

Myall Lakes Aquatic Club Incorporated

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COMMODORE

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SECRETARY

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May Outing (Captain's Stew)

Saturday 24th & 25th May saw a small gathering of members moored at Tamboy (or Tamboi) for a most memorable & pleasant weekend. Tamboy took on a festive & friendly mood with several camp fires twinkling along the foreshore & everyone friendly & at least sounding like they were having a great time. Unfortunately, there were no fresh prawns this time! However, I doubt we would have had room left in our tummies for them.

The 4 Club boats attending were, "True Blue", "Malolo", "Come By Chance" & "Independence."

The weather was perfect but the flies weren't. With every crew bringing firewood, it was no extravagance to light the fire early in the afternoon so we would have plenty of hot coals.

Let the competition begin! The Captains assembled with pre-warmed camp ovens & all manner of ingredients, some just plain & simple, others with secret stuff we may never know. Knives whirring, they were away!



"I'm alright it's just the onions"





“ Mmmmm-not bad”

The best part was next! As the creations simmered into greatness in their ovens, it was time to slake the thirst from having slaved over the hot fire.



“Our panel of Highly Qualified Judges”

The ladies then had to debunk the scene while the bowls were filled & set out on the table. The Ladies were then called back to commence the tasting while they were blindfolded. This was not so easy to get the conga-line of blindfolded giggling women from the wharf to the testing arena.



The next problem to overcome was the judging. Chris threw a spanner in the works when she declared that she would recognise each stew (she was watching every move) & therefore the creator. This was resolved by having secretly numbered tasting bowls & they would have to be blindfolded.



In the meanwhile, an independent judge who had just happened to come walking by, was coerced into giving her critique on the 4 tasting bowls. She declared (in her opinion), that Mac’s was the winner. By now the Conga Line had arrived & with clever dexterity & much manipulation & tweaking, Paul assisted the ladies to each manage to taste a spoonful from each creation. (He truly had the ladies eating out of his hand.)

Finally, they all agreed that Paul's baby was the winner. However, they did wish to have it officially recorded that, "due to the high standard of all the entries, there was none that was so lowly enough to warrant the **Pal Award** , &, so it was decreed that the Pal Award remains with the Commodore until such times as an equally impoverished & poor specimen is ever presented again".

Frivolity on a full tummy ran well into the night around the "Bush TV". A few bawdy tales from Mac may have offended a few ears, but fortuitously, they were all old ears!

A restful & uneventful night ensued with another nice day dawning with Joe out cranking up the fire in preparation for the Deckies Damper "Cook-Off."



"In the oven"



"We did it"

Once again, all the dampers came out of the ovens looking splendid. Even when the knives came out & the dampers revealed their true selves from the inside, none disappointed. The Captains enjoyed the judging of the dampers while the Ladies withdrew beyond hearing distance. (though, not far enough for some). Now, this was difficult!

Each Captain chose their own deck-mate's creation as the best. However, this didn't get us a winner. Heads together again & for the best all round prerequisites for a basic damper, Chris was declared the unanimous winner.



Great Weekend

(All photos courtesy of W.Hammond and Mac)

Ps. The Commodore believes there's something fishy (er doggy) about **the Pal Award** not being won.

Next Outing 12th July

This will be our mid-Winter get together Dinner at Lemon Tree Passage Bowling Club.

Names to Chris Marco 0417406182

or

Margaret Coates 49825425

Before 8th July so we can book the table.

Calendar for 2014

August 9/10th

Engels Curry Night

September 13/14th

Nerong AGM CATERED

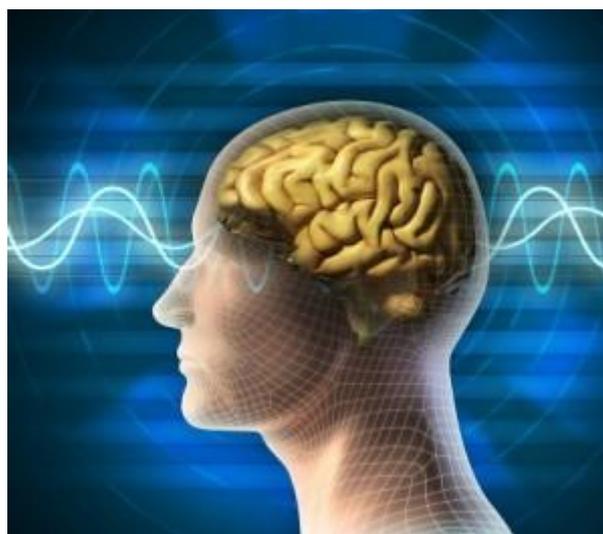
October 25/26th

Tea Gardens Sailpast

November 15/16th

Violet Hill Christmas

They also spent less time in the initial stage that serves as a transition between wakefulness and sleep.



Although the study is small, and the results will need to be confirmed in future experiments, the researchers say their findings could lead to novel treatments for insomnia and other sleep disorders. Schwartz and her colleagues aren't certain why hammocks help put us to sleep. One explanation may be simply that people associate the gentle to-and-fro of a hammock with relaxation, leading them to drift off more easily.

When it comes to hammocks, we all know that hammocks are relaxing and healthy for us. Now we have science to back this up, showing that our intuition has been right all along. We now know that the gentle rocking that a hammock provides, can do everything from help us sleep to improve our memory and brainpower.

For the full story go to - www.endalldisease.com/lifestyle-upgrade-1-hammock/

Happy and Safe Boating



Linda and Terry

Further to our study on hammocks in the March Bulletin

Sleeping in a Hammock Makes Sleep Deeper and Improves Brain Function

Posted in: [Health & Nutrition](#)

Babies aren't the only ones who benefit from gentle rocking. A new study suggests that when you lie down for some shut-eye, swaying in a hammock will help you fall asleep faster, and make you sleep more deeply, than napping on a stationary bed or couch

The effect of rocking on the brain may even play a role in brain functions besides sleep, such as memory and healing after brain damage, according to the researchers.

Swiss researchers monitored the brain activity of 12 men during a 45-minute nap on a stationary bed and a nap of the same length on a gently rocking bed designed to simulate a hammock. When they were in the "hammock," the men drifted off to sleep one minute faster, on average, and entered a deeper stage of sleep more than three minutes faster than when they napped in the still bed.

In addition, they were surprised to discover that the men, while rocking, spent nearly five more minutes in that second stage of sleep (known as N2), which typically makes up about half of a normal night's rest.