



PROBUS CLUB OF GREENWAY INC.

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If for any reason you are unable to attend the meeting, please call or text Carol Martin on 0401 574 427 to pass on your apologies

PRESIDENT’S DECEMBER MESSAGE

Dear Members

I would like to wish everyone and their families a very merry Xmas and an even happier New Year for 2023. For those of you that are travelling, I hope you have a safe journey.

This year seems to have just flown by. In hindsight, we have learnt to live with Covid and have managed to do this in a way that we are comfortable with. It is nice to see that numbers are gradually increasing at our monthly meetings, and we certainly have a good turnout for our Xmas party.

I know that you will join me in thanking all of our committee for the wonderful efforts that have gone into organising the many outings, trips and interesting guest speakers that we have enjoyed throughout the year. The tireless efforts that the entire Committee put in make it very easy for my job as President.

Some of our Committee members would like to have a break next year and I would encourage

all members to consider volunteering. There are many ways to do this, for example, by “shadowing” another Committee member for a while with the view of taking over that role once you feel comfortable. You might also like to try another less challenging role to begin with, such as being the person who collects the money at the start of our monthly meetings. There are a variety of ways to become involved so please give me or another Committee member a call as we would love to hear from you. A club cannot function without a Committee and some clubs have had to close simply because they couldn’t get enough volunteers.

I’m looking forward to seeing everyone at either our Xmas party or our first meeting in January.

Take care, stay safe and keep smiling.

Sandra

Upcoming Outings

Christmas Party - Note – There will be no monthly PROBUS meeting before our lunch

Late January 2023	Possible Picnic – details TBA
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Future Guest Speakers

Date	Speaker	Talking About
December 13 th	Christmas Party	-
January 10 th	Noela Power	My visit to Norway
February 14 th	Tim Kilby	That Old Time Rock’n’roll Schtick
March 14 th	AGM and Joan Munro	Two Truths and a Lie
April 11 th	-	TBA
May 9 th	Jan Petrie	Her Famous Trivia Quiz
June 13 th	Dr Brad Tucker	Space Race 2

Food For Thought. Gut Health



At our November meeting, we were very lucky to have Dr Clair O'Brien come along to talk about the role of Bacteria in our body with particular emphasis on the impact on our Gut!

Dr Clair talked about the various types of Bacteria that exist in our "Gut" and how these can change depending on how we look after ourselves and the type of food we eat.

Clair explained what impact minor changes to our diet can make. The variety of bacteria in our body can affect our well-being, and how some bacteria can move or otherwise around various parts of our bodies.

I am sure that I will be watching what I put on my plate in the future!

Welfare

We currently have some Members with ongoing health problems or other issues that prevent them from attending meetings. We have not forgotten you and send our positive thoughts and best wishes.

Greenway Sunday Dining Group

Members meet on the first Sunday of each month at various venues for lunch. Why not come along and give it a try and then decide if you want to join? Please contact Sandra on 0429 133 363 for more information.



December Birthdays

We have a few Members with December Birthdays and they are Margaret Brown, Linda Dack, Lorraine McPherson, Joan Munro and Jan Petrie.



A very Happy Birthday from all of us



Dr Clair drawing our "Lucky Door" Prizes



A picture of our November Birthday Members

Greenway Probus – Gosford and Riverboat Postman Tour

On Thursday 17 November, 35 people from five local Probus clubs (Greenway, Queanbeyan, Tuggeranong, Wanniasa and Condor-Lanyon) departed from Canberra for a three-day bus tour with Potters Travel. We stayed both nights at the

Gosford Resort and Conference Centre. The motel is home to many lizards, some of whom were sunning themselves on rocks as we arrived. We mostly had downstairs rooms, with only a few people having to climb the stairs.



A group of Happy People enjoying themselves!

Highlights of our trip included:

- seeing Lake George full of water
- commentary from our driver about interesting landmarks along the way
- a tasty lunch at the Campbelltown Arts Centre Café, with time to wander the quirky exhibit halls, the Japanese garden and the koi pond
- visiting the Ken Duncan Gallery to see his latest work
- lunch on the Riverboat Postman cruise. Leaving Brooklyn, we cruised for three hours on the Hawkesbury River, stopping from time to time to drop off and pick up mail at isolated communities on behalf of Australia Post. The weather, food and scenery were all excellent.
- strolling the Mt Penang Gardens, followed by coffee and in some cases, ice cream by the lake
- exploring Henry Kendall's Cottage and learning some local history
- helping the Gosford economy via a visit to the nougat and chocolate factory.

We arrived back at Tuggeranong on Saturday at 5:30 pm and everybody appeared to have enjoyed their trip away.

There was some discussion about how local Probus clubs can work together to host a range of future travel opportunities.



Glenda Enjoying the Sun



The Greenway Members.