

A New Member of the Clan



Gabriel Orwell Granger
6.7.2010

Gabriel Orwell Granger graced us with his angelic presence on Tuesday 6th July 2010 at 10.43pm He weighed 7lb8oz and came into the world with supa speed sparing his mum a long labour, however he didn't give his Dad or Bib and Godmother time to make it to the birth.

Gabriel is a very special addition to the family as he has come at a time when the family mourns the loss of our darling Poppa. I feel as though he will be watched over and guided by him and may even share some of Poppa's amazing traits. Not to mention he shares the birthday of the Dali Lama I think those alone make him pretty special but his is also going to be my Baby. Welcomed to the family by his big brothers Toby (5yrs) and Lijee (2.5yrs) who gave him a new name 'Racingcar'.

Naomi Granger

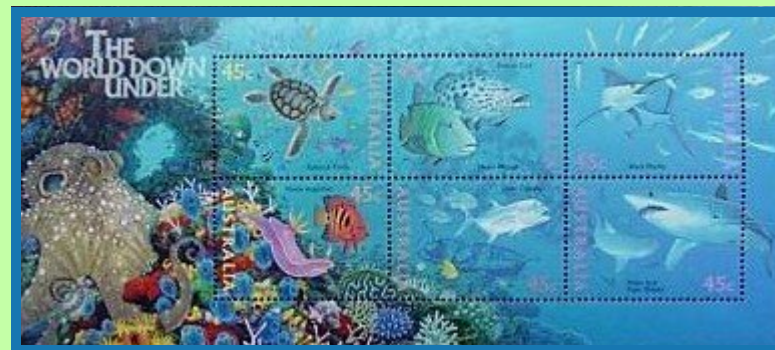


The Ryan Rag

June / Sept. 2010
Volume 16: 1 issue 2



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Tasselled Anglerfish



Red Handfish



Red Velvet Fish



Pineapple Fish



Crab-eyed Goby



What do
these
Stamps



Have to
do with
Ryans?



A Magazine devoted solely to the interests of the Great Ryan Family, and the providing of information to them on a diversity of subjects. It also provides a Forum for the expression of the Opinions, the Hopes, Ideas, and the Ideals and Aspirations of this large Family

Contact Addresses

Any Member wishing to contact Officers of the Clan at any time and for any purpose are free to contact the following Officers at the address Phone or email as shown:—

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Membership Fees

Fees:- (Due on or before 31 Dec. each year).
Any person whose Fees are in arrears for 12 months or more is deemed to have relinquished Membership and Membership privileges are discontinued and the person will have to make reapplication to regain Membership.

Ordinary Member: (Voting)
\$15.00 per annum.
Family Member (2votes) :
\$15.00 per annum.

Family Membership confers Membership on the Member, Spouse and all children under 16 years of age, and allows a vote for each parent.

Editor "Ryan Rag":

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CLAN RYAN QLD OBJECTIVES

In the constitution, the objects for which the "Clan" is established are:-

- *To bring all the descendants of the Clan Ryan together in friendship and foster good relations and fellowship among Members
- *To create and maintain a comprehensive Register of all Clan Descendants, and make information available to Members on request.
- *To seek affiliation with and maintain links with the Clan Headquarters in Tipperary, Ireland, and any other Organisation which fosters the Clan System of Ireland.
- *To seek information both general and specific relative to the Ryan family and the Clan as a whole, and to make such information available to Members on request.
- *To assist Members in every way possible in their search for information relative to their Family
- *To establish a Family Data-base for the RYAN Family, and provide a State-wide information centre for the distribution of family information to Members of the Clan.
- *To foster closer ties between Members of the Ryan Clan, and imbue the Members with a pride in the Family, by a greater appreciation and wider knowledge of the Family Name and the History of the Clan.
- *To establish contacts with the other States of Australia, and encourage and assist in the establishment of Branches of the Clan Ryan in those States.

Please note your name and membership number with deposit. New members will be given a membership number which appears on Ryan Rag envelope.

Direct Debit Facility

BANK OF QLD BSB124023

A/c:Clan Ryan Qld :A/c#: 10354987

Easy Irish Whiskey Cake

Ingredients:

Cake:

- 1 yellow cake mix
- 1 small package instant vanilla pudding mix
- 4 eggs
- 1/3 cup Irish Whiskey
- 1/2 cup vegetable or canola oil
- 1/2 cup cold water
- 3/4 cup chopped nuts (optional)

Glaze:

- 1 stick butter (4oz /113.4g)
- 1/4 cup water
- 1-1/2 cup granulated sugar
- 1/2 to 1 cup Irish Whiskey (to your taste)

Directions:

Preheat oven to 325° F.

Grease and flour a bundt or tube pan. Sprinkle nuts over bottom of pan.

Combine remaining ingredients and mix well.

Pour batter into pan. Bake for 1 hour.

Cool; invert onto plate. Prick holes in cake. Drizzle glaze over top and sides, allowing it to be absorbed into cake.

Continue until all glaze is used.

Melt butter in saucepan. Add water and sugar.

Boil for 5 minutes, stirring constantly. Remove from heat; stir in whiskey. Pour over cake as directed above.

Hint: The secret to success with this Irish dessert recipe is that it tastes best when it has been made the day before serving.



Irish Whiskey Cake

Even way back in the age of ancient Celtic Ireland, the Irish have always loved "sweets". The ancient Celtic people always had plenty of fruit, honey, and berries to bring to the table. Later, they began using these natural sweets in pies, puddings, bread, and cakes, and Irish dessert recipes evolved over time to become some of the world's most tempting treats!

A homemade dessert is the perfect way to complete any meal, and Irish dessert recipes are known for being rich, creamy, and satisfying.

From sinfully scrumptious Irish Whiskey Cake and Glazed Irish Tea Cake, to family favorites like Dublin-style Apple Pie and Irish Potato Pie...Irish dessert recipes are the ultimate comfort foods!

Irish cake-baking is a long-standing tradition stemming from the custom of having a homemade Irish sweet to celebrate special events such as weddings, baptisms, funerals, harvest festivals and holidays.

So if you'd like to bring a touch of your heritage into any of these family traditions, I'm sure you'll find an Irish dessert recipe here that will please any crowd!

Irish Whiskey Cakes continue to play a special role in Irish wedding traditions. It is customary for the top tier of the wedding cake to be an Irish Whiskey Cake, which the bride saves for celebrating her firstborn's christening.

Irish Whiskey cakes are heavenly rich and moist. When it's glazed with an Irish whiskey icing or served with an Irish whiskey sauce the Irish Whiskey Cake can be a wee bit intoxicating!

**So indulge yourself and try this
Irish Whiskey Cake recipes!**

CLAN RYAN AUSTRALIA

Formed in late 1998 Clan Ryan Australia provides automatic membership to all members of a branch clan at no extra membership fee.

With the advent of our national website it was resolved to promote this Clan in the future. The Qld executive will manage this development pending growth of other State branches.

The Rag will become Ryan Rag Australia, and be our National Newsletter. It will continue to be run in its present form but will be developed to accommodate content from all current and future State Septs.

Membership Fee \$15

Due to increasing running costs it was voted at the AGM to increase the Membership Fee to \$15. as of 2010.

Any prepayments paid before end of October 2009 will not increase until due again.

Printing Deadlines

1. All Copy to Editor by 8th of month prior to publication
2. Editor sends final format to Printer by 22nd of that month.
3. Printer sends magazines to editor by 8th of next month for post by 15th month of issue.

PLEASE NOTE: It is important to advise the Sec/Treas of any changes in Contact Details

♦ Residential Address

♦ Email address

♦ Telephone Numbers

♦ New family members

Clan Ryan (Q'land) Lapel Badges

We now have for distribution, to any Members who wish to purchase them, supplies of the abovementioned badges.

They are a quality production in Green with a gold edging and are inscribed around the edge with the words "Clan Ryan (Queensland)".

The cost is \$5.50 each including postage, such cost to accompany your request, and may be obtained by contacting:—Mr. Gil Neilan, Sec/Tres, ClanRyan (Queensland)

"Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life." ~ Ralph Waldo Emerson

A Letter from the Editor

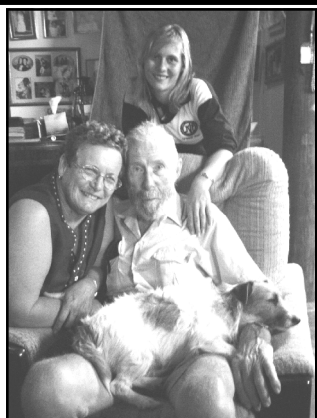
It is with great sadness that I write this note. My beloved Husband Raymond John George left this life on 21st May. He broke his hip on 24th February and I devoted my total attention to his needs, hence the delay in attending to the Rag.

Ray died at home in the embrace of his loving family. He was my staunchest supporter and without his encouragement and selflessness I would not have been able to carry out my role as Editor to the Ryan Rag nor my involvement in the Clan.

His decline was not an easy one for him but he bore it with courage and grace, non-complaining to the end. Vale, my beautiful darling soul mate, till we meet again!

My thanks to the many of you who have sent messages or letters of condolence. A special acknowledgement to Clan Ryan Ireland and Clan Ryan America for their support and sympathy.

Berniece.



Berniece, Ray, Sarah and Dog Micha (2007)

From the Presidents Desk

Greetings to this edition of the Ryan Rag, it has been another tumultuous few months as we have lost some of our treasured members not least of all our editors dearly loved and respected husband Ray.

It is desirable that a notice of the passing of our members be placed in the rag. It would be great if either family or friends could provide our editor with an overview of our dearly departed member's life. I am sure others especially those who we may have met at reunions etc would like to reflect on these wonderful people's lives and achievements as a way of acknowledgement and moving on.

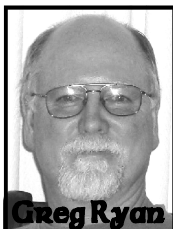
There are many things happening at present which I will expand on in coming issues such as the re-established of our connection with the clans of Ireland and Bridget Ryan president of Ryan Clan Tipperary and also with Terry Ryan president from the United States. They have indicated a keen desire to strengthen our relationships and the various clans across the world. In conclusion I would like to remind members of our **Annual General Meeting (AGM)** to be

held at the request of the membership at the **Irish Club on the Saturday 23rd October 2010 commencing at 11.00 am till 1.00 pm.**

As I said this option was put to the membership at the recent Clan get together and strongly supported, people will be able to partake of lunch and a few drinks after the meeting if they wish. I am hoping you all will make the effort to come. The small raffles of donated items which we normally run on the day help pay for the room hire, the more that do attend the easier and more even are the spread of the costs, so please come along and bring a small item.

Good bye for now I sincerely hope you all make the effort if at all possible to attend the AGM. Stay well and safe and may your God protect and watch over you.

Greg Ryan
President Ryan Clan Qld (Interim) President
Clan Ryan Australia



Greg Ryan

Beware of Credit Card Theft

A MEMBER'S CONTRIBUTION *from email recieved*

Yesterday I went into a pizza restaurant to pick up an order that I had called in. I paid by using my Visa Check Card which, of course, is linked directly to my checking account.

The young man behind the counter took my card, swiped it, then laid it on the counter as he waited for the approval, which is pretty standard procedure.. While he waited, he picked up his cell phone and started dialing. I noticed the phone because it is the same model I have, but nothing seemed out of the ordinary. Then I heard a click that sounded like my phone sounds when I take a picture. He then gave me back my card but kept the phone in his hand as if he was still pressing buttons.

Meanwhile, I'm thinking: I wonder what he is taking a picture of, oblivious to what was really going on.

It then dawned on me: the only thing there was my credit card, so now I'm paying close attention to what he is doing. He set his phone on the counter, leaving it open. About five seconds later, I heard the chime that tells you that the picture has been saved.

Now I'm standing there struggling with the fact that this boy just took a picture of my credit card. Yes, he played it off well, because had we not had the same kind of phone, I probably would never have known what happened. Needless to say, I immediately canceled that card as I was walking out of the pizza parlor.

All I am saying is, be aware of your surroundings at all times.

Whenever you are using your credit card take caution and don't be careless. Notice who is standing near you and what they are doing when you use your card.

Be aware of phones, because many have a camera phone these days.

**Never let your card out of your sight
.....check and check again!**



Paddy's Memorial Stone

- Look at everything as though you were seeing it either for the first or last time. ~Betty Smith, *A Tree Grows in Brooklyn*
- Dare to be imperfect and one day there will tug at your sleeve a soulmate. ~Robert Brault
- Don't judge each day by the harvest you reap but by the seeds that you plant. ~Robert Louis Stevenson



Kids Kubby

A LETTER OF CONCERN

Palm Oil comes from the Oil Palm tree in Malaysia and Indonesia, and is produced by cutting down the tree's, which Orangutans live in. Did you know that over 50 Orangutans die each week because of this? Or that in South East Asia alone, the equivalent to 300 football fields are deforested every hour for production of Palm Oil? If we continue at this rate, all Orangutans will be extinct by the year 2023! That means your children (or your children's children) may never see an Orangutans in their life.

50% of products found on the supermarket shelves use Palm oil but are actually labeled as Vegetable Oil. Some of these company's are Cadbury, Arnott's, Coles Home brand and many more.

This is a request to stop using Palm Oil. If you do so, you could save an Orangutan. From one fellow Orangutan lover to another, please help us do all we can.

Yours Sincerely,

Rebecca Pidgeon.

P.S. Please send this by Email to all your contacts if you want to help save the Orangutans.



Bread Dough Clay

- 4 cups flour
- 1 cup salt
- 1 1/2 cups water
- 1 tablespoon cooking oil (for smoothness)

Mix together in a large bowl: 4 cups flour 1 cup salt Add while stirring: 1 1/2 cup water 1 Table spoon cooking oil (for smoothness) Continue to stir until all water is absorbed, knead for about 5 minutes.



(clay will keep up to one week in a tightly sealed container. Refrigerate.)

Ryan Rag will pay \$5 incentive for any published Art works, poems or stories sent by our children.

AGM 2010 SATURDAY 23RD OCTOBER COMMENCING AT 11AM

QLD IRISH CLUB 175 Elizabeth Street, Brisbane.

Please come along it is an opportunity for you to meet other clan members and to voice any suggestions you may have to strengthen and grow our Clan.

Your Presence is IMPORTANT
YOU are a V.I.P.

AGENDA CLAN RYAN (QUEENSLAND)

Affiliated with:

The Clans of Ireland Ltd.
Ryan Clan (Ireland)
Ryan Clan (Australia)

AGENDA

- 1 Opening Prayer
- 2 Roll call (attendance Book) - Apologies
- 3 Adoption 2009 minutes
- 4 Business arising
- 5 Reports a). President
b). Secretary
c). Treasurer
- 6 Business arising
- 7 General Business :
 - Update new Data Base Clan Ryan
 - In accordance with our constitution, all offices are

declared vacant
(3 year rollover)

Nominations are invited.
The positions Vacant are:-

- a) President
- b) Vice President
- c) Secretary/Treasurer
- d) 3 Committee Members

FORWARD TO SECRETARY OR
FROM FLOOR OF AGM.

8. Any other Business (Mid year gathering of Clan)
9. 2011 AGM - Date and place

Any business you wish to bring up please forward to secretary for inclusion or at meeting.

LUNCH AVAILABLE AT CLUB
1 - 1.30PM



*Meet the Artist
who designed
the Aust. Post
stamps*

Gavin Ryan



Compiled from Internet sources:

*gavinryan.com : www.redrubble.com : www.toadscape.com :
australian stampcatalogue.com*

Born, Sydney, N.S.W. 22 / 7 / 1960

His father, Ted Ryan, was a well-respected professional model maker; mother, Daphne, was a children's book illustrator and animation artist. Both passed away while Gavin was young and he and his sister Edwina (singer and musician) were then raised by their aunt Anne, who did pen and wash studies, and uncle Dennis Adams, well-known sculptor, marine painter and Official War Artist (WW2).

He was schooled at North Sydney Boys High with spectacularly indifferent results except for the art classes where he was taught by Jane and Neil Brown.

Gavin started doing encyclopaedia illustration and assisting uncle Dennis on major sculpture projects like

"The Survivors" for the Australian War Memorial and the 1st Regiment Memorial, Martin Place, Sydney while still at school.

Gavin Ryan has built a career in art based on an irrepressible urge to always be trying something new.

The profusion of different techniques, treatments and subjects on view resolve, upon closer inspection, into groups of

works that explore variations on themes, progressions in evolutionary processes, synergies and abstractions and wildly divergent shootings off on stylistic tangents. At the same time, there are recurring tell-tale constants: bright colour, detail, humour

Keep on Smiling!

Paddy's Memorial Stone

Paddy died. His will provided £40,000 for an elaborate funeral. As the last guests departed the affair, his wife Colleen turned to her oldest and dearest friend.

"Ah well, to be sure Paddy would be pleased," she said.

"To be sure you're right," replied

Mary, who lowered her voice and leaned in close.

"So go on, how much did this really cost?"

"All of it," said Colleen. "Forty thousand."

"Aw No!" Mary exclaimed. "I mean, it was very grand, but £40,000?!!!"

Colleen answered, "The funeral was £6,500. I donated £500 to church.

The whiskey, wine and snacks were another £500.

The rest went for the Memorial Stone."

Mary computed quickly.

"For the love of God Colleen, £32,500 for a Memorial Stone? How big is it?"

Turn to page 21 for her reply.

Ed and Nancy

Ed and Nancy met while on a singles cruise and Ed fell head over heels for her. When they discovered they lived in the same city only a few miles apart Ed was ecstatic. He immediately started asking her out when they got home. Within a couple of weeks, Ed had taken Nancy to dance clubs, restaurants, concerts, movies, and museums. Ed became convinced that Nancy was indeed his soul mate and true love. Every date seemed better than the last. On the one-month anniversary of their first dinner on the cruise ship, Ed took Nancy to a fine restaurant. While having cocktails and waiting for their salad, Ed said, "I guess you can tell I'm very much in love with you. I'd like a little serious talk before our relationship continues to the next stage. So, before I get a box out of my jacket and ask you a life changing question, it's only fair to warn you, I'm a total golf nut. I play golf, I read about golf, I watch golf on TV. In short, I eat, sleep, and breathe golf. If that's going to be a problem, for us, you'd better say so now!" Nancy took a deep breath and responded, "Ed, that certainly won't be a problem. I love you as you are and I love golf too; but, since we're being totally honest with each other, you need to know that for the last five years I've been a hooker." "Oh wow! I see," Ed replied. He looked down at the table, was quiet for a moment, deep in serious thought then he added, "You know, it's probably because you're not keeping your wrists straight when you hit the ball."

NEWS FROM VICTORIA

Ryan's 9th on Blaze Aid Honour List

Blaze Aid a 3000 strong volunteer group that did a great job helping after the fires drew up an honor list with the top 20 surnames.

The Ryan's came 9th with 12 volunteers, not bad when we only line up as no 8 in Ireland.

Thompson was the top family name with 20 volunteers.

Anzac Day 2010

We sadly watch the passing of our WW2 Diggers. At our local march in Gympie the ranks had



thinned to 12, WW2 men plus a handful who were transported by vehicle.

Vietnam Veteran Trevor Hill



WW2 Veteran Raymond George (dec)

"Guard well your spare moments. They are like uncut diamonds. Discard them and their value will never be known. Improve them and they will become the brightest gems in a useful life." ~ Ralph Waldo Emerson

The Irish Radio Program

Every Saturday from 12:30 PM to 1:30 PM on Radio 4EB, 98.1 FM.

- Up to the hour News Items from Ireland
- A rich variety of good Irish Music.
- local S E Queensland doings,
- Become a member for \$25 per year and keep the Irish Group 'on the air'.

NEW MEMBERS

"Ceàd mile failte romhat!"
(A hundred Thousand Welcomes)

258 Michael Kevin RYAN of Brighton

259F Rita O'Donoghue Toowoomba

Please recruit new members!
Invite your friends and family and any Ryan you know or meet, to join us.

Queensland Branch
AsLogo

and an all-pervading empathy for the natural world outside that permeate throughout - hallmarks which betray the fact that they all share a common origin as surely as the signature in the corner.

Gavin Ryan was born in Sydney in 1960 and was doomed/blessed to an artistic fate right from the beginning. His mother, Daphne, was an illustrator and animator; his father, Ted, a professional model-maker and painter. Both passed away while Gavin was quite young and his upbringing was taken on by his Aunt Anne, a pen and wash artist, and uncle, Dennis Adams, celebrated marine artist, sculptor, Cape Horner, and WW2 Official War Artist for whom Gavin apprenticed for during his teens.

His room was always inhabited by tanks full of snakes, frogs, lizards and spiders and his interest in natural history went alongside electric guitars, skateboards and the usual stuff of adolescence.

He occasionally attended school at North Sydney Boy's High, which, contrary to the report cards, also taught him skills and ideas that put him in good stead to start working as a freelance illustrator before he had even left school in 1978.

Straight out of school, he was invited to contribute illustrations to a new encyclopedia of fishing; a project which left him with a keen interest in fishing and a reputation for marine natural history art. At the time,

this seemed to fill a niche which, in this country at least, was just waiting to be filled. His eye for colour, light, accurate detail and knowledge of natural history have kept him in constant demand as an illustrator for books, magazines, posters, cards, scientific journals, displays, murals and, most importantly, postage stamps ever since.

At the tender age of 23, Ryan started his first set of stamps for Australia Post who had been looking for someone to illustrate several upcoming marine-life series. Nearly two decades later, with a tally now totalling over one hundred and twenty individual stamps for



GAVIN RYAN PAINTING

a variety of postal services around the world, with subjects that started with fish, shells and other marine creatures and ended up, most recently, with volcanoes and native culture (for Vanuatu), hippos and monkeys (for Botswana), character portraits (for Samoa) and the Nativity scene (Christmas 2000 for Australia Post) stamp design is a major part of the Gavin Ryan story.

By 1983, Ryan had had enough of Sydney's traffic, smog and winter weather, bought a half-finished 36ft yacht, pointed it out of the harbour, turned left and kept going. He spent the next five years bumbling around the islands and coast of the Great Barrier Reef, fishing, painting, writing and exploring with his partner Edwina Carey. She somehow managed to complete a de-

gree in Psychology at James Cook University in Townsville during this time, and, with Gavin finding an increasing amount of commission work also in Townsville, they found themselves basing their boat "Rainbow Runner" in Ross Creek or anchoring in Horseshoe Bay, Magnetic Island between voyages north or south. Eventually, they bought a little house among the coconuts behind the beach in Horseshoe Bay and became land-lubbers again. Several decades and changes of address later they are still in Horseshoe Bay but have progressed to an elevated acreage overlooking the Bay and have designed and built the ultimate home/studio/workshop/gallery/oasis, the Gavin Ryan Studio.

Magnetic Island is an inspiring place for creative types and a small but thriving community of artists, musicians, writers, actors, dancers, academics and scientists lives and works there. It is a unique blend of World Heritage, dry tropics wilderness and comfortable, low-key, semi-rural suburbia. The regional centre of Townsville is only a twenty minute ferry commute away giving islanders access to most of the modern conveniences while insulating them from the most of the crap. For many years the rampant "development" that has ruined so many coastal towns and communities all around Australia has been kept at bay by good fortune and the tireless efforts of an active conservation movement. Now, how-

ever, the seemingly inexorable tide of tacky tourism and real estate speculation looks like it may be catching up with Magnetic Island at last and change is coming fast.

Much of Gavin Ryan's artwork refers to the natural environment around him or to the struggle to keep it intact. For many



GAVIN RYAN

years he contributed cartoons to the local weekly "greenie" newspaper, has done many illustrations, posters, logos and murals for environmental organisations and has done many pieces for his own artistic satisfaction expressing sentiments and viewpoints on these issues - most notably, Toadscape which can be interpreted to say many things about environment.

Even the house they designed and built can be seen as one big environmental art statement. Aesthetically, it looks like part of the landscape with extensive use of old, weathered timber and walls rendered with the same decomposed granite sand that it is built on but, more importantly, it has been designed to work with the prevailing aspect, weather and seasons to passively regulate the interior temperature with minimum energy and resource wastage.

GAVIN'S CURRICULUM VITAE

-1978: Left school and went straight into illustration work for the Australian Fishing Encyclopaedia, Readers Digest and Fishing World Magazine amongst others.

-1979: First solo exhibition, Mosman, Sydney.

-1983: First set of postage stamps: Australia

with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

- **Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.
- **Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness
- **Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.
- **Nerves:** Bananas are high in B vitamins that help calm the nervous system.
- **Overweight** and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips.. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady..
- **Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.
- **Temperature control:** Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand , for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.
- **Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.
- **Smoking & Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.
- **Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance.. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.
- **Strokes:** According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!
- **Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!
- **Shoeshine:** Take the **INSIDE** of the banana skin, and rub directly on the shoe...polish with dry cloth. **Amazing fruit !!!**



About BANANAS

A professor at CCNY for a physiological psych class told his class about bananas. He said the expression "going bananas" is from the effects of bananas on the brain. Never, put your banana in the refrigerator!!!

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

- **Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.
- **PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.
- **Anemia :** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.
- **Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke
- **Brain Power:** 200 students at a Twickenham (Middlesex) school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.
- **Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.
- **Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and,

lia Post Marine Life Series 1

-Lived and worked aboard 36 ft cruising yacht for five years during which time managed to keep up with more magazines, posters, children's books, commercial and private commissions as well as Series 2 and 3 of the Australian Marine Life stamp sets - all the time cruising up and down the Great Barrier Reef.

-**1987:** Moved back ashore at Magnetic Island, N.Q. and became involved in numerous successful group exhibitions, private commissions, murals and displays.

-Stamp Sets: "Shells and Molluscs of Cocos Keeling Is."

"Shells of Christmas Is."

-**1988:** First "Toadscape" exhibition, at the Perc Tucker Regional Gallery, sets new standards in bad taste and garners international media exposure.

-**1993:** Blue Moon Cards publish a set of

- "Black, White and Green" touring environmental cartoon exhibition.

-**1995:** "World Down Under" Australia Post Stamp Minisheet Issue and "Rites of Selvedge" exhibition (in which "Toadscape" reared its ugly head again next to the new stamp designs).

-**1996:** Gone digital! Dived headlong into computer graphics for print, video, multimedia, the internet and as a powerful tool in the projects using traditional methods for which he continues to be commissioned like "Diving the Wreck of the President Coolidge" another stamp issue, this time for Vanuatu and a poster for the International Year of the Coral Reef for the South Pacific Regional Environment Program.---

1997: Currently involved in digital video animation for A.I.M.S. and display design, mural, digital illustration, sound and multimedia installation for the refurbished Card-



CHRISTMAS 2000 40C STAMP SET

Ryan designs ("Toadscape" as well as the plain vanilla pretty picture variety).

-Major displays for the Great Barrier Reef Aquarium and Queensland Dept. of Environment and Heritage, illustration work for Great Barrier Reef Marine Park Authority, Australian Institute of Marine Science, video jackets for Coral Sea Images and a North Queensland Conservation Council Best Environmental Cartoon award!

well World Heritage Information Centre.

-**1998:** Detailed Interpretive poster project for G.B.R.M.P.A., various posters, brochures and animations for tour operators, resorts and government agencies, while building new studio/gallery on Magnetic Island...

"Man cannot discover new oceans unless he has the courage to lose sight of the shore." ~ André Gide

From the Secretary/Treasurer **REPORT ON SOCIAL GATHERING**

MEMBERSHIP FEES

You are probably getting tired of reading about the issue of overdue fees. Well I both regret having to write it and the time spent in chasing up the overdues, in some cases there are genuine reasons for overdues including sickness, bereavement and changing addresses and we are attempting to follow up any overdues.

Our Constitution requires that membership more than 3 months to have the clan services withheld.

We really make an effort to retain our members by:-

(a) Noting on each quarterly magazine envelope (above your name) your membership no. and year paid eg 111/2009. That's four reminders per year and an easy date of renewal viz. 31st December for next year - Perhaps do your ew year(\$15/yr) when doing your Christmas Cards.

(b) Easy payment facility by cheque/ cash or Direct Bank Debit (Bank of Qld)

Please note that all renewals should be sent directly to secretary. It requires extra work and delay forwarding to some other executive who has to forward it again

(c) We record in magazine a list of outstanding members (6months and more)

(d) Personal and time consuming follow ups by phone and white pages are often unsuccessful as member has no listed phone number of change of addressor phone disconnected.

Please help us to help you renew your Membership.

Gil Neilan

IRISH CLUB APRIL 2010

An enjoyable social meeting 24th April was held at the Irish Club Brisbane 12 noon.

Apologies:

President G Ryan & family
Berniece Ryan-Charles
Terry & Margaret Emerson
Ian & Rita Hansen
Shane & Jennifer Ryan

Attendees

Gil & Marie Neilan
Jim & Ailsa Henry
Debra Henry
Brendan & Patricia Ryan
Brendan Palmer
Simone Caynes & Sadie Henry
Fay Ryan
Kerriane Brown

Guest:

Megan Gaeta

An enjoyable luncheon and informal business session was held.

Unanimous support for AGM to be held Sat 23rd Oct at the Irish Club Brisbane 11am.

Lunch available 1 -1.30pm

Thanks to all who attended.

In Illness

May those who suffer now, be granted,
Rest and ease, from all their pain.
May the life they've lived, be solace
Through travail of dark and rain.
May their loved ones be their comfort
And we pray God their health regain.

Our Prayers and well wishes go to all Members and their family who are enduring the rigors of ill health.

Hollywood, he joined the short-lived Committee for the First Amendment. Throughout the 1950s, he donated money and services to civic and religious organizations such as the American Civil Liberties Union American Friends Service Committee, and United World Federalists. In September 1959, he and Steve Allen became founding co-chairs of The Committee for a SANE Nuclear Policy's Hollywood chapter.

By the mid-1960s, Ryan's political activities included efforts to fight racial discrimination. He served in the cultural division of the Committee to Defend Martin Luther King and, with Bill Cosby, Robert Culp, Sidney Poitier, and other actors, helped organize the short-lived Artists Help All Blacks. Ryan's film work often ran counter to the political causes he embraced. He was a pacifist who starred in war movies, westerns, and violent thrillers. He was an opponent of McCarthyism who nevertheless served the anticommunist cause by playing a nefarious Communist agent in *I Married a Communist*. Even in films like *Crossfire* and *Odds Against tomorrow*, which ultimately promoted racial tolerance, he played bigoted bad guys. Ryan was often vocal about this dichotomy. At a screening of *Odds Against Tomorrow*, he appeared before black and foreign

press representatives to discuss "the problems of an actor like me playing the kind of character that in real life he finds totally despicable."

Personal life

On March 11, 1939, he married Jessica Cadwalader. They had two sons, Cheyney (now a Professor of Philosophy at the University of Oregon) and Timothy "Tim" Ryan, and one daughter, Lisa Ryan. He lived in Manhattan's famed Dakota Building at 72nd and Central Park West, and eventually sublet his apartment to John Lennon and Yoko Ono. Robert and Jessica Ryan remained married until her death from cancer in 1972. He died from lung cancer in New York City the following year at age 63.

Jupiter's Father-in-Law

In 1995, Robert Ryan returned to the screen posthumously in the award-winning documentary, *Jupiter's Wife*. In the film, Maggie Cogan (a homeless inhabitant of Central Park) claims to be the daughter of Robert Ryan as well as the wife of Jupiter. The film won a Special Recognition award and was nominated for a Grand Jury Prize at the Sundance Film Festival that year. The film also tied for Best Documentary Feature at the Vancouver International Film Festival.

"Think big thoughts, but relish small pleasures." ~ H. Jackson Brown, Jr.

Dangerous Ground (1951) he portrayed a burnt-out city cop finding redemption while solving a rural murder. In Wise's The Set-Up (1949), he played an over-the-hill boxer who is brutally punished for refusing to take a dive. Other important films were Anthony Mann's western The Naked Spur, Sam Fuller's uproarious Japanese set gangland thriller House of Bamboo, Bad Day at Black Rock, and the socially conscious heist movie Odds Against Tomorrow. He also appeared in several all-star war films, including The Longest Day (1962) and Battle of the Bulge (1965), and The Dirty Dozen. He also played John the Baptust in MGM's Technicolor epic King of Kings (1961) and was the villainous Claggart in Peter Ustinov's adaptation of Billy Budd (1962). In his later years, Ryan continued playing significant roles in major films. Most notable of these were The Dirty Dozen, The Professionals (1966) and Sam Pechinpah's highly influential brutal western The Wild Bunch (1969). Ryan appeared several times on the Broadway stage. His credits there include Clash by Night, Mr President and The Front Page, the comedy drama about news



paper men. He appeared in many television series as a guest star, including the role of Franklin Hoppy-Hopp in the 1964 episode "Who Chopped Down the Cherry Tree?" on the NBC medical drama about psychiatry, the Eleventh Hour. Similarly, he guest starred as Lloyd Osment in the 1964 episode "Better Than a Dead Lion" in the ABC psychiatric series, Breaking Point. In 1964, Ryan appeared with Warren Oates in the episode "No Comment" of CBS's short-lived drama about newspapers, The Reporter, starring Harry Guardino in the title role of journalist Danny Taylor. Ryan appeared five times (1956–1959) on CBS's Dick Powell's Zane Grey Theater and twice (1959 and 1961) on the Zane Grey spin-off Frontier Justice. He appeared three times (1962–1964) on the western Wagon Train.

Politics
Ryan was a Liberal Democrat who tirelessly supported civil rights issues. Despite his military service, he also came to share the pacifist views of his wife Jessica, who was a Quaker. In the late 1940s, as the House Committee on Unamerican Activities (HUAC) intensified its anti-communist attacks on

In Memorium

"To live in the hearts we leave behind is not to die."

Marie Therese Fitzpatrick

----- Original Message -----
From: Stan Fitzpatrick
To: "Greg Ryan" <gjryan@bigpond.net.au>
Sent: Tuesday, June 01, 2010 11:03 PM
Subject: Re: In Memorium

> Sadly, I have to report the death of my much loved wife Marie Therese
> Fitzpatrick (nee Ryan) on 11th May after a 12 month battle with cancer.
> Stan Fitzpatrick

Fr Kevin Noble.

You may already have heard this sad news, but just in case not here is information regarding the passing and funeral of Fr Kevin Noble. His mother was one of the Ryans.

Ar dheis Dé go ribh a anam/May he rest in peace.
Go n-déana Dia trócaire ar/Lord have mercy on his soul.

Slán/Regards,

Noel

Gerry Ryan

Morning Bernice. Have you heard of the passing of Gerry Ryan? he was the famous radio broadcaster in Dublin. The Irish Echo reported that "U2 frontman Bono described Ryan as Ireland's weathervane. I would call him the voice of Ireland. Julie & I are off to Asia for Two weeks. Love to all God Bless John

Mary Jendra

It is with great sorrow that we report the death of our member, the late Mary Jendra. Mary has been a long standing member of our clan. We extend our condolences to the family and friends of Mary. May she rest in peace, and may God comfort her bereaved family. Clan Ryan Qld.

Raymond John George

The beloved husband of Berniece Ryan-Charles departed this life on 21st of May. He is deeply and keenly missed by his family. He was an impeccable example for us all to aspire .

Our sympathy to Darryl RyanTwmba. on the sudden death of his brother John Ryan

Bringing Home the Gold

Australia takes a World Title at Silat (Indonesian Martial Arts) Championships in Jakarta

Bridgitte Waller was chosen to represent Australia at the Silat (Indonesian Martial Arts) World Championships in Jakarta. Bridgitte won all of her fights and brought a Gold & Silver Medal home for Australia.

Bridgitte is the daughter of Terri and David Waller and the great-granddaughter of Our founder Ted Ryan (dec.) It is indeed a wonderful feat and does her Ryan blood proud.

Congratulations Bridgitte!

Bridgitte's Report

On the 16th of July I had an early morning and headed to Brisbane to catch my plane to Indonesia. We arrived in Bali at around 5 o'clock and then we had to catch a domestic flight at 9 o'clock to Jakarta where the competition was being held. When we arrived in Jakarta it was 11 o'clock and we had to get a car to take us to the Pedipokan Pencak Silat.

The competition began on the 18th and finished on the 24th. On the first day of the competition the team had to fill in application forms and pay the entry fee for the competition. There were very little events for our team on the first day, I got through the first round of serang hindar and was then able to rest up and get prepared for the next day. The second day was full of events. I had my berpapasang (face-to-face), and krihanian teknik (synchronised form), and my second round of serang hindar. I didn't get to leave the arena until 11pm. On the third day I had serang hindar again and made it through to the semi finals. I also found out that I had made it the semi finals in my berpapasang



and krihanian teknik. Day four I had my semi's for berpapasang and krihanian teknik and prepared myself for my serang hindar. On the fifth day of the competition I had to do my berpapasang

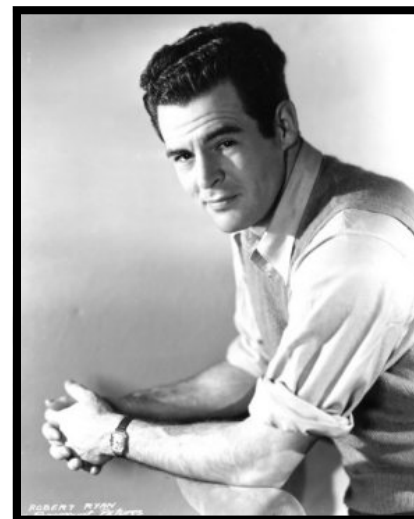
and krihanian teknik one more time to get the final judgement. Day six was my semi finals for serang hindar which I won putting me into the grand final. Day 7 the organisers put my final round of serang hindar as part of the closing ceremony. I won the event and took the title of serang hindar class putrid. A world champion. At the end of the closing ceremony all the medals and trophies were handed out. I received a silver medal for the krihanian teknik, and a gold medal and a trophy for my serang hindar. That night there was an farewell party and a celebration of Silat Perisai Diri's 55th birthday. Two days after the competition we headed back to the airport and went to Bali where we spent 8 days to have a well deserved rest.

Bridgitte Waller

Robert Ryan (1909-1973)

Actor, Political Activist, US Marine

From Wikipedia



Robert Bushnell Ryan (November 11, 1909 – July 11, 1973) was an American actor who often played hardened cops and ruthless villains.

Ryan was a liberal Democrat who tirelessly supported civil rights issues. Despite his military service, he became a pacifist.

Ryan's political activities included fighting racial discrimination. He served in the cultural division of the 'Committee to Defend Martin Luther King'.

Early life and career

Ryan was born in Chicago, Illinois, the first child of Timothy Ryan and his wife Mabel Bushnell Ryan. He graduated from Dartmouth College in 1932, having held the school's heavyweight boxing title all four years of his attendance. After graduation, the 6'4" Ryan found employment as a stoker on a ship, a WPA worker, and a ranch hand in Montana.

Ryan attempted to make a career in show business as a playwright, but had to turn to acting to support himself. He studied acting in Hollywood and appeared on stage and in small film parts during the early 1940s.

In January 1944, after securing a contract guarantee from RKO Radio Pictures, Ryan enlisted in the United States Marine Corps and served as a drill instructor at Camp Pendleton, in San Diego, California. At Camp Pendleton, he befriended writer and future director Richard Brooks, whose novel, *The Brick Foxhole*, he greatly admired. He also took up painting. Ryan's breakthrough film role was as an anti-Semitic killer in *Crossfire* (1947), a film noir based on Brooks's novel. The role won Ryan his sole career Oscar nomination, for Best Supporting Actor. From then on, Ryan's specialty was tough/tender roles, finding particular expression in the films of directors such as Nicolas Ray, Robert Wise and Sam Fuller. In Ray's *On*