

# Mid North Relay For Life “survivors and carers walk”

If you are a Cancer Survivor or Carer we formally invite you to join us for the Mid North Relay For Life Survivors and Carers walk to celebrate your life or the life of someone you love.

Relay For Life honours the lives of people touched by cancer - people like you.

It aims to increase awareness about cancer as well as raising money for cancer research, support and education.

We invite all cancer Survivors and their Carers to join us for the Opening Ceremony and to walk the

first lap of the relay on the 12th of November at the Clare oval.

Registration on the day will be from 1.30pm to receive your sash, to begin the opening ceremony at 2pm.

This will be followed by an afternoon tea upstairs at the Lifestyle Centre for all Survivors and Carers at 2.30pm.

If you or your family would like to be our guest for the Survivors and Carers walk, contact Sheryl on 0427800899, Jane on 0417896938 or Katrina on 0417620720.

Or simply register on the day.



Michael Jolley in his carob orchard in Booborowie.

## Largest Carob producer based in Booborowie

### 6000 carob trees and six different products made in our backyard

The largest commercial carob producer in the country is based in Booborowie and they have just released their products.

Following positive feedback from renowned chefs and foodies, the company will launch natural carob goods including kibble snack food, roasted and raw powder for cooking and a delicious syrup for dressing desserts, drinks and cereals.

Producers Michael and Jam Jolley are thrilled with the results of their products.

Their business is the only one with a completely integrated supply chain on site.

This includes a 6000 carob tree orchard, mill, carob roaster and processing plant, located at Booborowie, South Australia.

“We couldn’t be happier with the taste and quality of our carob products,” Michael said. “We have tried other carob before, and the taste is somewhat bitter. Our carob is much more appetizing and versatile and, the health benefits are endless.”

Carobs are high in protein, high in fibre, contain vitamins A, B, B2, B3, and D and have proven results against the treatment of osteoporosis, diabetes, colds, flus, and asthma. Carobs also improve digestion, are a good antioxidant, and are recommended for children and adults alike.

“You can satisfy your sweet tooth without the guilt,” he said.

The Jolley family produce seven different varieties of carob trees, which are used for different

products in the food industry, including cakes, muffins, as an alternative to cocoa powder and as a sweetener in drinks and marinating.

“We hand-select every carob pod, and maintain quality control through the entire process from paddock to plate.”

Celebrity chef and respected cook, Edward Halmagyi (Fast Ed) has endorsed the Australian Carob Company carob syrup.

“It’s only every so often that a new product comes along that can really shake things up for a chef,” Ed said.

“It has transformed some of my all-time favourite recipes like my classic steamed pudding, my cassia parfait, and even my kids’ Sunday morning pancakes. I even used it for a brilliant ham glaze the other night.

“This is the one product of 2011 that every chef should be taking a close look at,” he said.

The Australian Carob Company produces six different carob products, including syrup, roasted powder, raw powder, carob kibble, carob seed and carob pods.

These products can be used as a natural sweetener, healthy snack, in cooking, or as a topping on ice cream or flavoured drinks.

Products are available in selected retail shops or online.

For more information visit [www.australiancarobs.com](http://www.australiancarobs.com).



The Dolls (back from left) Kath Maynard, Wendy Verco, Karyn Hayes, Cynthia Steele, Maureen Sims and Pat Gray, (front from left) Lyn Jaeschke, Rhonda Portis, Gerry Pawelski and Lyn Morris. Absent from photo: Anne Filsell, Val Filsell, Jillian Steblina, Margaret Brammy, Jenny Jamieson and Wendy Deer.

## Local dolls to walk for common cause

“The Dolls” are a group of 15 ladies who are looking forward to walking and spending time together in this year’s Mid North Relay for Life.

Their families have all been touched by cancer in one way or another, which was the driver for them to join in the fight against cancer.

Some participants in the group have participated since the relay began, but for others this is their first walk.

“The Dolls” have fundraised through their individual donations, businesses, friends and supporters.

Their sponsors and supporters include Dunstan’s Electrical, Clare Foodland, Mainstreet Bakehouse and Clare Hotel.

“The Dolls” say “bring on the relay and the fun”.

Mid North Relay for Life is to be held on November 12 and 13 at the Clare Oval, for more information or to nominate your team head to [www.relayforlife.org.au](http://www.relayforlife.org.au)

## MID NORTH POLICE NEWS

### CLARE

**A Clare** man, 23, was reported for theft from a local supermarket. Over the past month he has stolen up to \$460 from cash registers. He was summonsed to appear in court.

### EUDUNDA

**A Eudunda** man, 39, was arrested on October 6 for cultivating cannabis and will appear in court.

### GLADSTONE

**Port Pirie** Police reported a woman in Gladstone for driving while having a prescribed concentration of alcohol of more than double the legal limit.

She recorded a blood alcohol content of 0.120 percent, lost her licence on the spot for six-months and will appear in court.

### HALLETT

**A Terowie** man, 42, was arrested on October 6 for driving without a licence and will appear in court.

### MELROSE

**A man** was arrested following a domestic violence incident, where he assaulted his partner and another person. The man also resisted arrest. He will appear in court.

### PORT BROUGHTON

**A Whyalla** Norrie woman, 25, was arrested for driving a motor vehicle unlicensed and without the owners consent.

The woman will appear in court.

### PETERBOROUGH

**A woman**, 53, was reported for driving whilst having a blood alcohol content of 0.132 percent. The woman lost her licence on the spot for 6 months and her vehicle will be clamped for 28 days.

She was summonsed to appear in court.

### PORT GERMEIN

**A Prospect** woman was stopped for speeding on the Augusta Highway near Baroota when she was clocked at 149km/h in an 110km/h zone.

After stopping the woman it was found she had a blood alcohol content of 0.115 percent – twice the legal limit, she also had an expired driver’s licence.

Her vehicle was impounded for 28 days and she lost her licence on the spot for six months.

[www.northernargus.com.au](http://www.northernargus.com.au)

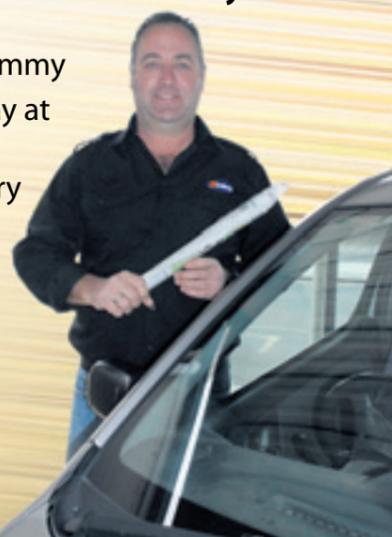
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