



# PROBUS CLUB of AIRPORT DISTRICT INC.

PO Box 449, BROOKLYN PARK SA 5032

## Newsletter

19th JANUARY 2023

**General Meetings:** 09:45am for 10:00am start, on the fourth Thursday in the Month, at Airport Over 50's Club, 18 Coral Sea Road, Fulham SA 5024.



*Welcome to all our Readers in 2023. Hope you all had an enjoyable Christmas with Family and Friends. May 2023 be a good year for all.*

## ROSTERS

### MORNING TEA ROSTER for JANUARY

Margaret Dayman, Marlene & Bryan Dyke

### MORNING TEA ROSTER for FEBRUARY

Val Brook, Heather &  
Bill Scott



### OUTINGS COLLECTION - JANUARY

Margaret Morgan, Pam Stewart

### OUTINGS COLLECTION - FEBRUARY

Bryan & Marlene Dyke

**GROUP OUTINGS**  
★ It's What We Do! ★

### Management Committee

**President:** Laurie Smith

M: 0417 295 717, E: [elsee01@gmail.com](mailto:elsee01@gmail.com)

**Vice President:** **VACANT**

M: E:

**Secretary:** Eric Fiebig

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**Treasurer:** Drew Marshman

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**Assistant Treasurer:** Glen Graetz

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**Friendship:** John Squire

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## Just A Friendly Reminder

### Our Outings Policy is:

"Please pay within ONE MONTH of Booking.

Non-members MUST PAY when Booking



Please Wear Name Badges

To ALL OUTINGS

AIRPORT DISTRICT INC.

## Birthdays

### January 2023

Helen Graetz	10th January
Marty Lage	11th January
Janet Whiteford	13th January
Eric Fiebig	17th January



To



**Eric Fiebig**

**for volunteering his time and service to our Club, as our NEW SECRETARY.**

**Without a Secretary our Club could not have functioned.**

**Many Thanks Eric, from the Management Committee.**

The 'Suggestion Box' is now located on the Outings Table .

Any suggestions / ideas for Club Activities etc, will be greatly accepted by the Management Committee.



### MONTHLY DINNER NIGHTS

2nd Friday in the Month



**Resumes February 10th 2023, 6:00pm**

The Rex Hotel, 172 Richmond Road Marleston



## Guest Speakers

Today, January 2023—Heath Visser, CFP®

*(Financial Matters affecting seniors)*

February 2023— Norm Lewis Interview

## Theatre

Nothing until May 2023







### "Bucks" MORNING TEA

**7th February 2023**, 10:30am, at Beachside  
Restaurant, 5 West Beach Road, West Beach

### "Does" MORNING TEA

**8th February 2023**, 10:30am, at La Vita,  
342 Grange Road Kidman Park

### "Ladies at 10" MORNING TEA

**15th February 2023**, 10:00am, at Macchinetta,  
528 Grange Rd, Henley Beach.

## OUTINGS

### NATIONAL WINE CENTRE OF AUSTRALIA

Cnr North Tce & Hackney Rd ADELAIDE

When: 16th February 2023

Time: 11:00am for Tour

Cost: \$15 per head

~ **PAY TODAY 19th January 2023** ~

- Meals available for purchase -

Catch TRAM to Botanical Gardens. Nth Tce



### Some Light Hearted Humour

Why did the boy bring a ladder to School?  
He thought it was a high school!

Why did the Belt get locked up?  
He held up a pair of pants!

**What athlete is warmest in winter?**  
**A long jumper!**



**I've just burnt 3,000 calories.**  
**I forgot to take the pizza out of the oven.**

### Senior Humor

An older lady was standing at the rail of a cruise ship, holding on to her hat, so that the wind wouldn't blow it away.

A gentleman approached her and said, "Pardon me, madam, I do not intend to be forward, but did you know that your dress is blowing up in this wind?"

"Yes, I know," said the lady. "But I need both hands to hold on to my hat."

"But madam", he said, "you must know that you're 'bottom' is exposed!"

The woman looked down, then back up at the man and said, "Sir, anything you see down there is 85 years old, but I just bought this hat!"



## December Meeting Highlights

# Guest Speaker

Happy Birthday  
to everyone born in  
December!



L-R Helen Yeates, Stan Miller, Vera Sandrussi (visitor) & Pam Stewart. (absent: Norm Lewis, Yvonne West & Diana Stocks)



**Jodie Atkinson**

**Grief Recovery Specialist®  
Personal Trainer, Fitness  
Instructor and Health Coach.**

*Jodie spoke very frankly about her personal grief, following the death of her husband after a short battle with cancer.*

"Everyone grieves in their own way. There is no right way, just your way. My role is to help people who feel like they have unfinished business and are struggling to come to terms with their loss, to move forward with a healthier, more positive connection to their loved one. If you feel like you are 'just coping', 'merely existing', not living your life, then let's talk. From my heart to yours."

Jodie xx

Grief is a normal and natural reaction to loss of any kind, and the conflicting feelings caused by the end of or change in a familiar pattern of behavior. Death of a loved one and divorce are common life experiences that cause grief. However, you may be grieving another loss in your life.

**Death of a pet, Moving, Death of a former spouse, Legal Problems, Job loss, Major health changes, Empty nest, Retirement**



Above: Mel Dayman introducing our Guest Speaker, Jodie Atkinson

Jodie reading a section from her Book  
**"Have You Met MY GRIEF?"**

Copies were available for purchase (\$25).



Right: John Wildy, gave a vote of thank to Jodie Atkinson for her own story and recovery from Grief. A small gift pack was presented to Jodie by John in Appreciation, from our club.





in  
*Loving  
Memory*



of  
**Ruth Fiebig**

*Ruth Fiebig sadly passed away on 8<sup>th</sup> January 2023. She joined our Club in 1993 and served as Vice President in 2005 and President in 2006.*

*Ruth was also Membership Officer from 2008 – 2010. In addition, Ruth and Eric hosted the Games Afternoon in their home for some years.*

*Ruth was a regular member of our Club until last year when ill health prevented her from attending. In February she became an Associate Member but still managed to attend several meetings after becoming an Associate Member.*

*Ruth was a vibrant lady with a big bright smile, very caring and always willing to assist.*

*Sincere condolences are extended to Eric and family.*

*Our thoughts and prayers are  
with Eric and Family*



## Senior Humor

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We leave this world the same way we entered it: bald, confused, and wearing a diaper.

What do expired cake mix and seniors have in common?  
They both have a hard time

What did one senior mountain climber say to the other?  
We're finally over the hill!

An old man shuffled slowly into an ice cream parlor and pulled himself gently, painfully, up onto a stool... After catching his breath, he ordered a banana split. The waitress asked kindly, 'Crushed nuts?' 'No,' he replied, 'Arthritis.'

A woman on the phone to her friend: "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over."

## **APOLOGIES**



**Before the General Meetings, Please contact the Membership Officer,**

**Helen Graetz** on either: telephone: 8376 5280, mobile: 0409 673 561 or email:

[hgraetz@tpg.com.au](mailto:hgraetz@tpg.com.au)

An **Apology Sheet** is available on the Membership Officer's table as you enter the building.

This sheet is available until 12 noon at each meeting, if you wish to apologise for future meetings.

### **PAYMENTS BY BANK TRANSFER**

Account Name: Probus Club of Airport District Inc.

BSB: 015-214

Account No. 417529217



\*\*\* In the REFERENCE box, please put what you are paying for eg: Subs, which Outing /s. \*\*\*

**NEXT MANAGEMENT MEETING:**

Thursday 9th February 2023, at 10am

19 Seafeld Street, Largs North.

**NEXT GENERAL MEETING:**

Thursday 23rd February 2023, at 10am

Airport Over 50s Club, Coral Sea Road, Fulham.

**Probus is about Fun, Friendship and Fellowship in Retirement**

Our Club Website is maintained by Graeme Bond.

<http://probussouthpacific.org/microsites/airportdistrict>

**Kindly printed by Simon Birmingham, Senator for South Australia**