



NEWSLETTER

GLENMORE PARK PROBUS CLUB Inc.

No: 139 WEDNESDAY 19th OCTOBER, 2016.

probusglenmorepark.com.au

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We cannot direct the wind – But we can adjust our sails.

LAST MEETING -



The President opened the meeting and extended a warm welcome to everyone present. The Secretary read the Minutes of the previous meeting and announced apologies as follows: Dianne Thoms, Ann Harrison, June Curley, Heather Brown, Brian and Jeanette Corlis, John Raymond, David and Gwen Head, Violet Mulcahey, Pat McCann. We hope to see most of you back at today's meeting. After hearing the reports from all committee member, the President and inducted our new members: Julie Cozzarini, Evelyn Porter, Joy Hotson, and Ann PcPhie. We welcome you into our Probus Club and hope that you will find our speakers and activities interesting and make new friends in due course. The Raffle was won by Elsie Bremner, Livia Parkanyi and Barbara Orth.

Today's guest speaker, Prof. Kaila Kailasapathy, who is a member of our Probus Club, was a researcher in Probiotics and Gut Microbiology at the Western Sydney University from 1988 to 2010. We learned that Antibiotics are powerful medications which fight bacterial infections by destroying bad bacteria that cause illness, unfortunately they also destroy good bacteria. **Probiotics** can help replace good bacteria in our gut by eating (yoghurt, soft cheese, sourdough bread, fermented foods etc). **Prebiotics** help feed up the good bacteria in the digestive tract (bananas, onions, leeks, asparagus, artichokes etc). What an interesting topic, relevant and helpful to all of us, I only hope that I have got all the fact right.

Tiptoe Through the Tulips

On Wednesday, 14 September we went to the Tulip Festival in Bowral. We were all prepared for bad weather, with coats, hats and umbrellas but as we drove south, a blue patch of sky appeared here and there and by the time we reached Bowral, it was a beautiful sunny day. The Charity Partner for 2016 is the Cure Brain Cancer Foundation and the theme is Alice in Wonderland. I particularly like the garden bed planted with tulips depicting the smile of the Cheshire Cat. The festival is almost like a mini Floriade and truly worth visiting. The bulbs come from Tasmania and Victoria and took twelve gardeners ten days to plant. To assure that there are always tulips in bloom, they plant a mix of early, mid and late flowering tulips. The enjoyable lunch at the Mittagong RSL Club was followed by an uneventful ride home.

THIS MEETING

The topic for our **Rowing Microphone** is:

Today: 'Moving stories'

November: 'Melbourne Cup Gambling' stories

December: 'Christmas stories'

Today's speaker is from the St John's Ambulance and will talk to us about **Basic First Aid**, which is always of interest, as it seems to change from time to time.

October

1st Karin Figg. 2nd – Robert Ley. 7th – Pat Montgomery. 13th – Pauline Simpson. 16th – Jean Howard, 30th – Anne Johnson.



WED 19 OCT - Probus monthly meeting commencing at 10.30am.

THU 27 OCT - Visit "**Sculpture by the Sea**" for an interesting day out. Catch 9.55am train from Penrith. I have printed a map for moderate walkers capable of walking over 1km. The map also avoids some of the steeper stairs.

TUE 1 NOV - **Melbourne Cup** lunch at King Henry's Court - 3 course lunch \$31.90. **Deposit \$5.00 per head ASAP please so a booking can be confirmed, preferably at today's meeting.** Sweepstakes and live coverage of the race. There will be Raffles, plenty of prizes and giveaways. Set menu displayed on board. We have 22 people booked for this event.

TUE 8 NOV - "**Dream Lover**" at the Sydney Lyric Theatre for those members who purchased tickets. Show commences at 1.00PM. Suggest you catch the 9.55am train from Penrith.

WED 16 NOV - **Probus monthly meeting** commencing at 10.30am.

THU 24 NOV - Dinner 6.00pm **Valentinos Italian Restaurant**, 17/55-61 York Road, Penrith. \$30.00 pp for pasta and pizza.

WED 7 DEC - Our special **Christmas function** from 11.30am at Mulgoa Receptions, 1440 Mulgoa Road, Mulgoa. **Bookings now being taken, payment is due at our November meeting.** We will be having a three course meal, please check the board for the menu. **Cost for members will be \$45.00 pp, and non-members \$60.00 pp** for a three course meal. BYO alcohol. Entertainment will be provided by the same group who entertained us so well last year.

WED 31 MAY - TUE 6 JUNE 2017 - Our away trip update.

Balance of payment is due at our 15th February, 2017 meeting. The price was \$2,299.00pp minus deposit paid of \$350.00 pp. **The balance owing is \$1,949.00pp.** You can make part payments if you like, prior to the final date for payment of the balance, using the BPAY or direct deposit details shown on your invoice or call into Travel Associates and pay Jenny Thomas in person. The office is located at 14 Macquarie Avenue, Penrith.

If you would like to take a **30 minutes helicopter flight over Uluru and Kata Tjuta the cost is \$285.00 pp.**

(this the current cost). **OR you could book a sunrise "Field of Light" tour at a cost of around \$69.00pp.**

Expressions of interest for a sunrise flight or the "Field of Light" tour please call Jenny Thomas 4749 1900. Or you can advise the tours and travel officer of your interest.



(If you hear of a member feeling poorly please let **Carole Gregory** know so that she can make contact with them.

Since our last meeting a card was sent to Dianne Thoms

Phone Calls were made to John Raymond, David Head, Pat McCall and Joy Ley

We wish you all a speedy recovery.

Vale

Sadly, June Curley passed away on Sunday, 9 October. June was a longstanding member of our Probus Club and will be greatly missed. Our sympathy and thoughts are with her family. Carole has sent a card to June's family on behalf of all members of our Probus Club.

- ☑ Members are reminded that when paying for an outing, they should tender the **exact amount.**
- ☑ All members are required to register their attendance at the front desk before joining the assembly.
- ☑ Please phone your apologies personally to the secretary.
- ☑ These are legal requirements for insurance purposes.

DISCLAIMER

This Newsletter is prepared in editorial format for the information of members. It is written with care and in good faith but does not necessarily reflect Probus policy nor does the editor accept responsibility for any action taken by any reader because of information contained within.