Sutton Park Probus Club

(Founded 1998)

President: Fred Ditchfield

Monthly Newsletter

No.203 November 2015

General Meeting

LAUGHTER'S THE BEST MEDICINE 22nd OCTOBER

Rob Green explained the health benefits that can be gained from humour and laughter. His talk described in much detail, how humour is infectious. The sound of laughter is very contagious for when laughter it is shared it binds people together and increases happiness. He also demonstrated that laughter triggered physical changes in the body as humour and laughter strengthens the immune system, boosts energy, diminishes pain and protects us from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and is easy to use. **Summarising his talk:-** Laughter relaxes the whole body. Good, hearty laughter relieves physical tension and stress, leaving muscles relaxed for up to 45 minutes. Laughter boosts the immune system as it decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving one's resistance to disease. Laughter triggers the release of endorphins (feel-good chemicals) that promote a sense of well being and can temporarily relieve pain. Laughter protects the heart by improving the function of blood vessels, increasing blood flow, helping to protect against heart attacks and cardiovascular problems—so get chuckling folks!. **Report – Roy Galloway**

THOUGHT FOR THE MONTH:

'One of the greatest pleasures in life is doing what people say you cannot do!'

John Burroughs

MAKING YOUR APOLOGIES

A. If you are unable to attend a General Meeting please advise **Allan Powers** by the **Sunday** before that General Meeting. B. If you are unable to carry out your duties on the Kitchen Rota then please try and 'swap' with someone from the following month, advising **John Vickers** of the change. C. If you are unable to carry out the Vote of Thanks or write the Newsletter Report please get in touch with **Dale Lyons , well before** that General Meeting**.** The **absolute** deadline for reports & news is the **Saturday before** the next monthly meeting.

Events and Activities to February 2016

N.B. ALWAYS CHECK THE BOARDS FOR MORE EVENT DETAILS OR SEE THE ORGANISERS

Thursday 26th November
Club General Meeting
'Gardening Mishaps'
Speakers: Graham & Judy White
Newsletter Report - Denis Perkins
Vote of Thanks—Terry Booth

Kitchen Rota: Selby Betts
John Buckland, Geoff Silvester
Brian Harbourne, Neil Crabb

Monday 7th December
Long walk & Pub Lunch
Led by John Vickers

Friday 11th December
Christmas Lunch at Moor Hall
Organiser— Mike Terry

Thursday 21st January
Long Walk & Pub lunch
Organiser— Mike Haynes

Thursday 28th January
Club General Meeting
Speaker: David Jones
'Jewels of Northern Italy '
Newsletter Report—Peter Terleski
Vote of Thanks—Paul Beamont

Kitchen Rota: Keith Keeley,
Bryan Nicholas, Fred Nightingale,
Barry Parsonage, David Roy

Thursday 4th February
Long Walk & Pub lunch
Organiser—Rod Crowley

Thursday 18th February
Short Walk & Bucks Fizz
Organiser— John Carrington

Thursday 26th February
Club General Meeting
'The Aircraft Carriers History'
Speaker—Arthur Aston
Newsletter Report - Paul Beaumont
Vote of Thanks– David Wallis

Kitchen Rota: Barry Gill, Mike Haynes, Brian Spencer,
Peter Terleski, Phil Troman

N.B. No General Meeting in December or Newsletter.

Members are reminded that if you want to join the Amblers for a pub lunch you cannot just 'turn up' on the day but must book in advance.

EVENTS DETAIL

Long Walk Monday 7th December

A 6.5 circular from Claverdon, Warwickshire, near Henley in Arden with a start and finish at the Crown Inn, Henley Road, Claverdon CV35 8LJ - PLEASE PHONE/ E-MAIL IF YOU ARE COMING –378 0130/ 07730498904

Organiser – John Vickers

ROYAL SUTTON COLDFIELD ORCHESTRA

Sunday 13th December 2015, 4pm and 7.30pm Venue: Sutton Coldfield Town Hall

Programme includes:

Excerpts from Tchaikovsky's 'Swan Lake', 'Frozen' & the 'Wizard of Oz', Carols & festive favourites

Tickets: £10, £8 (conc) and £4 (11s and under) **Organiser – John Vickers**

Christmas Lunch at Moor Hall Hotel, December 11th

We meet for drinks at 12.00 midday and seated at 12.45pm. Any further information - **contact Mike Terry**

MANY THANKS!

To all those Probians who have contributed reports, contributions, information, suggestions, assistance and photos (N.B. Rita) during my editorship. It has made a sometimes arduous responsibility much easier. Best Wishes **Ed.Dale**

Much Wenlock Christmas Greetings

It was said again to me recently during our walk in Derbyshire, "how fortunate we are to be associated with such a wonderful and caring club", and I'm sure, especially as Christmas approaches, all members and our ladies will give a thought for each other and will want to wish everyone, and their families, a joyful Christmas and a Happy New Year coupled with good health to enjoy it to the full. We sincerely do; and are joined by the following members who, instead of distributing cards, also favour giving to charities.

Merry Christmas and a Happy New Year to you all. Fred and Pat Ditchfield

Jim & Sylvia Bailey; Paul & Jeanne Beaumont; John & Maggie Carrington; Neil Crabb; Rod & Hilary Crowley; Tim & Sheila Daly; Tony Fernyhough; Mike & Kate Haynes; Mike & Yvonne Lock; Mike & Janet Gospel; Dale Lyons & Janet Tomlinson; Barry & Kathleen Parsonage; Dennis & Maureen Rose; Ian & Mollie Scholes; Brian & June Senior; Geoff & Sheila Silvester; Mike & Barbara Taylor; David & Anita Tippin; John & Margaret Vickers; David & Mavis Wallis; Peter & Eileen Weston;

STOP PRESS!

Shakespear Autumn Marathon—Long Marston Airfield. Saturday 13th November

Dale Lyons duly completed his 95th Marathon despite driving rain, blustery winds, potholes, stony tracks and 8 airfield laps and finished in 5:04:51 in 97th place. 1st wheelchair & 1st o/70!

"Why didn't I listen to wiser counsel and opt out—the conditions were foul but it was a nice medal!" said Dale

EVENT REPORTS

Kababish Restaurant 29th October.

To Mike Gospel and myself it came as a pleasant surprise as to how many of our club enjoy Indian cuisine.

38 members attended the restaurant for what became a very enjoyable and sociable evening together. Syad the owner made sure we were well looked after and that the food was presented promptly and pleasantly to the tables. Everyone thought the evening was good value and well worth doing again. **Report - Jim Bailey**

LONG WALK – TISSINGTON – 5 NOVEMBER 2015

Heavy mist and developing rain turned this pleasant autumnal walk into a more challenging event. Departing from Tissington Village we passed the Great Hall and made our way across various fields eventually meeting up with the Trail. As the mist lifted we dropped down into the valley, through Alsop en le Dale before climbing to the ridge beyond. Mike Haynes justified his title of youngest and fittest by vaulting the farm gate - the rest of us squeezed through!! Eventually we dropped down back into the Vale but "Murphy's Law" dictates one had to climb out, this time a muddier scenario. Finally back onto the Trail for a welcome, flat, last mile before enjoying some excellent food at The Coach & Horses, Fenny Bentley. **Organiser - David Rooke Photo – Rita Rooke**

Think Tank & Wing Wah Visit – 12th November

Twenty members wives & partners battled the Birmingham rush hour traffic to the Think-Tank the Birmingham Science Museum. We were left to our own resources to explore 4 floors of various exhibits which highlighted the city of Birmingham when it was a major manufacturing base. The Spitfire Gallery was opened in April and explained the manufacture of this iconic aeroplane, built at Castle Bromwich. Some Probians sat in the fighter's cockpit mock-up. In the bottom gallery a bona-fide Spitfire and a Hurricane were suspended from the ceiling. After 2 hours exploring this fascinating museum we lunched at the Wing Wah Chinese restaurant where we viewed an engraved stone sign stating that it had been opened by our own David Roy on 14 September 1995 when Lord Mayor of Birmingham. Unfortunately this did not entitle anyone to a free lunch! We were then joined by another ten for a marvellous buffet lunch. Plates were heaped with a tasty range of starters, main courses and sweets. Out grateful thanks go to Harry Medcalf who had organised both visits to provide a very enjoyable day. **Report - Selby Betts**

Photo - Rita Rooke

Longdon Pub Amble 19th November

We had a record of 26 walkers leaving from the Swan with Two Necks in fine weather for a 3 mile amble. The walk took us across fields with open views and then back onto some very narrow and pretty lanes with many des res properties to keep our interest. We continued on under the A51 towards Longdon Green where unfortunately the rain came and stayed with us all the way back to the Swan. Although damp, our spirits where not and the rain was soon forgotten once inside the pub. Here we were joined by about a dozen of our members who were greeted by John Cheal, the pub coordinator who succeeded in seating 43 people for a splendid meal. Well done John and also thanks to Alan and Jackie for finding and leading us on this, their first walk**.** **Report – Geoff Sylvester Photo – Rita Rooke**