

Formed 26th August 1997

NEWSLETTER for May, 2010

Edition No 139

President: Boyd Stone	69331604	Welfare: Rita Wilson	69258931
Vice President: Robyn Kirchner	69218177	Newsletter: Keith Beck	69264686
Secretary: Peter Piltz	69263755	Hospitality: Lynette Stakenburg	69265151
Treasurer: Barbara Fielder	69266064	Hospitality: Rita Smit	69319727
Past President: Ellen Poile	69224332	Trips Organizer: Jon Smit	69319727
Public Officer: Murray Aitken	69226362	Activities: Joan Stone	69331604
Membership: Joy Beck	69264686	Programs: Bernice Piltz	69263755

Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 22nd June, 2010.

Vice President, Robyn Kirchner opened the meeting by welcoming the 82 members present, as well as our two visitors. There were apologies tendered from 16 members who were unable to attend. Robyn opened the meeting as President Boyd was in hospital.

We wish Boyd a speedy recovery and hope to see him at the next meeting.

The Probus Prayer this month was read by Margaret Johnston.

Murray Aitken gave the fire drill and evacuation directions and asked everyone to note who was sitting next to them and to make sure they had left the room and were safe if ever we needed to evacuate.

Robyn then inducted Bernice Munro, who was introduce by Janice Vrolyks, and Alex Macdonald, who was introduced by Peter Piltz, to the club, and wished them a happy association with us.

Birthdays: Members having a birthday in June are, 2nd Vince King, 6th Roy Possee, 12th Joy Beck, 17th Rita Cameron, 20th Boyd Stone, 21st Marie Tulk, 26th Joan Stone. Congratulations to you all and may June's weather treat you mildly.

Welfare: Rita reported that the only ones on her list were Bernie Langtry who had been sent to Sydney for treatment and Boyd Stone (as reported above).

Rita asked that if anyone knows of a member who is unwell, to make it known to her so that she can send a card or make a phone call

Rita's mobile number is 0429770107 if you are unable to contact her on the number at the top of this newsletter.

Membership: Joy advised that she had received resignations from three members and that there were two new members inducted today which brings our member numbers to 127.

Joy advises that quite a few members have not as yet paid their annual subscription of \$20, which was due on 1st April, and if not paid by the June meeting they will be unfinancial and this newsletter will be the last that they receive.

Activities: Joan told us about last month's luncheon which was held at the Golden Seasons restaurant and attended by 27 members who enjoyed an excellent meal.

The June activity will be a mystery bus trip that will include morning tea, lunch and the

bus fare.

This activity is fully booked and those attending are asked to be at the Cross St. car park by 7.30am on Wednesday, the 9th June, for an 8.00am departure. Please wear your name tags. The bus will return at approx. 5.00pm.

Joan is also organizing a 'Christmas in July' function at the Wagga RSL Club, on Wednesday, 14th July. Further details and a list for those wishing to attend will be at the next meeting.

The Guest Speaker at the meeting was Dr. Martin Jude, who gave a very interesting talk on strokes, the causes, effects and treatment, stating that strokes were the second biggest killer of people in Australia. Dr. Jude was accompanied by Katherine Mohr from the Stroke Unit at Wagga Base Hospital and Melissa Heazelwood, a Speech Pathologist.

The message from Dr. Jude: If you think you are having a stroke!! CALL THE AMBULANCE!! As it is important that treatment be undertaken in the first four hours of a stroke occurring.

The Guest Speaker at the June meeting will be Tracey Collins from Kurrajong Waratah Disability Services.

Combined Probus Club Trips

Wollundry Ladies are organising a 'mystery' one day trip for the 3rd week of July at \$50 per head.

A trip to the Blue Mountains is proposed for 14th to 18th September and is being well supported. If interested contact Barbara Jenkins on 69266557 or Colin Curtis on 69253384.

On Saturday, the 25th September, Wollundry Club is organizing a one day trip to Cowra to view the Japanese Garden and the Rose Garden

Investigations are being made into a 5 day trip to the Bendigo-Ballarat area from 11th to 15th October.

A trip has been arranged to the Jerilderie-Echuca area on 8th & 9th of November. Cost will be between \$217 & \$228 depending on numbers going

Contact John Smit on 69319727 for further information on any of the trips.

The afternoon tea helpers

The afternoon tea helpers for the June meeting are Beryl Aitken, Elaine Baker, Gloria Beck, Ailsa & Bruce Bowman, & Dell Bungay. If you are unable to assist please arrange for someone to take your place.

Dan was a single guy living at home with his father and working in the family business.

When he found out he was going to inherit a fortune when his sickly father died, he decided he needed to find a wife with whom to share his fortune. One evening, at an investment meeting, he spotted the most beautiful woman he had ever seen.

Her natural beauty took his breath away.

"I may look like just an ordinary guy," he said to her, "but in just a few years, my father will die and I will inherit \$200 million dollars." Impressed, the woman asked for his business card, and three days later, she became his stepmother.

Women are so much better at financial planning than men.

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER



Till next month,

Regards,

Keith.

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Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 27th July, 2010.

President, Boyd Stone opened the meeting by welcoming the 69 members present as well as Gay Lucas, our visitor for the day.

There were 28 apologies tendered from those members who were unable to attend.

Murray Aitken gave us the usual fire evacuation procedures as required by Council, and asked everyone to note who was sitting next to them, and if it was necessary to evacuate, make sure they were OK.

Robyn Kirschner then read the Probus Prayer.

Birthdays: The members who are celebrating birthdays in this cold month of July are 8th Keith Bierne & Milton Loiterton, 11th Joyce Harrison, 12th Des Gaynor, 14th Annette Gaynor, 24th Fred Wood & Dell Bungay, 31st Elaine Baker & Jean Pottie.

Have a great day, kick up your feet and keep warm.

Sadly Alan Mathew passed away this month after a long illness. We extend our condolences to Alan's family, and we must also acknowledge Jeanette's love, compassion and dedication to Alan during his illness.



Welfare: Rita reported that those on the not well list included Boyd Stone, who is now up and about, and was present to chair the meeting. Bernie Langtry, who was also at the meeting, and is looking much improved, (Noreen reported that he is doing as the doctor told him 'sometimes'), and George Cameron who is in hospital.

Membership: Joy reported that our membership numbers still stand at 127 but she had received an application for a new member and had prospects of several others.

She said that she was happy to report that most members had renewed their membership and that there was only one or two that hadn't. She said that she will contact them to ascertain if they wished to continue.

Activities: Joan gave a report on the mystery bus tour that we had instead of the usual lunch this month. She said that there were 46 members and guests on the bus which took us to Bribbaree by a round about route for morning tea, which was enjoyed in the Bribbaree pub, by a big log fire which was welcome on such a cold

wet day. Then, on to the Grenfell Golf Club for lunch, after which we were given a guided tour of Grenfell. Then, on home, through Young, Bethungra and Wantabadgery.



Our next luncheon will be the 'Christmas in July' function at the Wagga RSL Club, on Wednesday, 14th July at 12.00pm, please be at the club before 12pm to pay at the cash register, as we will be lunching in a separate room at the rear of the bistro. Also let Joan know of your intention to attend by Monday, 12th for catering. Cost for the lunch will be \$15.

Guest Speaker: The Guest Speaker at the meeting was Tracey Collins, who is a coordinator for Interlink which provides a co-ordinated approach to families needs and assists them in planning for the future. Interlink was introduced in 2007 to come to the aid of older parents who are carers of a person with a disability living at home with them.

Interlink is a division of Kurrajong Waratah and funded by the NSW Department of Ageing, Disability and Home Care.

A lot of people at the meeting hadn't realized that Interlink existed and thought that Kurrajong Waratah only catered for the education of people with disabilities.

The Guest Speaker at the July meeting will be Flying Officer Vince Rodgers from RAAF Forest Hill.

Combined Probus Club Trips

Wollundry Ladies have 40 names but some places are still available for their 'mystery' one day trip for the 3rd week of July at \$50 per head.

August 2010, Makehams are running a trip to he Titanic Artefact Exhibition. Jon Smit has a flyer available, for more information contact John.

A trip to the Blue Mountains is proposed for 14th to 18th September and is being well supported. If interested contact Barbara Jenkins on 69266557 or Colin Curtis on 69253384.

On Saturday, the 25th September, Wollundry Club is organizing a one day trip to Cowra to view the Japanese Garden and the Rose Garden.

Investigations are being made into a 5 day trip to the Bendigo-Ballarat area from 11th to 15th October.

A trip has been arranged to the Jerilderie-Echuca area on 8th & 9th of November. Cost will be between \$217 & \$228 depending on numbers going

Contact John Smit on 69319727 for further information on any of the trips.

The afternoon Tea Troupe

The afternoon tea helpers for the July meeting are, Nola Carmichael, Alan & Ruth Davis, Gwen Feutrill & Annette & Des Gaynor. If you are unable to assist please arrange for someone else to take your place.

How to handle stress

Picture yourself near a stream.

Birds are softly chirping in the crisp cool mountain air.

Nothing can bother you here.

No one knows this secret place.

You are in total seclusion from that place called the world. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.

The water is clear.

You can easily make out the face of the person whose head you are holding under the water.

There now feeling better?

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER



Till next month,

Regards,

Keith.

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Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 24th August, 2010.

President, Boyd Stone opened the meeting by welcoming the 77 members who were present.

There were 24 apologies tendered by those members unable to attend.

Boyd also welcomed Shelly Rogers, our visitor for the day, Shelly was a former member of our club.

Boyd then called on Murray Aitken to give the obligatory fire evacuation procedures, and Martin Kendall to read the Probus Prayer.



Birthdays: The birthday celebrators for August are 10th Joan Corbett & Robyn Kirchener, 11th Peter Bungay, 12th Anne Van Well, 13th Ruth Davis, 14th Ellen Heinjus, 15th Joan Beirne, 16th Gwen Feutrill, 22nd Gloria Beck, 25th Joan Breust. Happy birthday to you all and may you enjoy your day to the fullest.

Welfare: Rita Wilson reported that George Cameron was improving from his recent surgery.

Bruce Bowman had been to Sydney for major surgery but was now home again,

Flowers had been sent for the family of John Clough who had passed away recently. John was the Rotary Club sponsor of our Probus Club when it was founded.

Rita read a thank you letter that the club had received from Jeanette Carroll in appreciation of our thoughts for Alan Mathew.

Membership: Joy reported that our membership now stands at 124.

Resignations had been received from Brian & Joy Hancock, Dorothy Eade and Bill Pascall; we thank them for their past friendship and wish them health and happiness in their future.

Joy reported that all members were now fully financial and thanked them for their attention to this matter.

Activities: Joan reported that our "*Christmas in July*" luncheon at the RSL Club was enjoyed by the 44 members who attended. She had also received 11 apologies which would have made a great roll up if all had been there.

The August lunch will be at the Commercial Club Chinese Restaurant, Gurwood Street, on Wednesday, 11th August, at 12.00pm SHARP, cost \$8.00 per head. Attendance on Joan's list as usual by the preceding Monday.

Joan is also investigating the prospect of holding our Christmas party in the RSL Pacific Lounge on Tuesday, 7th December.

Planning is in place to celebrate our Club's birthday at the September meeting with a birthday cake and goodies.

Guest Speaker: The Guest Speaker at the meeting was Flying Officer Vince Rodgers from RAAF Forest Hill.

Vince told of his employment with the RAAF, working in Logistics, a Pathology lab and in Defense Force Recruiting before joining the Air Force and doing his recruit training at East Sale and then being posted to RAAF Wagga and being involved in Dangerous Goods Training, and Supply and Movements.



<u>The Guest Speaker</u> at the August meeting will be an Ambulance Officer, who will give us some information on first aid and how to cope in an emergency situation.

Combined Probus Club's Trips

August 2010, Makehams are running a trip to the Titanic Artefact Exhibition. Jon Smit has a flyer available, for more information contact John.

A trip to the Blue Mountains is proposed for 14th to 18th September, and is being well supported. If interested contact Barbara Jenkins on 69266557 or Colin Curtis on 69253384.

On Saturday, the 25th September, Wollundry Club is organizing a one day trip to Cowra to view the Japanese Garden and the Rose Garden.

A trip to the Bendigo-Ballarat area has been organized from $17^{th} - 20^{th}$ October. The cost will be \$525pp and a single supplement is \$210. If you are interested in going, a deposit of \$250 is now due and the balance needs to be paid by 1^{st} September.

A trip has been arranged to the Jerilderie-Echuca area on 8th & 9th of November. Cost will be between \$217 & \$228, depending on numbers going

Contact John Smit on 69319727 for further information on any of the trips.

The Afternoon Tea Aides

The assistants for afternoon tea at the next meeting are, Ray & Fay Grant, Jean Jenkins, Margaret Johnston, Jan Jones & Leonie Kendall. If unable to assist Please arrange for someone else to take your place.



If you love something, set it free.

If it comes back, it will always be yours.

If it doesn't come back, it never was yours to begin with.

But, if it just sits in your living room, messes up your stuff, eats your food, uses your telephone, takes your money, and doesn't appear to realize that you had set it free....You either married it or gave birth to it.

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Mailing Address P.O. Box 8608 Kooringal 2650 OUR NEXT MEETING DATE; Tuesday, 28th September, 2010.

In the absence of our President, Boyd Stone who is away enjoying a warmer climate, Vice President Robyn Kirchner opened the meeting by welcoming the 70 members who were present, along with one visitor, Shelly Rogers, who has applied to rejoin our club.

There were 30 apologies tendered from those who were unable to attend.

Murray Aitken then went through the fire drill and said that one day he will call for a practice of a full evacuation of the building, but he was waiting for a really cold day.

The Probus Prayer was read by Rita Cameron.

Birthdays: The birthday people for September are,1st Norma Judd, 3rd Jim Salagari, 6th Ronda Lampe, 8th Laurel Macdonald, 12th Lyn Stackenburg, 15th Ivan Heinjus, 18th Ruth Walker & Barb Fielder, 19th Warren Tulk, 27th Noreen Langtry, Alcia Dowd & Malcolm Alexander, 30th Bill Prest & Bruce McAlister.

Happy birthday to you all. September has the largest list of member's birthday celebrants than all other months.

Welfare: Rita reported that Bruce Bowman had suffered a setback in his recovery and had been in hospital again but was now home and still had a long way to go. Elaine Baker is still not very well. We wish them a speedy recovery and our thoughts go to any other member who not feeling well. George Cameron was now well again and was at this month's meeting and he filled in as the Sgt. At Arms, collecting the fines from the "offenders".

Membership: Joy reported that the membership still stands at 124. Our membership ceiling is 140, so we still have room for new members, so if you know of anyone who you think would be interested in joining us, invite them along.

Activities: As Joan was also away, Joy gave a report on the last lunch which was at the Commercial Club Chinese Restaurant: There were 35 members present and the meal was very enjoyable. The September lunch will be at the Sportsman's Club Hotel Bistro, corner of Kincaid & Beckwith Sts, on Wednesday, 8th September, 11.30 for a 12.00pm start. (Select from the board menu.) If your name is not on the list and you wish to attend please notify Joy Beck on ph. 69264686, no later than Monday 6th.

The next meeting we will be celebrating our club's 13th Birthday with a birthday cake.



Guest Speaker: The Guest Speaker at the meeting was Phil Hoey, a paramedic with the Wagga Ambulance Service.

Phil told us of his decision in his early life to not become a farmer and joined the ambulance service and then outlined some of the changes that he had seen in the service over the years.

He said that the service is now trialing the use of small early response vans, manned by paramedics to callouts, who will assess the patient and then decide if an ambulance is needed or they can be treated in their home or referred to some other location for treatment.

He said the aim is to reduce the backlog of patients queuing at Emergency hospital departments.



<u>The Guest Speaker</u> at the September meeting will be Peter Rex, who will be speaking about "mix and match".

Combined Probus Club's Trips

August 2010, Makehams are running a trip to the Titanic Artefact Exhibition. Jon Smit has a flyer available, for more information contact John.

A trip to the Blue Mountains is proposed for 14th to 18th September, and is being well supported. If interested contact Barbara Jenkins on 69266557 or Colin Curtis on 69253384.

There are still a few places left on this trip, so if you are interested you will need to get in quickly.

On Saturday, the 25th September, Wollundry Club is organizing a one day trip to Cowra to view the Japanese Garden and the Rose Garden.

The trip to the Bendigo-Ballarat area has had to be cancelled due to insufficient numbers.

A trip has been arranged to the Jerilderie-Echuca area on 8th & 9th of November. Cost will be between \$217 & \$228, depending on numbers going.

This trip needs another 22 people for this trip to be able to go ahead.

Contact John Smit on 69319727 for further information on any of the trips.

The Afternoon Tea Aides

The afternoon tea helpers for the next meeting are, Leonie & Martin Kendall, Ronda & Bill Lampe & Ellen & Ivan Heinjus. If unable to assist, please arrange someone else to take your place.

Finding a woman sobbing that she had locked her keys in her car, a passing soldier assured her that he could help

She looked amazed as he removes his trousers, rolls them into a tight ball and rubs them against the car door. Magically it opens.

"That's so clever," the woman gasps. "How did you do it?"

"Easy," replies the soldier. "These are my khakis".

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OUR NEXT MEETING DATE; Tuesday, 26th October, 2010.

President, Boyd Stone opened the meeting by welcoming the 81 members who were present, along with our visitor for the day, Colleen Moyes. There were 17 apologies tendered from those members unable to attend.

Boyd invited Margaret Nash to read the Probus Prayer, which was followed by Murray Aitken, who took us through the required fire evacuation procedures.

President Boyd then inducted Shelley Rogers as a member of our club. Shelley was a past member who has now returned and joined us. Welcome back Shelley.

Birthdays: The birthday list for the month of October is, 2nd Murray Aitken, 5th Ellen Poile, 8th Bernie Langtry, 11th Robert Stakenburg, 12th Margaret Johnston, 20th Ray Fielder, 21st Neil Harris, 24th Eileen Hargreaves & Ailsa Bowman, 25th Betty Loiterton, 27th Nola Chapman, and 31st Col Dunn. Happy birthday to you all and may you receive all that you have wished for.

Welfare: Rita reported that she had received a thank you card from Warren Tulk, who had been unwell, but had improved and was at the meeting. She also advised us that Bruce Bowman was improving, but was having a slow recovery. It was also advised that Lorraine Barrassi was not well.

A thank you card had been received from the family of the late John Clough, who had passed away recently. John was the sponsoring member of Rotary, which started our Probus Club.

Activities: Joan reported that the recent lunch at the Sportsman's Club Bistro was attended by 29 of our members; she commented that they all must have enjoyed the day as the noise in the function room was fairly loud.

The next Club lunch will be at the Golden Seasons Restaurant, cnr. Berry & Forsyth Sts. On Wednesday, October 13th, at 12.00pm.

Joan expressed her concern that she only had about 20 names on her list for this day and thought that some people had not noticed the list on the table. If you would like to attend please let Joan know by Monday 11th at the latest.

Joan is also investigating having lunch at the Junee Railway Refreshment Rooms at a later date. It may be possible to get the Junee Bus to take us there for a return fare of \$2.50.

Don't forget our Christmas party at the Wagga RSL Club Pacific Lounge on Tuesday, $7^{\rm th}$ December.

The cost for the meal will be \$25.00, and also bring a gift to the value of \$5.00 to exchange.



Guest Speaker: The Guest Speaker at the meeting was Peter Rex, who is a member of the Rostrum Club & a presenter at 2AAA community radio station.

Peter advised us that he suffers!!! from OCD (*obsessive compulsive disorder*) and, after many checks to be sure the door was closed, gave us a very entertaining account of surviving OCD, along with conducting a fun auction and testing the mental stability of his audience.

The Guest Speaker at the next meeting will be David Kennedy a pharmacist who will speak on drugs and medications.

Combined Probus Club Trips

The trip to Jerilderie-Echuca has had to be cancelled to insufficient numbers.

Sunday, the 5th of December, a one-day trip to Young, the home of the National Cherry Festival . The cost will be \$50 p.p. (lunch not included.)

May 9th to 13th, 2011, a trip is being planned to Lightning Ridge. This looks like an interesting trip, John Smit has a preliminary itinerary, contact John for details.

If you are interested in any of the above trips as well as other trips being considered in 2011 contact our tours officer, John Smit.

Our 13th Birthday Party

The meeting was the 13th anniversary of the founding of our club, and President Boyd invited Alex Macdonald, with his big voice, to lead the members singing Happy Birthday.

Boyd then invited Wal Breust, our founding President to cut the cake, and then followed a special afternoon tea of sandwiches and cake.

Wal cuts The cake



The Afternoon Tea Aides

The helpers for afternoon tea at the next meeting are, Noreen Langtry, Bruce & Heather McAlister, Milton & Betty Loiterton & Laurel Macdonald.

If unable to assist please arrange someone to fill your place.

Paddy was working at the fish plant in Cork when he accidently cut off all his 10 fingers. He went to the emergency room at Cork's hospital.

The doctor looked at Paddy and said, "Let's be avin da fingers and I'll see what oi can do". Paddy said, "Oi haven't got da fingers."

"Whadda ya mean you haven't got da fingers? Lord tunderin Jesus, its 2010!! We's got microsurgery and all kinds of incredible techniques. I could have put dem back on and made you like new! Why didn't ya bring da fingers?!?"

And Paddy said, "How da heck was I 'spose to pick dem up?"

Till next month, Regards, Keith.

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OUR NEXT MEETING DATE; Tuesday, 23rd November, 2010.

President, Boyd Stone opened the meeting by welcoming the sixty nine members who were present, as well as Veronica & Trevor McNamara and Shirley Kenny, who were our visitors for the day.

There were seventeen apologies tendered from those who were unable to attend.

The obligatory fire evacuation procedures were given by Murray Aitken.

Murray advised that one day he would conduct a real evacuation to see if we had been listening!!!!.

The Probus Prayer was read by Margaret Johnston.

Birthdays: Those members celebrating their birthdays in November are, 2nd Bob Harrison, 6th Janice Vrolyks, 8th Warren Tulk, 9th Haydn Willetts, 11th Michael Dowd, 19th Margaret Nash, 22nd Elva Westman & John Vrolyks, 24th Keith Beck, 26th John Beck, 27th Jim Poile, 29th Beryl Aitken.

Happy birthday to you all and have a great day and may everyone treat you extra well.

Membership: Joy reported that Gay Lucas had been accepted by the Committee as a new member and that our membership is now 126.

If you know of anyone that you think would like to join our club, bring them along to experience our fellowship.

Welfare: Rita advised that she had sent a get well card to Bob & Joyce Harrison, and cards to Leonie Kendall and Lorraine Barrassi. Leonie was at the meeting but, Rita had been unable to contact Lorraine to find out how she was.

It was reported that John Vrolyks had improved and was doing well and that Bruce Bowman was much better. Norma Gray had been rushed to Sydney for treatment but was back on deck and at the meeting.

Rita had received a thank you card from Noreen Langtry in appreciation of our thoughts for Bernie; Bernie is mobile again and was also at the meeting.

Activities: Joan reported that the October lunch was enjoyed by 23 members who had a lovely meal at the Golden Seasons Restaurant.

The November lunch outing will be a day trip to Junee, travelling by bus from the Wagga Visitors Centre, with a short tour of Junee and lunch at the Railway Refreshment Room Café. The cost for the bus will be \$5.00 per head

The bus will leave at 9.30am, so please be at the Visitor Centre by 9.15am so that Joan can collect the money. The return trip will leave Junee at 2.00pm.

Please park your car in the Playhouse car park as the Visitors Centre does not appreciate us tying up their parking spaces

Our Probus Club Christmas party will be at the Wagga RSL Club on Tuesday 7th December from 11.30am. The cost will be \$25.00 per head. Please have your money in an envelope with your name and 'Christmas party'

written on the front for Joan at the November meeting.

Bring a gift to the value of \$5.00 for male or female for Santa!!!! To distribute.

The doors of the club at the corner of Goonigal Ave & Dobbs St. will be opened to allow easy access to the Pacific Lounge without having to negotiate the stairs.



Guest Speaker: The Guest Speaker at the meeting was David Kennedy, a pharmacist who spoke on 'what are drugs'? And the importance knowing what you were taking, and how, and when you should take them.

He explained that the chemist may supply a cheaper generic drug than that which your doctor had prescribed. It is the same active ingredient as the original, but may have other ingredients to make up the tablet and this is the reason sometimes they don't agree with us.

He also stressed the importance of taking your medication at the correct time of day, and either before, with or after food.

The Guest Speaker at the next meeting will be Erin Bronson who will speak on organ and tissue donation.

Combined Probus Club Trips

The show The Boy From OZ, on Saturday, 27th November, still has a few seats available at a concession rate of \$28 pp. If you wish to go contact Jean Spurge on 69265701, and the money is due now.

Sunday, the 5th of December, a one-day trip to Young, the home of the National Cherry Festival. The cost will be \$50 p.p. (lunch not included.)

March $14^{th} - 17^{th}$ 2011 a tour with Mudgee as a base, travelling via Bathurst, and visiting Gulgong and Hill End and attractions in the area. The cost will be \$800 per person.

May 9th to 13th, 2011, a trip is being planned to Lightning Ridge. This looks like an interesting trip. John Smit has a preliminary itinerary, contact John for details.

The Tours Committee is investigating making up a group tour to attend the Probus Rendezvous in the Barossa Valley in October 2011.

If you are interested in any of the above trips as well as other trips being considered in 2011 contact our tours officer, John Smit.

The Afternoon Tea Helpers

The helpers for afternoon tea at the next meeting are, Jim & Judy McLarty, Peter & Jock Meiklejohn & Anne Peacock. If unable to assist please arrange someone else to fill your place.

A THOUGHT FOR THE DAY

A married man should forget his mistakes.

There's no use two people remembering the same thing!

Till next month, Regards, Keith.

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER

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Formed 26th August 1997

NEWSLETTER for November-December, 2010 Edition No 145

President: Boyd Stone	69331604	Welfare: Rita Wilson	69258931
Vice President: Robyn Kirchner	69218177	Newsletter: Keith Beck	69264686
Secretary: Peter Piltz	69263755	Hospitality: Lynette Stakenburg	69265151
Treasurer: Barbara Fielder	69266064	Hospitality: Rita Smit	69319727
Past President: Ellen Poile	69224332	Trips Organizer: Jon Smit	69319727
Public Officer: Murray Aitken	69226362	Activities: Joan Stone	69331604
Membership: Joy Beck	69264686	Programs: Bernice Piltz	69263755

Mailing Address P.O. Box 8608 Kooringal 2650 As we do not hold a meeting in December

OUR NEXT MEETING DATE WILL BE; Tuesday, 25th January, 2011.

President, Boyd Stone opened the meeting by welcoming the 69 members present, as well as Daphne Carswell, who was our visitor at the meeting.

There were 25 apologies tendered by those members who were unable to attend.

As Murray Aitken, our fire officer, who had threatened to conduct a full evacuation was unable to attend the meeting President, Boyd gave a brief rundown of the evacuation procedures.

The Probus Prayer was read by Anne Peacock.

Boyd then called on Gay Lucas to come forward, and he then inducted her as a member to our club explaining the philosophies of the Probus movement.

Birthdays: The members celebrating their birthdays during December are, 1st Pam Wood & John Whiles, 6th

Jan Jones, 12th Bruce Bowman & Alex Macdonald, 18th Kay Smith & Norma Gray, 21st Fay

Grant, 23rd Nola Carmichael, 30th Shelly Rogers.

The January birthday people are 3rd Ray Grant & Jeanette Carroll, 12th Jean Jenkins, 15th Dorothy Prest & Jim McLarty, 18th Jon Smit, 23rd Frank Downey, 24th Martin Kendall,

Leonie Kendall & Jock Meiklejohn, 25th Joan Taylor, 26th Betty Baker.

Happy birthday to you all, have a fantastic day, kick up, enjoy yourselves and worry about the consequences another day.

Membership: Joy reported that there had been no change to our membership numbers since the last meeting and is still at 124.

Welfare: Rita told us that the only things that she had to report were that Wal Breust was in rehab and would like some visitors and that Lorraine Barassi was home but was still too weak to come to the meeting.

Activities: Joan gave us a report on the November day trip to Junee, travelling by bus, with a stop at Madisons Coffee shop for morning tea and then a tour of Junee, followed by an excellent lunch at the Railway Refreshment Rooms Café, and then returning home.

The January lunch will be at the Golden Seasons Restaurant, on the 12^{th} , from 11.30am, if you would like to attend please let Joan know by Monday 10^{th} .

Joan stated that if you leave a message on her answering machine she may not return the call as she gets a great number of calls and is unable to reply, but be assured that she will put you on the list.

Guest Speaker: The guest speaker at the meeting was Erin Bronson from the Greater Southern Area Health Service Organ and Tissue Donation Department.

Erin gave a very interesting presentation on the number of people who could benefit from the organs of one person.

She stressed that if you wished to be an organ donor, as well as having it marked on your driver's licence and listed in the Organ Donor register, make your intentions known to your family as they will always have the final say.



The Guest Speaker at the next meeting will be Fred Loneragan, who will be speaking about Australia Day.

Combined Probus Club Trips

March $14^{th} - 17^{th}$ 2011 a tour with Mudgee as a base, travelling via Bathurst, and visiting Gulgong and Hill End and attractions in the area. The cost will be \$800 per person.

The deposit for this trip will be due on 1^{st} January, but as this is a public holiday it has been amended to the 2^{nd} . There are currently 20 people who have shown an eagerness to participate so, remember that after taking the Christmas break into account there is little time to register your interest.

May 9th to 13th, 2011, a trip is being planned to Lightning Ridge. This looks like an interesting trip. John Smit has a preliminary itinerary, contact John for details. (There is now a waiting list for seats on this trip.)

The Tours Committee is investigating making up a group tour to attend the Probus Rendezvous in the Barossa Valley in October 2011.

If you are interested in any of the above trips, as well as other trips being considered in 201, contact our tours officer, John Smit.

The Probus Club Christmas Party

A happy group of members gathered at the RSL Club on Tuesday, 7th December, for the Christmas Party.

An excellent meal was enjoyed by all, with music provided by Joy and Robyn, and Boyd Stone acting as Santa!!!, accompanied by Joan as Mrs. Claus???



Don't forget: Our AGM is to be held at the March meeting, and nominations to fill the committee positions must be in by the February meeting.

So, think about who you would like on the management committee as if we don't have a committee the club will cease to exist.

The afternoon tea Troupe

The afternoon tea helpers at the January meeting are Jim & Ellen Poile, Roy Possee & John & Jean Pottie. If you are unable to assist please arrange for someone else to fill your place.

As this is the last newsletter for 2010 I would like to wish all members a happy Christmas and a healthy New Year.

Regards till 2011, Keith.

Frank Downey told me the other day, that there are two Wailing Walls in Jerusalem.

One at the old temple, and the other at the Taxation Office

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER



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Formed 26th August 1997

NEWSLETTER for January, 2011 Edition No 146

President: Boyd Stone	69331604	Welfare: Rita Wilson	69258931
Vice President: Robyn Kirchner	69218177	Newsletter: Keith Beck	69264686
Secretary: Peter Piltz	69225262	Hospitality: Lynette Stakenburg	69265151
Treasurer: Barbara Fielder	69266064	Hospitality: Rita Smit	69319727
Past President: Ellen Poile	69224332	Trips Organizer: Jon Smit	69319727
Public Officer: Murray Aitken	69226362	Activities: Joan Stone	69331604
Membership: Joy Beck	69264686	Programs: Bernice Piltz	69225262

Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 22nd February, 2011.

President, Boyd Stone opened the meeting and then greeted the 60 members present to the first meeting for 2011.

There were 23 apologies tendered from those members who were unable to attend.

Murray Aitken gave his usual fire evacuation speech, which is a requirement by Council for those using the Senior Citizen Centre.



The Probus Prayer was read by Ruth Walker.

Birthdays: The members who will be celebrating their birthdays in February are 2nd Peter Piltz, 7th Audrey Killalea & Rita Smit, 8th Bill Lampe, 11th Bill Van Well, 13th Nancy Dunn, 16th Joan Riches & Peter Meiklejohn, 28th Ann Peacock.

Happy birthday to you all and we hope you have a cool day at this time of year to enjoy it.

Membership: Joy reported that our member numbers are still at 124.

If you know of anyone who you think would like to join our happy group, invite them along to see what we do.

Welfare: Rita gave a report on the Members that she knew of who were not well. It included Wal Breust who is in re-hab, and would like some visitors, Norma Gray & Dorothy Prest who are both now OK and were at the meeting, Lorraine Barassi who is not completely well yet and was unable to attend the meeting, and Bruce Bowman who is now fit and well.

Rita also reported that Marg Nash is very ill and has a long way to go to recovery, and Rita had received a lovely thank you card from Bill.

Activities: Joan told us of the last Probus lunch which was at the Golden Seasons Restaurant and that 25 members had attended, and enjoyed the meal and the friendship.

The next lunch day is Wed. 9th February, at the William Farrer Hotel.

If you wish to attend and your name is not on Joan's list please let her know by Monday, 7^{th} for catering purposes.

Guest Speaker: The Guest Speaker at the meeting was Fred Loneragan, a retired member of the Police Force and a past District Governor of Rotary.

Fred spoke on Rotary's involvement in 'Rotarians For Fighting Aids' and their involvement in educating the children of Africa about effects of Aids, with the hope of reducing or eradicating Aids in their community.



<u>The Guest Speaker</u> at the next meeting will be David Kennedy. David has been a Guest Speaker at a previous meeting, and we all found his talk about medications and pharmaceuticals very informative.

Combined Probus Club Trips

It was reported that an almost full bus ventured on the one-day trip to Young, the home of the National Cherry Festival, on the 5th December.

The Mudgee trip planned for March had to be cancelled due to insufficient numbers.

The trip to Lightning Ridge has had an excellent response, with the bus filled, but there is a waiting list as some may pull out beforehand and their places will be filled from this list.

The Sunset Probus Club is organizing a trip to the Probus Rendezvous in October and has already had good interest from their club members.

If you are interested in joining in, contact their tours officer on 69263022.

A full itinerary for the Rendezvous can be found on the internet at www.probussouthpacific.org/activitiesrendezvous.html or the above phone no.

Several years ago the combined Probus Clubs in Wagga held a "Friendship Day" for all the clubs in the area, which was an excellent event.

It is hoped to revive this event again if possible and it would take the form of a social gathering and luncheon some time on a day between June and October that didn't conflict with the various club's meetings.

The afternoon tea Troupe



The helpers for afternoon tea at the next meeting are Bill & Dorothy Prest, Joan Riches, Kay Smith & Lynette Stakenburg. If you are unable to assist please arrange for someone to fill your place.

Important Notice

The March meeting is our **Annual General Meeting** and all places on the Committee will be declared vacant.

Secretary, Peter has nomination forms and they will be available at the next meeting.

So if you know of anyone who you think would make a good Committee member, nominate them, or if you would like to fill a position, you are welcome to nominate yourself.

Remember if we don't have a management committee the club will cease to exist.

Till next month, Regards, Keith.

A duck walks into a shop and asks for a red lipstick.

The cashier says, "Cash, check or card?"

And the duck says.

"Just put it on my bill."

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER



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Formed 26th August 1997

NEWSLETTER for February, 2011 Edition No 147

President: Boyd Stone	69331604	Welfare: Rita Wilson	69258931
Vice President: Robyn Kirchner	69218177	Newsletter: Keith Beck	69264686
Secretary: Peter Piltz	69225262	Hospitality: Lynette Stakenburg	69265151
Treasurer: Barbara Fielder	69212808	Hospitality: Rita Smit	69319727
Past President: Ellen Poile	69224332	Trips Organizer: Jon Smit	69319727
Public Officer: Murray Aitken	69226362	Activities: Joan Stone	69331604
Membership: Joy Beck	69264686	Programs: Bernice Piltz	69225262

Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 22nd March, 2011.



<u>NOTE</u> As the Senior Citizens Centre will be unavailable due to Seniors Week activities the meeting will be held in the Baptist Church hall in Tarcutta Street.

President, Boyd Stone opened the meeting by welcoming the 80 members who were present, along with Jenny Batten, who was our visitor for the day.

There were 12 apologies tendered from those members unable to attend.

The Probus Prayer was read by Michael Dowd.

Birthdays: The birthday celebrants for March are 8th Karin Pettit, 9th Judy McLarty, 11th Heather McAlister, 14th Lorraine Downey, 13th Lorraine Barassi, 18th Bernice Piltz, 21st Maureen Nugent, 24th Helen Velicek, and 29th Bill Nash.

Happy birthday to you all, but beware the ides of March!!

Membership: Joy reported that Jim Saligari had resigned from the club and the membership now stood at 122. She said that she had had interest from several people in becoming members.

Welfare: Rita gave a report on the members that she knew of who were not, or had not been well. Rita had received a thank you card from Joan Bierne, who had recently been in hospital, and had sent a condolence card to Kay Smith, due to the death of her mother and a card to Bill Van Well, due to the passing of his sister.

Norma Gray, who had been unwell was at the meeting.

It was also reported that Shelly Rogers had had a mini stroke and was in re-hab.

Activities: Joan reported that there were 29 members at the last lunch which was at the William Farrer Hotel. The next lunch will be at the RSL Bistro on Wednesday, 9th March, names to Joan by Monday, 7th as usual for catering.

The cost of the lunch will be \$8 for RSL members & \$8.50 non members, plus \$4 for sweets, if desired.

Our Committee changeover will be at the April meeting with Yathella-Coursing Park CWA ladies providing the afternoon tea. The cost to members will be \$3.00.

Guest Speaker: The guest speaker at the meeting was David Kennedy, who is a very knowledgeable pharmacist at the Wagga Base Hospital.

David spoke on generic medicines and that we should look at the chemical composition of the medicine and not the brand name. He also stated that paracetamol was the safest medicine to use but was also the most common overdosed medicine.

He explained how medicines were broken down by the liver and kidneys and this caused other problems. David also explained the difference between serious pain and chronic pain and how the brain dealt with these, and how addiction could develop.

The guest speaker at the next meeting will be John Allen from the Wagga Parkinson Disease Support Group.

The Annual General Meeting

The AGM will be held at the next meeting, all committee positions will be declared vacant so if you know anyone who you think would be an asset on the committee, or if you would like to fill a position, please nominate.

We will definitely need a new treasurer.

Notice of motion: For the AGM: We have to approve the changes to the Probus constitution as recommended by Probus Centre South Pacific. The committee has looked at the changes and they are very minor, and they recommend that they be adopted .(a copy is available from the secretary).

The committee has set the membership fees for the coming year at \$25.00 per head.

Combined Probus Clubs Trips

The Sunset Probus Club is organizing a trip to the Probus Rendezvous in October and has already had good interest from their club members.

If you are interested in joining in, contact their tours officer on 69263022.

A full itinerary for the Rendezvous can be found on the internet at www.probussouthpacific.org/activitiesrendezvous.html or the above phone no.

Several years ago the combined Probus Clubs in Wagga held a "Friendship Day" for all the clubs in the area, which was an excellent event.

It is hoped to revive this event again if possibl, and it would take the form of a social gathering and luncheon, some time on a day between June and October that didn't conflict with the various club's meetings.

Don't forget the next meeting at the Baptist Church hall, but be aware of the parking restrictions in the area as they may be different to those at the Senior Citizens' Centre.

The trips committee are considering a 2 day mystery trip perhaps during August.

The afternoon tea roster for the next meeting is, Nick VanStyn, Bill & Ann VanWell, Warren & Marie Tulk. If you are unable to assist please arrange someone to fill your place.

Till next month, Regards, Keith.

Wise words

Handle every stressful situation as a dog would.

Pee on it and walk away.

WAGGA WAGGA GARDEN CITY PROBUS NEWSLETTER



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Formed 26th August 1997

NEWSLETTER for March, 2011.

Edition No 148

President: Robyn Kirchner	69218177	Welfare: Bernice Piltz	69263755
Vice President: Michael Dowd	69264641	Newsletter: Keith Beck	69264686
Secretary: Peter Piltz	69263755	Hospitality: Lynette Stakenburg	69265151
Treasurer: Ray Grant	69311370	Hospitality: Rita Smit	69319727
Past President: Boyd Stone	69331604	Trips Organizer: Jon Smit	69319727
Public Officer: Murray Aitken	69226362	Activities: Alcia Dowd	69264641
Membership: Joy Beck	69264686	Programs: Rita Wilson	69258931

Mailing Address P.O. Box 8608 Kooringal 2650

OUR NEXT MEETING DATE; Tuesday, 26th April, 2011.

President Boyd opened the meeting by welcoming the 70 members present and our visitor, Shirley Kenny. There were apologies received from the 30 members who were unable to attend.

He then welcomed our new member, Jenny Batten to the club, and wished her a happy association with us.

The Probus Prayer was read by Alcia Dowd.

Murray Aitken began the fire drill by asking everyone to stand, and then asking those who had read the evacuation chart on the wall to sit down.

Everyone except about four members were left standing.

Birthdays: The birthday celebrants for April are, 2nd Rita Wilson, 8th George Cameron, 14th Geoff Baker, 15th Pam Whiles, 19th Norma Steward, 22nd John Pottie & Bill Corbett, 26th Don Chapman. We wish you a happy birthday and hope there are many more to come.

Membership: Joy reported that our membership stands at 121. There were twelve resignations and one death during the year; also three new members were inducted.

If you know anyone that you think would be a good member, invite them along.

Welfare: Rita reports that a sympathy card was sent to Heather McAlister, due to the loss of a close family member.

A thank you letter was received from Kay Smith for the club's support on the loss of her mother.

Shelly Rogers is now out of hospital and re-hab and improving and "getting there".

A get well card to Ivan Heinjus who has been in hospital for a couple of weeks, but is now home, but not ready yet to "go out on the town".

Joan Bierne advised that she is much better and feeling more like her old self.

Murray Aitken had a short stay in hospital in Albury recently, but is now OK, fit and well.

Activities: Joan reported that last month's lunch at the RSL Club was enjoyed by 32 Members and one visitor. The next outing will be a Devonshire Tea at '*Relish*' which is on the corner of Coleman and Norman Streets, at a cost of \$6.50 per head.

Joan requests that everyone be seated by 10.00am.

Next month's meeting will be our Committee Change Over meeting, which will be catered for by the Yathella-Coursing Park CWA Ladies. The cost will be \$3.00 pp.

Guest Speaker: The guest speakers at the meeting were Sue Ryan and John Allen of the Parkinsons Disease Support Group, John, and Sue's husband are sufferers of PD.

John told us of his experience of PD and stated that a cause of PD had not been found and research was on going.

He said that there were eight types of PD, it was a movement disorder and some of the symptoms were trembling, stiffness & loss of smell.

He said PD was not hereditary or transferrable, also exposure to farm and other chemicals were suspected as



triggers

Sue detailed her husband's battle with the disorder which had progressed to the stage to where he is now in care. More information about PD can be found on the internet at: http://parkinsons.org.au/about-ps/whatps.html

There will be no guest speaker at the next meeting, as it is our Changeover Meeting and we will be entertained by the Rugby Choir.

The Annual General Meeting

President Boyd opened the Annual General Meeting by giving his Annual Report and thanked all the outgoing committee members for their support and all members for making his year as President an enjoyable one.

The notice of motion regarding the update of the Probus Constitution was passed.

Murray Aitken then took the chair to conduct the election of the committee members. There was great trouble sourcing a nomination to fill the position of Treasurer, but Ray Grant volunteered, well done Ray.

The new Committee is listed at the head of this newsletter. Maureen Nugent and Karen Pettit were appointed as the Meeting Welcoming Officers, along with Murray Aitken as our Public and Fire Safety Officer and Martin Kendall as the Sergeant at Arms.



Combined Probus Trips

Mystery Night Away

Date: Monday, 11th July & Tuesday, 12th July 2011 Cost: \$280.00 per person twin share. Contact John Smit our Tours Officer on 69319727.



The Probus Friendship Day: is booked for the 16th August at the Wagga Country Golf Club, with a guest speaker to be engaged as well as other entertainment. The cost has not as yet been finalized and will be advised at a later date.

The Sunset Probus Club is organizing a trip to the Probus Rendezvous in October. If you are interested in joining in, contact their Tours Officer on 69263022.

Reverend Ole is the pastor of the local Norwegian Lutheran Church, and Pastor Sven is the minister of the Swedish Covenant Church across the road.

One day they were seen pounding a sign into the ground, that said:

DA END IS NEAR TURN YOURSELF AROUND BAFOR IT'S TOO LATE!

As a car sped past them the driver leaned out of his window and yelled, "Leave me alone, you Skandahoovian religious nuts!"

From the curve they heard screeching tyres and a big splash....

Rev. Ole turns to Pastor Sven and asks, "Do ya tink maybe da sign should yust say, Bridge Out?"

Till next month, Regards, Keith.

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