



Sutton Park Probud Club

(Founded 1998)

President: Fred Ditchfield

Monthly Newsletter

No.201

General Meeting 2015

Canine Partners Charity—Thursday 27th August

We are all aware that with any good speaker it is less about what they say and more of how they say it that captures our imagination and holds our attention, and it was never truer than at our last meeting. On that occasion the hush was palpable, attention incredible, and appreciation beyond doubt – yet our star visitor never uttered a word. I refer, of course, to Angie the Assistance Dog. Canine Partners appears to be not widely known; but a sub-hour demonstration such as we saw will surely change that. Help for the physically disabled with dressing, undressing, pressing call buttons (e.g. traffic lights) and picking up tiny items from the floor were demonstrated. We heard, too, that such dogs can load and unload washing machines, post letters and collect items from supermarket shelves on demand as well as be trained to recognise on-coming epileptic fit or diabetic coma. It would be mean-spirited not to mention the voice of the volunteer presenter Julia Hurley, who trains dogs such as Angie, helps nurture them, and delivers presentations such as this. We are truly grateful, not only for the time spent with us, but also for the untold hours of background work which brought her and Angie to us. The questions showed the high level of interest that had been generated and how impressed we all were with this project. I suspect that Canine Partners will have gained a few more donors. **Report – David Tippin**



AMBLE Thursday 15th October,

Meet off A4091 Middleton Hall Tamworth Rd - Craft Centre car park; 10.30 am start, Distance 2.5 miles. Around Middleton lakes and canal. Dine at THE OWL PUB Tamworth Rd Cliff B78 2DL on the A51 at Kingsbury. From the A446 at Duntton Island A4097 Kingsbury Rd. to 2nd island. Left onto A51 through Kingsbury Village. Pub is on right. **Alternative route** – old A5 Mile Oak to lights at Twogates. Rt. Onto A51 for 3 miles; pub on left. **Organiser – John Fellows**

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 December 2015

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

Thursday 24th September
Club General Meeting.
'The Past Beneath our Feet'
Speaker: Jan Wall
Newsletter Report—David Tippin
Vote of Thanks - Dennis Perkins

Kitchen Rota; Richard Humphrey,
Brian Mallett, Alan Powers,
Dennis Rose, Mike Terry.

Thursday 1st October
Long Walk in Hanbury led by
David Tippin & Dale Lyons

Thursday 8th October
Morgan Car Company - Malvern
Organised by Philip Troman

Saturday 17th October
Sutton Concert Orchestra
40th Anniversary Concert.
Organiser—John Vickers

Thursday 15th October
Pub Amble led by Brian Spencer

Thursday 22nd October
Club General Meeting
'Laughter Cures Illness'
Speaker: Rob Green
Newsletter Report - Roy Galloway
Vote of Thanks - Rod Crowley

Kitchen Rota: Roger Phillips,
Barry Gill, David Wallis,
Roy Willson, Peter Weston

Thursday 29th October
Dining Evening at The Kababish
Organised by Mike Gospel &
Jim Bailey

Thursday 5th November
Fireworks Long walk & pub lunch
Led by David Rooke

Thursday 12th November
Think Tank + Wing Wah
Organiser— Harry Medcalf

Thursday 19th November
Short walk led by John Cheal
Allan Powers

Thursday 26th November
Club General Meeting
'Gardening Mishaps'
Speakers: Graham & Judy White
Newsletter Report - Roy Galloway
Vote of Thanks—Paul Beamont

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

Monday 7th December
Long walk + Pub Lunch
Led by Rod Crowley

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

■ **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

MORGAN CAR VISIT 8th OCTOBER

An interesting trip has been organised at Malvern on the 8 October 2015. The tour is booked for 10 am and there is an optional lunch at the excellent Swan Inn at Newland (5 mins. away from Morgan).

Organiser – Philip Troman

17 OCTOBER— SUTTON CONCERT ORCHESTRA

Sutton Town Hall: 7.30 p.m. 40th Anniversary Concert: £10 concessions £8. PROGRAMME— Celebration Overture (Ramskill), Mozart Clarinette Concerto (with Joy Farrell), Capriccio Espagnole (Rimsky-Korsakov), Dvorak Symphony No. 9 (New World) **Organiser – John Vickers**

Long Walk – Much Wenlock (5km + 4 km) 10th September

This walk comprised of two circular walks describing a near ‘figure of eight’ around the wonderful countryside of Much Wenlock. Both walks enjoyed fine weather with warm sunshine and a cooling breeze. The joint guides, Sherpas Rose and Taylor had directed us to a central car park in Much Wenlock which boasted 21st century toilets. (with infra- red sensors water and soap dispensers, audio instruction on door securing and auto door unlock advice - 15 minutes!) The first 5 km walk whisked the group into open countryside within five minutes, then up a steep pathway bordered by Rowan and Oak skirting the abandoned and derelict Perkley Farm and through a Beech coppice providing nuts for the solitary resident, (a pig) and out to open countryside. The second walk of 4 km followed the limestone edge of Wenlock, a narrow rocky track, with solid outcrops of limestone rock, bordered by blackberry and red currant bushes. The trail led around the side of a

limestone quarry that provided the basis for a flux in the industrial revolution’s iron manufacturing process. On through a coppice and then onto a wide open space thought to be the Much Wenlock showground, deserted except for us eight long walkers and a selection of picnic tables. This was the cue for Sherpas Rose and Taylor to announce the lunch break. Sandwiches, fruit, choc bars, tea and coffee flasks soon resurfaced the picnic tables. After lunch a short walk found us back in Much Wenlock’s centre. **Report – Mike Haynes**



One of Life’s Ageing Problems

There are many difficulties which afflict us as we get older, as many of us can testify. Some of you will be aware of my interest in pharmaco-medical matters albeit mainly in the area of animal medicines, connected with my occupation as a veterinary pharmacist for many years. Your Editor has asked me several times to contribute to the Newsletter, and at last I perceive a really good reason to do so. A couple of years ago Professor Janet Lord from the Centre for Musculo-skeletal Ageing Research at Birmingham University talked to us at SPPC about healthy ageing, and encouraged us as individuals to consider joining their 1000 Elders Scheme which conducts research into problems of our age group. One of Dr Lord’s colleagues Dr Carolyn Grieg has been researching into the possible causes of the condition Osteoporosis. I have been fortunate to have secured her to come along to talk to the local University of the Third Age (U3A) Travel Food and Wine Group in non-technical language, on **Friday 9th October at 10.00am, at The United Reformed Church Sutton Coldfield.** This keynote speaker will we know attract a considerable audience, but nevertheless we are happy to welcome Members and Partners of SPPC because it is such an important subject, affecting the lives of many people in our age group. If you would like to attend, please let me know by email or telephone as soon as possible, and I will reserve a place for you.

Brian Spencer



EVENT REPORTS

SUTTON PARK AMBLE - 20TH AUGUST

We had a very pleasant walk in Sutton Park of about 3 miles in fine weather with 14 Probus members walking, touching on 4 lakes. Later we were joined by another 13 members in our own private room at the Toby Carvery. A nice meal and a very enjoyable social time was had by all.

Report - Jim Bailey.

PROBUS BOWLS DAY – GENTLESHAW – 24 AUGUST 2015

The panoramic setting was a backdrop to that rare Summer event when both men and women pitted their skills against each other. The men were leaving nothing to chance in their pursuit of victory by instructing the groundsmen to brush all moisture from the surface of the green believing that ladies really can walk on water. Panic measures saw the green receive an additional cut and kitchen staff ordered to give all females double helpings of apple crumble. To a non-bowler the sight of sixteen players in each session bowling across each other was the nearest thing to Network Rail's marshalling yards at Kings Cross. Importantly all attending clearly enjoyed themselves even though they remained subservient to round lumps of acrylic!!! Everyone was a winner but John Buckland edged Tim Daly in the men's section whilst Kath Parsonage provided a masterclass (to Barry) beating Sylvia Bailey and Pat Buckland into joint second place. Somehow John was presented with the Ladies Cup, promptly swapped with Kath and quietly passed it onto Pat for cleaning duties. Finally our President expressed sincere thanks to Mike Lock for his hard work and organisation. A final thought, Margaret Vickers had never bowled until three weeks prior, but came within a few points of the leading ladies. She came, she tried, she achieved, she enjoyed. Now that's what Probus is about.

Report – David Rooke

Autumn Break, Wales 4 – 8th September

This holiday had it all : Good company, a comfortable hotel, a busy and well- balanced programme of interesting visits and magnificent scenery, enhanced by Willsonian weather. The main party travelled by coach to Bodnant gardens, where they were joined by those who had travelled independently, or, as the Welsh say "cum- by car". It was then just a short journey to our Hotel on the promenade at Llandudno, where we were greeted with tea and scones; a foretaste of the good food they served throughout our stay. The next three days were action packed, including: A tram ride to the summit of the Great Orme, giving views as far as the Isle of Man, followed by a visit to nearby Conwy; A tour of the Electric Mountain, a huge hydroelectric power station, deep within a mountain; Exploring the National Slate Museum, including a film and slate splitting demonstration; A

boat trip around the adjacent Lake Padarn; Taking the Welsh Highland Railway from Caernarfon to Beddgelert, through Snowdonia's wonderful scenery. Even more stunning were the views as we travelled to Betws-Y-Coed. The planned itinerary was further enhanced by the spectacular drive past of the Honda Goodwings Light Parade and witnessing the Tour of Britain cyclists, speeding through Lanberis. There is no way to do justice to this outstanding holiday in a short report, so please visit the web-site to read more and to enjoy the photos. Mike and Jan Gospel deserve many, many thanks and congratulations for organising it so well.

Report – Rod Crowley

