

## Fun Facts about Croquet

Pall Mall (London) derives its name from the Italian words for ball and mallet and was played along a long alley. Similar street names of other European countries include Rue du Mail (Paris) and Palmmaille (Hamburg). As the game's popularity waned, the space vacated was often taken over by traders and a new phrase was born, the shopping mall.

First Olympic event for croquet was in 1900 and it was the first Olympic event that women could enter. The competition began on 24<sup>th</sup> June and continued on Sundays through to 15<sup>th</sup> August.

The standard form of croquet is more formerly known as association croquet. Other recognised variations are bicycle croquet, golf croquet and extreme croquet.

A further version, castle croquet, was invented by Lewis Carroll in 1866 and is still played by some clubs on an occasional novelty basis.

### THE GOODNESS IN HONEY AND CINNAMON

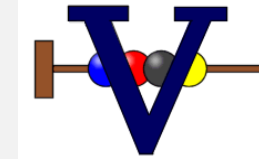
**Immune System:** Daily use of Honey & Cinnamon powder strengthens the immune system and protects the body from bacterial and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of Honey strengthens the white blood corpuscles (where DNA is contained) to fight bacterial and viral diseases.

**Upset Stomach:** Honey taken with cinnamon powder cures a stomach ache and also clears stomach ulcers from its root.

**Gas:** According to the studies done in India and Japan, it is revealed that when Honey is taken with cinnamon powder the stomach is relieved of gas.

**Intergestion:** Cinnamon powder sprinkled in two tablespoons of honey taken before food is eaten relieves acidity and digests the heaviest of meals.

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



## **WODONGA CROQUET CLUB NEWSLETTER**

**May 2020**

**Newsletter - Vol. 01 / No. 1**

### **Editors letter**

*To Our Friends ~*

Hi to all our members, we hope you will enjoy participating in our open News Letter, we thought it would be nice to have this to communicate in this strange new world we are living in whilst we are isolated from our beloved game, it would be something we can all add to by save as this newsletter into you document file and then you will be able to contribute and send out what you have been doing in the “lock down” time just for all our entertainment and difference, anything you would like

\*\*\*\*\*

**LUNCH CLUB:** Well this has gone out the window for now 🍷🍷

But we can be saving our money for when we can participate again and Maybe a fun day of us and maybe a dress up day on our return and a physical distance party

### **BIRTHDAYS :**

5 <sup>th</sup> May	Dawn McQuilton	10 <sup>th</sup> May	Ruth Green
13 <sup>th</sup> May	Veronica Remp	14 <sup>th</sup> May	Gerald Milton
15 <sup>th</sup> May	Gary Lethlean	21 <sup>st</sup> May	Val McQueeney
22 <sup>nd</sup> May	Des Davis	25 <sup>th</sup> May	Helen Byron

## REMEMBER PHYSICAL DISTANCE - NOT SOCIAL DISTANCE

### STATE OF PLAY

- **NEDCA Cancellations**

6<sup>th</sup> May: Croquet Pennant. This will be looked at later to see if it can be re-scheduled

8<sup>th</sup> May: Autumn Social Day at Twin City

- Members would be aware of the lack of viability of Croquet Victoria as advised in their open letter. At our Executive meeting held 21<sup>st</sup> April we canvassed our concerns and questions as to the way forward. Secretary John has collated them and we hope to bring them to our May general meeting. This will depend when the Committee of Management, Croquet Victoria hold their general meeting. We will keep you updated.

GENERAL MEETING: 20<sup>th</sup> May: What form this takes will depend on 'the state of play' of COVID-19

In the meantime, Secretary John has been collecting and distributing information, Treasurer John has been paying accounts, and Club Captain Gerald has been liaising with Shane to keep our courts in working order.

### **FEES: DUE BY 30<sup>th</sup> 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



### RECIPES OF THE MONTH

#### **Directions**

Preparation: 2min > Cook: 10min > Extra time: 40min cooling > Ready in: 52min

1. Turn on your oven grill.
2. Cut capsicums in half and remove stems and seeds.
3. Flatten the capsicums, skin side up, onto a tray lined with foil.
4. Grill until 90% of the skin is completely black (the edges will stay red, which is fine).
5. Remove and wrap the foil around the capsicum pieces to let them sweat until cooled (about 30-40 mins). Unwrap and peel off skins and save the capsicum flesh pieces. Put pieces in a glass container, seal and keep in the fridge for up to 5 days. I also save the capsicum juices that comes out in the same container.

