



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: January 2020

Newsletter from the President



Well here we are in 2020, how the years fly. As your Club enters its third year we can look back and reflect on the exceptional growth and friendships that

have developed over this time.

We have been very fortunate in attracting like-minded people who have embraced our endeavours to make our Probus Club not just another club, but one where all our members can come and be welcomed and feel relaxed to be there.

As we all know, with anything, what you get out of it, is what you are prepared to put into it.

In this regard it has been very gratifying to your Committee that you have supported the events put forward for your enjoyment and we trust that this will continue.

To our newer members who at this time have not had the opportunity to join us in our outings, dinner's etc., please make this one of your New Year's resolutions to embrace your Club as this is when you really meet your fellow members and get to know them which I know from experience improves your enjoyment and lifestyle.

At our next General Meeting on Thursday, 13th February, nominations will be called for positions in our committee for the

ensuing year.

Please give consideration to nominating a fellow member who you believe would continue in the improvements of your club over the next twelve months.

While writing this report I have been reflecting on our brilliant trip to Cowra/Parkes to attend the Elvis Festival. It was a real hoot, a lot of fun and enjoyed by all.

See you ALL at our February Meeting.

Robert Dytor.
President.

Memberships

To fill the available vacancies, prospective members are welcome to attend future meetings which are held at 10am on the second Thursday of each month.

Members can refer their friends to our website to see that we have an active group.

PCKH Website

Our website www.pckh.org.au includes a calendar to show the dates of upcoming events including monthly meetings and planned events.

Whilst future events will be highlighted at monthly meetings, from time to time event organisers will email members of upcoming events, to which members are requested to respond to the organiser.

Elvis Festival Cowra / Parkes Thursday 9 January – Monday 13 January 2020

Day 1. Travel to Cowra by bus stopping at Mountain Blue Café at Glenbrook for lunch. Arrived at Cowra at approx. 6pm unpacked then all walked across the road to The Lachlan Valley Hotel for dinner, everyone enjoyed the meal with lots of fun and laughter.

Day 2. An early start picked up at 6.45am. After breakfast we travelled to Parkes on the bus to see the sights and there was plenty to see, Elvis in all shapes and sizes. Our ladies looked great in their Elvis shirts. Then we went to the Parkes Leagues Club for the heat of the best Elvis impersonator. Everyone enjoyed this event. Then a short drive to The Dish; it was a very hot day 43°. The flies nearly carried us away. After a leisurely lunch we returned to Parkes for free time. The clubs and hotels all had entertainment Elvis of course. Returned to Cowra just in time for a quick change for dinner. It was our own choice and cost we went to the Hong Kong Chinese Restaurant for a very nice meal. After dinner we walked to the Australian Peace Bell; it was still 41° at 9.30pm.

Day 3. Another early start then travelled to Parkes for some retail therapy at the markets in Cooke Park before the street parade. The parade was a lot of fun, lots of laughs, a trip back in time with lots of old cars from 50's and 60's and of course lots of Elvis's. Then free time in Parkes. Most did their own thing for lunch and walked the town. Some walked to the Graceland Hotel whilst others sat and watched the entertainment in the street. Dinner was back in Cowra – Cash is King dinner and show.

Day 4. An extra early start 5.45am. After breakfast back to Parkes for the Gospel Service. Free time in Parkes before the Feature Concert Series Dean Z. He was

amazing singing Roy Orbison, Mick Jagger, Elvis and more. He had the whole room jumping, what a great concert. Definitely a highlight of our trip.

After leaving Parkes we went to Montrose House in Canowindra. What a wonderful restored building. In 1915 it was the NSW Bank. Tommy the proprietor was a terrific host, he had lots of stories to tell. We had a lovely meal that Tommy had made himself. We ate out in the garden where the DJ played music for us. This was definitely another highlight of our trip. Everyone had a fabulous time.

Day 5. Bright and early again breakfast and then the journey home. Thank you everyone for making it such a great trip.

Ron Harding
Trips and Tours Coordinator

Messages from PSPL



Dear Management Committee,
I am sure I speak for all Probians in both Australia and New Zealand as I express my concern at the ongoing ferocious and destructive fires in Australia, more particularly in Victoria and New South Wales. The loss of lives and the loss of communities is devastating and the effects will be felt for generations to come. From a distance it is difficult to visualise the sheer extent of the emergencies but the images seen on television are frightening and distressing.

We cannot underestimate the work that the volunteer fire service and emergency personnel have been doing over the past weeks, but it seems that their every effort to control the fires is thwarted by nature. I am sure that whenever and wherever possible Probians will extend a hand in friendship and fellowship to all those needing assistance and support in these terrible times.

My thoughts are with you all at this challenging time.

Kind regards

A handwritten signature in black ink that reads 'Margaret'.

Margaret Drake
Chairman, Probus South Pacific Ltd

Socialising in Retirement

Forming social connections during retirement is important, as it provides a sense of friendship and support for retirees.

Healthy relationships are necessary at every age, but the importance of socialising for retirees cannot be overemphasised. Regular social interactions can help keep retirees mentally, physically and emotionally healthy, whilst fending off difficulties inherent to loneliness.

There are also many ways that socialising can help improve both our cognitive and physical health. These include:

- Reduced stress. Retirees who are socially active tend to handle stress better. This leads to improving their cardiovascular health and immune system.
- Longer lifespan. High levels of socialising can help increase longevity.
- More fitness. Retirees with diverse social connections are more likely to exercise regularly. This can lead to a myriad of physical, mental and cognitive benefits.
- Reduced risk of depression. Consistent socialising reduces the likelihood of retirees experiencing depression caused by loneliness.
- Less anxiety. Similar to depression, retirees who socialise more experience less symptoms of anxiety.
- Greater self-esteem. Socialising helps retirees be better engaged, growing their confidence and sense of worth.

As these health benefits contribute towards significantly improving the quality of life for many retirees, it is important to find an appropriate way of maintaining a

healthy social life.

Joining a social Club like Probus provides retirees the opportunity to socialise with likeminded people in their local communities. There are over 1,700 Probus Clubs across Australia and New Zealand where retirees can be involved in a range of exciting activities and listen to interesting guest speakers. Experience all the Fun, Friendship and Fellowship by visiting the Probus Club Locator.

You can find out more about Probus by calling (Australia) **1300 630 488** or (New Zealand) **0800 1477 6287**. Visit **www.probussouthpacific.org** to find your nearest Probus Club.

Events / Trips coming up

Many already on the website:

<https://www.pckh.org.au/activities>

Walking Group meets 9.30am each Wednesday at Bernie Mullane Sports Complex

Coffee & Chat Group meets monthly at various venues. See the calendar for more

Book Group meets 10.30am, 4th Thursday of the month at the Castle Hill Tavern

March, Thursday 5th 2020
Gledswood Historical Tour

March, Thursday 12th 2020
Annual General Meeting

March, Tuesday 17th 2020
Davistown RSL

June, Sunday 14th 2020
Dolly Parton The Musical 9 to 5

July, Monday 27th 2020
Christmas in July Harbour Cruise

October 31st to 6th November 2020
Melbourne Cup Cruise

Your Committee

Position:	Who:
President	Robert Dytor
Vice President	Peter Noreen
Secretary	Lynn Boorman
Treasurer	Kerri Harding
Membership Officer ***	Barb Gurney
Assistants / Meet & Greet	Mazz Vodanovich
Assistants / Meet & Greet	Lorraine Begg
Assistants / Meet & Greet	Anita Lukjanenko
Assistants / Meet & Greet	Betty McKenzie
Welfare Officer ***	Coralee Rose
Assistant	Lorraine Everitt
Program/Guest Speakers Officer ***	Peter Elwine
Outings & Activities Officer ***	Darralyn Loo
Assistant	Lorraine Everitt
Trips & Tours Officer ***	Ron Harding
Assistant	Kerri Harding
Live Theatre	Kerri Harding
Assistant	Coralee Rose
Risk Management Officer ***	Tony Loo
Hospitality Officer	Lynelle Dytor
Assistant	Lorna Dossor
Book Club ***	Alan Vesperman
Walking Group ***	Kevin Carey
Public Officer	Kerri Harding
Newsletter Editor	Janette Mana
Webmaster	Marc Mana

*** denotes Management Committee Members

Feedback

Thank you for reading this newsletter. We welcome your comments / feedback both on this newsletter and suggestions for the future.

Kindly provide your articles and photos for inclusion in our next Newsletter.

Janette Mana – Editor
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E&OE