



GUILDFORD PROBUS

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**Please
Turn off Your
Mobile Phones**

President's Report

2nd October 2025

Welcome to our October newsletter.

We wish all the best for any of our members who are unable to attend due to ill health. Thinking of you with love.

Our guest speaker for September was Elvis Chand who gave us some good ideas to help reduce stress, be content and happy. Well done to those of us who already put these into practice.

The trip to Junee was a great success. The one day of heavy rain didn't dampen our spirits but thrilled the local farming community. We saw green paddocks with acres of canola in flower, almost ready for harvest. We did our best to support the locals with many coffee shop stops. Our motel hosts were lovely. Two surprise extra activities were included (live music entertainment at dinner and a tour of the local refurbished theatre). It was a low-paced, relaxing holiday. Everyone enjoyed the Coolamon cheese factory, the fire museum, the chocolate and licorice stop, the old car museum, and the trains with turntable still in use.

Thanks to Sue for ensuring the trip was able to go ahead.

Thanks again, Barry for the Father's Day raffle. Money raised is re-invested for future prizes.

The Committee has been asked to review our club's Standing Resolutions which are required by the club's constitution. They have now been discussed thoroughly and will be presented at this month's meeting. The members present at the meeting will need to formally accept (or not) any changes. The process will be straight forward.

Enjoy our time together today.

Heather Schabel (President)

<u>PRESIDENT</u>
Heather Schabel 0421 339 961
<u>VICE PRESIDENT & TOUR TEAM</u>
Barry Hogan 9632 1670
<u>SECRETARY</u>
Gwenda Collins 9631 3756
<u>TREASURER</u>
Peter Schabel 0412 729 044
<u>MEMBERSHIP</u>
Margaret Ricketts 9622 0574
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Carol Duane 0478 012 447
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Gordon Mitchell 0403 777 555
<u>TOUR BOOKING</u>
Rhilma Bruce 0439 950 193
<u>WELFARE & TOUR TEAM</u>
Sue Both 9632 1886 0418 112 325



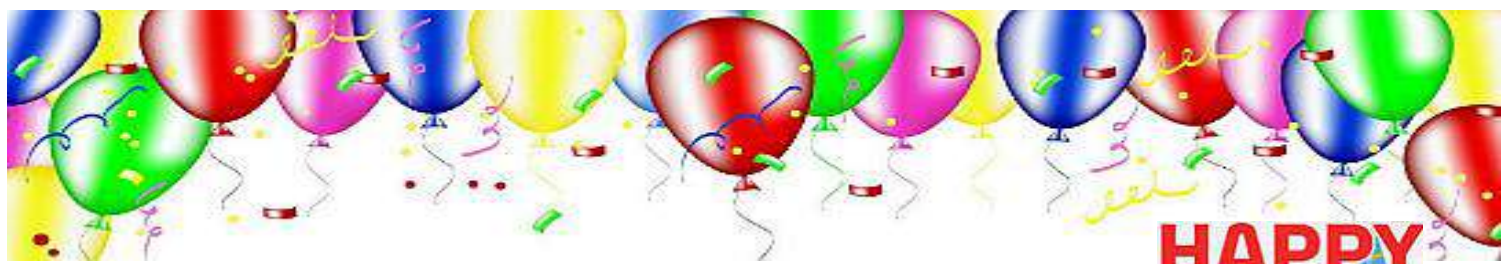
Today's Guest Speaker is Paul Kearney - - "The History of Rock & Roll"

Paul started presenting these Nostalgia Video shows in 2010 at his mother's retirement home in Heathcote. Following this success, he put together a series of twenty lectures on the "History of Rock & Roll" beginning in the 1950's through to the 1980's. Paul regularly presents these shows on international cruise ships around the world, and they are extremely popular.

Word has quickly spread about the popularity of these shows and Paul now receives regular invitations to present these lectures to

Probus Clubs, View Clubs, Rotary clubs, Friendship groups, nursing homes & retirement villages all around Sydney.





Wishing a very Happy Birthday

to our members who are celebrating a birthday in October

Rhilma Bruce

Coral Hughes

Jan O'Brien

Keith Travers

Fay Wade



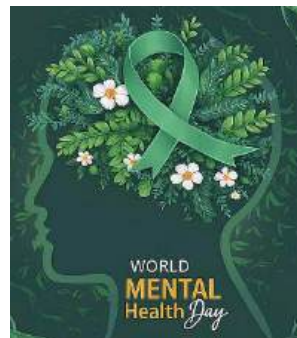
United Nations

Peace, dignity and equality
on a healthy planet

Here's some of the officially recognised

United Nations International Days in October

- 1 Oct International Day of Older Persons
- 5 Oct World Teachers' Day
- 6 Oct World Habitat Day
- 7 Oct World Cotton Day
- 9 Oct World Post Day
- 10 Oct World Mental Health Day
- 12 Oct World Migratory Bird Day
- 15 Oct International Day of Rural Women
- 16 Oct World Food Day
- 20 Oct World Statistics Day
- 23 Oct International Day of the Snow Leopard
- 24 Oct United Nations Day
- 27 Oct World Day for Audiovisual Heritage
- 29 Oct International Day of Care and Support
- 31 Oct World Cities Day





SOCIAL DAYS

Please **add your name to the list at the Tour Team Table now if interested in any of these tours and excursions.*

*If you attend an organised event without having placed your name on the list beforehand, you are **not covered by Probus insurance****

Pay in cash at the Tour Team table or by Direct Deposit - BSB: 032073 Account: 153813

Please include name and purpose in the description field.

RATHMINES – tour of the ex RAAF Base

Thursday 16th October

Coach departs Guildford Leagues 8am

***\$86 pp includes –**

***Luxury coach travel *Tour of the base by coach,**

***A Guide who will tell us**

about the interesting history of the base

***Morning tea and *Lunch in the former**

Officers Mess, which is now a bowling club.



We will also visit the War Memorial and the Catalina Memorial Site

Club Catalina is named after the Catalina Sea Plane which landed in the lake in WW11.

The club is located in a picturesque location on the shores of beautiful Lake Macquarie.

Bus trip November 20

Mystery Tour

\$50 per person

The fun starts before our departure from Guildford Leagues Club at **9am**.



Every passenger needs to complete the form (provided on the day) by writing where you think we are going.

Throughout the day we will be in 3 different areas.

Whoever has the most correct areas wins the prize.

Your clues are – **1. History** **2. Country** **3. Oriental Flavour** **4. Sweet Treat**

Tour cost includes luxury coach travel and morning tea. Lunch is own expense



ANNUAL CHRISTMAS LUNCH

4TH DECEMBER 12.30PM \$45PP

MENU

STARTER : Bread Roll and butter

MAIN: Double smoked ham (Honey glazed) with slow cooked roasted baby lamb – with a side of gravy and mint sauce. Served with herb and butter roasted vegetables (potato, broccolini and pumpkin)

DESSERT : Choice of Sticky Date Pudding with Custard or Fresh Fruit Salad

Add your name to the booking list now. Final date for payment is the 6th November meeting

Please advise Barry about any special dietary requirements before 6th November.



PHOTO ALBUM - 4 Day Junee Coach Tour 9 to 12 September 2025



Thank you Peter Schabel for the Junee photos

Sharing members' hobbies, photos and memories



Peter Schabel, our treasurer, is member of **the Western Suburbs Cycling Network (WSCN)**, a bike riding group that operates from Fairfield showground.

It is a community based, charity group with a membership of approx. 120 riders.

There are numerous regular rides available, of varying lengths and intensities, including rickshaw rides for disabled and nursing home groups.

WSCN operates a bike recycling facility, repairing bikes for private sale, and as donations to schools, community appeals, etc.

Peter volunteers as a bike mechanic in "The Shed" on Wednesday mornings. He also rides on a Thursday's seniors ride whenever he can, on his electric bike. The rides, for him, are notionally 40 km door to door, using the extensive network of bike tracks.

Peter enjoys the company, the coffee stops, and the considerable health benefits from the exercise. He has also participated in special away rides, such as Canberra, Camden, and The Oaks.

If anyone wishes to donate bikes they no longer require, or would like to purchase a pre-loved bike at a very reasonable price for themselves or family and friends, please see Peter. For further information please visit the WSCN website.

If you would like to share a hobby, photos or fond memories please send your written ½ page article and relevant photo/s to guildfordprobus@gmail.com or discuss it with Carol Duane

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Instant Noodles can be lethal

For many years Instant Noodles have been part of the daily diet for many people around the world, including many poor struggling uni students - even in Sydney.

A 13-year-old boy recently died after consuming three packets of raw instant noodles.

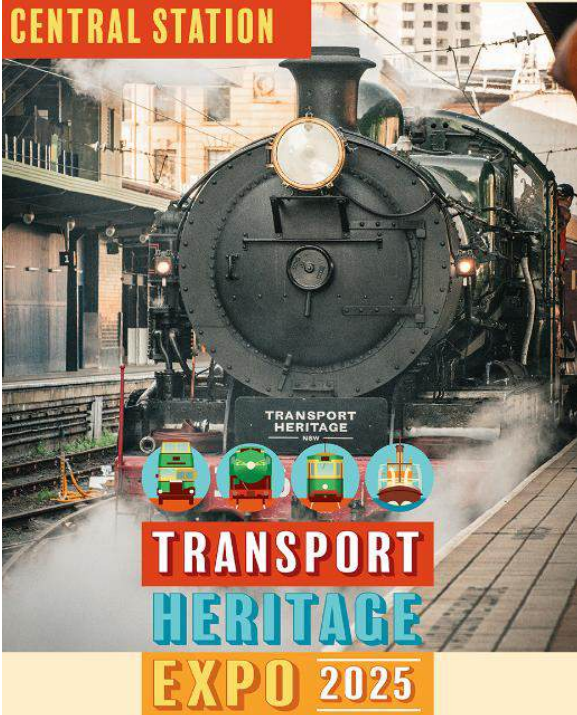
The Cairo teenager started experiencing symptoms including severe stomach pain, sweating, and vomiting. Within 30 minutes of finishing his meal, he passed away.

A Gastrointestinal Specialist explained - "Raw instant noodles are difficult to digest, which may cause obstruction or intestinal blockage that leads to abdominal pain, vomiting, and severe complications that might be fatal.

They contribute to dehydration as they pull water from the digestive process. There are related risks of infection and inflammation of the gastrointestinal tract,"

COMMUNITY NOTICEBOARD

**4-6 OCTOBER
CENTRAL STATION**



The award-winning **Transport Heritage Expo** brings Sydney's transport history to life with heritage train, bus and boat rides, heritage displays, entertainment and so much more! **4- 6 October at Central Station**

Celebrate 170 years of the NSW railways with three days of unique experiences, including the Great Train Race, heritage displays and exclusive merchandise.

Don't miss this fantastic and nostalgic long weekend event for families and transport enthusiasts alike.

VINTAGE BUS RIDES

LAVENDER BAY TRAIN RIDES

BOTANY FREIGHT LINE RIDES

RAILMOTOR RIDES

MORTUARY STATION TOURS

CLOCK TOWER TOURS

STEAM TRAIN RIDES

STEAM BOAT CRUISES

Buy tickets online at – www.transportheritageexpo.com

Transport Heritage NSW Customer Service 1300 11 55 99 Email - customers@thnsw.com.au



Merrylands RSL

Held every second Thursday of the month
in the Swan Room

\$11 Members | \$15 Guests

Book your tickets from Reception or call **8868 7777** - or buy seats on the day. Request Table 10.

Next show date - Thursday 9th October **Danny Elliott** is truly an extraordinarily talented musician, singer and all-round entertainer.. **Xanthe Longley-Bain** is a dynamic and versatile songstress whose electric musical style transcends genres, capturing the hearts of audiences across Australia. **Excellent value – the price includes 10.30am morning tea & 11 am show**

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Wentworthville Community Garden Open Day

18th October

9.30am – 2pm

73 Fullagar Road, Wentworthville. -

Explore market stalls brimming with **fresh produce**, unique **trash 'n' treasure finds**, and **handcrafted goods**.

Enjoy a delicious **sausage sizzle**, morning tea, and chat with the dedicated volunteers who've been growing and giving back for over 10 years.

Don't forget to bring your shopping bags, you'll find **plants** and **seedlings**, **homemade cakes**, **jams**, **pickles**, crafts, and quality preloved goods ready to take home.

The Community Garden is located behind the tennis courts, access is via the pathway next to the canal. The Open Day is very popular. Parking in Woolworths Car Park around the corner in Lane Street might be the easiest option.

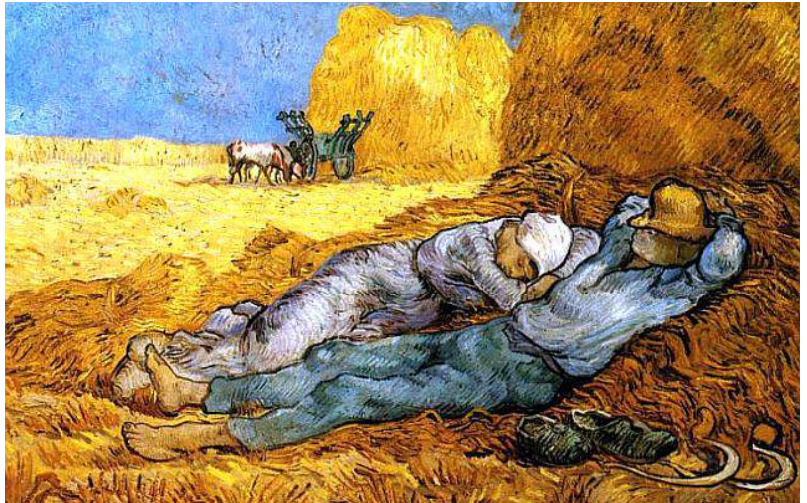


Do you wake up after a few hours sleep, stay awake for a couple of hours, then fall back to sleep for a few hours? This article might explain why....

In 2001, Historian Roger Ekirch of Virginia Tech USA, published a groundbreaking paper based on 16 years of research, which revealed something quite amazing:

Humans did not evolve to sleep through the night in one solid chunk.

Until very recently, humans slept in two stages.



In his book At Day's Close: Night in Times Past, Ekirch presents over 500 references to these two distinct sleep periods, known as the "first sleep" and the "second sleep," culled from diaries, court records, medical manuals, anthropological studies, and literature, including the epic ancient tale Homer's Odyssey.

These accounts referenced a first sleep that began two hours after dusk, followed by waking period of one or two hours and then a second sleep.

This waking period, known in some cultures as the "watch," was filled with everything from bringing in the animals, visiting neighbours, lounging in bed or saying their prayers.

Historian Craig Koslofsky delves into the causes of this massive shift in human behaviour in his new book, Evening's Empire.

He points out that before the 17th century, it was too dangerous to wander the streets or countryside at night.

Only the wealthy had candles, and even they had little need or desire to venture from home at night.

Street lighting and other trends gradually changed this, and eventually night time became fashionable and hanging out in bed a mark of indolence.

The industrial revolution put the exclamation point on this sentence of wakefulness.

By the 19th century, health pundits argued in favour of a single, uninterrupted sleep.

But these two sleeps and their magical interim were swept away so completely that by the 20th century, they were all but forgotten.

We have been told over and over that the eight-hour sleep is ideal.

But maybe, for some of us, our bodies have been trying to tell us something else?



Thank you to Noelene Mitchell for sending the above Cartoon

2025 dates for your diary **Red = Meetings;** **Dark Blue = Probus Activities;** **Light Blue = Community Events**

<i>Thursday</i>	<i>9 October</i>	<i>Morning Melodies at Merrylands RSL</i>
Thursday	16 th October	Coach trip to Rathmines
<i>Saturday</i>	<i>18th October</i>	<i>Wentworthville Community Garden Open Day</i>
Thursday	6 th November	Monthly Meeting starts at 10.30am sharp
<i>Sunday</i>	<i>9th November</i>	<i>Linnwood Open Day 10.30am – 3pm</i>
Thursday	13 th November	<i>Morning Melodies at Merrylands RSL</i>
Thursday	20 th November	Coach trip - Mystery Tour
Thursday	4 th December	Monthly Meeting starts at 10.30am sharp
Thursday	4 th December	Annual Christmas Lunch after monthly meeting

2026 – Social Day dates are awaiting confirmation

Thursday	15 th January	Annual Summer Holiday Lunch at the Coolibah
Thursday	5 th February	Monthly Meeting starts at 10.30am sharp
Thursday	19 th February	\$2.50 Train and Ferry to Lunch at Watsons Bay
Thursday	5 th March	AGM & Monthly Meeting starts at 10.30am sharp

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**Daylight Saving Time starts
Sunday 5th October at 2am**

Ends Sunday 5 April 2026 at 2am

