

NEWSLETTER

Club No. 1005089

GLENMORE PARK PROBUS CLUB Inc.

INC.9884403



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Editor's comment:

Due to unforeseen circumstances, I was unable to do a mid month issue of the Newsletter. But, not to worry, October's is a nice big 6 sides! This months biography is our very own Professor Kaila Kailasapathy, this was first published in August 2017, so some details may have changed

Thought of the month:



over the past 4 years! Next month I will publish a new one, kindly supplied by Joan Cotterill. Due to Covid, I could not interview Joan, so this will be as supplied by Joan.

Things are looking a bit more promising Covid wise for future meetings and possibly our Christmas Lunch. We will have to adapt to whatever rules apply, 4sq. or 2sq. metres as this will control how many members we can have in the hall. President Mandy will keep you updated.

Please don't forget to vote Yes or No to the request from the management committee for all members and visitors to be fully vaccinated to attend our meetings and outings.

I have already received an email from St. Mary's Rugby League Club saying there will be no entry without proof that you are fully vaccinated against Covid-19. I am sure all other clubs and venues will follow suit. Unless the Government grows a spine and does it first! Just my opinion of course. 😊

Your committee continues to phone members to check they are coping under the lockdown, especially checking those members living on their own. And a big thank you to the members who have donated concession stamps.

And finally, please take the time to read the 'open letter' from Club Secretary, Peter Clay on Page 3

Glen Davis (Editor)



Come and join us on FaceBook and get daily news on the latest events, birthdays etc. We are completely private, all new Members have to be approved as do any new posts. Just search Glenmore Park Probus Club. During the lockdown you will find useful lists of shops etc. to avoid, where there might have been Covid cases.

October Birthdays:

Karin Figg (1st.) Robert Ley (2nd.)
 Allan Curds (3rd.) Pauline Simpson (13th.)*
 Jean Howard (16th.) Maureen McLean (18th.)
 Yvonne Ryall (19th.) Nola Morrison (20th.)*
 Ann Johnson (30th.) Kathleen Gilbert (30th.)

CLUB BANK DETAILS.

Westpac. BSB: 032278 ACCOUNT NO: 313219
 or you can pay by cheque to Glenmore Park Probus Club. Cash is a last resort!

Judith Mahon: Treasurer



CALENDAR OF EVENTS 2021/22

**WINBOURNE
 LOCKDOWN
 BREAK OUT**

TBA

**Two course meal plus coffee/tea/juice & BYO at Winbourne, Mulgoa. \$35 pp. Great raffle, music and dancing and fun!
 THIS WILL BE RE-ARRANGED AS SOON AS WE ARE FREE OF LOCKDOWN AND SEATING RESTRICTIONS**

**December
 7th.**

**Christmas
 Lunch**

**CHRISTMAS LUNCH AT PENRITH RSL HORNSEYWOOD ROOM
 3 course meal, raffle, Christmas Crackers & entertainment.
 Members \$44 Guests \$54. Book now, no deposit needed yet.**

**NEW DATE
 February
 17th.-18th.
 2022**

**Oberon/
 Mayfield
 Gardens**

2 Day Coach Trip. Accommodation, Dinner, Breakfast & Morning Tea at Bilpin. High Tea & tour Abercrombie House, Bathurst. Arms Museum & Lunch at Lithgow Club. \$415 all inclusive. \$515 per single.. Balance TBA.

**March 2022
 21st.-27th.**

**Norfolk
 Island trip**

**7 Day Trip \$2499. This is now fully booked, Balance, \$2199 due 10/1/2022.
 *** WE NOW HAVE A COACH BOOKED RETURN FROM PENRITH TO SYDNEY AIRPORT. IF YOU HAVEN'T BOOKED FOR THIS, I STRONGLY ADVISE YOU TO DO SO AS IT IS A GOOD PRICE. *****



EXPRESSIONS OF INTEREST



**2 DAY HUNTER VALLEY CHRISTMAS LIGHTS. 18th. - 19th. Nov. 2021
 APOLOGIES, WE HAVE HAD TO CANCEL THIS EVENT DUE TO LACK OF NUMBERS.
 TOURS AND SOCIAL WILL REBOOK IT NEXT YEAR POST COVID RESTRICTIONS**



WELFARE: Wendy Johnston



We wish all the best to Jan Hennell, Betty Whybrow, Terry Gould & Ann Clay after their recent procedures. Your Committee will continue to phone members during the lockdown, concentrating on those living alone, to make sure you are coping during the lockdown. We swap which members are on each Committee member's list every 3-4 weeks, so that you don't get fed up with the same voice every week. 😊 Wendy Johnston (Welfare Officer)

Your Management Committee held another meeting via Zoom on Wednesday 29th. September. All Committee Members emailed in their reports the day before and this formed part of the Agenda. It was agreed that until we come out of lockdown, we would hold these meetings fairly regularly as we are limited to 40 minutes on Zoom.

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.

AN OPEN LETTER FROM OUR CLUB SECRETARY, PETER CLAY

Many members will already know that my wife Ann suffered a sudden cardiac arrest on the evening of Friday 17th September. Fortunately we were sitting together on the sofa and I saw what happened and acted quickly in calling my son, Simon who lives nearby, and treble zero. Simon arrived in under 2 minutes and began CPR straight away. The paramedics arrived about 8 minutes later and used the defibrillator twice to restart her heart and they worked hard to restore her breathing.

Ann spent the following 2 days unconscious on life support in the ICU at Nepean Hospital and then by some miracle she slowly started to regain consciousness and the next day they removed her life support and she was able to breathe on her own. In no time Ann was moved to the cardiac recovery ward where she made steady daily progress despite contracting pneumonia. She continues to progress and we hope she will be coming home soon together with her own defibrillator/ pacemaker device.

Simon's excellent CPR gave the medical professionals the chance to do their work. Without it I would have lost her.

I would also like to acknowledge the value of thoughts and prayers. Our friends and family from many parts of the world plus many of our lovely Probus friends have prayed every day for her recovery for which I thank them with all my heart.

If there is anything positive to come from this awful experience I hope it is a wider recognition within the group of our family and friends of how it is so important to encourage our family members to learn CPR.

Ann and I would like to thank you all for your amazing support during our terrible ordeal.

TREASURER'S REPORT September 2021 GLENMORE PARK PROBUS CLUB INC.

BALANCE @ 31/08/2021 \$9806.24

Receipts		Expenditure	
Mbr contribution-Postage	\$15.00	Winbourne refunds	\$140.00
		Vivid Refund	\$69.00
		Welfare/ flowers	\$113.99
Total	\$15.00	Total	\$322.99

BALANCE @ 30/09/2021 \$9,498.25

CLUB FUNDS BEING \$9498.25

JUDITH MAHON
TREASURER

Committee Members

President: Mandy Stevens	0439 323 103	Vice President: Barbara Davis	0412 629 945
Secretary: Peter Clay	0424 240 137	Treasurer: Judith Mahon	0430 529 635
Tours & Social: Connie Cogle	0419 255 816	Membership: Barbara Davis	0412 629 945
Hospitality: Mary Davis	0438 822 364	Web/ Lunches: Ernie Campbell	02 4732 4859
Programs: Rayella Haines	0411 237 699	Newsletter Editor: Glen Davis	0412 629 945
Welfare: Wendy Johnston	0403 338 887	Public Officer: Robert Hillsmith	0429 015 861
Assistants- Secretary: Rayella Haines	0411 237 699	Treasurer: Glen Davis	0412 629 945
Hospitality: Wendy Johnston	0403 338 887	Tours & Social: Christine Brenton	02 9670 1184

COMMITTEE MEMBERS EMAIL ADDRESSES

President: Mandy Stevens: rhyssky@bigpond.net.au Vice President & Membership: Barbara Davis: barbarajdavis48@icloud.com
 Secretary: Peter Clay: peter25clay@tpg.com.au Treasurer: Judith Mahon: jmahon3101@gmail.com
 Tours & Social: Connie Cogle: constancecogle@yahoo.com.au Ass. Tours & Social: Christine Brenton: maxbchris@optusnet.com.au
 Newsletter & Ass. Treasurer: Glen Davis: glenldavis@icloud.com Web/ Lunches: Ernie Campbell: oldtbag@gmail.com
 Welfare: Wendy Johnston: wendyjohnton@hotmail.com.au Programs: Rayella Haines: rayellawicks51@gmail.com
 Hospitality: Mary Davis: qmary@y7mail.com Public Officer: Robert Hillsmith: roberthillsmith@gmail.com

I'm sure you have all been eagerly checking the news to find out when the current restrictions will start to ease, and hopefully we can commence our general meetings as soon as restrictions allow. The management committee have agreed that initially it is highly probable we will be quite restricted with the amount of members we can have in our general meetings. Therefore, for the first couple of meetings we will use a ballot system to select the members invited to the first meeting, and the remainder of the members will be invited to the next meeting. Because this will obviously cause the remaining members to wait several weeks before they can enjoy a general meeting, I have been in touch with the RSL and they have agreed that we can have two general meetings within the first four weeks after restrictions have been eased. Hopefully this will make things a little easier for us all to bear. If you receive an invitation to the first meeting and for one reason or other you are unable to attend, please let us know straight away so that we can invite another member in your place. Of course, you will then be added to the second meeting, so you won't miss a meeting.

As said in a previous email, we will also make adaptations for couples to attend the same meeting as each other and the same will apply to members that give lifts to those that don't drive.

Looking very much forward to seeing you all again soon,

Yours Sincerely,

Mandy Stevens, President,
Glenmore Park Probus Club

VOTE FOR MEMBERS TO BE DOUBLE VACCINATED TO DATE: YES: 68 - NO: 0 You have until 8/19/2021 to vote.



KAILA KAILASAPATHY was born in Batticaloa, East of Sri Lanka, famous for its "singing fish" and international surfing! He was the youngest member of a family of 4 (with two sisters and a brother). He was educated at Shivananda Vidyalaya (Ramakrishna Mission), later at St. Michaels College in Batticaloa. From his school days, he did field athletics and won a number of prizes. He was also interested in music and the Baila dance (a traditional Sri Lankan dance, derived from the Portugese). He graduated with B.SC (Hons) degree from Peradeniya University in 1972, soon after he was employed as a lecturer at the same University.

He then got married to his wife Shantha in 1976, and they both went to Obihiro University in Hokkaido, Japan to study MSc, where they lived for more than two years. They enjoyed Japanese living where "East met the West" and made a number of long-standing friends. They became fluent in Japanese language, and even now can communicate in Japanese. The only thing they hated was the cold winter, where the refrigerator in the house is warmer than the temperature inside the house! Kaila then graduated with a Ph.D from Pennsylvania State University, USA in 1982, after which he returned to Sri Lanka and continued to lecture at Peradeniya University. In the midst of the extreme ethnic violence in Sri Lanka, Kaila and Shantha decided to emigrate with their two daughters, Saumya and Dhivya. Saumya now works at Asian Development Bank in Manila and Dhivya is an anaesthetist at Cairns Hospital. Kaila was employed at Otago University in Dunedin, New Zealand and in 1988 the family migrated to Sydney, Australia.

The family have lived in Penrith and Glenmore Park ever since. Kaila was employed at the University of Western Sydney as an Associate Professor in Food and Nutritional Sciences. In 2010, Kaila received the prestigious International Dairy Scientist Award of the year, offered by the American Dairy Science Association, acknowledging his ground breaking research on human gut health and probiotics. This award is the most notable of the numerous awards he has received over the span of his research and teaching career. He then went to work as a Professor at Taylor's University, Malaysia and returned to University of Western Sydney as an adjunct Professor.

Both Kaila and Shantha are blessed with a grandson, Aaryan Rajagopal and granddaughter Noura Myer Kailasapathy. Kaila is enjoying his retired life, playing guitar, composing songs and singing karaoke as well as writing and publishing a number of research and text books.

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SOME OF YOUR COMMITTEE HARD AT WORK AT A ZOOM MEETING. APOLOGIES: PETER CLAY & CONNIE COGLE. TECHNICAL DIFFICULTIES: MARY DAVIS & RAYELLA HAINES.



MEMBERS CONTRIBUTIONS 1



Top: Zoom, Zoom! Below: Clarence Go's beautiful garden.

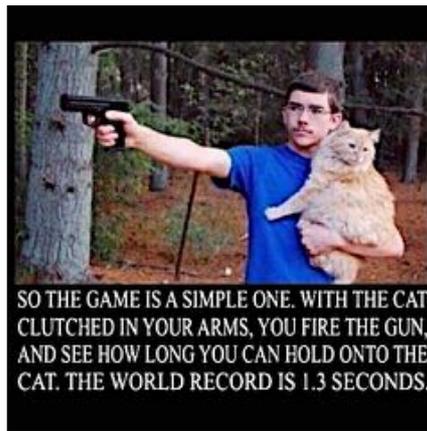


Left to Right: 1) Mandy Steven's dog, Billy, not looking that sure about a Panthers win! 2) Pat King's 1.4 metre knitted scarf. 3) Connie Cogle on her walk, sorting dinner? 4) And Connie's beautifully painted rocks, she hides them for the children to find!



Left to Right: 1) Phil Connolly & Leslie Crossley's, new walled garden. 2) Nola Costa tackling Aphids in her garden. 3) Glen & Barbara Davis, Wendy & Phil Johnston and President Mandy Stevens enjoying a Covid safe picnic at the river. 4) Mandy showing how NOT to take a selfie!

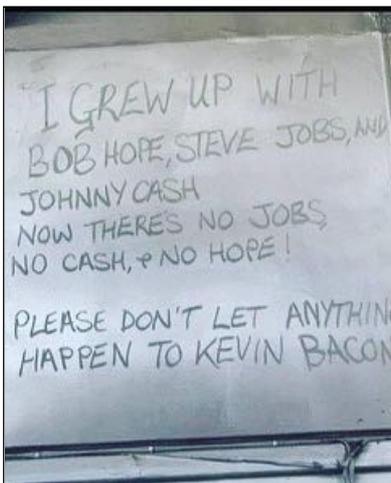
JOKES GALORE: Must be 60+ to view. May contain coarse language and sexual references. (with any luck 😊)



QUARANTINE DAY??????
TODAY, I MELTED AN ICE CUBE WITH MY MIND JUST BY STARING AT IT. IT TOOK A LOT LONGER THAN I THOUGHT IT WOULD.

DON'T MAKE OLD PEOPLE MAD
WE DON'T LIKE BEING OLD IN THE FIRST PLACE SO IT DOESN'T TAKE MUCH TO PISS US OFF

A police officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered: "Kindergarten"



My cousin posted "I'm expecting twins!"
I replied "Finally two kids from the same man."
Then she blocked me.

Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday.
You are my people.

The first million people to send me \$1 will get a copy of my guide on how to become a Millionaire using Facebook

I had to have a Covid test last week. Filled out the form, name, address, DOB, but I said to the nurse, where it says sex, I'm not sure whether to put "not lately or yes please?" Apparently I have to find somewhere else for my next test, so unfair!!! 😊