



NEWSLETTER JULY 2024

PRESIDENT **SECRETARY**
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WHAT'S ON

11 th July	General Meeting
11 th July	Luncheon Bookings Close
18 th July	Probus Moss Vale 40 th Birthday
31 st July	Men's Coffee Club
31 st July	Ladies Coffee
1 st August	Committee Meeting
8 th August	General Meeting
21 st August	Indian Culture Harris Park
28 th August	Coffee Club
17-18 th Sept	Canberra Overnight Trip
21 st Sept	G&S @ Bundanoon
October	PROBUS Month
17 th October	Morning Tea at Eling

Last month we carried out a survey to gain your opinions on the matter of partners being able to attend as guests any meeting they chose. Thank you for your responses. The committee considered the results and the views expressed both in the comments and directly to committee members and as a result there will be no change to the current arrangement and partners will be welcome at occasional general meetings on days chosen by the committee.

The committee has set aside four general meetings as "Partner Days" in the coming twelve months.

Recently, "Partner Days" have not been well attended and it would be appreciated if you could support these and increase the attendance of partners on these special days to promote friendships between members and their partners.

JULY SPEAKERS

This month for our club speaker we have Ross Meredith with his topic "My First Fleet Connection". I wonder if the link is with convicts or the military?

Our main speaker will be Malcolm Stephens, who is filling in for Chris Young who has had to cancel because of personal commitments (he has been re-

listed for a meeting early next year). Malcolm, with his diplomatic background, will be speaking on the topic "The Changing Frontier between the Private and Public Sectors".

In August we have "Did Winston Churchill have a drinking problem?" with club member Alan Maudsley and Tina Tzallas will speak on "Sustainable Architecture".

JULY BIRTHDAYS

Happy birthday to the July birthday boys

Stephen Blackman Frank Conroy
Arthur Delbridge Barry Parsons
Bruce Pearson Malcolm Stephens

Congratulations to club stalwart, Arthur Delbridge who turns 90 this month. Well done Arthur!

COFFEE CLUB

On Wednesday, 31st July the Men's Coffee Club will meet once again at the Bowling Club at 10am. The ladies' coffee is on the same day so ladies, let Jennifer know you are coming 0425 236 295.

CLUB MEMBERSHIP APRIL

It was very pleasing to see 65% of the active members list attend June last meeting. It was also great to welcome three guests and prospective members to the meeting. If you have a friend you think may enjoy our Probus Club ask them along for a "no obligation free trial" and you might find they end up joining as well!

Also, we are losing David Deans from the club. You will recall he gave that entertaining talk on "Apothecary" recently. We wish David good luck as he moves closer to family in Sydney.

Our current membership statistics are:-

Active Members 65
Non-Active Members 8
Total Members 73

VALE PETER DUNN

Sadly, we said goodbye to Peter Dunn, who up until this year had been an active member of the club. Peter had a long membership having joined in May 2013. Our sympathy to family and friends.

FINANCE

Opening Balance June 1 \$9101.09
Closing Balance June 30 \$6,534.89
Funds on Hold (Tours etc) \$372.00
Current Net Balance \$6334.90

40th ANNIVERSARY LUNCHEON

This is your absolutely last chance to book for the 40th Anniversary Luncheon. Bookings close on Thursday this week and we cannot accept any additions after that. So, the message is do it now! Here are the details again

Date: Thursday, 18th July, 2024
Place: Glass Restaurant at Mittagong Golf Club.
Time: 12:00 for 12:30
Cost: \$50 per person with club subsidy.

Drinks: One supplied and any extra at own cost.

To book your place(s) [CLICK HERE](#). Once you have chosen your meal you will be asked to pay the appropriate amount into the club account by your chosen method, but EFT is preferred by our treasurer.

MEMBERSHIP DRIVE

Club members manned a table in Springetts Arcade as part of the current membership drive with some success and we are hoping to see some new members come from this initiative.

Another activity in this area has been to raise our profile and one way was through our presence on the internet. You might like to try this QR code with your phone



Befriend us to see regular updates please.

JOADJA HISTORIC SITE VISIT

As you may have heard, we have had to cancel to visit to Joadja because of the poor state of the road. We will continue to monitor the situation and possibly include this at a later date.

INDIAN CULTURE ~ HARRIS PARK

In place of the Joadja visit we have arranged a day out to appreciate and enjoy Indian culture at the place know as "Little India" in Harris Park.



The plan is to arrive in Harris Park around 11 o'clock and have time for a leisurely wander around the precinct and maybe some shopping or coffee etc. Then we will have lunch at the "Not Just Curries" which has a good reputation for delicious food. We then depart around 2pm for home.

Details are as follows

Date: Wednesday, 21st August

Time Depart at 9:30 and return around 3:30pm

Transport: Mini Bus from RSL car park Mittagong.

Cost: \$20 for transport and all other at own expense.

PLEASE NOTE: There is a strict limit of 20 only on the numbers for this outing due to the capacity of the bus. It's a case of first in first served!

If you and you partner would like to join us for the day, please book by [CLICKING HERE](#) and the paying the appropriate amount by your chosen method. We prefer EFT directly to the club account.

Bookings Close: 12th August

CANBERRA OVERNIGHTER

There is still a one room vacancy available for the Canberra Visit to Floriade and Tidbinbilla on September 17-18 so if you would like to take that up phone John Elvy on 0414 255 770 ASAP.

G&S AT BUNDANOON



We are now taking bookings for the Gilbert and Sullivan Opera performance of "HMS Pinafore" at Bundanoon. Again, seats are limited, and we can only book 25 for this outing. Please book early to avoid disappointment.

The actual performance starts at 2 o'clock and it is proposed to have lunch over the railway line at the Bundanoon Hotel at 12 noon for those who choose to do so.

Details

Date: 21st September

Time: 12 noon for lunch

2 pm for the performance

Place: Lunch – Bundanoon Hotel

Performance – Bundanoon Memorial Hall

Transport: Private car – sharing encouraged.

Cost: \$32 per person with lunch at own cost.

To ensure you get a seat please book early by [CLICKING HERE](#) and then paying the appropriate amount into the club account (EFT preferred).

Bookings Close: 1st September

HOW TO MAKE PAYMENTS

ONLINE (Preferred)

BSB 032723 ACCOUNT 750434

Please identify your payment with your name.

CASH

Directly at a meeting.

EXERCISES FOR SENIORS

Exercise is important as we grow older. Here are a few suggestions. Start by standing with a 5 kilo potato sack in each hand at arm's length straight out to your side and hold them there as long as you can.

Gradually move up to 10 kilo potato sacks, then finally 50 kilo sacks and at arms straight out for a full minute!

Then, start putting a few potatoes IN the sacks, but I would caution you not to overdo it at this level.