



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: October 2021

Message from the President



Dear Fellow Probud Members,

It has been a long time since we were able to meet and the good news is that the Castle Hill RSL are allowing us to meet, observing all the correct procedures, on the 11th November, 2021. All attendees need to be double vaccinated and masks are to be worn unless you are eating or drinking.

Your committee has met and are looking forward to making plans for outings and activities. All activities in the next few months will be within the health guidelines. The number of outings that have been cancelled over the last year is very disappointing, but we hope we can have a normal year in 2022.

I understand that some members will take some time to gauge the outcome of our new freedoms, but be assured, we will try to make it as safe as possible. If you are unsure or have any

concerns, please contact Lynn or myself.

The invite to the Christmas Party has been sent out and there are other activities being arranged. More details available at our monthly meeting.

The Walking Group has recommenced and have had two successful walks. Looking forward to an away walk in the New Year.

Stay safe, thanks for getting vaccinated.

Faye

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. We currently have 96 members.

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

Active Retirees Magazine

Members will find the current issue of the Active Retirees Magazine on our [website](#) under Members Login, Publications, also on the Probud South Pacific site.

Our Guest Speaker for November

Dr Loretta Giorcelli

Probus Kellyville & Hills

has a [Facebook page](#).

If you belong to Facebook, pop along and join other members for a chat. It is a Private Group, but all you have to do is request to join.

[LINK](#) to our Facebook page.



Walking Group meets:

Centenary of Anzac Reserve, Wrights Road, Kellyville, weather permitting, every Wednesday at 9.30am.

Please contact [Kevin Carey](#) or call 0417 246 218 to join the next walk.

Book Group

Book Group meets 10.30am
Castle Hill RSL Club
4th Thursday of the month

Please contact [Alan Verperman](#)

PROBUS MEETING Castle Hill RSL Club

Phoenix Room
Thursday, November 11th
10am

Please allow time for registration by arriving around 9.30am.
Thank you for your co-operation.

Please enter via side door

The CHRSL has strict rules regarding admittance to the club.

It is mandatory for everyone entering the club to show proof of double vaccination.

Seating in the Phoenix Room will be spaced according to the COVID rules in place on the day.



Originally known as Armistice Day, Remembrance Day commemorates the signing of the peace agreement that ended World War I at 11am on 11 November 1918. It is a time to remember and honour the memory of those who served, are currently serving, and those we have lost to the cause. Lest We Forget.



22 October 2021

Dear Management Committee,

I am pleased to advise that Probus Club members can now apply for Probus Travel Insurance with one of Australia's leading travel insurance providers, Allianz Global Assistance.

Together, Probus and Allianz Global Assistance have made a range of travel insurance products available to Probus Club members across Australia.

Probus Travel Insurance provides a range of options for both domestic and international travel from Australia. Depending upon your age, where you are travelling to and the length of your trip, Probus Club members may be offered one, two or three different plans. Of course terms, conditions, limits and exclusions apply, and members should refer to the [Product Disclosure Statement](#) to compare the plans in more detail.

Probus Club members can apply for Probus Travel Insurance online at https://www.probusouthpacific.org/pages/travel_insurance_landing_au

For those members who prefer the personal approach or are unable to access the internet, the Allianz Global Assistance Team can take travel insurance applications over the phone. For more information about Probus Travel Insurance, please visit our website at

https://www.probusouthpacific.org/pages/travel_insurance_landing_au or call 1800 125 234.

After the uncertainty in recent months, it is so pleasing to be able to provide members with a range of travel insurance options for their consideration.

Management Committees are encouraged to share this information with their members via their regular Club newsletter.

To download a copy of this letter please [click here](#) in MS Word or [here](#) for PDF.

Yours in Probus friendship,

A handwritten signature in black ink, appearing to read 'Silvana Martignago'.

Silvana Martignago
Chief Executive Officer

Melbourne Cup Day

DURAL COUNTRY CLUB



Melbourne Cup Day

DURAL COUNTRY CLUB

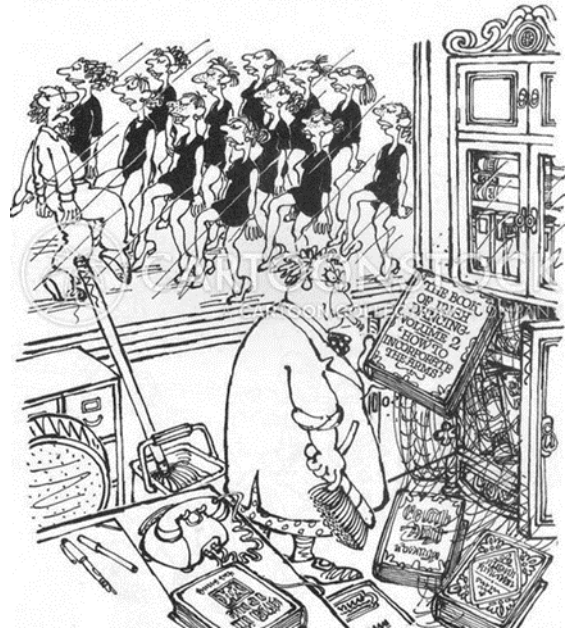




Melbourne Cup Day



WHILST DOING A LONG OVERDUE CLEAROUT
AT THE OFFICES OF IRELAND'S OLDEST AND
MOST RESPECTED SCHOOL OF DANCE, MRS O'HARA
MADE A TERRIBLE DISCOVERY.....



EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Contributed by Tony Myatt

Thank you once again Tony!

Events / Trips Scheduled

Many already on the website:

pckh.org.au

Scheduled Events

Please refer to relevant flyers for accurate details and contacts for each event.

Opal Day to Springwood

Thursday, November 25th

A revised flyer dated November 11th 2021 advises details and contacts for this particular event.

Christmas Party Luncheon The Hills Lodge

Thursday, December 2nd

Cnr Windsor and Salisbury Roads
Castle Hill

Dusty The Concert

Saturday, December 18th 8.00pm

Cost \$42.00/person
Castle Hill RSL

PROBUS MEETING Castle Hill RSL Club

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Every Week

Walking Group

We meet at the Centenary of Anzac Reserve, Wrights Road, Kellyville, as we did last year in the early days of Covid-19 restrictions.

After our walk, we will adjourn to the Cherry Bean coffee shop in the Kellyville Village shopping centre, opposite the oval/park, as we use the outside tables, pets are permitted. Should it be raining, those interested can go straight to the coffee shop.

Other suitable locations are being investigated for future walks. Suggestions {within reason} are welcomed.

Please contact [Kevin Carey](#) or call 0417 246 218 to join the next walk.

Once a Month

Probus Kellyville Hills Book Club

Book Group meets 10.30am

Castle Hill RSL Club

4th Thursday of the month

Please contact Alan Vesperman for further details.

Contact : [Alan Vesperman](#)

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 November issue by November 30th via this [LINK](#).

PCKH Website

Our [website](#) 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.

Your Committee

Position:	Who:
President	Faye Carey
Vice President (first)	Peter Noreen
Vice President (second)	Coralee Rose
Secretary	Lynn Boorman
Treasurer	Kerri Harding
Membership Officer	Barbara Gurney
Welfare Officer	Coralee Rose
Welfare Assistant	Lorraine Everitt
Guest Speakers	John Duffield
Trips and Tours	Ron Harding
Live Theatre	Kerri Harding
Local Lunch and Dinners	Lorraine Everitt
Picnic/BBQ	Jackie Duffield
Walking Group	Kevin Carey
Book Club	Alan Vesperman
Webmaster	Gail Denham
Meetings – Power Point	Wilf van Emmerik
Newsletter Editor	Janette Mana
Meet and Greet	Lorraine Begg
Meet and Greet	Lynelle Dytor
Hospitality	Susie Myatt
Hospitality	Mazz Vodanovich

Janette Mana – Editor
pckh.newsletter@gmail.com

E&OE