

VISIT TO DENBY VISITOR CENTRE

The Denby factory is based on a rich seam of high quality clay discovered in 1806. For over a hundred years it specialised in producing salt glazed stoneware bottles until it diversified into kitchenware in the 1920's. Over 200 tonnes of clay is used each week generating some 200,000 items for sale worldwide.



We were initially invited to make model frogs from the wet clay and the process of moving through "leather dry" to "biscuit dry" and eventually "kiln dry" was explained and then witnessed on our tour of the factory. Surprisingly the process had a high manual, repetitive

input and involved 35% waste-age leading to heavy attention to recycling. After seeing the meticulous "dipping" activity and continuous kiln process we ended by admiring several of our ladies exhibiting their artistic skills as they painted plates prior to firing.



After lunch a cookery demonstration that led to the kitchen shop enjoying record sales. Finally some time to browse the craft shops for bargains before departing home.

David Rooke

Editor's Notes

Every effort will be made to include all articles - and photos - given \sent to me. News items will only be included for the current month if they reach me **no later than the Saturday before** publication at the Thursday General Meeting. Whilst it is understood that not all members have computers the preferred method of receiving articles\photos is by email. The number of pages in the Newsletter may vary and will be based on information supplied.

It would be appreciated if articles be restricted to **a maximum of 250 words**. Articles will be edited, major changes by agreement with the member\author concerned.

Any opinions expressed within the Newsletter are not necessarily those of the Editor or the Committee.

The Publicity Officer (**Brian Harbourne**) will submit extracts of articles and photos to the local press.



**Sutton Park
Probus Club**
(Founded in 1998)

President: Selby Betts

Issue 149 March 2011

LONG LIFE, SHORT DEATH ie. Probus in action.

Monday 28th February 2011

A talk by Professor Janet M. Lord of the Institute of Biomedical Research at Birmingham university on the subject of healthy ageing was attended by sixty members and partners. Pat and I being amongst some of the last to arrive, we were on time, found ourselves seated near the back of the room behind many Silver Surfers. Much to my surprise I was approached by our editor to produce an item for the newsletter to which I readily agreed. After the first three slides I realised that not only was I gallantly trying to keep up with the information and committing it to paper but I knew that I could not have been the first one asked to produce a written report. (and what great job you've done John !).



Prof. Lord advises the charity Age UK previously Age Concern. One of the first slides dealt with the rise of more people living to a ripe old age and was illustrated by the musical group Artic Monkeys followed now by the Group The Zimmers. A study of older people taken between 1984 and 2009 found that 17.7 million of us have reached 65 and by the age of 85 the sum has reached over 1.4 million. We are all living longer. Over the age of 70 the major causes of death are Cancer, Respiratory diseases, and Heart disease. Study has shown that we should eat less and exercise more as do the inhabitants of the Japanese island of Okinawa whose diet consists of mostly Rice and Fish. The scientific term for restricting our food intake is Caloric Restriction and reducing intake helps our immune system to fight such diseases as Influenza, Tuberculosis, Lymphoma and Shingles which is the adult form of Chickenpox. Over the age of 75 these diseases

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become more prevalent as our immune system breaks down and we become more prone to the deadly hospital infections of C. Difficile and MRSA. It is therefore most important to take advantage of any vaccinations offered. As we get older disease spirals and we become more susceptible to fractures of the hip etc. We suffer more psychological stress and whilst ladies suffer from the Menopause we all suffer menopause.

Finally the key to all this is a happy marriage, plenty of exercise, generous helpings of sunshine and vitamin D also a good social life to which we all subscribe. Just remember Statins are good for you and so is a large glass of red wine which I am about to partake.

Art is me Science is we. (quote by Claude Bernard). **John Buckland.**

Airborne Operations By Alan Hartley

Alan joined the Royal Air Force in 1943 at Padgate where a vast majority of young airmen did their square bashing (including me 8 years later). Then for over a hour he told us of his experiences during the war as a Flight Mechanic culminating in a memorial to his war-time aircrew colleagues at Arnhem in 2006, without any script, visual aids or prompts.

He was initially posted to Thorney Island to paint Flying Fortresses white for action with Coastal Command but shortly moved to RAF Locking to train as a Flight Mechanic servicing the new Napier Sabre engine fitted to Hawker Typhoons. Alan was then posted to 271 Squadron at Doncaster to service Douglas DC3 Dakotas with Pratt and Whitney radial engines. He stayed with the squadron for the remainder of the war moving to RAF Down Ampney in the Cotswolds in preparation for the inevitable invasion of Europe on the 5th June 1944.

Alan then told us of his many experiences, both in training and war, with the Dakotas and Horsa glider towing, the paratroops training and supply dropping. Air ambulance nurses were trained together with the creation of a Casualty Air Evacuation Centre. He spoke of the relationship of the flight mechanics with the pilots and of the flights they occasionally made together. The 121 Squadron of Dakotas contributed a significant input to the taking of the Arnhem Bridges with their planes and gliders transporting the attack force and returning the casualties to the hospital at Down Ampney. Some 10,000 paratroops and equipment were flown from three RAF Stations in the UK.

Alan Hartley has returned to Arnhem on several occasions and believed that a tribute should be displayed to his friends and others of the 175 aircrew who lost their lives in this major battle.



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We all extend our best wishes to Rita and David on becoming Grand-parents for the first time whilst many of us were dining together.

Extended Walk - Long Dale and the Pennine Bridleway

On Monday 7th March, fourteen experienced and well kitted out walkers plus a dog set off from Friden car park near Newhaven, Derbyshire to enjoy a superb six and a half mile walk in ideal weather conditions around some of the most beautiful countryside in the southern Peak District. The route took us down into Long Dale to Gratton Dale and then back along the Pennine Bridleway. It was a mixture of country lanes, woodland paths, open fields, bridleways, deep valleys and hills covered in gorse, which proved



very convenient for some of the ladies! The going was soft to wet in parts particularly when following horses' trails.

Some of the terraced hills had obviously been manmade, probably as a result of mining or quarrying and seemed to me ideal for vine growing when temperatures in these parts hot up.



I was somewhat disappointed not to see abundant wildlife other than the near domesticated kind i.e. horses, cattle and sheep. Whilst in a deep valley we were confronted by part of a flock of the local sheep who refused to allow us to pass until our very own drover cleverly manoeuvred them to one side.

His knowledge of shepherding far outweighed his ability to read a road atlas on our return journey! After a well-earned lunch we continued on until we came to a picnic area ideal for a group photo. Our budding shepherd persuaded a couple of resting cyclists to take the obligatory snap. What a splendid day. Ideal weather, glorious views, much needed exercise for yours truly and convivial company all superbly organised by Rod and Hillary to whom we owe a bundle of thanks. **Fred Nightingale.**

Please inform **Ron Ryman** if you are unable to attend a General Meeting by the **Sunday** before that General Meeting.

If you are unable to carry out the Vote of Thanks or the Newsletter Report please get in touch with **Tony Ferneyhough**, well before that General Meeting.

Rod Crowley should be informed - in plenty of time - if you are unable to carry out any of the Kitchen Rota duties

Bucks Fizz and Short Walk

As is the custom we all descended on our hosts for this year, Harry and Annette, who both made us very welcome and our thanks to you both for your hospitality.



Time flies when you are enjoying yourself and it seemed but a very short time before Brian called for us to depart and head to the Irish Harp to prepare for the second half of the mornings activity! the walk.

About 16 of us ventured forth in what can only be described as Roy Wilson weather

and completed a figure of eight walk which included Druids Heath Golf Club and arrived back at the pub in time for lunch. About thirty six people were seated and every one was looked after very well.

With perfect timing Rita's phone rang at the end of the meal and when prompted to answer was slightly taken aback but absolutely delighted to find she and David had become grand parents for the first time!!! Congratulations to you both from all of us. I will finish by once again thanking our hosts, Annette, Harry and Brian for organising a relaxed and superb event.

Geoff Silvester



Alan Hartley as a younger man plus the cast bronze spread eagle mentioned in the news report. A lasting tribute from monies he generated by fund-raising.



In 2003 he commenced the project to collect £20,000 for a black granite plinth and a cast bronze spread eagle. Within three years this was completed and the Memorial was dedicated in the Hartenstein Museum at Arnhem on the 15th September 2006.

The inscription reads:

"To the memory of the Royal Air Force, the Commonwealth Air Force and the USAAF Aircrews who died on Operation Market Garden September 1944"

Terry Booth gave a vote of thanks..

Ray Clark

For further info see www.pegasusarchive.org/arnhem/alanhartley.htm

Visit to Waddesdon Manor 12th May



The Club is having an exciting day out visiting a Renaissance-style Chateau with many outstanding arts and treasures. (Plus a one day exhibition of portraiture, fashion and fantasy).

A 49 seater luxury coach has been booked which will leave Streetly Community Centre at 9.00 am - returning by approx 6.00 pm.

Costs are: £11 for the coach and £12 entry fee for the house.

(National Trust members have free entry)

A guided tour costs £5 per head and includes the house and garden.

A guided tour of the extensive Wine Cellar is an additional £5 per person. (The Cellar tour also includes wine tastings.)

In both instances a group of 15 people is needed for each tour. It would be appreciated if you fill in the form (insert in Newsletter) and include/attach a cheque to cover your costs and hand both to John Cheal as soon as possible.

(We must advise the Manor well in advance !!)

There are plenty of facilities and space for a picnic lunch. As there is no cover - be prepared !! (Brollies and folding chairs !!). There is a restaurant for those who wish to dine indoors.

Please ensure you have your National Trust Membership card with you !! This should be a very enjoyable day.

Ladies: A requirement at the Manor is low heels - please bring a change of shoes - thank you.

John Cheal

FORTHCOMING EVENTS - 2011

Tues 5th April

Crown green bowling starts - subject to confirmation from the Con Club

Sun May 22nd

David Rooke has organised a trip to Edgbaston to watch a 40 over cricket match.

Wed 29th June

Mike Lock is organising our annual crown green bowls day at Gentleshaw.

Fri July 8th

President's Supper at the Terrace Restaurant.

Tues 23rd Aug

A rare visit to Highgrove. An all day trip, travelling by coach.

PUB AMBLE

Date : Thursday 14th April

Walk start: !0.30 am

Travelling Time: 35/40 mins (Driving distance: 18/19 Miles)

Start point: The Red Lion, Corley Moor, Coventry, CV7 8AP

Food to be ordered on the day and pay individually.

Lunch menu £10 for three courses, other menus and specials at various prices

DIRECTIONS: A452 Chester Road over Stonebridge Island. At the next Island turn left on B4102 through Meriden towards Fillongley. After approx 2 miles, just before bridge under M6, turn right towards Corley and Corley Moor. The Red Lion is on the right after ½ mile.

The walk is about 2.8 miles with three stiles over level terrain but would recommend walking boots as mud could be encountered. Along the way we challenge you to spot a windmill, a light-house, big swans, and even a beach.

Kitchen Rota Thurs 28th Apr

John Booth

Brian Mallett

John Purnell

Ian Scholes

Mike Terry

Rod Crowley-Venue Secretary



Kitchen Rota Thurs 24th Mar

Bill Arnott

Peter Gray

Denis Perkins

Peter Prime

Brian Spencer

Rod Crowley-Venue Secretary

Date	Event	Speaker\Coordinator	Vote Of Thanks	Newsletter Report
Thur 24 Mar	The Burton Brewing Industry	John Bonnett	John Longmore	Graham Jones
Thur 31 Mar	Long Walk - Shropshire	Don Cooper	Depart from Roy's 9.30 am Details at March Meeting	
Sat 9th Apr	Barn Dance (£16)	David Rooke Jim Bailey	All Saints Church Hall 7.30 pm Start	
Mon 11th Apr	Computer club Basics of MS Publisher	Tony Ferneyhough	Start time: 2.00 pm	
Thur 14th Apr	Short Walk and Pub Lunch	Geoff Silvester	See Page 4 for details	
Thur 21st Apr	Long Walk - Peak District	David Rooke	Depart from Roy's 9.30am	
Thur 28th Apr	Annual General Meeting			Mike Lock
Mon 9th May	Long Walk - Leicestershire	Geoff Silvester	Depart from Roy's 9.30am	
Thur 12th May	Coach trip - Waddesdon Manor	John Cheal	See full write-up on page 3 in this Newsletter	
Thur 19th May	Short Walk and Pub Lunch	Roy Willson	Details to be announced	
Sun 22nd May	County Cricket Match at Edgbaston	David Rooke	Warwickshire V Durham Start time 2.00 pm	
Thur 26th May	Friends of the Black Country Museum	David Baker	Richard Humphrey	Harry Medcalf
Thur 2nd June	Long Walk - Cotswolds	Dennis Rose	Depart from Roy's 9.30am	
Thur 9th June	Short Walk and Pub Lunch	Roy Willson	All short walks start normally at 1030 am	
10th-17th June	Spring Break Sorrento	Brian Mallett	Enjoy the warm sun !!	
Mon 20th June	Crown Green bowling Gentleshaw	Mike Lock	More details soon.	
Thur 23rd June	Samuel Johnson A man of many words	Joanne Wilson	John Purnell	David Roy