



COBBA NEWS



Edition 204 March 2016

Kath Ashby 55998109 (140) Harry Baines 55998694 (201)

Social Club President Mary Learmont 55997750 (223)



SOCIAL CLUB NEWS

Numbers were very good for our first Dinner /raffle night. Our thanks to Chris for a very enjoyable meal. Also to all the volunteers who helped, it's really appreciated by the committee, congratulations to Bruce for his help with the microphones and music. Everything went smoothly, with the new members of the committee who preformed their duties for the first time, doing a remarkable job. A very special thankyou to everyone for their help in playing pick up the marble's, when they fell out of the container as we were about to start doing the raffles. Plans are in hand to make sure this is going to be an ongoing game. It's happened before and possibly will happen again! We had a cute little man in blue helping with the raffles, he escorted the winners to collect their prize. A big pat on the back to Derek, who added to the night's enjoyment. Some photos on page two.

Menu for next dinner night. 11th March. Roast Chicken/ baked veg. ham salad. fish/chips
Dessert. creamed fruit sponge or fruit salad /ice cream. Meals \$7, visitors \$9, Sweet \$3.

TAVERN NIGHTS have been very well attended and Chris is delivering delightful snacks. There is a form on the Social club board for you to add your name to. Please make sure you do so, this will be a great help for Chris with the catering.

RAFFLES both Dinner/raffle nights and Saturday morning are being very well supported. If you wish to contribute to Saturday morning raffles give **Maureen 5599 9029** a call and she will make sure that a collector calls.

Thank you to Peter who has been looking after the swimming pool, being there each morning cleaning and making sure it's ready for the many who use the pool daily.

We will be having a Dinner/raffle night on Good Friday, watch the notice board.

We know there will be a few little hiccups, until we get more into everything, and we thank everyone for their support and understanding. **Secretary Lesley 5599 8635**



PLAYING PICK UP MARBLES
ANYONE CAN PLAY!



The game in progress!

All marbles were all recover and the raffles began.



Derek with Madge a winner of the raffles



Jackie being escorted to collect her prize.

LEADERS OF ACTIVITIES

HALL BOOKINGS CHRIS POOLEY 55998198

CANASTA	JOY ROACH	55997359	LIBRARY	CHRIS POOLEY	55998198
CRAFT	PAM COLE	55999366	AEROBIC	JEANETTE JORDON	0414851217
THEATRE	JEAN GWYNN	5599 9721	INDOOR BOWLS	DENISE MORTON	55998956
COMPUTER	STEWART McLEOD	55999029	LADIES GROUP	CAROLYN BELL	55999428
TRIVIA	MYRNA HUGHES	55999061	SOCIAL GOLF	MAGGIE SYNON	55997586
GARDENING	ROSS DAVIS	55997576	KEEPING FIT	CHRISTINE HALL	55999003
CROQUET	GRAHAM MAHONEY	55998802	LAWN BOWLS	JIM MORTON	55998956
SNOOKER			TREVOR HARDY	55997417	



WATER AEROBICS. hat wonderful pool weather we are having, the pool is warm and our attendance are up. We are all having a great time exercising in the pool in the mornings. Why not come along and have a great time with us.

We meet at 7am and go through until about 8am **Monday to Friday.**

Jeanette



CROQUET NEWS the weather has not been that kind to us lately and its a pity that the ducks don't know how to play croquet as they sure spend a lot of time pecking around on our courts. Incidentally the recently worked on top court is coming along fine and the players will eventually have two great courts to choose from. An open invitation is extended to all the residents in our village to come along and try the various mallet sport games on offer. **Saturdays from 8.30** is for Golf Croquet and Wednesdays at the same time is for Ricochet. They are great reasons to get out in the fresh cool morning air. All the equipment is provided along with happy inviting smiles from our players. Happy hoop running until next time

Graham



TRIVIA this was our first session for 2016. A good turn up but we would love more players. More players, more fun. Once again there was only one point between 'Team Anzacs' who were the winners for the evening and 'Team Amigos' who came second and the rest of us who weren't far behind. It's a 'feel good' hour and a half so come along and see what we get up to. We play the **1st Wednesday of every month at 6.30pm** in the Hall, so the next game is on Wednesday March 2nd. My sisters and I will make you very welcome.

Myrna



LIBRARY thanks to all the people who have donated books and DVDs we are getting to have a great selection. Have you called in lately, you should, you will be surprised, and you know the best part, it's all free. Please do not keep the books out, return them when you have finished reading them.

Chris



CANASTA. One of these days I am going to have some wonderful news and tell you we have new members, but not this time. Medical appointments and illness remain the cause of our low attendance, together with more exciting excuses such as cruises. Thanks to the faithful who do turn up every week, especially knowing the hidden pains some of us suffer - for me, not in silence! Well, a little sympathy and a lot of “old wives” remedies can be really helpful at times. For those who have not played Canasta, it is a very easy game to learn. The best way to start is to come along and watch for a few games, then if needed we can arrange some private lessons. The aim of our game is to have some fun and to feel better after leaving than we did before coming to play. **Wednesdays, 1.00 to 4.30 p.m..**

It would be appreciated by our few “table haulers” if you could be at the hall at least 5 minutes before 1 p.m. as the size of the tables to be used depends on the number playing. If the large 6-seater has been brought in and someone arrives strictly on time, it may affect the seating arrangements and I do want to keep our male players happy. *Joy*



COMPUTER CLUB. We have had some very pleasing turn-ups to our group lately. If you have a tecky problem not necessarily computers, as we also cover mobile phones, tablets, iPhones, cameras etc. then this is the place to come to find an answer. If one or the other of us doesn't know the answer someone else probably will and if that fails we can usually point you in the right direction to find an answer. Some of our discussions this month were on Webmail, Facebook, downloading movies, mini set-top boxes, Ch.2 problems with reception, and more. We are an exceptionally friendly group and we have lots of laughs We meet at the **Library at 10am each Friday morning.** *Stewart*



INDOOR BOWLS. Here we are again! Another good month of bowling. Everyone having a good time. Congratulations to Faye who has been looking after our morning teas on Monday mornings. Keep up the good work Faye. You are doing a great job! For anyone interested in joining our group of happy bowlers, come along Monday mornings and meet us in the Rec Hall. Bowls commence 9.30am, finishing approx 11.30am. Bye for now. *Denise*



While taking a routine vandalism report at an elementary school, I was interrupted by a little girl about 6 years old. Looking up and down at my uniform, she asked, 'Are you a cop?' 'Yes,' I answered and continued writing the report. My mother said if I ever needed help I should ask the police. Is that right?' 'Yes, that's right,' I told her. 'Well, then,' she said as she extended her foot toward me, 'would you please tie my shoe?'



LADIES GROUP. What a hot February we are all having. Thank goodness for the hall being air conditioned. We are off for a lovely cruise on the Richmond river at Ballina on Wednesday and hopefully a nice lunch afterwards. Mid April Jean is planning a two day trip away. Travelling via Beaudesert down the Lions road and staying in Casino. If this trip sounds interesting to you book early as only a 22seater bus is allowed on this road. Should be a great couple of days away. We wish any of our ladies who are not well a speedy recovery and hope you are back with us soon.

Carolyn



COBAKI COBBAS SOCIAL LAWN BOWLS CLUB. The first meeting for this year was the AGM at the beginning of February followed by a sausage sizzle. Thanks to all members who attended and welcome to our new committee.

After a successful 2015, we can now look forward to another great year. A Mystery Bowls Day to a new club started off the year at the end of February, which will be followed by a visit to a club favourite - Gold Coast Bowls on Sunday, March 20th. Watch for list on notice board with more info. A proposed coach trip to Iluka Bowls on Sunday, April 24th has still to be confirmed. Other clubs we hope to visit throughout the year are Cudgen, Pottsville, Alstonville, Cabarita, along with a visit to Southport Bowls later in the year. All dates still to be confirmed before a list will be handed to all members. The usual 3 day/2 night trip will be in October. More on that as details are worked out. Next meeting will be on Sunday, **March 6th in the Rec Hall @ 10.30am.**

Hope to see you all there! Happy Bowling.

Jim



KEEPING FIT CLASS our class continues as usual. We are glad of our early morning start on these hot days. On a personal note, I found it interesting that my "exercise physiologist" (\$100 for 2 visits) has given me exercises VERY similar to those we do in our class - I pointed this out to him, and he observed that the classes have obviously helped me get to this point with a minimum of pain incidents. Good to know I've been on the right track (for free). Let's hope I hear something new for my second visit!

MONDAY : WEDNESDAY : FRIDAY 7.00am to 7.45am *Christine*



It was mealtime during a flight on a British Airways plane: 'Would you like dinner?' the flight attendant asked the man seated in the front row. 'What are my choices?' the man asked. 'Yes or no,' she replied.



CRAFT. Ten happy ladies, including myself, who have just had a lovely luncheon, on the 18th February. We went to the Mangrove Restaurant, in Seagulls. The service, the food, excellent. After lunch we moved into the lounge area and some ladies had another drink or coffee, we were having such a lovely time, chatting and catching up, we didn't want to leave to go home. The question on everyone's lips, when can we do this again? I think we will be out again very soon. Don't forget we meet every **Thursday afternoon in the Rec. Hall 1pm.**

Looking forward to seeing you there. *Pam*



LATEST ON KENNEDY DRIVE REPAIR.

The Council will be back as soon as they have finished the Seagulls Roundabout to fix the very rough road as you come off of the Bridge. They have also promised they will tidy up the "Boyd Family Park" and maybe lay some grass so that it is not such an eyesore. They did say that they would come back and repair the section where we turn off the bridge.

Thank You Myrna



INTERESTING MESSAGE FROM ROSS REGARDING PROSTATE CANCER.

Not many of you know what I do, other than gardening. I am an author, of three books, all on my family history trying to find my hidden Davis grandfather, not found. The final book will be completed by June this year.(2016). I have been asked to write a little about the Prostate Cancer work I do. I am the Convener of "Prostate Tweed City" A Prostate health & Prostate cancer support group. We meet the first Friday of every month at Tweed City, in the community Rooms starting at 10am.

I am also a Qld Chapter Councillor for the Prostate Cancer Foundation of Australia. In these two rolls I get to meet and see research undertaken by The PCFA (Prostate Cancer Foundation of Australia)

We want to know why some Young men get very aggressive Prostate Cancer?

Just recently we had super donation from a Brisbane group. Often when donations are exceptionally large we take the leaders of these group through the research centre in Brisbane to show them where their money is spent. At the back of the PA hospital is the (TRI) translational research institute at 37 Kent St, Woolloongabba QLD 4102. In this research building there are many different research companies. Of interest to us is the research to find the gene that starts to turn off the immune system of some people (both sexes) as young as thirty years of age. We know that some young men are prone to Aggressive Prostate Cancer, some starting as young as 30 years of age. If not found this Prostate cancer can be terminal in two years. The TRI has now found a gene that they believe turns off the immune system sooner in some people than others. At the moment they are looking for the switching system, running thousands of trays through the computer controlled laboratory. Each cell that is suspected is dyed to help the search. It is hoped that if this breakthrough is found it may well help both male for Prostate, and female for breast cancer as both cancer have dendritic cancer cells in them that we think is the link. This research is ongoing.

Professor Ian Frazer

The other research we have been involved in is the work of **Professor Ian Frazer AC, FRCPE, FRCPA, FAA, FTSE**. Frazer and his colleagues developed and patented the basic technology behind the HPV vaccine against cervical cancer at The University of Queensland, now marketed as Gardasil and Cervarix; which was the second cancer preventing vaccine, and the first vaccine designed to prevent a cancer.

Gardasil is now given to all children before any sexual activity to both boys and girls. This will prevent cervical cancer. There is a theory that Prostate Cancer maybe also caused by the virus, clinically unproven yet. Many people in this village are cancer survivors.

I am always available to chat to any one should they want to. Regards **Ross Davis**.

Thank you Ross, we hope that this information will be of some help to those worried about the effects this cancer can have on their lives. We don't usually put a lot in the paper about health matters but thought this was an important subject and admire Ross for the work that he is doing and has done for many years.

Editors

GARDENING WITH ROSS



It's now time to look at the winter garden.

Today I want to talk about soil structure.

The soil is full of bacteria, which come in many forms. It is them that make the food available to feed your plants. You may have noticed that some soil in the village gardens comes out in a chunks, not loose sandy, run through your fingers soil. This is referred to as soil structure, it happens when the bacteria glue the soil together. This type of soil structure is a sign your garden has really health soil and is ready to plant in.

How do we get good healthy soil?

1. We can fertilize it with blood and bone and mulch it.
2. We can grow a mulch crop. Like mung beans, corn, or just weeds , or grass. Anything that keeps the soil from baking dry and letting the soil lose its structure. (or good bacteria). Bacteria need these thing to keep then alive and heathy .

1. Food (mulch) blood and Bone. 2. Moisture, rain or the occasional watering.

3. Oxygen, this can be done by pushing the four prong garden fork into the soil.

This will improve your soil's structure. Happy gardening.



Ross

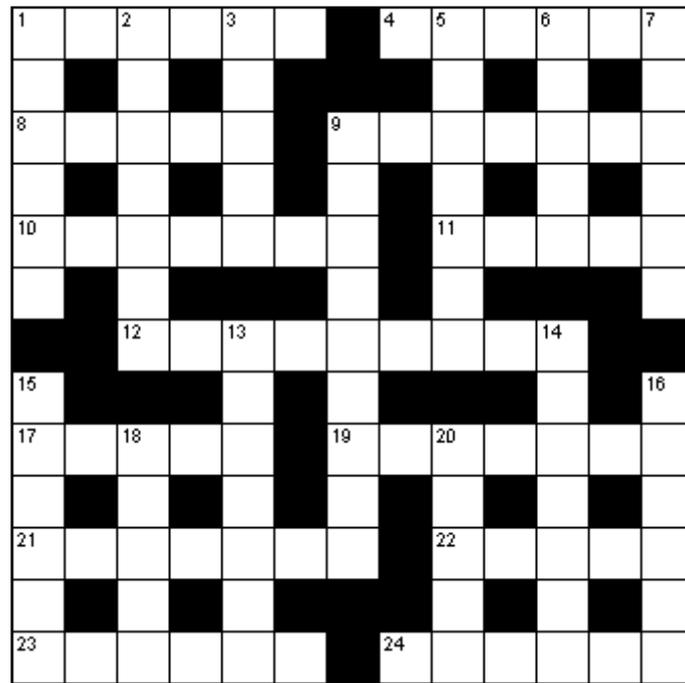
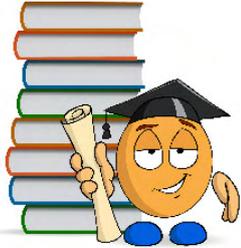
TWEED HOSPITAL AUXILIARY

We recently held a 'Bargain Day' with all goods \$2.00 or under. Denise Morton and myself were the organisers and much to our delight raised \$833.60 which will go towards new equipment for the hospital. We were pleased to see some of the 'Cobakites' there so thank you for your support. Please keep in mind we have a Trivia Night on 9th March to be held at the South Tweed Community Centre. Maureen Kakoschke is in charge of that and although she has one team from the village she has issued a challenge for another team, so how about it 'Cobakites'. There's a notice on the noticeboard or else phone **Maureen 5599 9029** for further details. Thank you again for your support, **Jean Carter**

The Last Will

Doug Smith is on his deathbed and knows the end is near. His nurse, his wife, his daughter and two sons are with him. He asks for two witnesses to be present and a camcorder be in place to record his last wishes and when all is ready he begins to speak: My son, Bernie, I want you to take the Mayfair houses. My daughter Sybil, you take the apartments over in the east end. My son, Jamie, I want you to take the offices over in the City Centre. Sarah, my dear wife, please take all the residential buildings on the banks of the river. The nurse and witnesses are blown away, as they did not realize his extensive holdings and as Doug slips away, the nurse says, "Mrs. Smith, your husband must have been such a hard-working man to have accumulated all this property".

"Property," Sarah replies, "the liar had a paper route!"



Across

- 1 Shade of meaning (6)
- 4 Not so fast (6)
- 8 Eye shield (5)
- 9 Employees' restaurant (7)
- 10 Link (7)
- 11 Awry (5)
- 12 French cheese (9)
- 17 Stone carver (5)
- 19 Malicious retaliation (7)
- 21 Abbreviate (7)
- 22 Requirements (5)
- 23 Quiet, modest and well-behaved (6)
- 24 Soldier on watch (6)

Down

- 1 Tyro (6)
- 2 Toxic element (7)
- 3 Slice a joint (5)
- 5 Leaking (anag.) (7)
- 6 Edible mollusc (5)
- 7 Fame (6)
- 9 Boat with two hulls (9)
- 13 Watch carefully (7)
- 14 Trig ratio (7)
- 15 Entertained (6)
- 16 Liverpool's river (6)
- 18 Tempest (5)
- 20 Meeting place (5)

Go to page 12 for the answers. **Don't cheat!**

The Origin of the White Wedding Dress

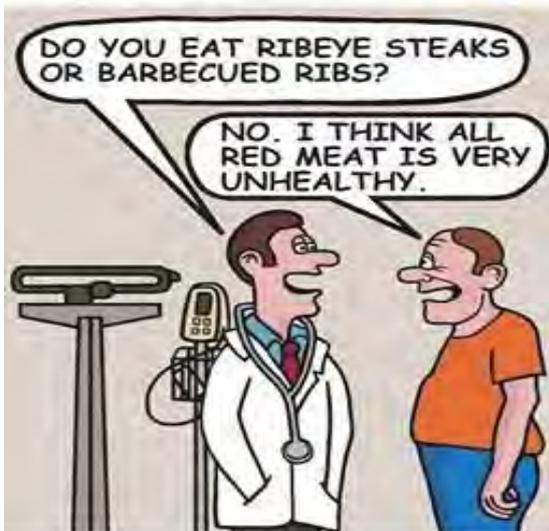
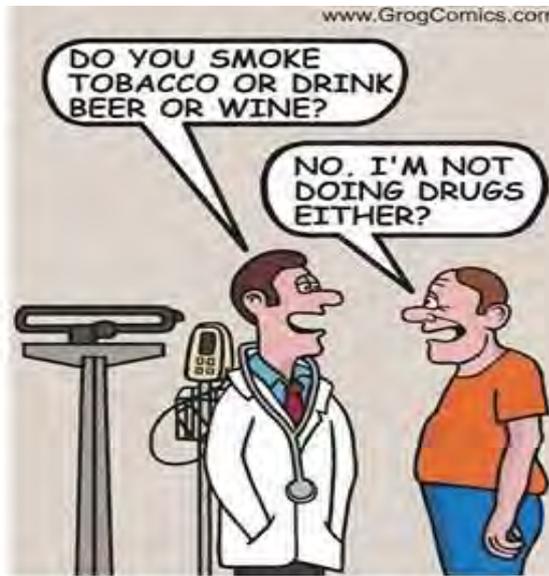


A son asked his mother the following question: 'Mom, why are wedding dresses white?' The mother looks at her son and replies: 'Son, this shows your friends and relatives that your bride is pure.' The son thanks his Mom and goes off to double-check this with his father. 'Dad why are wedding dresses white?' The father looks at his son in surprise and says: 'Son, all household appliances come in white.'

The husband is still in intensive care and the prognosis is not good!!!



Thank you. Chris Pooley would like to thank Christine Hall for helping her up when she had a fall on the road and broke three fingers, which are now in plaster. She really appreciated all Christine's help, it's very hard to get yourself up when you only have one arm to do it. Very sincere thanks Christine.



MANAGEMENT MESSAGE

When purchasing a fridge, washing machine, TV, bed or any type of furniture **MAKE SURE** you arrange for the old ones to be removed, they **cannot** go in the skip.

SPEEDING is still a problem. Slow down before you **kill** someone.

DAYLIGHT SAVING ENDS



ON SUNDAY APRIL 3RD.



TURN ALL YOUR CLOCKS

BACK ONE HOUR.

ANSWERS FROM PAGE 9

1	N	U	2	A	N	3	C	E		4	S	5	L	6	O	7	W	E	R
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Cobba News is written by residents for residents.

To all our folk who are on the sick list, we do hope you are well soon
To all who are celebrating a special occasion, congratulations.

Kath Ashby (140) & Harry Baines (201)

