



# Probus Club of Mt Druitt Inc.

## "Newsletter" May 2010 No: 59

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**Attendance :** Please advise any one of the committee members listed above if you will NOT be attending our normal club meetings, in advance, as we have to arrange for catering with the RSL.

Club meets on Third Wednesday of each month at Rooty Hill RSL 10.30 am for **10.45 am**

**PLEASE NOTE: Badge replacements – In future we will have to charge you \$10 for any replacement badges to cover cost of manufacture.**

### Our Guest Speakers for May

Angela Power & Stephanie Lalor from Mission Australia are coming along to talk about "Communities for Children" - a program being run by Mission Australia to support children and their families in the Mt Druitt area. They have a lot of exciting things to tell us, and opportunities for you to be involved with them to make Mt Druitt a happier, safer and friendlier place for children and their families.

Last month **David Reithmuller** our guest speaker enthralled our members with his experience in South America, living and working with people in different countries, who in some cases had never met a white person let alone two young children with blonde hair and blue eyes.

A number of our ladies showed a lot of interest in the culinary habits and the breeding of guinea pigs, not as pets, but as a source of fresh meat. **No, they don't taste like chicken, more like rabbit according to David.** David explained that you quickly become very resourceful and your negotiation skills are improved as a necessity to stay alive and live with the locals who have been overrun by the cartels that are running the country. All together a most enthralling and educational presentation.

### TRAVEL REPORTS

**Test Run** A few of our Probus members had an impromptu trip by train, as a test run , to Woy Woy where we had a feed of fresh Fish & Chips and a walk around the village before heading back to Sydney. The trip proved to be successful so other trips have been organised for later in the year

**"He has Van Gogh's ear for music." - Billy Wilder**

**Victor Chang Institute** On **May 6<sup>th</sup>** we headed off to the Victor Chang Institute at Paddington and were shown around the research laboratories and told of the many programs that they are now involved with as well as heart research and transplants. Those of our members who have had experiences with heart operations and transplants were able to ask many questions to enable them to further understand the process and great achievements of the Victor Chang Institute. After lunch at the Paddo RSL we went onto the Australian Museum and saw a number of our relatives and friends fossilised and remarkably preserved.



**Nola & Joan Carole Kathy & Jeanette in front at Woy Woy fish & chip lunch**

**The exchange between Churchill & Lady Astor: She said, "If you were my husband I'd give you poison."**

**He said, "If you were my wife, I'd drink it."**

### A request from our Travel coordinators

If possible can you have your tours envelopes ready when you first arrive at the meeting to save the tours people a stack of time. The compilation of the tours and the balancing of the books takes a lot of their time and consequently they are missing the meetings and guest speakers.

As an idea you may wish to take some of the stamped envelopes and have them prepared with the details of the amounts on the outside. Please try and have correct money inside. Many thanks for your cooperation.



A portrait of Victor Chang



Who said Avatar in 3D was better than real life?

### What's Coming up in Travel & Tours

**Wed - June 2 Picnic @ Warragamba Dam** – Free Bring your own Food & Drinks and team up with a car driver to share the transport. All new facilities at the picnic site with lots of amenities to share.

**Wed June 16<sup>th</sup>** Anniversary party to celebrate our 5<sup>th</sup> year will be at Mt Druitt Workers Club Woodstock Ave Mt Druitt. Meeting followed by the Anniversary Lunch \$28.00 per head

**July 22<sup>nd</sup>**– Xmas in July Hawkesbury River Cruise A leisurely cruise down the Hawkesbury with lunch onboard to celebrate Xmas. The boat leaves from the wharf at Windsor

near the Macquarie Arms Hotel. Bus leaves the RSL at 10.30am. \$40 for cruise & lunch + \$10 for bus fare

**Wed August 11– Mystery Day Tour** \$50.00 Includes Tour, Morning Tea and Lunch. Bus leaves RSL @ 8am and heads off to an unknown destination

**Thursday September 23<sup>rd</sup>** – Train & Ferry trip to Manly for extra special \$10.00 lunch at pub on the Corso at Manly – **Cost of combined Train & Ferry ticket is \$2.50/ head.** Details later re train/ferry timetable and meeting points.

**Thursday October 14<sup>th</sup> Pegasus Tours** Trip down through Fitzroy Falls & to Kangaroo Valley to browse the boutique & specialty shops. Lunch in the Kangaroo Valley before travelling down to Berry where we have a stopover at the Treat Factory and some time for more browsing of the local shops before heading back to Rooty Hill.

**Tuesday November – 2<sup>nd</sup>** Melbourne Cup Day – Watch this space for details of our plans.

**Wed 10 & 11 November** - A two day Tour to Gulgong & Mudgee, Includes all meals & accommodation for \$265.00. Includes Wine Tasting Tour & Museum visits in Gulgong. Bus departs the RSL at 7.30am.

**Wed December 8<sup>th</sup>** – Premiers Gala Christmas Concert – Free admission

**Happy Touring  
Brian , Janine & Helen.**

### SEX AT 82!

*I just took a leaflet out of my mailbox, informing me that I can have sex at 82! I'm soooooo happy, because I live at #73 ... So it's not too far to walk home afterwards!*

*A six year old goes to the hospital with her grandmother to visit her Grandpa.*

*When they get to the hospital, she runs ahead of her Grandma and bursts into her Grandpa's room.*

*"Grandpa, Grandpa," she says excitedly, "As soon as Grandma comes into the room, make a noise like a frog!"*

*"What?" said her Grandpa.*

*"Make a noise like a frog - because Grandma said that as soon as you croak, we're all going to Disneyland !"*

**"He had delusions of adequacy." - Walter Kerr**

### Birthday Celebrations in May

**5<sup>th</sup> Jackie Hurlstone**

**6<sup>th</sup> Ken Hall**

**9<sup>th</sup> Ted Cahill**

**10<sup>th</sup> Arthur Kitchingham**

**14<sup>th</sup> Kathy Van Oeveren**

**27<sup>th</sup> Bob Milne**

All the best to you all - may you have many more

### Sick Bay Report.

**Bill Burns** has settled into St Simeons Nursing Home on the corner of Woodstock & Hyatts Rd and would love to catch up with anyone with a few minutes to spare. He is in room 25 and visiting is fairly open with no restrictions during the day.

**"He is a self-made man and worships his creator." - John Bright**

**Colonoscopy Journal:** An experience a lot of us can relate to

I called my gastroenterologist, to make an appointment for a colonoscopy.

A few days later, in his office, John showed me a colour diagram of the colon, a lengthy organ that appears to go all over the place, at one point passing briefly through Marrickville. Then John explained the colonoscopy procedure to me in a thorough, reassuring and patient manner I nodded thoughtfully, but I didn't really hear anything he said, because my brain was shrieking, 'HE'S GOING TO STICK A TUBE 17,000 FEET UP YOUR BEHIND!'

I left John's office with some written instructions, and a prescription for a product called 'MoviPrep,' which comes in a box large enough to hold a microwave oven. I will discuss MoviPrep in detail later; for now suffice it to say that we must never allow it to fall into the hands of Australia's enemies. I spent the next several days productively sitting around being nervous. Then, on the day before my colonoscopy, I began my preparation. In accordance with my instructions, I didn't eat any solid food that day; all I had was chicken broth, which is basically water, only with less flavour.

In the evening, I took the MoviPrep. You mix two packets of powder together in a one-litre plastic jug, then you fill it with lukewarm water. (For those unfamiliar with the metric system, a liter is about 32 gallons).. Then you have to drink the whole jug. This takes about an hour, because MoviPrep tastes - and here I am being kind - like a mixture of goat spit and urinal cleanser, with just a hint of lemon. The instructions for MoviPrep, clearly written by somebody with a great sense of humour, state that after you drink it, 'a loose, watery bowel movement may result. 'This is kind of like saying that after you jump off your roof, you may experience contact with the ground. MoviPrep is a nuclear laxative. I don't want to be too graphic, here, but, have you ever seen a space-shuttle launch? This is pretty much the MoviPrep experience, with you as the shuttle. There are times when you wish the commode had a seat belt. You spend several hours pretty much confined to the bathroom, spurting violently. You eliminate everything.. And then, when you figure you must be totally empty, you have to drink another litre of MoviPrep, at which point, as far as I can tell, your bowels travel into the future and start eliminating food that you have not even eaten yet.

After an action-packed evening, I finally got to sleep. The next morning my wife drove me to the clinic. I was very nervous. Not only was I worried about the procedure, but I had been experiencing occasional return bouts of MoviPrep spurtage. I was thinking, 'What if I spurt on John?' How do you apologize to a friend for something like that? Flowers would not be enough. At the clinic I had to sign many forms acknowledging that I understood and totally agreed with whatever the heck the forms said. Then they led me to a room full of other colonoscopy people, where I went inside a little curtained space and took off my clothes and put on one of those hospital garments designed by sadist perverts, the kind that, when you put it on, makes you feel even more naked than when you are actually naked..Then a nurse named Eddie put a little needle in a vein in my left hand.

Ordinarily I would have fainted, but Eddie was very good, and I was already lying down. Eddie also told me that some people put vodka in their MoviPrep..

At first I was ticked off that I hadn't thought of this,

but then I pondered what would happen if you got yourself too tipsy to make it to the bathroom, so you were staggering around in full Fire Hose Mode.. You would have no choice but to burn your house.

When everything was ready, Eddie wheeled me into the procedure room, where John was waiting with a nurse and an anaesthesiologist. I did not see the 17,000-foot tube, but I knew John had it hidden around there somewhere. I was seriously nervous at this point. John had me roll over on my left side, and the anaesthesiologist began hooking something up to the needle in my hand. There was music playing in the room, and I realized that the song was 'Dancing Queen' by ABBA.. I remarked to John that, of all the songs that could be playing during this particular procedure, 'Dancing Queen' had to be the least appropriate. 'You want me to turn it up?' said John, from somewhere behind me. 'Ha ha,' I said. And then it was time, the moment I had been dreading for more than a decade. If you are squeamish, prepare yourself, because I am going to tell you, in explicit detail, exactly what it was like. I have no idea.

Really. I slept through it. One moment, ABBA was yelling 'Dancing Queen, feel the beat of the tambourine,' and the next moment, I was back in the other room, waking up in a very mellow mood. John was looking down at me and asking me how I felt. I felt excellent.. I felt even more excellent when John told me that It was all over, and that my colon had passed with flying colours. I have never been prouder of an internal organ. On the subject of Colonoscopies...

Colonoscopies are no joke, but these comments during the exam were quite humorous.... A physician claimed that the following are actual comments made by his patients (predominately male) while he was performing their colonoscopies:

'Hey! Now I know how a Muppet feels!'

'God, now I know why I am not gay.'

'Could you write a note for my wife saying that my head is not up there

**"His mother should have thrown him away and kept the stork." -Mae West**  
**Tradesmans Register**



**For antenna installation or repairs**

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**"He uses statistics as a drunken man uses lamp-posts... For support rather than illumination." - Andrew Lang (1844-1912)**

**Happy Probusing**

## ***Mt DRUITT PROBUS CLUB SOCIAL CALENDAR April 2010 to Nov 2010***

Month	Date	Function Details	Costs Etc	Times for Event
May 2010	19 Wed	Club Meeting	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
June 2010	2 Wed	Picnic @ Warragamba Dam (Own Transport)	Free - BYO Food & Drink	11 for 11.30am Make your own Way – Share a ride
	16 Wed	MtDruitt Club 5 <sup>th</sup> Anniversary Party @ Workers Club MtDruitt	\$28.00 Incl. Morning Tea & Lunch	10.30am Normal meeting followed by festivities
July 2010	21 Wed	Club Meeting Guest Speaker – Vicki & Ian Lovegreen Talking about life after a Brain Injury caused in serious car/pedestrian accident	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
	22 Thur	Xmas in JULY Lunch on Hawkesbury River Cruise leaves from Windsor wharf	\$50 Per Head Includes Lunch & Bus	10.30am Rooty Hill RSL
Aug 2010	11 Wed	Mystery Tour – Leaves RSL @ 8 am & heads off to an unknown destination	\$50 Includes Morn Tea & Lunch	8.00 am Rooty Hill RSL
	18 Wed	Club Meeting	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
Sept 2010	15 Wed	Club Meeting	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
	23 Thur	Train & Ferry ride to Manly + \$10 Lunch at Pub on The Corso @ Manly	Train/ferry Pass \$2.50 + Pay for your own lunch	(TBA) Meet at Station
Oct 2010	14 Thur	Pegasus Tour to Kangaroo Valley & Berry Boutique shops & great views	\$48 Incl Morning Tea & Lunch	8.00 am Rooty Hill RSL
	20 Wed	Club Meeting	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
Nov 2010	2 Tues	Melbourne Cup Day	(TBA)	
	10 & 11	2 Day Tour to Gulgong & Mudgee Wine Tour	\$265 Incl all Meals & Accomodation	(TBA)
	17 Wed	Club Meeting	\$5.00 Incl. Morning Tea	10.30am Rooty Hill RSL
Dec 2010	8 Wed	Premiers Christmas Gala Concert	Tickets Available from October 18 <sup>th</sup>	(TBA) Bus from RSL
	15 Wed	Christmas Meeting	(TBA)	10.30am Rooty Hill RSL

**IMPORTANT REMINDER – IF YOU ARE RUNNING LATE OR HAVE TO CANCEL AT LAST MINUTE please call Brian Donkin (0409 311 356) or Janine Pattison (0414 716 573) or Helen Maurer (9623 4373) so we can make alternative arrangements**

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