



the bugle...



volume 3.2011

- CONFIDENTIAL TO UNITS OF THE ORDER - NOT FOR PUBLICATION -

april 2011

from the PMC Chairman

The end of the MESCA Financial Year has come and gone and the end of the Financial Year for the Other MOTH Cottages is fast approaching. It would be appreciated if all these units can get their financials up to date and have them Audited as soon as possible so that we can have a record year for early submissions of Documentation and Financials. (Bruce Michler)

from the editor

Can you believe we are in April! It was Christmas yesterday... We are fast approaching the middle of the year, time certainly flies! Let's remember Easter for now, and remember the meaning of this holiday. I also believe that instead of filling our tummies with chocolates lets do something for someone else, it will cost nothing and will be a wonderful gift for someone. Thank you for all your contributions for The BUGle. (Sue-Ellen)

quick tips



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quick tips

Easter Tips (http://www.thriftyfun.com/Easter_Tips_409_420.html, http://www.dietblog.com/09/surviving_easter_without_gaining_weight_six_tips.php)

- ☆ **Freeze Left Over Chocolate** - If you have too much chocolate left over from Easter and the kids lose interest or you want them to ease off, here's what you can do. You can cut it into little pieces and freeze it.
- ☆ **Buy Chocolate the Day After Easter** - The day after Easter is a good day to buy discounted Easter chocolate and candy for future baking projects. Just store the candy in the freezer if you don't plan on using it in the near future.
- ☆ **Think Of Alternative Gifts** - Whether you're the giver or the receiver, brainstorm some Easter gifts that don't involve chocolate! A book (perhaps of poems, or if you're religious, prayers) might work well. You could also put together a dieter-friendly Easter basket of healthy and/or non-edible treats: fresh fruits and seasonal flowers work well.
- ☆ **Don't Buy Early** - There are often big discounts on Easter eggs well before Easter. This isn't because big chain stores want you to have a great deal in credit crunch times - it's because they want to maximise their profits. How? Well, if you buy all your eggs six weeks in advance, chances are that you'll have eaten some of them well before Easter ... and you'll need to buy more.

quick tips (continued)

Good Advice (<http://stress.about.com/od/positiveattitude/qt/helping.htm>, <http://www.prlog.org/11428543-inspirational-tips-and-quotes-to-help-others-get-view-of-optimism-for-easter.html>)

- ☆ Helping others brings good feelings to the giver and the receiver of the good deeds. Using your special gifts to help others can be a gift to yourself as you enjoy a self esteem boost for making others' lives better, and make the world a better place. You feel more worthy of good deeds yourself, your trust in the decency of people is reinforced, and you feel more connected to yourself and to others. In fact, research shows that those who demonstrate more altruistic social interest tend to enjoy higher levels of mental health, above and beyond the practical benefits of receiving help and other known stress, and demographic factors that you would expect.
- ☆ Before you ask a friend or marriage partner to meet your needs, ask what needs does she have that are not being met, that you might meet.
- ☆ Imagine working in an organization in which everyone asked everyday – how can I help at least one person around me take a more positive view of this day?
- ☆ Commit yourself to improving someone else's optimism for the next 15 days leading up to Easter.
- ☆ Identify five people in your life (e.g., friends, relatives, co-workers, spouse, children, parents, etc.) from any part of the world to which you will commit to the above goal.

A Good Cook! (http://www.mygrannysatticantiques.com/html/cooking_tips_and_hints.html)

- ☆ Add about 7 drops of lemon juice to 2 cups of whipping cream. It will make the cream beat up firm in about half the time.
- ☆ Adding a pinch of sugar to the water when boiling corn on the cob helps bring out the corn's natural sweetness.
- ☆ Adding lemon juice to gravy that is too greasy will make the grease disappear and add flavour to your gravy. A small amount of baking soda will also work.
- ☆ Bring Lemons to room temperature and roll them under your palm on top of the kitchen counter before squeezing to get the most juice from them.
- ☆ Cream that is whipped ahead of time, will not separate if you add a touch of dissolved unflavoured gelatine (1/4 tsp. per cup of cream).
- ☆ Do Not use Iodized Salt in making pickles, it causes them to become soft.
- ☆ During winter months when the kitchen is cold, it can be a slow process or nearly impossible to get yeast breads to rise. Try placing the dough in an oven-safe container and setting it in the oven on warm (200 degrees F) for 2-3 minutes. Don't let it bake, just enough to warm the bowl. It can really speed the rising process.

Honey...

- ☆ Honey is the only food on the planet that will not spoil or rot. It will do what some call turning to sugar. In reality honey is always honey. However, when left in a cool dark place for a long time it will do what I rather call "crystallizing". When this happens loosen the lid, boil some water, and sit the honey container in the hot water, off the heat and let it liquefy. It is then as good as it ever was.
- ☆ Never boil honey or put it in a microwave. To do so will kill the enzymes in the honey.
- ☆ Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases.
- ☆ Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients.
 - **Heart Diseases:** Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack.
 - **Arthritis:** Arthritis patients may take daily, morning and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.
 - **Bladder Infections:** Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

happenings

In the News

- ☆ "East London District Shellholes - Buffalo Dixie, Gonubie, Port Rex and Outpost formed a joint raiding party known as the Aloe Raiders. A flag and pin has been designed and introduced. Our first raid of seven blokes took place on the long weekend of 18-21 March. Our travels took us from East London to Kimberly via Bloemfontein. We formally raided Aliwal, George Coombs, Siege and EL Daba Corner. The welcome we received from these Shellholes was unbelievable and we thank the Old Bills, their executive and the blokes for their hospitality. Our message to Shellholes who do not raid: Just do it – discover the fantastic camaraderie in the MOTH order" (*Linda and Brent Davis*)

Classifieds

- ☆ Cosy Corner Cottages - single cottage at, Brakpan to let with effect from 1st April. Rates for the cottage are R300 pm for Moths who are indigent and rising to R500 pm for non months and well off Moths. (John Lowmas - 082 727 5937)
- ☆ Dickie Fritz – two double cottages to let – please contact Leon Apicella on 0828485368.
- ☆ Website Design and Maintenance – Contact Sue on 0832432270 or sueraysmith@gmail.com.

World Sports Events 2011

2011	April 1-11	Golf	Masters	Augusta, USA
2011	May 7-14	Multi-sports	Arafura Games	Darwin, Australia
2011	May 22 - Jun 5	Tennis	French Open	Paris, France
2011	?	Baseball	World Cup	
2011	June 16–19	Golf	US Open	Bethesda, Maryland
2011	June	Ice Hockey	Stanley Cup finals	
2011	June	Basketball	NBA Finals	USA
2011	Jun 27 - Jul 17	Soccer	Women's World Cup	Germany
2011	July 14–17	Golf	British Open	Royal St George's Golf Club
2011	July	Tennis	Wimbledon	London, England
2011	Sept 9 - Oct 23	Rugby	World Cup	New Zealand
2011	July 2 - July 24	Cycling	Tour de France	France 2011
2011	July 16-31	Swimming	World Swimming Champs	Shanghai
2011	Aug 8-14	Golf	US PGA	Atlanta Athletic Club, Johns Creek, GA
2011	Aug 29 -Sep 11	Tennis	US Open	New York
2011	Oct 1	AFL	Grand Final	Melbourne, Australia
2011	Oct	Baseball	World Series	
2011	Nov 1	Horse Racing	Melbourne Cup	Victoria, Australia

upcoming

- ☆ 30 April 2011 - O&S Shellhole will be holding a Jumble sale at Deodar Haven. 22-26 May 2011 - National Bowls - PMB at the Alan Wilson Shellhole (HQ) the chairman is Brian McGarry – contact 0333969879, 0829373472 or email: brianmcg@telkomsa.net.

upcoming (continued)

- ☆ 30 April 2011 – Bundu Shellhole Boston – Potjie Competition, 9am, R20 per serving from 2pm. (Barry 033 9970914.)
- ☆ 8 May 2011 – Shrapnel Kum-a-Kye Potjiekos Competition. Flame Lily Park Border camp. (Mookie 0829255884)
- ☆ 02nd July 2011 - Springbok Redoubt Shellhole, Bethlehem. A Shellhole of 5 very hardworking members, are preparing for a Masked Ball in winter. Only 60 tickets printed. (20 already sold), 40 left at R80.00 per person. The Shellhole also has a raffle going at R20.00 a ticket; prize is a midweek break on the KZN South Coast for 6 people. The Shellhole is looking good with a lot of renovations done in-house. (Moth Jan Sauer – 082 4409182)
- ☆ 3 - 4 September 2011 - Lord Allenby Shellhole in Estcourt are holding an annual bowls tournament, i.e. "the reitz trophy". Accommodation is provided. (Anthony – Lord Allenby 0832787984)
- ☆ 27 November 2011 - O&S Shellhole we will also be holding a "FUN BOWLS DAY" at the Berea Bowling Club. Posters and application forms will be distributed shortly. We will be serving a "Potjie Meal" and there will be lots of prizes to be won. In the interim if there is anyone who wishes to enter their team please contact the Lady Billie Eve Godbeer on 031 –2052833 or 0824646641.

MOBILISATI
MWA



JUMBLE SALE

WHERE: DEODAR HAVEN,
11 DEODAR AVENUE

WHEN: SATURDAY 30 APRIL 2011

TIME: FROM 08H30 TO 13H00

FOR SALE: CLOTHES, BOOKS,
ORNAMENTS & CAKES ETC.

ENQUIRIES: NADA CORDINGLEY
031 – 205 5594
EVE GODBEER
031 – 205 2833

important and other

From the office of PMC

Government Legislation Acts – please see link for all current and amended Acts -
<http://www.polity.org.za/page/acts>.

Recent PMC Circulars – **PMC 2011.03** – MOTH Year End Financials and Documentation

Please notify the PMC office if you require copies of the above or any past Circulars that have been sent out. (pmcmothoffice@gmail.com or 031 307 1574)

Thoughts of the wise Stork

Let us all work towards applying our ideals of True Comradeship and Mutual Help so that many hands make light work. (Bruce Michler)



The Last Laugh!

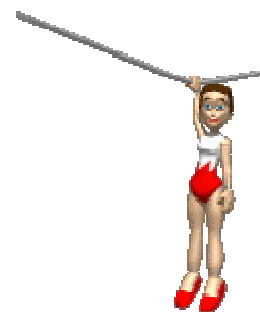
11 PEOPLE ... ON A ROPE

Eleven people were hanging on a rope, under a helicopter.

10 men and 1 woman. The rope was not strong enough to carry them all, so they decided that one had to leave, because otherwise they were all going to fall.

They weren't able to choose that person, until the woman gave a very touching speech.

She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices with little in return.



As soon as she finished her speech, all the men started clapping