



AUSTRIAN CULTURAL SOCIETY AUSTRIAN CLUB MELBOURNE

NEWSLETTER

VOL.IV / No.8 - SEPTEMBER 2008

Fathers Day

Sunday, 7th September 11:30am

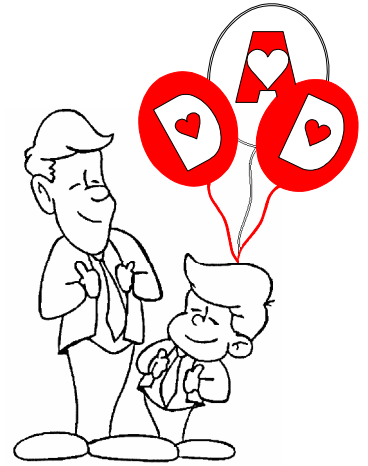
What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,



The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,

The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,



Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ...Dad

Annual General Meeting

Sunday, 14th September 2:00pm



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AUSTRIAN CLUB MELBOURNE

This Newsletter is the official
publication of the
Austrian Cultural Society -
Austrian Club Melbourne Inc.

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September 2008

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A.C.M. Objectives

A very brief & selective summary:

- To make known and promote Austrian culture in Australia with particular emphasis on Austrian fine arts, music and literature.
- To arrange performances of Austrian music in Australia.
- To maintain and develop the Austrian Cultural Centre as a place for providing cultural, social, recreational and sporting facilities from the joint funds of the Club
- To help enable children to participate in social, cultural and artistic activities.

PRESIDENT'S REPORT

English & German

Dear Members and Friends of the Austrian Club Melbourne.

The month started in a very successful way with our annual Burgenländer Evening. Fred Csar, a Burgenländer, was very helpful with the Hall decorations and many of us admired the collage of Burgenland images and the proudly displayed coat of arms. There was a special "Floorshow" by the lively young Dance Group from the Hungarian Community Centre and Alpine Cocktail contributed their best by playing very good music to a fully booked out function and a very appreciative audience. Heinz Dabernig entertained a near capacity house of visitors the next day, with his delightful music. It was a great weekend.

The following week we could boast the fabulous J.W. Swing Orchestra - another fantastic night, with high-spirited music played to a very full house on Saturday night. The Orchestra together with the superb Swing Music is definitely a drawcard. Sunday afternoon continued, sporting almost as many visitors with its near capacity crowd, this time the Dutch Duo playing appropriate music with evident gusto.

Marianne & Mimmo ably entertained a much larger than expected crowd on Saturday the 16th. The delightful weekend was nicely rounded off by the Silver Echoes, who were in great form on Sunday, 17th August, and who entertained a near full house with their cheerful and musical treasures.

The annual Stocksport Ball rightly and joyously celebrated the spectacular achievement in winning first prize and thus the Gold Medal for the Mens B-Class at the 8th World Ice Stock Championship, held in 2008 in Ritten Italy. Top marks to Sigi Dolzer from the Stocksportler Group who organized, single handed, a booking of several tables - inviting family and friends along to support the Austrian Club and the Ice Stock Sport Group. He enjoyed having his guests around him and happily shared his enthusiasm and passion for his Sport with everybody. It was wonderful to have so many young ones amongst us on the evening and they danced, to Julia and Dieter's

Liebe Klub Mitglieder und Freunde des Österreichischen Klubs Melbourne.

Mit unserem jährlichen Burgenländer Abend fing der Monat August sehr erfolgreich an. Fred Csar aus dem Burgenland war recht hilfsbereit bei der Dekoration des Festsaals und viele bewunderten die zur Schau gestellten Burgenlandbilder und das herrliche Wappen. Eine jugendliche ungarische Volkstanzgruppe erfreute jederman im vollen Haus mit ihrer lebhaften "Floorshow". Alpine Cocktail trug gleichfalls ihr Bestes, mit schwungvoller Musik, zum Gelingen des Abends bei. Am nächsten Tag spielte Heinz Dabernig recht unterhaltsame Musik für unsere Sonntagsgäste. Ein sehr schönes Wochenende rundherum.

Die Woche drauf hatten wir mit dem fabelhaften J.W. Swing Orchester wiederum einen fantastischen Abend, unterhaltsame Musik und ein volles Haus. Das Orchester und die prima Swing Musik zieht an. Fast genausogut besetzt ging es am Sonntagnachmittag mit dem Dutch Duo weiter, die offensichtlich selbst Spass beim Spielen hatten.

Gute Unterhaltungsmusik boten Marianne und Mimmo am Samstag den 16. August, mit einer Besucherzahl die größer war als erwartet. Ein schönes Wochenende wurde am gut besuchten Sonntagnachmittag abgerundet, indem die Silver Echoes für Frohsinn und musikalische Stimmung sorgten.

Der jährliche Stocksportlerball feierte mit Recht und mit Freude den Errang des 1. Preises und somit die Goldmedaille für die Herrenmannschaft Gruppe B bei der 8. Eisstock Weltmeisterschaft, die in 2008 in Ritten Italien ausgeführt wurde. Die Freundesgruppe Sigi Dolzer besetzte mehrere Tische. Sigi machte sich Mühe seine Familie und Freunde einzuladen, um den Österreichischen Klub sowie die Stocksportler zu unterstützen. Er hatte seine Gäste gerne um sich und freute sich seinen Enthusiasmus zu seinem Sport mit allen zu teilen. Es war prima an diesem Abend auch

President's report continued on page 3

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musical repertoire, with a great deal of youthful fun and enjoyment. Rene was in fine form the next day, entertaining a near capacity crowd. Amongst our regular Sunday guests on this day was a 30+ group of visitors from the Eltham Slovenian Club, who had gathered at our Club to celebrate the 85th birthday of Mrs. Evanka Penca. The party was in best spirits and it was a lovely afternoon for everyone who was there.

On this particular Sunday Chef Hans-Werner Hartkopf fulfilled a special wish for the Party Sedgeman, who were really looking forward to Salzburger Nockerln, with great aplomb. It was a challenge for our Chef, for an eternity had elapsed since he was last asked to prepare this speciality. Yet a good Chef does much in the twinkling of an eye and he met the challenge successfully - the birthday guests had their exceptional dessert. Hans often proves his superior skills by magically producing a large range of excellent tasting traditional as well as new dishes and the compliments the Club has received are a testimonial to his efforts being a large contributing factor to our success over the last few months. To Hans and his kitchen staff we say "Thank you".

The last weekend was an extended one, beginning at 8:00 a.m. on Saturday morning when teachers, students and parents began to filter in for the annual State Final of the AGTV (Association of German Teachers Victoria) German Language Poetry Competition that the Austrian Club hosts each year.

This event covers all regions of Victoria and the school students, regional winners of the competition semi-finals, come together from all over the state to compete in the State Final held here in our Austrian Club. Precision, clarity of pronunciation and expression are all deciding factors in the search for a winner in each age group. One never ceases to be amazed at the high standard and we congratulate teachers and students alike on the exemplary performances and the high level of general knowledge of the German language. It was another successful day all round. When the event came to its triumphant conclusion late in the afternoon, necessary preparations were quickly set in place for the Saturday night function. Thanks to the efforts of some tireless helpers this occurred promptly and, with the Silver Echoes on stage, we were treated to an evening with "Gemütlichkeit". Then, on Sunday, 31st August Heinz Dabernig brought the month to a fine end with his great musical form, entertaining the numerous visitors to our ever so nice Club.

Just a short note in addendum the Annual General Meeting is scheduled for Sunday, 14th September 2008 and will commence at 2:00pm. We invite all financial members to attend and to participate, for the united benefit of the Club. Please show your support and thanks for the work and effort that the Management Committee and a small band of Voluntary Helpers put in throughout the year, on your behalf, to look after and maintain the running of the Club and to ensure that we can continue to be proud that we consider (and we are biased) "our Club to be the best Austrian Club in Australia"...

I wholeheartedly would like to thank our hardworking Voluntary Helpers, the kitchen staff and our Club Management Committee for all the work they carry out for their / your / our Club.

With friendly greetings,

Otto Griesmayr

viele Jugendliche unter uns zu haben und sie tanzten, zu Julia und Dieter's musikalischem Repertoire, recht freudig mit. Ein zahlreiches Publikum genöß am Sonntag Rene's Programm. Unter anderem besuchten uns an diesem Tag über 30 Mitglieder des Slowenischen Klubs in Eltham, denn Frau Evanka Penca feierte ihren 85 Geburtstag mit Familie und Freunden in bester Stimmung. Ein schöner Nachmittag.

Küchenchef Hans-Werner Hartkopf erfüllte an diesem Sonntag auch den besonderen Wunsch der Party Sedgeman, die sich so richtig auf Salzburger Nockerln freuten, mit vollem Erfolg. Es war eine Herausforderung für unseren Chef, da es schon eine Ewigkeit her ist, seit man ihn um diese Spezialität bat. Doch ein guter Chef macht vieles im Handumdrehen und es gelang perfekt - die Geburtstagsgäste hatten ihre besondere Nachspeise. Hans beweist öfter sein vortreffliches Können, indem er alte und neue Gerichte mit fabelhaftem Geschmack gewandt hervorzaubert und mit seinem Können einen großen Beitrag zum Erfolg des Klubs zusteuert. Es gab viele Komplimente in den letzten Monaten. Besten Dank an Hans und sein Küchenpersonal.

Das letzte Wochenende war ganz und gar ausgefüllt. Schon um acht Uhr früh versammelten sich am Samstagmorgen die Lehrer und Schüler der AGTV (Association of German Teachers Victoria) um an dem Finale des Deutschen Poesie Wettbewerbs teilzunehmen. Die Schüler, die aus ganz Victoria stammen und schon regionale Vorgewinner sind, kommen mit Eltern und Freunden in unserem Klub zusammen, um sich nun für den 1. Preis zu bewerben. Beim Vortrag sind, unter anderem, Genauigkeit, Deutlichkeit und Ausdruck die entscheidenden Faktoren um die Gewinner der verschiedenen Altersgruppen zu ermitteln. Wir gratulieren allen Lehrern und Schülern. Die vortrefflichen Vorträge und die allgemeinen Deutschkenntnisse waren superb. Ein rundum erfolgreicher Tag für jeden. Am Spätnachmittag war der Wettbewerb erfolgreich beendet und die nötigen Vorbereitungen für den Abend mußten rasch in Angriff genommen werden. Dank fleißiger Helfer geschah es im Nu. Die Silver Echoes sorgten anschließend für die richtige Stimmung eines angenehmen Abends. Heinz Dabernig schloß den letzten Tag des Monats, mit prima Musik für ein zahlreiches Publikum, erfolgreich ab.

Zum Schluß noch ein kleiner Vermerk - die Jahreshauptversammlung findet am Sonntag den 14. September 2008 um 14 Uhr statt. Wir bitten alle finanziellen Klubmitglieder zur Teilnahme. Laßt uns alle zusammenhalten und zum Wohl des Klubs mitwirken. Geben sie ihre Unterstützung und Dank für den Klubvorstand und der treuen Gruppe Freiwilliger Helfer, die durchs Jahr viel Arbeit leisten, indem sie den Klub betreuen und Instand halten und damit sichermachen daß wir weiterhin stolz sein können daß, unseres Erachtens, "Unser Klub der beste Österreichische Klub in ganz Australien ist"...

Meinen herzlichen Dank an alle fleißige Freiwilligen Helfer, dem Küchenpersonal, sowie dem Klub Vorstand für alles daß sie für ihren / euren / unseren Klub leisten..

Mit freundlichen Grüßen,

Otto Griesmayr



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Austrian Cultural Society Newsletter

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IN THE SPOTLIGHT

MIRA SCHELLANDER UND FAMILIE

The German equivalent of the proverbial saying "Make hay while the sun shines" can literally be translated as "Celebrating the Festivals as they arise". And at this time of the year there are many Festivals. The Feast of St Michael on the 29th of September, dedicated to the Archangel Michael. The Name Day of St Martin on the 11th November, that honours St Martin and, at the same time, ushers in the 40 days of fasting prior to Christmas. Then there's the relatively new Austrian National Day on the 26th October, also known as the Flag Day. A very significant celebration which only came into being this century, in remembrance of the founding of the Republic Austria, in 1955. Yet we also steadfastly hold traditional Festivals that were already celebrated in the previous century or even earlier. Like the Spring Festival and the Thanksgiving or Harvest Festival, firmly rooted in pagan origins, transformed into christian celebration and now continuing to exist as annual Folk Festivals.

But the most famous Festival at this time of year, renowned and imitated the world over, is the legendary Oktoberfest. Nearly everyone knows of this Beer Festival, held annually on the huge expanse that is the 31 hectare Wiesen' in the middle of Munich. We look forward in anticipation to the Mayor's cry "It's tapped!" that signifies the start of the Festival, as the first beer gushes out of the barrel. Equally enticing are the many delicious goodies, the Kartoffelpuffer, the Bratwurst, the potato salad and, not to forget, the Lebkuchenhearts with which we shower our "Spatzerl", our "Mausi" or even our "Spitzbua"...

Less known is the fact that the Oktoberfest is actually the celebration of a wedding anniversary - in fact the very wedding of King Ludwig I of Bavaria when he, as Prinz Ludwig, took his beloved Princess Therese von Sachsen-Hildburghausen to be his bride, on 12th October 1810. And every year since then this legendary and atmosphere-charged Folk Festival takes place on the Theresienwiese, named in Princess Therese's honour.

An interesting variation to the theme Festivals, and of meaning and importance to our Austrian Club, are the many years we participated in celebrating our own version of the Oktoberfest, as well as the Harvest and Spring Festival we still hold every year on our grounds. Similarly relevant and of note is the contribution of the family Schellander at these Festivals, as Eddie Snr and Mira shared common interests from a very young age, loved to participate in Festivals and were both drawn in unison to the maintenance of a "Homeland" connection.

Mira Schellander was born in Slovenia and emigrated to Austria at the age of seven with her parents, where coincidence (or Fate) brought her to live in Klagenfurt in Corinthia, directly in the neighbouring house to the Schellanders. Mira and Eddie were childhood sweethearts and promised their lives to each other quite early. In 1955 they emigrated to Australia, married in Bonegila and found their new home in Melbourne. Yet the love to their Homeland stayed, as with many of us, deeply within their hearts.



Man soll die Feste feiern wie sie fallen. Und um diese Jahreszeit fallen viele Feste. Der Michaelistag am 29. September, dem wir den Erzengel Michael widmen. Den Martinstag am 11. November, der zugleich den Sankt Martin ehrt aber auch die 40 Tage des vorweihnachtlichen Fastens ansagt. Dann gibt es den relativ neuen Österreichischen Nationaltag am 26. Oktober, ebenso als Flaggen-tag bekannt, eine sehr bedeutende Feier die erst in diesem Jahrhundert entstand und zum Gedenken an die Gründung der Republik Österreich in 1955 dient. Wir halten aber auch traditionsmäßig Feste, die schon im vorherigen Jahrhundert oder sogar noch früher gefeiert wurden, fest bei. Wie zum Beispiel unser Frühlingsfest und das Erntedankfest oder Herbstfest, dessen Ursprung mit heidnischen Glauben verwurzelt war, christlich weitergefeiert wurde und als Volksfest nun jährlich weiterbesteht.

Aber das berühmteste Fest um diese Jahreszeit, in aller Welt bekannt und nachgeahmt, ist wohl das sagenhafte Oktoberfest. Fast jeder kennt dieses Bierfest, daß sich jährlich auf den riesigen Flächen der 31 hectare Wiesen' in der Mitte Münchens abspielt. Wir freuen uns auf den Bürgermeisterlichen Ruf "- o'zapft is!" mit dem das erste Bier aus dem Faß rauscht und auf die vielen guten Naschereien, die Kartoffelpuffer, die Bratwurst, den Kartoffelsalat und, nicht zu vergessen, die Lebkuchenherzerln mit dem wir unser "Spatzerl", unser "Mausi" oder gar unseren "Spitzbua" beschenken...

Weniger bekannt ist daß das Oktoberfest eigentlich ein Hochzeitstag ist - und zwar die Hochzeit vom König Ludwig I von Bayern, als er noch Kronprinz Ludwig war, und der am 12. Oktober 1810 seine geliebte Prinzessin Therese von Sachsen-Hildburghausen zur Braut nahm. Jedes Jahr wird seitdem dieses sagenhafte stimmungsvolle Volksfest auf der, nach ihr benannten, Theresienwiese veranstaltet.

Eine interessante Variation zu diesem Thema "Feste", und von Sinn und Bedeutung für unseren Österreichischen Klub, waren für viele Jahre die Oktoberfeste und sind, zur Zeit, nun das Herbst und Frühlingsfest im Gelände. Relevant und Bemerkenswert ist wohl der Einsatz der Familie Schellander bei diesen Festen, da Eddie Snr und Mira schon von früher Jugend an ähnliche Interessen hatten, gerne Feste feierten und natürlich in Sachen Heimat übereinstimmten.

Mira Schellander wurde in Slovenien geboren und übersiedelte mit ihren Eltern, im Alter von sieben Jahren, nach Klagenfurt in Kärnten. Der Zufall brachte Mira direkt ins Nebenhaus der Schellander und da nahm das Schicksal seinen vorbestimmten Lauf. Mira und Eddie wurden "childhood sweethearts" und gaben sich recht jung ihr Jawort. 1955 wanderten sie aus, heirateten in Bonegila und fanden in Melbourne ihre neue Heimat. Die Liebe zum Heimatland blieb, wie bei vielen von uns, weiterhin im Herzen.

IN THE SPOTLIGHT continued on page 5

The Austrian Club was the bridge to this Homeland and soon Eddie, with Mira's support, became quite active in the Club. As a voluntary helper he was always pitching in and would always do that extra little bit. He made Lederhosen, danced in the dance group, became an active Committee member and was involved in the Club's transition to Heidelberg. Yet Eddie will be most remembered for his passion and outstanding efforts and contributions in regard to the Oktoberfest. From the start Eddie was sold on the concept and was significantly involved in the founding of the Dandenong Oktoberfest, which he ran for many years. Later he was also a driving force behind the Melbourne Oktoberfest and his influence was a decisive factor in the success thereof. He loved the Festival and all the activities involved with it, the meeting and the cheerfulness of many people, the financial success and the lively impetus and inspiration this Festival had on the continued well-being of the Austrian Club. Even when Eddie was very ill, he fostered the wish to be there just one more time and he begged his children to look after the Club in turn, to support it and preserve it for future generations. With this express desire and his example Eddie succeeded in ensuring that three generations of his family will be there to positively support the Club, especially at Festivals.

Eddie Jnr, brother Mark, their sweethearts and friends already helped out at the Oktoberfest Bar twenty-four years ago, serving drinks to satisfy many a thirst and thus take particular care of the Club's bottom line. Now Eddie Jnr's son, Edward III has stepped up to the line, helping to stock the Bar and keep it clean during Festivals. In the meantime daughter Bianca helps grandma Mira. Mira, with the same attitude as her husband Eddie Snr, has been a rock of support for the Kartoffelpufferstand and over the last twenty-five years has mastered, together with other volunteers, mountains of Kartoffelpuffer to the delight of everybody's tastebuds. The love that Eddie Snr radiated for the Club rubbed off on Mira, prompted her to also join the Committee and to support the Club with her help wherever she could. The Schellander Motto is "Always be proud of your heritage; always be proud of the Club, believe in the Cause and thus take care of the future of the Club".

Many heartfelt thanks Family Schellander.

Without Prejudice

Look forward to next month's SPOTLIGHT

Recht herzlichen Dank Familie Schellander

Without Prejudice

Freut Euch auf das SPOTLIGHT im nächsten Monat



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GESUNDHEIT AUS GOTTES NATUR

HEALTH FROM MOTHER NATURE

Here, by popular demand, is the second instalment of Health from Mother Nature. It seems that the article, in which we outlined how Dr Johanna Budwig's research into flax oil and cottage cheese led to a food combination with a high degree of success in restoring health, interested not just us, but also struck a chord with our readers. For everybody would like to maintain or improve their health or knows of someone, for whom this information could be of vital, life-saving magnitude.

As not everyone is computer literate and therefore able to check out the websites listed at the bottom of last month's article, we have taken the liberty of compiling some of the more interesting bits. A few extracts from Dr Johanna Budwig's book, snippets of opinion which doctors "in the know" hold about Dr Budwig's method, a few testimonials from previous cancer patients and our very own experiences since Paparazzi Stephen found the report about a Melbourne minister's cancer treatment.

Inspiring mankind with belief, hope and encouragement was something Dr Budwig took very much to heart. Excellent health can be achieved by conscientious nutrition and the daily use of two correctly mixed, natural, healthy foodstuffs - organic Flaxseed oil and cottage cheese. Health totally without the need for prescription drugs!

Dr Robert Willner, M.D. Ph.D, author of "The Cancer Solution" reports:

"After more than ten years of solid clinical application Dr Budwig's natural formula has proven successful, where many orthodox remedies have failed. The many people Dr Budwig's formula has helped testify to the benefits of her remarkable discovery. In one of my interviews with Dr Budwig, I was introduced to Dr Siegfried Ernst, M.D. He is a rare and dedicated man, who counts among his personal friends the current pope, as well as many other dignitaries. Seventeen years ago Dr Ernst had developed cancer, for which he had major surgery requiring removal of his stomach. Two years later he had a recurrence of the cancer and was offered chemotherapy as the only available remedy. There was little hope for survival, as virtually all individuals with recurrence of this type of cancer rarely last a year. Dr Ernst knew that chemotherapy was not only ineffective for his type of cancer, but completely destructive to the quality of life, so he refused. He turned to Dr Budwig and her formula for help. He religiously followed Dr Budwig's formula and fifteen years later has not had any recurrence of cancer. As a matter of fact, he seemed to me to be in perfect health and is tireless for a man in his late seventies."

Time has passed since Dr Willner, Dr Budwig and Dr Ernst met, but the scientific insights and the messages of that encounter are just as pertinent and meaningful today as they were then.

Nach populärer Anfrage schreiben wir für Sie den zweiten Teil der Gesundheit aus Gottes Natur. Es scheint daß der Artikel über Dr Johanna Budwig's Heilerfolge nicht nur uns höchst begeistert hat, sondern auch bei unseren Lesern Einklang und großes Interesse erweckt hat, da wohl jeder seine Gesundheit behalten oder verbessern möchte, oder jemand kennt für den diese Informationen möglicherweise lebensnotwendig sind.

Da nicht jeder die Möglichkeit hat die Webseite auf dem Computer nachzuschauen, schreiben wir für Sie Auszüge aus Dr Johanna Budwig's Buch. Ebenso, was eingeweihte Ärzte von Dr Budwig's Methode halten, einige Zeugenaussagen von ehemaligen Kranken und auch unsere eigenen Erfahrungen seit Paparazzi Stephen den Bericht über die Krebsbehandlung eines Melbourners Ministers fand.

Dr Budwig lag es am Herzen, der Menschheit Glaube, Hoffnung und Ermutigung zu schenken. Hervorragende Gesundheit kann durch bewußte Ernährung und dem täglichen Gebrauch von zwei korrekt gemischten, natürlichen, gesunden Lebensmitteln - organischem Flachsöl und Quark - erreicht werden. Und daß, ohne jegliche ärztlich verordnete Medikamente!

Dr Robert Willner, M.D. Ph.D, Autor von "The Cancer Solution" berichtet:

"Nach mehr als zehn Jahren solider klinischer Anwendung hat es sich bewiesen, daß Dr Budwig's natürliches Rezept erfolgreich war - im Gegensatz zu vielen üblich orthodoxen Arzneien, die versagt haben. Viele Leute, denen Dr Budwig's Wissen geholfen hat wieder gesund zu werden, bezeugen die Vorteile ihrer außergewöhnlichen Entdeckung. In einem meiner Interviews mit Dr Budwig wurde ich mit Dr Siegfried Ernst M.D. bekanntgemacht. Er ist ein hervorragender, pflichtbewußter, engagierter Mann, der unter seinen persönlichen Freunden den jetzigen Papst und viele andere Würdenträger zählt. Vor siebzehn Jahren entwickelte Dr Ernst Krebs. Eine große Chirurgie war, mit der Entfernung seines Magens, erforderlich. Als nach zwei Jahren Krebs wiederkehrte, blieb nur die Chemotherapie als Gegenmittel. Die Überlebenschancen waren ziemlich hoffnungslos, da bei einer Wiederkehr bei dieser Art Krebs die Lebenszeit beschränkt ist und selten ein Jahr erreicht wird. Da Chemotherapie nicht nur unwirksam für diese Art von Krebs ist, sondern auch total zerstörend auf die Lebensqualität einwirkt, entschied er sich dagegen. Er suchte Hilfe bei Dr Budwig. Gewissenhaft befolgte Dr Ernst Dr Budwig's Rezept und ist fünfzehn Jahre später noch krebsfrei. Er erschien mir in perfekter Gesundheit und arbeitet fest für einen Mann in den späten 70iger Jahren."

Die Begegnung von Dr Willner, Dr Budwig und Dr Ernst liegt nun schon einige Zeit in der Vergangenheit, aber der wissenschaftliche Einblick und die Botschaft sind, heute wie damals, so bedeutungsvoll und durchschlagend.

Zeugenaussage von Sandy. Sandy hatte Gehirntumor. Jegliche medizinische Hilfe war zu spät und er wurde heimgeschickt

Gesundheit aus Gottes Natur continued on page 8

Sandy's Testimonial. An examination of Sandy revealed an inoperable brain tumor. He was beyond medical help and was discharged from the hospital, sent home to die in peace. A friend brought Dr Budwig's formula to Sandy's attention. Sandy says:

"My health improved so rapidly. The Budwig diet saved my life. My incredible recovery has been written up in many medical journals and I have become what they call a 'text-book case' - and all because of Dr Johanna Budwig's simple diet."

Mr Clifford Beckwith writes about his experiences with advanced prostate cancer:

"During the operation it was discovered that the cancer had spread to the lymph glands, making it Stage 4. The operation was not completed, as that would not be the answer. My brother, a research journalist and very knowledgeable said - 'scientists can cure cancer, I know how and I learned it from them' and he told me about the work of Dr Johanna Budwig and the Budwig diet. I immediately found a source of the oil and started. At the time of the attempted operation my PSA count was 75. Six months later my PSA count went from 75 to 0.1, which is normal. It is now ten and a half years since I was diagnosed and with standard treatment I would have, according to my doctors' expectations, been on the wrong side of the grass for at least seven years. [My recovery enabled me to] attend Dr Budwig's 88th birthday."

Beckwith's enthusiasm about his own survival prompted him to pass Dr Budwig's recipe on to other people and to collate the success stories in a report. He also laid bare the reasons why others were not successful, such as when the flaxseed oil is replaced by oil capsules, even though they may be taken with the cottage cheese. Or when, for example, the oil - cottage cheese therapy is prematurely discontinued at the first signs of success and restored health, rather than continuing with the maintenance dose for the prescribed period of time.

Ken Payne, a minister from Melbourne, writes:

"Towards the end of my two years of mysterious suffering, I was diagnosed with prostate cancer. A week later a bone scan revealed that I was riddled with prostatic bone metastases - a death sentence! A friend gave me a print-out of a man in America called Clifford Beckwith. Beckwith's report listed the testimonies of dozens of other cancer sufferers that had been cured by the oil and cheese diet. I had nothing to lose. Within a matter of weeks all my pain was gone, my appetite quickly returned and my cancer reading had dropped from 41 to 0.4. My triglycerides had never been below 4, though I had tried everything to bring them down. Since taking the oil they are now 1.6, which is normal. So also is my blood pressure for the first time and my cholesterol is at an all-time low of under 4. [In just three months] there is no evidence of new metastasis, dramatic changes in three of the eleven sites of cancer have

um friedlich zu sterben. Ein Freund machte Sandy auf Dr Budwig's Methode aufmerksam und Sandy sagt:

"Meine Gesundheit verbesserte sich rapide. Die Budwig Diät rettete mein Leben. Diese unglaubliche Genesung wurde in vielen medizinischen Journalen beschrieben und als 'Lehrbuchfall' benannt und das nur wegen Dr Budwig's einfacher Diät"

Mr Clifford Beckwith schreibt über seine Erfahrungen mit fortgeschrittenem Prostatakrebs:

"Die Operation wurde abgebrochen da der Krebs sich schon in den Lymphdrüsen ausgebreitet hatte, Krebs 4. Grades. Mein Bruder, ein wissenschaftlicher Forschungsjournalist der sehr kenntnisreich ist, sagte - 'Wissenschaftler können den Krebs heilen, ich weiß wie und ich habe es von ihnen gelernt.' Er machte mich auf die Budwig Diät aufmerksam. Ich fing gleich mit dem Öl an. Zur Zeit der abgebrochenen Operation war mein PSA Wert 75. Nach sechs Monaten war mein PSA Wert von 75 auf 0.1 Normalwert zurückgegangen. Zehn und ein halb Jahre sind seit der Diagnose vergangen und mit konventioneller Behandlung hätte ich schon mindestens, nach ärztlichen Erwartungen zu schließen, sieben Jahre im Jenseits sein sollen. [Durch meine Genesung] konnte ich Dr Budwig's 88. Geburtstag miterleben."

Beckwith's Begeisterung über den eigenen Überlebenserfolg spornte ihn an, Dr Budwig's Rezept an andere Menschen weiterzugeben und die Erfolge in einem Bericht zu sammeln. Er legt aber auch Gründe für Nichterfolge bloß, wie zum Beispiel den Austausch von Öl zu Ölkapseln, selbst wenn man den Quark sofort dazu verspeist. Oder etwa das Abbrechen, statt der Fortsetzung und Beibehaltung einer Mindestdose, nach schon gewonnener Gesundheit.

Ken Payne, ein Minister aus Melbourne, schreibt:

"Ich wurde nach zwei jährigen, mysteriösen Leiden mit einem Tumor der Prostata diagnostiziert. Eine Woche später erfuhr ich zusätzlich, daß ich Prostata Knochenmetastasen hatte - ein Todesurteil! Ich erinnerte mich an einen Bericht von Clifford Beckwith aus America, den mir ein Freund vor Jahren gab. Darin standen Berichte und Zeugenaussagen von dutzenden anderer Krebskranker, die aufzählten wie sie mit der Öl-Quark Mischung Verbesserung oder Heilung fanden. Ich hatte nichts zu verlieren. Innerhalb weniger Wochen waren meine Schmerzen weg, ich hatte wieder Appetit und meine Krebswerte fielen von 41 zu 0.4. Für Jahre hatte ich schon versucht meine Triglyceride zu senken. Seitdem ich das Öl nahm sind diese Werte auf 1.6 zurückgegangen, was im Normalbereich liegt. Zum ersten Mal war nun mein Blutdruck normal, ebenso meine Cholesterinwerte die jetzt, gleichfalls zum ersten Mal, unter 4 waren. Nach drei Monaten war keine Spur von neuen Metastasen zu entdecken. Dramatische Verbesserungen in drei der elf Krebsstellen waren auch schon zu sehen. Genaugesagt, in diesen drei Monaten zeigte sich bei meinem Scan klar und deutlich, daß mein

occurred and within these three short months, as my recent bone scan has clearly revealed, my bone cancer is regressing. So in conclusion my two answers for cancer are these Flaxseed oil and low fat cottage cheese, and God Almighty through his son Jesus Christ."

Dr Dan C. Roehm M.D. FACP, oncologist and former cardiologist, reexamined Dr Johanna Budwig's findings and, in a letter to his fellow doctoral colleagues in 1990, says:

"This diet is far and away the most successful anti-cancer diet in the world. What she [Dr Johanna Budwig] has demonstrated to my initial disbelief but lately, to my complete satisfaction in my practice is: cancer is easily curable; the treatment is dietary-lifestyle; the response is immediate; the cancer cell is weak and vulnerable; the precise biochemical breakdown point was identified by her in 1951 and is specifically correctable in vitro (test tube) as well as in vivo (on humans). I only wish that all my patients had a PhD in Biochemistry and Quantum Physics, to enable them to see how, with such consummate skill, this diet was put together. It is a wonder."

Extract from Dr Johanna Budwig's book "Cancer the Problem and the Cure":

"It is most important to regard a person as being body, soul and spirit. All three factors together holistically make up a being. There is no identical treatment for everybody. The patient must personally be aware of what is good for the individual health. People in need notice and are aware of where truth lies."

Naturally even this remedy, that of the oil-protein mixture, cannot promise or guarantee a cure. Yet Dr Budwig herself speaks of a 90% success rate and that predominantly with patients who had been given up by traditional western medical practitioners!

Our own experiences relate, first of all, to our German Shepherd Samba. At Easter Samba became very ill, the vet only giving her hours to live. She struggled through, with blood transfusions, repeated courses of antibiotics, antibacterial tablets, cortisone and chemotherapy giving her only minimal improvement. About this time Paparazzi found the Budwig report and we started her on the mixture 1 Tsp oil with 2 Tsp cottage cheese. Within a week Samba lifted her head and wanted to play fetch the ball. Encouraged, we increased the dose to 3 Tsp oil and 6 Tsp cottage cheese. On the tenth day she was due to visit the Vet where we found out that she had put on 600g. We were pleased about this. During the examination the vet looked up at me and said:

"If I didn't know what I know, and Samba was only here for an annual check-up, I would give her a clean bill of health. There is no thickening of the gut to be felt anymore and the lymph glands feel normal again."

At this point in time I offered the Budwig report to the vet, which she eagerly accepted. Since then Samba has regained

Knochenkrebs sich zurückbildet. Zusammenfassend, meine zwei Antworten für Krebs sind diese - Flachsöl & Quark, und der Glaube an den allmächtigen Gott durch sein Sohn Jesus Christus."

Dr Dan C. Roehm M.D. FACP, Krebspezialist und früherer Herzspezialist, nahm Dr Johanna Budwig's Methode unter die Lupe und schrieb 1990 in einem Brief an seine ärztlichen Kollegen:

"Diese Diät ist mit Abstand die erfolgreichste Anti-Krebs Diät weltweit. Was sie [Dr. Johanna Budwig] gezeigt hat und was bei mir zunächst auf Unglauben stieß, sich später aber zu meiner vollsten Zufriedenheit in meiner Praxis bewahrheitete ist: Krebs ist leicht zu heilen. Die Behandlung ist Ernährung/Lebensstil, die Reaktion kommt unmittelbar; die Krebszelle ist schwach und verletzlich; der genaue biochemische Schwachpunkt wurde von ihr 1951 identifiziert und ist spezifisch korrigierbar, in vitro (Reagenzglas) ebenso wie in vivo (am Lebenden). Ich wünschte nur, alle meine Patienten hätten einen Dokortitel in Biochemie und Quantenphysik damit sie erkennen könnten, mit welchem vollendeten Geschick diese Kost zusammengestellt wurde. Es ist ein Wunder!"

Auszug aus Dr Johanna Budwig's Buch "Krebs das Problem und die Lösung":

"Es ist sehr wichtig das der Mensch als Körper, Seele und Geist gesehen wird. Alle drei Faktoren gehören beim Menschen zusammen. Es gibt keine gleiche Behandlung für jedermann. Der Patient muß auch selber fühlen was ihm gut tut. Menschen in Not merken und fühlen wo Wahrheit herrscht."

Natürlich kann auch diese Methode, die der Öl-Eiweiß Kost, eine Heilung nicht versprechen oder gar garantieren. Aber Dr Budwig selbst spricht von einer Erfolgsquote von 90% - und daß bei vorwiegend schulmedizinisch aufgegebenen Patienten!

Unsere eigenen Erfahrungen beziehen sich zuerst auf unseren Schäferhund Samba. Samba hatte Ostern, nach der Tierärztin zu schließen, nur noch Stunden zu leben. Nach Bluttransfusionen, wiederholter Antibiotika, Antibakteriellen Tabletten, Kortison und Chemotherapie war ein wenig Besserung zu sehen. Da fand Paparazzi den Budwig Bericht und wir fingen mit 1 EßL. Öl und 2 EßL. Quark an. Innerhalb von sieben Tagen hob Samba ihren Kopf und holte ihren Ball. Ermutigt vergrößerten wir die Dosis zu 3 EßL. Öl und 6 EßL. Quark. Am zehnten Tag war der Besuch bei der Tierärztin fällig. Samba nahm 600g zu und wir freuten uns darüber. Bei der Untersuchung blickte die Tierärztin zu mir auf und sagte:

"Wenn ich nicht wüßte was ich weiß, und Samba käme nur zur jährlichen Untersuchung, würde ich sie als total gesund erklären. Keine Verdickung des Darms ist mehr zu spüren und die Lymphdrüsen fühlen sich wieder normal an."

Zu diesem Zeitpunkt bat ich der Tierärztin den Budwig Bericht an, den sie gespannt annahm. Seitdem hat Samba ihr Normalgewicht erreicht und scheint sich Wohl zu fühlen, spielt Ball und genießt jeden Morgen ihre verringerte Mindestdosis,

her ideal weight and seems to be well, plays ball and enjoys her maintenance dose every morning, to ensure she stays well.

After our visit to the vet we found it natural to pass the information about Samba's successful recovery onto a friend who, after a radical breast cancer operation two years ago, now had secondary cancer in the lung and liver. She was two weeks into her latest round of chemotherapy and decided to give the give the simple oil-protein food remedy a go for the remaining four weeks of her chemotherapy treatment. During the ensuing consultation her specialist was visibly astounded and excited about the results of the blood tests and post chemotherapy scans. The cancer readings had dropped and the cancer in the lungs as well as the liver had shrunk by a third. We hope and pray that it continues to do so...

Such a wonderful series of successes and testimonials begs to be passed on. With this second instalment of Health from Mother Nature we hope to have accomplished our mission in spreading the word and in delivering hope and encouragement to everyone that good health or healing can be achieved. We're looking forward to hearing your story...

Wishing you the "Best of Health"

Unfortunately it is legally necessary to post a disclaimer on any material not approved by the "Authorities". The information contained herein has been obtained from various sources. It is not intended for medical claims or to take the place of a physician. The products and statements are not intended to diagnose, treat, cure or prevent any disease.

damit sie auch weiterhin gesund bleibt.

Nach dem Tierarztbesuch fanden wir es selbstverständlich diese Information und Samba's Erfolg an eine Freundin weiterzugeben, die nach radikaler Brustkrebsoperation vor zwei Jahren jetzt an Lungen und Leberkrebs litt. Sie hatte gerade zwei Wochen Chemo hinter sich und entschloß sich während der letzten vier Wochen der Chemotherapie diese einfache Öl-Eiweiß Kost auszuprobieren. Bei der Arztbesprechung war ihr Spezialist über die Bluttestwerte und den Chemotherapie Schlußbefund sogleich verblüfft und begeistert. Die Blutwerte waren gesunken und der Krebs in Lunge sowohl auch in der Leber ein Drittel geschrumpfen. Wir hoffen und beten daß es so weiter geht...

Eine solche wunderbare Reihenfolge von Erfolgsberichten bittet darum, weitererzählt zu werden. Mit diesem Zweiten Teil der Gesundheit aus Gottes Natur hoffen wir daß wir es geschafft haben allen Ermutigung zur Gesunderhaltung oder Besserung zu schenken, und freuen uns eure Erfolgsberichte zu hören.

Wir wünschen Ihnen "Beste Gesundheit".

Leider ist es rechtmäßig notwendig unsere Aussagen zu widerrufen, denn jede Aussage die nicht von den "Behörden" gutgeheißen wurde, muß sich so auszeichnen. Die Informationen hierin wurden von verschiedenen Quellen zusammengetragen. Es soll weder medizinische Ansprüche oder die Stelle eines Arztes ersetzen. Weder Produkte noch Verfahren dürfen als Diagnose, Behandlung, Heilung oder Verhütung der Erkrankung bezeichnet werden.

A LAUGH A DAY KEEPS THE DOCTOR AWAY



Disappointed

A man was walking through a forest pondering life. He walked, pondered, walked, and then pondered some more. He felt very close to nature and even close to God. He felt so close to God that he felt if he spoke, God would listen. So he asked, "God, are you listening?" And God replied, "Yes my Son, I am here."

The man stopped and pondered some more. He looked towards the sky and said, "God, what is a million years to you?" God replied, "Well my Son, a second to me is like a million years to you."

So the man continued to walk and to ponder, walk and ponder... Then he looked to the sky again and said, "God, what is a million dollars to you?" And God replied, "My Son, my Son... A penny to me is like a million dollars to you. It means almost nothing to me. It does not even have a value, it is so little."

The man looked down, pondered a bit and then looked up to the sky and said, "God, can I have a million dollars?" And God replied, "In a second."

Thank you to Irene Bengough for this little witticism



ZUM SCHMUNZELN

LACHEN IST GESUND

A LAUGH A DAY KEEPS THE DOCTOR AWAY



What happened when the cat swallowed a coin?
There was money in the kitty.
Why is money called dough?
Because we all knead it.



Ein Einbrecher-Duo macht sich des Nachts am Tresor eines Fabrikanten zu schaffen. Zischend verpufft nach geraumer Zeit der Schweißbrenner, und die Ganoven öffnen die Tür des Tresors. Mit Entsetzen sehen sie, dass der Geldschrank völlig leer ist - bis auf einen kleinen Zettel auf dem geschrieben steht: "Pech gehabt, Jungs, die Steuerfahndung war schneller..."

Der Boß einer Geldfälscherwerkstatt in Niederbayern sagt zu seinen zwei Angestellten: "Jetzt machts amal hundert Fuchzgmarkschein!" Die beiden machen sich an die Arbeit. Dann legen sie ihrem Chef das Ergebnis vor. Sie sind ganz überrascht, als der schreit: "Ihr Deppn, was wollts denn mit dene Hundertfuchzgmarkschein? De gibts doch garnet! I hab euch doch gsagt 'hundert Fuchzgmarkschein!' Was solln ma denn mit Hundertfuchzga ofanga, ihr Rindviecher?" Da sagt der eine: "Des is a Mißverständnis gwesn. Aba des kriang ma scho. Im Bayrischn Wald hint bringa ma des Geldscho los".

Die beiden nehmen die Hundertfuchzger, steigen in ihr Auto und fahren in den Bayrischen Wald. Im ersten Dorf halten sie vor dem Kramerladen an. "Jetzt mach i an Testversuach", sagt einer von ihnen. "I geh eini, verlang a Packl Zigarettn um a Markl und zahl mit an Hundertfuchzga!" Er geht hinein, kommt übers ganze Gesicht grinsend wieder heraus und erzählt seinem Spezi: "Guat is's ganga! D'Kramerin hat ma pfeigrad rausgebn! Da schaug her: Zwoa Siebzga und an Neuna!"



NEWS & NOTICES

CLUB MEMBERSHIP

Welcome to all our new Members who have joined the Club recently;

- Mr Paul Nixon,
- Mr Hermann Sellinger,
- Mrs. Marianne Andaloro,
- Ms. Majda, Korosec,
- Mr. Josef Landauer,
- Ms. Trude Kopecek,
- Mr. Con Schulz,
- Mrs. Erika Pfeiffer,
- Ms. Sonya Schober,
- Mr George Stacewicz,
- Mr. Gottfried Reiterer,
- Ms. Heather Clogstoun,
- Mr. George Sambucco and
- Mr. Antonio Patamia.

Members who have paid for this year's membership and who have not received their membership cards as yet are asked to please contact the office as soon as possible.

BIRTHDAYS, ANNIVERSARIES AND GET WELL WISHES

Congratulations to Club Members who are celebrating Birthdays or Anniversaries. And best wishes to all persons who are recovering from operations or are struggling with health problems. May you all soon be well again.

VALE DR. ALAN GILCHRIST

It is with regret that we advise that Dr. Alan Gilchrist, Austrian Club Member for many years, passed away at home on August 22nd, as a result of an accident. A message of condolence and our deepest sympathy to his family and close friends. He will be missed.



DANCE GROUP, VOLUNTEERS, GARDENERS AND KITCHEN HANDS

What's new? We're looking for enthusiastic adults and children to be part of a traditional Dance Group, keen gardeners to help out with the grounds, a kitchen star to assist our Chef and Volunteers to join our loyal and precious team of helpers. For more information, please see the Club's Noticeboard or contact the office. Beverly Griesmayr, Club Secretary

YOUR SAY

Have you got some comments you'd like to make about the Newsletter? Want to tell us something interesting? Or just air your opinion. This is your corner to tell it as you see it...

A "Thank You" to the Austrian Club and Paparazzi Team

Thank you from the bottom of my heart for the truly outstanding way you wonderful people have covered my 81st birthday at the Club with Kathy and you all. I am grateful for your perfect reproduction of my free-style poem "Let us be one in love". I look forward to having another superb lunch or dinner at the Club and seeing you. Please let me know if you have any reader's feedback on my poem. Begging Our Lord's blessings upon you. Most respectfully,

Conrad Francis Linden

Editors Comments: We thank you Mr Linden, for your kind words. It's wonderful to receive positive feedback and acknowledgement, that we as a Club are able to make people feel welcome in the way that we do. The delicious food and the warmth and friendliness of our volunteers - it's something to be proud of...

Otto - I cherish his memory and let it live on. At the same time I must do what he'd want: smile, open my eyes, love and go on.

And so I do, with the help of our friends at the Austrian Club, the Deerhunters and personal friends - so many people to thank and here is just a short note to acknowledge you all. Special thanks to Dieter and Julia for their moving vocal tribute at the memorial service for Otto, special thanks to Otto and Beverly and all the helpers of the Austrian Club for their support and assistance and for providing the venue for us all to get together and reminisce after the service and a thanks



also to everybody for their attendance at the funeral, the cards and floral tributes and the telephone calls during the weeks following Otto's untimely passing. Thank you. Käthe Ruf

WIENERWALD

*Im Walde da bin ich so gerne.
Ansonst seh ich die Berge von Ferne.
In den Bergen ist es genau wie im Walde so schön,
Ich würde sofort in die Berge gehn.*

*Im Walde da singen die Vögel all.
Dicht neben mir rauscht ein Wasserfall.
Ich setzte mich nieder, schlief ein,
und hatte einen wunderschönen Traum.*

*Von meinem Traum erwachte ich dann.
Viele Tiere lagen um mich und sahen mich an.
Ich stand auf, griff in die Tasche,
Und warf ihnen Futter vor.*

*Oben in den Bäumen sangen die Vögel
Für mich im Chor.
Es ist mir sehr heimelig in dem grünen Wald.
Ich werde wieder kommen gar bald, gar bald..*
Michael Thomas Wilzer, 1946

KALEIDOSCOPE

A little bit of this a little bit of that.
An old Persian Proverb: "If you cannot be a star in the sky, be content to be a lantern in a little room"

Josef Verpeleti, Austrian Club Member.



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PUZZLES

TRIANGLE OF COINS PUZZLE

Max and Moritz have a new trick they play on the local shopkeepers.

They ask the shopkeepers to lay out ten coins in the form of a triangle, pointing upwards like this:



Then they make a bet with the shopkeeper. If he can make the triangle point downwards by moving only three coins, he can keep the coins but if he can't and they can, the coins are theirs! Would you keep your coins?

CROSSED COINS PUZZLE

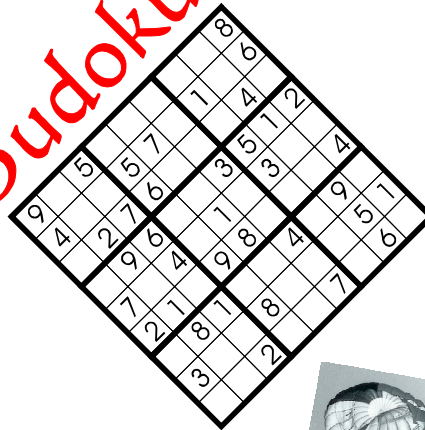
Here are six coins arranged as a cross. The puzzle is this. Can you move one coin only to make a cross with four coins along both arms of the cross?



Answer:

Pick up the coin at the foot of the cross and place it on top of the middle coin, so that the two coins are stacked on top of each other. Now each arm of the cross has four coins in it!

Sudoku



QUOTABLE QUOTES
The mind is like a parachute...
It works best when it's open

--author unknown



If you want to make God laugh,
tell him your plans

-- author unknown

UNSCRAMBLE ME!

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2. FTORPI
3. FIASECNN
4. RTSYUAER
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MONEY MONEY AND MORE MONEY FACTS

There's a song which tells us that "Money, money, money. Can be funny. In a rich man's world..."

Here are a few quick facts about money that you may not have known, and which should show that money can be funny, even if you don't live in a rich man's world:

- What is wampum?
- What is Maundy money?
- What is blood money?
- Where are sweets still used as money?
- When was tobacco used as money?
- What is the oldest coin used as money?
- What is the earliest silver coin used as money?
- What is the oldest paper money note?
- Why do silver coins have a milled edge?
- What is an abacus and for what is it used?

- 1/ Wampum is the name for black, purple or white beads, made from shells, which the Indians from the east of North America once used as money.
- 2/ Maundy money is the silver coins, originally English shillings but now 10p coins, given to the poor by the King or Queen on Maundy Thursday, the day before Good Friday and the coming Easter-time. Maundy comes from the Latin mandatum meaning a commandment.
- 3/ Blood money was money paid, during the Middle Ages, by a murderer to the relatives of his victim. The price was according to the kind of murder and the importance of the victim. Nowadays bribes paid for informing on a criminal are called "blood money".
- 4/ In Italy, where small coins are worth very little, sweets are often given as small change in some shops.
- 5/ In North America in 1619 and afterwards, in the states of Virginia, Maryland and North Carolina, tobacco was used as money. It was worth about three shillings a pound weight. In those days, to pay a bill of 225 you would need
- 6/ Spear-shaped bronze coins, the earliest "coin" money, were used in China about 4000 years ago.
- 7/ The Ancient Greeks minted the first silver coins in 600BC.
- 8/ The Chinese, who invented paper, used paper money as early as the 1300's.
- 9/ Silver or gold coins were once worth the face value that was stamped on them, for there was no standard coinage and each coin weighed slightly differently. The stamped value depended on the worth of silver or gold in the coins. People used to "clip" bits off the edge of the coins and sell it as loose silver or gold, hoping nobody would notice the missing edges of the coins. So to stop the clipping of coins, the edges of the coins were milled.
- 10/ An abacus is made up of rows of beads, usually held in a wooden frame. It is the world's first type of calculator and is still used in shops in China and Japan for adding up.

92.3
FM

ZZZ

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TREASURY REPORT 2008

The full Auditor's report is available from the Secretary, on request, at the AGM. In the interim the Financial reports for 2007- 2008, where figures have been duly verified by the Auditor, are shown along with this report.

FINANCIAL REPORT 2007 - 2008

In short, our Net profit is less than last year - due to a number of factors:

- Higher Expenses on maintenance and repairs, cleaning costs, newsletters and inventory replacement.
- Higher than anticipated Cost of Sales, due to the current economic situation.
- Sales Prices for Bar and Kitchen have not yet been adjusted accordingly, but will be done in the near future.

The Balance sheet shows a very healthy Bank account and fully covers our Creditors and Liabilities. The interest received from the Investments is a very welcome addition to our financial status.

We thank the Ladies Group for the generous donations during the financial year - it is greatly appreciated. Donations from our patrons are also very welcome. Thanking you all.

This solid financial result has been achieved through the hard work put in by the Management Committee, the small contingent of volunteers and the support from our members and their friends.

We would like to recognize the hard work and responsibility the late Mr. Otto Ruf put into this result, it was a great privilege to have worked with him. Thank you also goes to Beverly Griesmayr for the invaluable help she has given over the last months.

Treasury & Management Committee.

Profit & Loss Statement as at 30th June 2008

INCOME

Sales - Bar	132,068.15
- Kitchen	176,558.17
- Functions	36,065.83
- Shop	15,941.34
- Mozart	50,294.70
	410,928.19

Cost of Sales

Opening Stock - Bar	9,512.93
Opening Stock - Kitchen	2,281.99
Opening Stock - Shop	1,584.45

Purchases

Bar	60,415.84
Kitchen	79,761.20
Funct & Activities	53,009.38
Shop	8,511.05
Mozart	19,970.19

Less:

Closing Stock - Bar	9,449.20
Closing Stock - Kitchen	3,295.34
Closing Stock - Shop	1,161.77

Cost of Sales 221,140.72

Gross Profit from Trading 189,787.47

Income

Interest Received	43,142.23
Donations - Ladies Grp	3,997.80
Donations	6,533.68
Raffle AAA	3,534.00
Membership-Subscription Fees	14,466.91
Raffle Proceeds	4,134.54
Other Income	6,750.23
Staff Amenities-Bar	15,864.70
Staff Amenities-Kitchen	26,017.35
Total Income	314,228.91

EXPENSES

Advertising & Promotion	322.74
Acc. Employee Entitlement	2,866.77
Audit/Acc.Fees	1,918.00
Bankfees & Charges	1,267.47
Cleaning & Rubbish Rem.	15,489.23
Depreciation ***	22,216.00
Decorations	662.08
Donations	6,569.63
Gen. Expenses	8,042.16
Insurance General	15,281.26
Insurance workcover	2,172.76
Licences & Registrations	1,236.60
Electricity & Gas	3,706.02
Loss on Sale of Assets	5,730.21
Motor Veh. Expenses	929.18
Newsletters	8,169.47
Printing Postage & Stationery	2,848.70
Raffle Expenses	222.00
Rates & Taxes	10,965.44
Repairs & Maintenance	28,383.03
Replacements	903.59
Salaries	98,415.88
Security	11,425.06
Staff Amenities - Bar	19,674.60
Staff Amenities - Kitchen	22,207.45
Subscriptions	1,505.82
Superannuation	6,541.89
Telephone	2,907.16
Travelling Expenses	22,200.50
Total Expenses	324,780.70

Total Income 314,228.91

Plus Depreciation 07/08 22,216.00

Total Expenses - 324,780.70

Net Profit 11,664.21

FINANCIAL REPORT 2007 - 2008

Balance Sheet at 30th June 2008

<u>Assets</u>	2008	2007
Cash at Bank - General A/c	10,955.64	29,000.25
Cash at Bank - Maxi	84,045.50	45,591.75
Westpac Term A/c	1,400,000.00	
Cash on Hand	4,200.00	3,800.00
Petty Cash	620.15	72.58
	1,499,821.29	78,464.58
Receivables		
Trade Debtors	2,951.50	2,583.00
Inventories		
Stock on Hand - Bar	9,449.20	9,512.93
Stock on Hand - Kitchen	3,295.34	2,281.99
Stock on Hand - Shop	1,161.77	1,584.45
	13,906.31	13,379.37
Total Current Assets	1,516,679.10	94,426.85
Non Current Assets		
Property Plant & Equipment		
Freehold Land at Cost	366,784.00	366,784.00
Freehold Land at Revaluation		1,103,216.00
Freehold Land at Capital Costs		39,550.64
Building Improvements at Cost	407,451.30	407,451.30
Less: Accumulated Depreciation	- 207,972.00	- 193,192.00
Furniture & Fittings at Cost	30,170.00	30,170.00
Less: Accumulated Depreciation	- 25,114.00	- 24,237.00
Plant & Equipment at Cost	141,303.35	152,231.68
Less: Accumulated Depreciation	- 112,812.35	- 129,334.00
Motor Vehicle at Cost		6,527.75
Less: Accumulated Depreciation		- 205.00
Total Non-Current Assets	599,810.30	1,758,963.37
Total Assets	2,116,489.40	1,853,390.22
Current Liabilities		
Trade Creditors	5,068.73	9,439.83
"Fahre Froh"	256.60	413.60
EVSM	12,808.70	8,152.00
Almrausch	9.09	9.09
American Express- Liability	804.78	804.78
Table Tennis Group	500.00	200.00
Financial Liabilities		
Superannuation Payable	76.47	647.23
Provision for Employee Entitlements	563.31	13,306.83
Current Tax Liabilities		
GST Payable	6,904.60	7,678.00
PAYG Payable	2,725.00	5,972.00
Total Current Liabilities	29,717.28	46,623.36
Net Assets	2,086,772.12	1,806,766.86
EQUITY		
Capital Profits Reserve	290,557.05	
Assets Revaluation Reserve	1,103,216.00	1,103,216.00
Accumulated Surplus (deficit)	692,999.07	703,550.86
TOTAL EQUITY	2,086,772.12	1,806,766.86

AUSTRIAN CLUB MELBOURNE

Opening Hours: Saturdays from **6.30pm - 12 midnight**, and on Sundays from **11.30am - 6pm**

Bookings: Telephone: 9459 8686

Facsimile: 9457 1221

Address: 76-90 Sheehan Road, Heidelberg West 3081

Web: www.austrianclubmelbourne.com.au

Email: ausclub@bigpond.net.au

September 2008

Saturday 6th Marianne & Mimmo *****Free Admission***
Music & Dance**

Sunday 7th **Father's Day Celebrations**

Julia & Dieter *****Free Admission***
Music & Dance**
Entertainment for Children

Saturday 13th Silver Echoes *****Free Admission***
Music & Dance**

Sunday 14th **Annual General Meeting**

*****Free Admission*****
Kitchen & Bar open from 11:30 - 2pm
Meeting Starts after 2pm - For Members Only

Saturday 20th Dutch Duo *****Free Admission***
Music & Dance**

Sunday 21st Julia & Dieter *****Free Admission***
Music & Dance**

Saturday 27th John Wanner Swing Orchestra

Fabulous and powerful
18 piece orchestra and vocalists.
Big Band Swing Orchestra

Admission Cost: Members \$12
Guests \$17

Bookings are strongly encouraged

Sunday 28th Rene *****Free Admission***
Music & Dance**

Saturday 4th **Steirer Ball**
with Alpine Cocktail **Music & Dance**

Special Floorshow: "Ludovit Stur"
Slovakian Youth Dance Group

Admission Cost: Members \$10
Guests \$15

Sunday 5th Silver Echoes *****Free Admission***
Music & Dance**

Saturday 11th Julia & Dieter *****Free Admission***
Music & Dance**

Sunday 12th Heinz *****Free Admission***
Music & Dance**

Saturday 18th **Fancy Dress Evening**
Silverbeat **Music & Dance**

Admission Cost: Members \$10
Guests \$15

Sunday 19th Rene *****Free Admission***
Music & Dance**

Saturday 25th Marianne & Mimmo *****Free Admission***
Music & Dance**

Sunday 26th **Austrian National Day Celebrations**
with Julia & Dieter **Music & Dance**

Performance by Austrian Choir & Soloists

Admission Cost: Members Free
Guests \$5

Tuesday 28th **Wien-Neubau Choir Special Concert**

Chorvereinigung Wien-Neubau **Music**
Well established and highly regarded Choir
from Vienna

Bookings - Enquire with ACM office



Admission
FREE
for guests in
costume

Lunch
from 11:30



September 2008

Samstag 6. Marianne & Mimmo *****Eintritt frei***
Musik & Tanz**

Sonntag 7. **Vatertag Feier**

Julia & Dieter *****Eintritt frei***
Musik & Tanz**
Entertainment for Children

Samstag 13. Silver Echoes *****Eintritt frei***
Musik & Tanz**

Sonntag 14. **Jahreshauptversammlung**

*****Eintritt frei*****
Küche & Bar offen von 11:30 - 14 Uhr
Versammlung beginnt nach 14 Uhr - Nur für Mitglieder

Samstag 20. Silver Echoes *****Eintritt frei***
Musik & Tanz**

Sonntag 21. Julia & Dieter *****Eintritt frei***
Musik & Tanz**

Samstag 27. John Wanner Swing Orchester

Das schwingende fabelhafte
und leistungsfähige Orchester
mit 18 Musikanten und Sängern.

Eintritt Kosten: Mitglieder \$12
Gäste \$17

Anmeldungen sind sehr empfehlenswert



Sonntag 28. Rene *****Eintritt frei***
Musik & Tanz**

Saturday 4. **Steirer Ball**
mit Alpine Cocktail **Music & Tanz**

Special Floorshow: "Ludovit Stur"
Slovakian Youth Dance Group

Eintritt Kosten: Mitglieder \$10
Gäste \$15

Sonntag 5. Silver Echoes *****Eintritt frei***
Musik & Tanz**

Samstag 11. Julia & Dieter *****Eintritt frei***
Musik & Tanz**

Sonntag 12. Heinz *****Eintritt frei***
Musik & Tanz**

Samstag 18. **Maskenball**
Silverbeat **Musik & Tanz**

Eintritt Kosten: Mitglieder \$10
Gäste \$15

Sonntag 19. Rene *****Eintritt frei***
Musik & Tanz**

Samstag 25. Marianne & Mimmo *****Eintritt frei***
Musik & Tanz**

Sonntag 26. **Austrian National Day Celebrations**
mit Julia & Dieter **Musik & Tanz**

Performance by Austrian Choir & Soloists

Eintritt Kosten: Mitglieder Frei
Gäste \$5

Dienstag 28. **Wien-Neubau Chor Sonderkonzert**

Chorvereinigung Wien-Neubau **Musik**
Besuch eines anerkannten und hoch
geschätzten Chors direkt aus Wien

Anmeldungen im Büro des ACM



Eintritt
FREI
für Gäste im
costume

Mittag Essen
von 11:30

