



Sutton Park Probus Club

(Founded in 1998)

Web Site: <http://suttonparkprobus.wordpress.com>

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A trip to Cambodia

Gifford Foote from Handsacre near Lichfield talked about a visit he and his wife made to Cambodia in 2004. Their son and his family were then living in Phnom Penh, working for Church Mission Society in the slums. Gifford and Celia were taken by their son on a tour of the slums by the Mekong River away from the renovated areas of grand tourist sites.

We heard about the work of Christian 'Servants' among very poor people with HIV and AIDS, TB and malnutrition and how Gifford's son and daughter in law worked on educational projects and helping to train nurses and public health workers.

Their trip also included a stay in Siem Reap, close to the heart of Asian civilisation in the 9th to 15th centuries. Angkor Wat features on the Cambodian flag and has become the iconic land-mark for the Khmer People. The vast area of Temple sites around Angkor would take a week to explore (Though Gifford and his wife only spent a day and a half there) and the art work and architecture attract tourists in their millions.

Cambodia is still making recovery from the savage genocide years of Pol Pot and the Khmer Rouge. (1975 - 1983).

It is one of the poorest countries of the world but is developing fast with the help of multiple Non Government Organisations we learned of many still suffering the effect of land-mine blasts, the child beggars; markets attracting tourists, people living on less than a \$1 a day; moto-dop riders who will transport anybody on the back of their motor-bike- anywhere for a fee. We learned of, Buddhist monks, ancestor worship and honeyed black beetles for sale as delicacies.

Gifford left us with the picture of hope through people who want to help and a nation that wants to recover from its evil past.

Barry Parsonage



Dining the Probos way !

Saturday 30th October was the latest evening dinner attended by members and lovers of fine food. The venue was at the Sutton Park Golf Club when 59 diners sat down to enjoy a convivial meal amongst friends.

The evening commenced with a welcome Sherry or fruit juice followed by a plentiful choice menu of either Lamb shank, Salmon or Pork, there was a large selection of vegetables and all seemed pleased with their choice. I did hear that some folks found the Pork a little challenging but maybe it was a problem of some teeth getting on in years ?

The round tables of eight were arranged by our maitre de feller, Brian Mallett who arranged the evening and managed to arrange everyone in a good mix of humour.

It was nice to see Sheila Hill and also many members who do not always attend on a regular basis.

Thanks must go to Brian Mallett who loves eating out but does not reflect this in his waistline, I must speak to his tailor.

Here's to the next time.

John Buckland

Long walk around Coalbrookdale

After consistently being asked and cajoled, I was finally persuaded to join the Long walkers for this month's walk around Coalbrookdale. Rod and his two navigators eventually deposited us at the car park via a circuitous journey during which I thought we were on the Treasure Hunt!



Twenty-one walkers started along the treacherous river-bank opposite the beautiful sight of Coalbrookdale power station. Soon I was sliding towards the river but fortunately into the arms of a lady companion. How nice. She also loaned me a walking pole. Someone said that I shouldn't be let out alone!

The route took us through wooded hills and deep valleys and on

to farmland where we were greeted by a herd of noisy and unwelcoming cattle. We were soon back into woodland where the trail ascended and descended via wooden steps, decking and small bridges over streams. The trees were at their autumn best. Why visit New England?

After a stop for drinks, the group split, some going direct to the lunch venue and a few carried on to complete the original walk. This decision resulted in my gear being left in different vehicles half a mile apart and a certain amount of chaos ensued on my part (I'll not go into details), which I hope is not an omen for 2011/12!

Great walk; great fun; great company and minimal aches and pains next day. Sincere thanks to Mike and Yvonne who obviously put in considerable time and effort to make the event a splendid success

Fred Nightingale



Christmas Message

Last year we introduced space in our Newsletter whereby members could remember their friends in Probus at Christmas time. There was a mixed view from members on the topic of sending cards to fellow members and their wives. This year the following members will not be sending cards but, instead, will be making a Christmas donation to their favoured charities.

Here's to a very Merry Christmas and a truly wonderful New Year !!

Derek & Norma Smith	Paul & Jeanne Beaumont	Barry & Cath Parsonage
Rod & Hillary Crowley	Geoff & Sheila Silvester	Ian Scholes
Bill Arnott	Terry Booth	Don & Norma Cooper
Tim & Sheila Daly	Tony Ferneyhough	Roy & Mary Willson
Denis & Margaret Perkins	Peter & Joyce Gray	Fred & Pat Ditchfield
Mike & Yvonne Lock	David & Jenny Roy	

Polly and Alan (Petty) also wish to be remembered to their friends.

All charities chosen - I'm sure - will be most appreciative especially at this time of year.

Post Boxes will still be provided at the Christmas meal on Friday 10th December.

Learn more about how to Age Well

Recently, I had the pleasure of hearing Professor Janet Lord talking. She is an Immunologist but also leads a multidisciplinary group of researchers working on various aspects of why older people have specific health risks and in what ways these might be mitigated.

She is a great communicator and has agreed to come and talk to us.

As our ladies will also be interested, we are arranging for this at The Hall on Monday 28th February 2011 at 2.00pm., followed by refreshments.

More details at the January meeting. **Rod Crowley**

Advance Notices

Visit to BBC Studios (Mailbox)

Thur 17th Feb 2011

Full details at November Meeting

Barn Dance

Sat 9th April 2011

President's Supper

The Terrace Rest 'rant Fri 8th July 2011

Date	Event	Speaker\ Coordinator	Vote Of Thanks	Newsletter Report
Thur 25th Nov	Jersey Occupation Remembered	Don Watson	Don Cooper	Brian Harbourne
Thur 2nd Dec	Long Walk - Kenilworth	Alfred Wallwork	Meet at 9.15 am at Roy's	
Mon 13th Dec	Computer Club (Using EBay)	Geoff Silvester	Meeting starts at 2.00 pm	
Fri 10th Dec	Christmas Lunch at Moor Hall (£29)	David Rooke John Purnell	Meet at 1200 for 1230 start	
	No General Meeting in December		Next Meeting Thur 27th Jan 2011	
Thur 7th Jan	Long Walk - Lenches	Alfred Wallwork	Meet at 9.15 am at Roy's	
Thur 20th Jan	Lunch at Birmingham College of Food	Brian Mallett		
Thur 27 Jan	Moving Objects	Andrew Goodman	Tim Daly	John Booth

"And I said to the man who stood by the gate of the year: 'Give me a light that I may tread safely into the unknown'. And he replied: 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way'. (King George IV)

Kitchen Rota Thurs 27th Jan

John Cheal

Ray Clark

Roy Galloway

Brian Senior

Dennis Wright

Rod Crowley-Venue Secretary

All Members will be pleased to note that they can put their Marigolds away for the month of December !!!

Kitchen Rota Thur 25t Nov

Don Cooper

Tim Daly

David Roy

Alfred Wallwork

John Wallis

Rod Crowley-Venue Secretary

Bernard White

Bernard worked all his life at the University of Aston, initially as a lecturer in Building and Civil Engineering at the then Birmingham Technical College which evolved via a College of Advanced Technology to the University in 1962. Later he became the Pro Vice Chancellor for 5 years before he retired in about 1980. When he moved to Streetly in 1966 he became actively involved with the development and management of the Streetly Sports and Youth Centre. He was also Chairman of the Streetly School Association and a Governor of Streetly School for some years, during which time he oversaw the expansion of the school buildings and in fact the school Conference Room is named after him. Bernard also designed 3 houses in this area and even found time to be a volunteer repairing 'talking books for the blind'. **Mike Lock**

Visit to the Jaguar Works

Two morning visits were made to the Jaguar Works in Castle Bromwich by 30 members of the Club. We had a choice of seeing either the XJ or the XF assembly lines - we opted for the smallest, more popular model - the XF.

There is at present twelve weeks waiting list for the XF. When you place an order with your dealer you have quite a complex list of varieties. Just some are: colour of body, type, and size, of wheels. Leather upholstery is in all cars, with, again, a range of colours - plus matching timber. Then you have a choice of heated seats, rain sensors, front and rear parking sensors, rear parking camera, sun roof - and the list goes on !! The price of the basic model is approx £34,000. Because of all the additional features you could expect to pay as much as £50,000.

We saw the final assemblies which is mainly carried out by complex robots. One of the many fascinating parts is the fact that on each car the variants, all listed above, all come together on the final assembly line (we are told with no mistakes !!) So we actually saw a final assembly line full of many colours and types of the Jaguar XF. A superb looking motor car whatever the variants.

We all had an interesting day but disappointed we did not have any 'free' samples. We rounded the morning off with lunch at the Clover Hotel on the Chester Road. A good, wholesome meal with a very welcome beer. **John Cheal**

Our appreciation goes to John for all the organising the went into two successful visits - Ed..

"Well, it's not the men in your life that counts, it's the life in your men."(Mae West, [*I'm No Angel \(1933\)*](#))

Pub Amble from the Fox

On Thursday 18th November, twenty hardy members met in the car park of the Fox Pub in Walmley on a very damp dismal dreary day ,so the clothing that was being sported did not help to identify who was on the walk.

However, just as we started the walk Roy Wilson put his hand up to the heavens and the rain stopped. Marvellous !!.

The 3 mile walk through the New Hall Estate was surprisingly rural to say we were only about 2 miles as the crow flies from the centre of Sutton, there were no stiles and considering the weather we have had recently very little mud.

Ten non-walking members joined us for the Carvery at the Fox which cost £3-69, what a funny price, what will it cost in January after the increase in VAT.

In the absence of our President ,Fred Nightingale gave a vote of thanks to Roy & Mary not only for today's walk but for all they had done this year. **Barry Parsonage**

"Wise sayings often fall on barren ground, but a kind word is never thrown away." Arthur Helps

A woman was walking down the street when she was accosted by a rather dirty and shabby-looking homeless woman who asked her for a couple of pounds for her dinner.

She took out her purse. Got ten pounds out and asked "If I give you this money, will you buy some wine with it instead of dinner?"

"No, I stopped drinking many years ago" the homeless woman said.,

"Will you go shopping instead of buying food?" she asked.

"No, I don't waste my time shopping" the homeless woman said. " I need to spend all my time trying to stay alive."

"Will you spend the money in a beauty salon instead of food?" She asked.

"Are you NUTS?" Replied the homeless woman. "I haven't had my hair done in twenty years."

"Well" she said, "I'm not going to give you the money. Instead, I'm going to take you out to dinner with my husband and me tonight."

The homeless woman was shocked. "Won't your husband be furious with you for doing that? I know I'm dirty and probably smell pretty disgusting."

She said, " That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments and wine !"

Sutton Park Probus Club

Dining at the College of Food at UCB on 20th January 2011

The cost of the lunch including gratuities will be £12.50. We have to advise the COF early January of numbers and menu choices. The board will be out at the November meeting and your choice should be made at that time, if possible, together with your cheque. There is a full menu from which to choose. We shall meet at the College at 12.05 for 12.30.

- A. Melon with orange & grapefruit segments
- B. Deep fried croquette of duck rilette on dressed leaves
- C. Warm petit darne of salmon on a white bean and tomato salad
- D. Tatare of smoked haddock on glazed goats cheese
- E. Mussels and clam marinier
- F. Soup of the day

- R. Baked Aubergine and mozzarella with a toasted pinenut crust
- S. Fricassee of seafood, fettuccini with dill.
- T. Ballotine of guinea fowl Provencale with turkey pojaski
- W. Roast loin and belly of pork, braised red cabbage
- Market vegetables and potatoes of the day

Desserts and coffee