

PROBUS NEWSLETTER

OCTOBER 2017

Website: www.mossvaleprobus.org.au**PRESIDENT**

John te Wechel
4861 7679
jwechel@gmail.com

SECRETARY

Brian Collath
4869 2140
collath@bigpond.com

WHAT'S ON

12 th October	General Meeting
25 th October	Coffee Club
30 th Oct–2 nd Nov	Bathurst Trip
2 nd November	Committee Meeting
9 th November	General Meeting
14 th December	Annual Christmas Luncheon

The tulips in Corbett Gardens have finally made their appearance albeit a little late for the Tulip Festival. It must have been a bit disappointing for the bus loads of tourists who came along and clogged the streets. With the extra time and a drop of rain they are now putting on a great display if you have time to take a look.

CURRENT MEMBERSHIP

Active Members	98
Non- Active Members	7
Life Members	1
Attendance Last Meeting	69
Visitors	5

Very impressive attendance at last meeting!



Yes! It's a two-horse race for the bottle of wine this month so the odds are pretty good for Geoff Lansdown and Max Powditch. Happy birthday and best wishes for many more from us all!

INDUCTIONS

New member to be inducted this month is Allan Wright who is an ex-banker. He and his wife, Evelyn live in Bowral and are active parishioners at St Jude's Church in Bowral. Welcome to the club Allan. Members will have an opportunity to get to know Allan and Evelyn as they travel with us on the Bathurst trip.

VALE NEIL BRAITHWAITE

Our thoughts are with the family of our member Neil Braithwaite who recently lost his battle with cancer.

SPEAKERS

This month's club speaker is Chris Cotman who will be speaking on Parkinson's Disease and his personal battle with this complaint. His talk is entitled, "Parkinson's Disease; A Personal Perspective".

THIS MONTH'S CRICKET ONE-LINER!

"There were no scores below single figures."

Richie Benaud

Our guest speaker was supposed to be Professor John Shaw from the Ageing and Dementia Department from Wollongong University. He was to speak about "Ageing and Absentmindedness" but he forgot to come.

Our guest speaker today will be Rina Hore, Executive Director Bradman Foundation, who will outline her thoughts on the "Relevance of the Bradman Museum - More Important Today Than Ever". She will also cover the topic "Womens' Cricket; It's Been a Long Time Coming".

Just at present, the ladies are doing a lot better than their highly-paid male counterparts. Let's hope we hit some form before the Ashes Series starts very soon!

At the November meeting our club speaker will be Brian Collath who will inform us of the intricacies of DRED followed by Greg Bowyer on the topic, "Demolition of Munmorah Power Station and Other Industrial Structures".

LUNCH OR SNACK POST MEETING

The Springs Room downstairs was popular after last month's meeting as members enjoyed a luncheon snack and a yarn before heading home. All members are invited to join your fellow members in the Springs Room (at the back far left as you enter the bistro) for this informal gathering.

CLUB SURVEY

President John presented his review of the club survey at the last meeting and it was apparent that members appreciated the efforts he had put into the survey and the action points that were highlighted by the members. If you would like to study the information in the survey at your leisure the complete presentation is available and may be viewed or printed from the website. Click [HERE!](#)

BATHURST TRIP

For those who are going on this excellent trip the time for full payment has arrived. Would those who have not as yet paid the full \$571 a couple (\$503 single) please complete your payments by Thursday next, 12th October. Payments may be made using the usual methods but please ensure your payment is identified with your name. If you are unsure please contact our hard-working treasurer, Francis, for additional information.

The final itinerary is still available on the club website and can be found by clicking [HERE](#).

If you need any further information please contact Gordon at gordon_dummer@bigpond.com or speak to him at this meeting.

G & S AT BUNDANOON

The Gilbert and Sullivan operetta, Pirates of Penzance at Bundanoon was a great success as usual although we would have liked to see more members attend.

The lunch at The Bundanoon Pub, with its older style décor is always an interesting experience and the food

was good as usual. This year the performance was accompanied by an expanded orchestra which provided an enthusiastic accompaniment to the performers.

Thank you to Allen Broome for organizing the outing once again this year.

COFFEE CLUB

The continuing popularity of the Coffee Club was once again prevalent last month with twenty-two members attending and contributing to the discussions and general merriment of the occasion.

If you would like to join us next month be at the lower Pavilion Room at the Bradman Cricket Museum in Bowral around 10am on Wednesday, 28th September.

Because of the increasing attendance we request your co-operation in the ordering and payment for you coffee.

- a. When you order give your name.
- b. Orders can be placed with the café staff either in the room (preferred) or at the café.
- c. Please do not pay at the café. The money will be collected at the end of the meeting on a plate and paid in bulk to the café. This make reconciliation much easier.
- d. Would you please bring along the correct change for you coffee as large notes can be a problem.
- e. **MOST IMPORTANT** – Don't forget to pay!

Your assistance in these matters would be much appreciated by Gordon who organises the Coffee Club.

CHRISTMAS PARTY



It's that time of the year again to start thinking about Christmas so I hope you kept Thursday, 14th December clear on your calendar for the annual Probus Christmas Luncheon. As previously

mentioned, we are having our luncheon at the Fitzroy Inn at 1 Ferguson Crescent, Mittagong.

Bookings are now open for this event and you are invited to book with the Treasurer Francis with payments being made in the usual manner. Payment via bank transfer is preferred making sure you identify the payment with your name. If you are paying cash please place it in an envelope with your name on it before giving it to the treasurer. Please note that capacity is limited to 80 so book early but definitely on or before the general meeting on Thursday, 9th November.

The cost this year has been subsidized by the club so you will only need to pay \$40 per person. This will give you a main course of Christmas Turkey with vegetables and Christmas Pudding with ice cream. Yum! We hope the subsidized cost encourages more members to attend and enjoy this social gathering. Please arrive around 12 for a 12:30 start.

A bar will be open and drinks are at your own cost.

Dress for this occasion will be casual or wear something with a Christmas theme if you like!

Preferred seating may be arranged by giving the names of your group to Francis when you book or by email fdebeaujeu@gmail.com (preferred) or 48623532.

PLEASE TAKE NOTE!

The Newsletter with all the information about the

club including the current Newsletter, previous editions and activities information are always available to you on the club website at www.probusmossvale.org.au.

As stated last month, the current monthly newsletter is usually published on the Monday before the general meeting every month. It is mailed directly to those who don't have email addresses and/or available at the welcome desk.

In the "Documents" section you will find any information relevant to the club, its activities, surveys and invitations from other clubs for their trips and activities.

Make this your first point of call when enquiring about any club information.

FALLS

Following up on our recent talk on this subject, this article was published by Probus South Pacific in their "Active Retirees" E-magazine.

"Falling in old age is very common. It is known that about one in three older adults falls at least once every year and about a quarter of these falls result in substantial injuries requiring medical attention.

What causes falls?

"Falls in older people have many different causes", says Dr Kim Delbaere, Associate Professor and Principal Research Scientist at Neuroscience Research Australia. "For example, wearing multifocal glasses whilst walking can blur your vision when looking down and make you trip. Even taking sleeping tablets can make you unsteady on your feet, particularly when you need to get up in the middle of the night to go to the bathroom".

TIP: Replace your multifocal glasses with single lens glasses while walking around the house and outside, and be extra careful if you've taken a sleeping aid or prescription medication known to cause drowsiness.

What are the risk factors?

"There is now solid evidence that well-designed exercise programs can improve balance and reduce falls in older people," says Dr Delbaere. "The most effective exercise programs include challenging balance training and are performed for two to three hours a week. Long-term adherence to such a program can nearly halve the risk of falling." Dr Delbaere suggests "joining an exercise class in your local area, such as Thai Chi or yoga. Your GP might be able to recommend an exercise class for falls prevention, or you can ask your exercise physiologist or physiotherapist to prescribe home exercises."

PAYMENTS

Cash	To the Treasurer at meetings.
Cheque	Probus Moss Vale, PO Box 456, MOSS VALE 2577
Online	1. A/c: Probus Club of Moss Vale 2. BSB 032723 and Account No. 750434 3. Please identify yourself by name so payments will be correctly credited.