



KINCUMBER

MEETS: 9:30am. Fourth Tuesday each month at Kincumber Uniting Church.

SUB-COMMITTEE AND CONVENORS 2014-2015

ASSIST. MEMBERSHIP	Ineke Esveld
ASSIST. SOC. CONV.	Sue Schmid & Jenny Baker
BUSHWALKING	Barrie and Betty Pickersgill
CATERING OFFICERS	Debra Cresswell
DEBATES	Richard Collins
GOLF	John Rudd
HISTORIAN	John Rudd
BOOKSHARE	Jenny Baker
PHOTOGRAPHER	Bill Clark / Diane Rudd
THEATRE	Barbara Orme
WEBMASTER	Barry Riley
WELFARE OFFICERS	Elizabeth Butler & Helen Sutton
VENUE OFFICERS	Bill Clark & Alan Drew

Notes for your 2015 Diary



Feb 9th Lunch Empire Bay Tavern 12 noon
 2nd Committee Meeting 2.30pm.
 23rd Monthly Meeting 9.30 am

Mar.

All contributors please note:

DEADLINE for the next News Sheet is Friday Feb. 12th. 2016,

This publication is solely for the information and interest of members of the Probus Club of Kincumber Inc. and the adjoining Probus clubs within the district. It is not available to outside bodies for any other purpose.



PROBUS CLUB OF KINCUMBER INC.

Established 1984

P.O. Box 6109, Kincumber, NSW 2251

www.probuskincumber.org.au



News Sheet

Meeting No.382

Jan 19th 2016

President's Report

I would like to wish all our members a Very Happy and Healthy New Year.

There is no time like the present to adopt good habits and enjoy the year with greater energy and wellbeing, so here are some tips you might put into your daily routine.

Make time for 30 minutes of exercise on most days of the week, a walk around the block, play a sport, aqua aerobics or weights at your local gym.

Take a break at lunch time (nanna naps are good, or go to a park)

Get eight hours of sleep a day – try to go to bed and wake up at the same time each day to set your body clock

Catch up with friends a quick email, text phone call or facebook message. Knowing that others care, can boost your mood and help to tackle life's ups and downs

Eat a healthy breakfast every day

Aim to move more, sitting for long periods can be a significant health risk

Cuddle your partner/friend may help to reduce your blood pressure

Join us on a Probus activity – outings and bushwalks will cover most of the above

Here's to a wonderful year ahead for you all and your families

Diane Rudd

2015-2016

Committee

President

Diane Rudd

4326 1326

Vice President

Arthur Adeney

4381-0498

Jnr. Vice President

Liz Gilbert

4368-6301

Secretary

Yvonne Chandler

4365 2154

Treasurer

Barry Riley

4381 2759

Social Convenor

Gloria Reid

4369-5441

Speakers

Hermione Dunbar

4368-1485

Membership

John Rudd

4326 1326

Editor

Pat Fordham

4368 4398

Auditor

Barbara Orme

Life Member

Fred Leake

John Orme

Treasurer's Report by Barry Riley

Nominations invited for Annual General Meeting

The Annual General Meeting will be held at our March meeting and currently nominations are invited for positions on the Committee, and for Sub-Committee and Convenor positions. These positions are clearly noted in your Newsletter. Should you wish to nominate for any of these positions except for President or Vice-President nomination forms are available from the Committee. Fortunately most of the positions are filled and Diane will refer to positions vacant at our meeting. If you are invited to be a candidate for any position please accept. It is a great chance for increased involvement in our activities as a member of a supportive team.

Yvonne Chandler

Guest Speakers

Our Guest Speakers for January are Mathew and Fiona Wingate who will tell us about their wonderful 2 years travelling through Latin America on a motorbike. I've heard from Gloria, that this is a great presentation.

The Guest Speaker for February is Elaine Ogden Norling. Elaine, who is quite a character, will talk about the history and one possible point of view on the controversial plans for the Avoca Cinema.

Hermione Dunbar

December 2015

Cheque account balance at March 1, 2015	\$132.06
Savings account balance at March 1, 2015	<u>\$1701.67</u>
Total	\$1,883.73

	<i>December</i>	<i>Year to date</i>
Income	\$1.84	\$3,393.29
Expenses	\$23.80	<u>\$2,984.91</u>
Balance		\$408.38

Total \$2,242.11



Net balance at December 31, 2015. \$2,242.11

January Anniversaries

Congratulations to:

Ralph and Pamela Brown



Welfare Report

We are very sad to report that Cecilia Donnelly passed away on January 9th. We have all enjoyed her friendship and we will miss her bright comments and charming smile at our meetings. Please keep her family and friends in your thoughts.

Following a fall in mid-December, Keith Tysoe was taken to Gosford hospital where he had a hip replacement. His recovery has been slow because of other medical issues and he is currently at Brisbane Waters Hospital where he will be undergoing rehab for another few weeks. We're thinking of you Keith, and Bev, and hoping that progress will be much better from now on.

We hope that 2016 has started well for all our members and look forward to great times together in the months ahead.



Elizabeth Butler 4360 2403

Helen Sutton 4365 3434

January Birthdays

Congratulations to:

Roy Bird Cheryl Dennison

Colin Laybutt Rhoda Roberts

Isabelle Drew Arthur Adeney



SENIOR CADDIES GOLF JOKE

Jim-Bob showed up at his golf club one day to discover that the club had begun a program using seniors as caddies. One day a week, the club replaced all its regular caddies with senior citizens.

"Its a new program" the club starter explained. "All the seniors we hired live at the old folks' home down the road. But they are in terrific physical state, and we're just trying to help them earn a little extra money, get some exercise and stay young. That sounded like a noble idea to Jim-Bob, so he set off to the first tee with his 75-year-old caddie. When Jim-Bob finished up on No. 18 the starter ask him how it went.

"Well" Jim-Bob said, My caddie was a nice guy and he tried really hard. But his eyes were bad. He just couldn't see far enough to help me find all my shots. The starter was apologetic. "I'm sorry. Come back next week and I promise I'll get you a caddie who can see just fine"

A week later, Jim-Bob returned. He headed to the first tee, and this time his caddie was 80 years old. Jim-Bob was aa little worried, but his concerns disappeared after his first tee shot.

It was a booming drive, around 300 yards but a little offline. "Do you have it?" Jim-Bob asked, "I lost it in the sun." "Don't worry" the elderly caddie replied, "I saw exactly where it landed."

Jim-Bob and his caddie started up the fairway in the direction where the old man said he'd seen the ball. But Jim-Bob started to get a little worried when they began wandering a bit, the caddie seemingly unsure of the exact location.

"What's the matter?" Jim-Bob asked, "I thought you saw where it went" "Oh yes sir, I saw exactly where the ball went" the caddie replied.

"Then where is it?"

The caddie replied, "I forgot"

Tuesday 9th February 2016 LUNCH

Venue: Empire Bay Tavern
1 Poole Close, Empire Bay.

Time: 12 Noon

Cost: Own Expense

Travel: Own Travel Arrangements.



NAMES REQUIRED AT THE JANUARY MEETING PLEASE

Tuesday 8th March Tour of Central Coast Interactive War Exhibit

Venue: CCIWE,
24 Tatura Avenue, Gosford.

Time: 10 a.m.

Cost: \$7.00 per person with tour guide.
\$12 pp if we require morning tea/coffee)

Travel: Own travel arrangements.

Lunch: Own arrangements to decide on day.

NAMES REQUIRED AT THE FEBRUARY MEETING PLEASE



Gloria Reid

A common mistake that people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools

Douglas Adams

I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening.

Larry King

Profile Talks

Jan Cochrane will give a five minute talk

