

Wollongong City Ladies Probus Club Inc.

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BULLETIN NO. 343 – July/August 2020

PRESIDENT'S MESSAGE

Dear Probus Friends

I hope everyone is feeling well, has avoided the dreadful virus and the common cold and is coping with this strange state of affairs. Again we had a little more easing of restrictions compared to last month, but still nowhere near normal.

There is still no indication to when we can recommence our General Meetings at the Fraternity Club. No doubt the club management will let us know when they can have us back there. We will keep you informed of any changes.

Please don't forget we are here for each other, if you feel the need to contact any Committee member for a chat or if you would just like to catch up. The Wollongong City Ladies Probus Club Facebook Page, which is private for our members only, has some interesting posts at the moment for your viewing. It is worth joining up.

The month of June brings us the shortest daylight hours, the start of winter, thoughts of log fires and a seasonal menu, including all different yummy soups, casseroles, slow cooked recipes and all sorts of comfort foods. Pondering over what I was going to write this month, enjoying my cup of tea (of which I have many throughout the day), made me think of where tea leaves originated. This is what I found.

What is Tea?

Tea is a drink that is produced from the combination of cured leaves of the Camellia Sinensis (tea) plant with hot water. Tea is the second most popular beverage in the world, after water. The Camellia Sinensis plant thrives growing in tropical and sub-tropical climates, hence its origins on the continents of Asia and Africa. The first recorded consumption in the history of tea was in China, as early as the 10th century BC. Soon, it spread to Korea and Japan. During the 16th century Portuguese exploration of the Far East, tea was traded with the West and as a result, the tea plant spread to the rest of the world. It has been said that Catherine of Braganza, the Portuguese queen consort to King Charles II, introduced the drinking of tea in the UK. It wasn't until the 19th century that tea drinking became a common pastime for all the social classes.

Types Of Tea

There are (at least) four different types of tea: white tea, green tea, oolong tea and black tea. The type of tea depends on the type of tea processing it undergoes. Tea leaves are prone to wilt and therefore oxidise, if they are not dried quickly. As the chlorophyll breaks down, the tea leaves darken and release tannins; this process is called fermentation in the tea industry. Tea is renowned for containing numerous antioxidants and less caffeine than coffee. There are also certain teas used in diets and for weight loss. (I still think that tea leaves in a pot, make the best cuppa)

Congratulations and best wishes to those members celebrating birthdays and anniversaries this month. Enjoy your special days.

Thought for the month: May your month be filled with good thoughts, kind people, happy moments and unexpected surprises.

Yours in friendship Dian 4284 6273 0409 745 472

MEMBERSHIP

Tina Korda has resigned from the club, we wish her all the best for the future.

Requests for Leave of Absence can be emailed to wclpc@outlook.com

Elaine and Anne

Walking Group Katie and Janet	Meet at the Lagoon car park 9.30am. 18 July 2020. All Walkers Welcome
Coffee'N'Chat	Fraternity Club, Bourke Street, Fairy Meadow at 10.00am . Held 4th Monday of each month – the next event will be on 27 July 2020
Luncheon Group Janelle Tyson – 0431 909 853 Meet 11.15pm for 11.30pm Meet 11.45pm for 12 noon	PLEASE CONTACT JANELLE IF YOU WISH TO ATTEND 16 July 2020 Fraternity Club – Bourke Street, Fairy Meadow. The club has 2 sittings one at 11.30 and the second one at 1.00pm. We need to have left by 1.00pm. 20 August 2020 Mt Kembla Hotel, Cordeaux Rd, Mt Kembla



SHOWS, TOURS AND TRIPS



PLEASE NOTE:- REFUNDS WILL NOT BE GIVEN AFTER FINAL PAYMENT DATE STATED. PLEASE REMEMBER WHEN PAYING FOR TICKETS FOR SHOWS OR OUTINGS TO LIST EACH INDIVIDUAL PERSON SEPARATELY ON THE FRONT ON THE ENVELOPE. *PAYMENT MUST BE MADE BY DUE DATE OR BOOKING WILL BE CANCELLED*

Date	Venue	COST & OVERVIEW
		EXTENDED TOURS
19 October – 24 October 2020	Nambucca Heads Tour	SUBJECT TO THE RELAXATION OF SOCIAL DISTANCING RESTRICTIONS Please let Lynn know if you have any food allergies or anything that you don't eat or if you have any special needs.

Lynn and Janelle



PERFORMING ARTS



BOOKINGS STILL OPEN		
Wednesday 18 Nov 2020	State Theatre	Come From Away Cost \$70 Time 1.00pm Payment September 2020
Wednesday 21 April 2021	Capitol Theatre	Frozen Cost \$80 Time 1.00pm Payment February 2021
DATES TO REMEMBER OF BOOKINGS ALREADY FINALISED.		
The Lights in the Piazza and The Secret Garden have been cancelled for 2020		
Waitlist	Hamilton 2021	

Sue and Kerry

Our website address is: - www.probusouthpacific.org/microsites/wollongongcityladies

For our Facebook page enter: - **Wollongong City Ladies Probus** to catch up on the latest happenings of events and members.