



PROBUS NEWSLETTER

August 2018

Website: www.mossvaleprobus.org.au

PRESIDENT

Brian Collath
4869 2140

collath@bigpond.com

SECRETARY

Graham Warner
4861 3349

warnergc@bigpond.com

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WHAT'S ON

9 th August	General Meeting Ladies' Day
29 th August	Coffee Club
6 th September	Committee Meeting
13 th September	General Meeting
26 th September	Coffee Club
29 th Sept	Annual G & S Bundanoon
29 th Oct ~ Nov 1	Hunter Valley Trip
13 th December	Probus Christmas Party



LADIES' DAY AUGUST MEETING

The general meeting, Thursday, 9th August is a special Ladies' Days with the guest speaker being Charlotte Nattey whose topic is 'Cartier - Jeweller of Kings, King of Jewellers'. I am sure that I don't need to tell you who Cartier is! Please note that samples will not be available but don't let that stop you coming as you will enjoy the talk along with the social morning tea and the lunch in the bistro if you choose to stay. These are always great days to meet and mix with members and their partners and to get to know them a little better. So come along and enjoy a very social morning!

CURRENT MEMBERSHIP

Active Members	96
Non- Active Members	3
Life Members	1
Attendance last meeting	59

HAPPY BIRTHDAY

Happy Birthday to the members who have a birthday this month and good luck in the draw for the bottle of wine!

Randolph Barnes	Rob Chapman
David Clark	Peter Compton
Davis Deans	Jim McGrath
John McKenzie	Geoff McNamarra
Keith Stammers	Graeme Stapelfeldt
Fitz Wentworth	Ken Wilson

SPEAKERS

Club member, Max Powditch with the title "A part of the World most Aussies (and most others) don't know about". This sounds intriguing topic but you will need to come along to find out where this place is!

As mentioned previously, Charlotte Nattey follows with the topic "Cartier - Jeweller of Kings, King of Jewellers". So don't forget to invite your lady along to hear this speaker, to enjoy morning tea with the group and maybe follow up with lunch in the bistro.

Next month we have Patrick Fallon on "Angel Flights" and Robert Lewis, WSC Manager Project Delivery - "The Bowral Station Street Project"

COFFEE CLUB

At the last coffee club meeting we again covered a wide range of subjects during our discussion including the subject of trade tariffs. You will be surprised to read that we actually didn't solve all the problems of the world at this meeting! So we decided to meet again on Wednesday, 29th August around 10am at the Lower Pavilion Room at the Bradman Cricket Oval. If you have some good ideas (or even if you don't) you are welcome to come along and add your opinions.

HUNTER VALLEY TRIP ** Bookings Still Open

Although we have well in excess of thirty for the Hunter Valley trip (29 October to November 1) we still have plenty of room for you if you wish to come along to this great 4 day/3 night outing.

Brief details are the same as published in our June newsletter, full details however will be circulated once all participants are confirmed, as this will enable final details to be given to all places we will be visiting.

There will be two nights when dinner is booked at a location other than the first night which is at Potters, our Hotel for the stay. Both these two venues offer a return coach transfer from Potters, with Tuesday night being complimentary and Wednesday at an additional cost of \$15 per person return.

Please advise Richard prior to your final payment whether you prefer to drive individually to each dinner venue, or to take the coach to one or both dinners. The relevant coach bookings will then be confirmed.

Payments are required in the usual way and bookings are with Richard Miall. A big thank you to Richard for the time and energy he has put into planning and booking the extensive itinerary.

This tour is being organized by Richard Miall and Richard may be contacted for enquiries at richardinfiji@hotmail.com

A detailed itinerary is available online at [Click Here](#). This of course is subject to minor adjustments as necessary.

G&S AT BUNDANOON

As you can see from the above poster the performance by the Gilbert and Sullivan Company from Sydney Opera House this year is "The Ghost of Ruddigore". In the town of Rederring, in Cornwall, a chorus of professional bridesmaids frets that there have been no weddings for the last six months. All of the eligible young men are hopeful of a union with Rose Maybud, the prettiest maiden in the village, yet they are too timid to approach her.

If you would like to find out if the young men of Cornwell succeed come along and enjoy not only the show but also a day with fellow members and their wives.

The day will start at 12 noon with lunch at the Bundanoon Pub and will move from there to the Memorial Hall for the performance at 2 o'clock.

Performance \$25pp and lunch at your own expense. Bookings may be made in the usual way and let Allan Broome know you are coming along. Thanks Allan for organizing this outing.

This Month's One-Liner

*He was so cheap, for example, that when she asked for diamonds for her birthday he bought her two of them...
... the eight and the queen. George Burns.*

THE SUNSHINE CURE

by Jo Stewart | 27 Jul 2018



With osteoporosis, cardiovascular disease and cognitive impairment all linked to vitamin D deficiency, it's wise to monitor your vitamin D levels during winter. Despite Australia's reputation for being a sunburnt country, it's been estimated that between 30-50 per cent of Australians are vitamin D deficient, with older people more likely to be impacted.

An instant mood-lifter, natural antibacterial agent and source of renewable energy, sunshine is a miracle product supplied to the world at no cost. It's also the quickest, easiest and cheapest way to for humans to boost their vitamin D levels.

An important factor in the maintenance of good bone health, vitamin D helps the body absorb the calcium and phosphorous needed to build strong bones. It also supports a healthy immune and nervous system, and is also thought to play a role in regulating insulin levels.

With the ramifications of chronic vitamin D deficiency considered to be very serious, vitamin D is one of the most important vitamins for maintaining good health. But how do you know if you're getting enough of it?

This, along with other interesting articles, is published on the Probus South Pacific website. If you would like to read more of this article or other related articles follow this link by [CLICKING HERE](#).

There is also Probus information and other different topics located [HERE](#).

THINGS YOU PROBABLY DIDN'T KNOW!

(and probably didn't need to know)

A truel is a term for a duel among three opponents, in which each can fire at one another in an attempt to eliminate them while surviving themselves.

Tigers have striped skin as well as striped fur. The stripes are like fingerprints and no two tigers have the same pattern.

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.