



Ladies Probis Club of Valentine Bulletin September 2024

[Website: ajcns.com/lpcov](http://ajcns.com/lpcov)

President – Joy Tromans 0434 940 926; Secretary – Libby Dingle 0407 283 748;
Treasurer – Olwyn Gore 0407 060 149; Outings – Bev Gardner 0401 033 040



At our August meeting, Laurel George, our Assistant Membership Officer, was recognised for her 20 years' membership of this club and for her years of service. A presentation was made by our President, Joy Tromans, who congratulated her on being a pioneer of LPCOV and a person who was always helping out. Thank you Laurel for those years of service. We hope you will enjoy many more!

At our last meeting Sonya House introduced Laura Otton, a Dietitian and Nutritionist whose talk was not only informative but also gave us the opportunity to ask questions and discuss matters of concern. Nutrition is so important to us all as we age and the relevance of this speaker was abundantly clear in the number of questions asked by our members.



In last month's Bulletin we called for a member to nominate for the position of Assistant Treasurer after the resignation of Yvonne Lynch. This month, the good news is that Pauline Easter has accepted that role. Thank you for volunteering, Pauline.

Unfortunately, this month we also have to call for a member to nominate for the position of Historian following the resignation of Elizabeth Conlan. We will miss you taking photos at our meetings and on our outings Elizabeth, but thank you for the work you have done for LPCOV, recording our history.



To our ladies who celebrate their birthdays in September:
Doreen Bridges, Anne Dobb and Bev Gardner.

WHAT'S HAPPENING THIS MONTH AND NEXT?

After a great trip to Sydney where we enjoyed an excellent production of ***Sister Act***, many of our members will be boarding a coach again on **Monday, 16th September**, to travel to The Koala Sanctuary at Port Stephens. This too will be a great day out with the tour of the Sanctuary, morning tea at Birubi Beach and lunch at Wests Club. The bus will leave VBC at 8.45 am, so be there by 8.30 to ensure it leaves on time.

Thursday, 26th September is the date for Maxine's next Morning Tea at the 16's. Everyone is welcome to come along and relax with friends over morning tea.

In October, Bev is proposing something a little different. And this could be a lot of fun! - Bingo at the Sixteens from 11.00 am – 1.30 pm on **Thursday, 17th October**. There would be no entry fee, just a cost for a few games. If this sounds like fun to you and your friends, give your names to Bev at our meeting on Monday.

For November, Bev is planning a return visit to the Olive Tree Brasserie at Summerland Point. Last time we really enjoyed the food and service at this restaurant. The date for this outing? **Thursday, 21st November at noon**. We will drive ourselves so car-pooling would be a good option. If you would like to attend, give your name to Bev at our meeting.



And now for a very early notice! Our **Christmas Luncheon** will be at Brown Sugar on **Monday, 9th December**. Mark it in your diary so you don't miss out. Details will follow later.

Bank details: BSB: 650 000; Account No. 961312505; Ref: your name, reason for deposit (e.g. fees)

Meetings:

Monday, 9th September at 10.00 for a 10.30 start. We will welcome naturalist, Teresa Purnell, as our guest speaker.

Monday, 14th October at 10.00 for a 10.30 start. Our guest speaker this month will be Claudia Tolhurst from the Hunter Melanoma Foundation.

* **Tuesday 12th November** at 10.00 for a 10.30 start. TBA.

Committee Meeting dates are: Monday, 2nd September at 1.00 pm.

Monday, 30th September at 1.00 pm

Monday 4th November at 1.00 pm.

We would like to acknowledge and thank Pat Conroy and his staff for their assistance in printing this Bulletin. It is much appreciated.

