODNESS IN HONEY AND CINNAMON

COLDS

Those that suffer from common or severe colds should take a tablespoon lukewarm honey with ¼ spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold and clear sinuses

FATIGUE

Recent studies have shown that the sugar content of honey is more helpful rather than being detrimental to the strength of the body. Senior citizens who take honey and cinnamon powder in equal parts are more alert and flexible. Dr Milton who has done research, says that a half a teaspoon of honey taken in a glass of water and sprinkled with cinnamon powder, even when the vitality of the body starts to decrease, when taken daily after brushing and in the afternoon as 3pm, the vitality of the body increases with a week.

BAD BREATH

People in South America gargle with a teaspoon of honey and cinnamon powder mixed in hot water first thing in the morning so their breath stays fresh throughout the day.

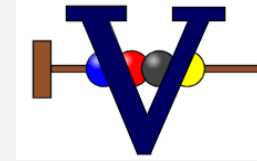
HEARING LOSS

Daily morning and night honey and cinnamon powder taken in equal parts restores hearing.

More information of the cures with Honey and Cinnamon in our next addition.

I now need a recipe of Honey and cinnamon to give “Boh”

while I have been typing this Newsletter he has been nicking things in my work room, starting with pick pocketing me of my tissue in my pocket, nicking things from my desk and the waste paper bin alone with taking things from shelves all to get my attention, sure he has had my attention and finally he is outside.



WODONGA CROQUET CLUB NEWSLETTER

JUNE 2021

Newsletter - Vol. 01 / No. 4

Editors letter

Hi to all our members, here we go again with this blessed virus and here's hoping we can get through it again, we **are** lucky to be open again after one week of shut down for us in the Regional areas but sadly we cannot visit our families in Melbourne or them to us but better safe than sorry and be thankful for what we have and thanks to us being back on the courts again. If you have any news to go into our Newsletter please let me know it would be nice to have some input.

Our first monthly BBQ lunch went off successfully thanks to the cooks, we look forward to 28th June for the next one.

Editor: *Pene Prunell*

SUNDAY LUNCH CLUB: There are still some restriction in the Region but we can now go back to our lunches but must make bookings, 20th June lunch will be at Elgins if you are interested please for booking purposes

REMEMBER PHYSICAL DISTANCE - NOT SOCIAL DISTANCE

BIRTHDAYS FOR JUNE 2021

Ursula Murrell 24th

MOVIE DAYS; Some of us go to the movies if you are interested let me know and you will be notified to what the movie will be and when we are going

STATE OF PLAY

- **NEDCA Calendar June 2021**
AGM Meeting June 21st

As you know Ruth and John Mc have been working hard on getting our Website sorted and it's almost there, if there is anyone out there interested and have the skills to learn about helping to keep it up to day please let Ruth know. If you haven't had a look at the website go to wodongacroquetclub.org.au and have a look. A big thanks to Ruth for her tiresome hours applying for grants which included the grant for us to be able to have our website

AGM : 20TH July: What form this takes will depend on 'the state of play' of COVID-It's hard to make definite dates in these covid times
John has sent out the nomination forms, please make sure you complete and get them back to him by the 28th June
In the meantime, Secretary John has been collecting and distributing information, Treasurer Des has been paying accounts,

FEES: DUE BY 30th JUNE

If possible please pay directly into our Hume Bank account and reference your name. If not possible please see John D and he will help you.
Account details: BSB 640000 Account 111106290



Jenny Barlow our latest member

ZUCCHINI SLICE

2 large zucchinis grated
1 large carrot grated
1 small onion, chopped
200g ham chopped
1 cup of tasty cheese, grated
4 eggs
½ cup olive oil
1 cup wholemeal SR flour
1 teaspoon curry powder
Salt and pepper to taste
METHOD

Preheat oven to 180c. In a bowl, add zucchini, carrot, onion, ham and cheese and mix to combine. In a separate bowl, beat together the eggs and oil then add to the zucchini mix, stir in the flour and curry powder and season to taste. Pour into a greased quiche dish and bake for 35 minutes until golden brown



RECIPES OF THE MONTH