

# Sutton Park Probus Club Newsletter

(Founded 1998)

President: Brian Spencer

No.168

October 2012

## End of season crown green bowling



We had good weather on Ladies Day

Margaret and Ian proving to be top bowlers on the day !

## Bowls Fun Day.

This is the day Probus bowlers invite their wives or partners to join them on the green to show how good they are but unfortunately the ladies, once again, finished triumphant .

Geoff Sylvester must have been born with a golden spoon in his mouth because on the previous day to the one he had chosen to hold this event a months rain had fallen in 20 hours. But September 25th dawned bright and clear but very cold.



Forty-two of us were organised into mixed doubles by the magic of Mike Lock (would you like to take over from the Chancellor Mike?) and a very enjoyable morning was had by all.

(We were all pleased to see Mike up and about after his recent illness ED)

Margaret Dineen took first prize for the highest ladies score and Ian Scholes was top man. Excellent bowling by both, well done !!



A first class buffet lunch was provided by the Conservative Club after which prizes and thanks were given. Thanks again Geoff not only for the day but also for organising us so well throughout the season. **Don Cooper**

## Return of the Long Walkers

At last, a grand, sunny day to get out into the countryside. From the attractive village of Milldale, we strolled along the fast-flowing river Dove. Spotted a dipper and thought what a lovely way to spend the day, until Barry had other ideas and led us across the bridge by Illam Rock and ever upwards into Halldale. As usual, though, the climb was well worth the effort, as we were soon rewarded with glorious views of the rolling hills, looking magnificent in the sunlight.



Approaching Wetton, there was no time for Sheila to enjoy the death-slide on the playing field; news was out that we were lunching on the green opposite the pub! Once again plates of chips appeared as if by magic. It was then we realised that David had relapsed into his condition, now diagnosed as chronic chiposis.

Persuading Fred that there was a need to press on, despite the desire for yet more real ale, Barry found just enough more uphill paths to burn off the calorie intake, before making our way back down from Alstonefield to our cars.

A very memorable day's walking for which we give many thanks to Barry.

**Rod Crowley**

## 25 October 1881 : Pablo Picasso is born in Malaga, Spain

On this day in 1881, Pablo Picasso, one of the greatest and most influential artists of the 20th century, is born in Malaga, Spain. Picasso's father was a professor of drawing, and he bred his son for a career in academic art. Picasso had his first exhibit at the age of 13 and later quit art school so that he could experiment full-time with modern art styles .

## Editor's Notes

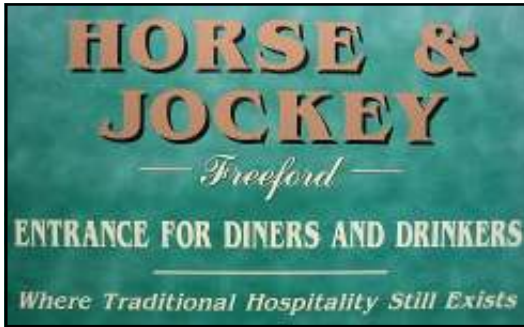
Articles/photos received will only be published for the current month if they reach me **no later than the Saturday before** publication at the monthly General Meeting. All other photos/articles will be published on the Club Website. Whilst it is understood that not all members have computers the preferred method of receiving articles/photos is by email. The number of pages in the Newsletter may vary and will be based on information supplied.

Articles should be restricted to **approximately of 250 words**. Articles will be edited, major changes by agreement with the member/author concerned.

**Any opinions expressed within the Newsletter are not necessarily those of the Editor or the Committee.**

## May the force be with you !

Waking up on that fateful Thursday morning the weather forecast was living up it's name! Shefali Oza had predicted rain and, looking out the window, she was right. But most of us, who had faith, decided to put on a brave face, don waterproofs, and meet at the Horse and Jockey at Freeford near Lichfield.



On arrival, although it was still overcast, the rain had ceased. Had a force field had been generated around the pub ?? I'm not sure if it radiated from the bright yellow safety jackets worn by our walk leader and his loyal supporter or, it may have been that our weather guru had made his own arrangements (as usual !) Anyway 20+ of us enjoyed a short walk along country lanes across some fields and into the uncharted territory of Whittington Golf

Course. I had the feeling that tin hats might be the order of the day. But no, the golfers were too busy searching for a lost ball to be too concerned with the trekkers. Before too long we arrived back at the pub to be greeted by a roaring open fire and cheery bar staff.

The ranks swelled and we all sat down to a superb meal and light hearted chat. Our vice-president presided over us at the end of the meal to thank Roy and Mary for shepherding us safely along the walk.

Finally the weather did break but not until late into the evening. The heavens opened and what seemed like a month's supply cascaded down.

This is a short historical note about the pub itself. (sourced from the Internet)

To the west and south of the village lies Whittington Heath. The heath was the originally the site of the Lichfield races which had moved from Fradley in 1702. During the 18th century they were one of the largest and well attended meeting in the Midlands – in 1773 a grandstand was erected near the Lichfield to Tamworth Road. However during the course of the 19th century the popularity of the races dwindled, and military use of the heath grew. In 1875, the Marquis of Anglesey was approached by the War Department and asked if he would sell Whittington Heath for the building of a barracks, to which he agreed. October 29, 1880 was the date recorded as the formal handing over of the newly built barrack to the military. In 1895 the last race meeting was held when the war office declared it was "undesirable to hold a race meeting at the gate of the barracks.". The Lichfield races are still remembered the name of a local pub in Freeford called the Horse & Jockey. In Lichfield, there is another pub called "The Scales" was where the race jockeys were "weighed in". The old grandstand originally became a soldiers home, although it is now the base of the Whittington Heath Golf Course. Golf had been played in the area as the Whittington Barracks Golf Course since 1910 but the land was not bought out until 1994.

**Tony Ferneyhough**

## Magnet Therapy

Our monthly talk was on a perhaps not very well known subject of magnet therapy and was given by Alan Cooke from Norstar Magnets Ltd.

He explained that magnetism as a medical aid had been known since the ancient Egyptians and in fact Cleopatra is believed to have worn a protective lode stone necklace.



Magnet therapy is based on the theory that when delivered direct to the body magnetic fields can stimulate healing for a range of health problems and takes many different forms. In some cases magnets are applied to the pain affected areas with the help of wraps, shoe inserts, or 'magnetic jewellery' such as bracelets, necklaces etc. Other products include magnetic cushions, lumber pads, mattresses, pillow pads. In an information brochure magnet therapy was

described as drug free, non invasive, safe and effective, painless, affordable, re-useable, used by doctors worldwide for you, your family and your pets.

It was explained that for example some medical research had been carried out in respect of arthritis and there had been some success in pain relief on a significant percentage and the products had a world wide sale. However Mr Cooke did state that the appliances would not give pain relief to all users.

He carried out tests on some volunteers, using shoe inserts, but there was some doubt as to any individual success. Also several baton like appliances were passed round for members to test, which when switched on vibrated and if passed on or over a pain area would help to reduce the pain.

His assistant explained how the therapy can also be affective with household pets.

A vote of thanks was given by Derek Smith.

**John Booth**

## Christmas 2012

**In keeping with previous years - members who prefer to donate monies to the their favoured charities, rather than give Christmas Cards to friends within Probus will have their names published in the November Newsletter. The 'postal service' will still be provided at the Christmas lunch.**



## Events and Activities from October 2012

**Thursday 25th October**

**Remembering Not To Forget**

**David Howe**

**Vote of Thanks : John Fellows**

**Newsletter Report: John Buckland**

**Kitchen Rota: Selby Betts**

**Harry Medcalf, Roy Willson**

**John Longmore, Alfred Wallwork**

**Monday 5th November**

**Long Walk led by Brian Spencer**

Direct or meet at Roy's 9.00 am to car share

**Saturday 10th November**

**Fine Dining at Sutton Coldfield Golf Club**

Cost £26 per person

Organiser: Brian Mallett

**Thursday 15th November**

**Short Walk led by Roy Willson**

Lichfield area

**Thursday 22nd November**

**The Forensic Science of Handwriting**

**David Bexendale**

**Vote of Thanks: Ray Clark**

**Newsletter Report: Selby Betts**

**Kitchen Rota: John Booth**

**Terry Booth, Dennis Perkins**

**David Roy, John Cheal**

**Thursday 6th December**

**Long walk led by Rod Crowley**

Direct or meet at Roy's 9.00 am to car share

**Friday 7th December**

**Christmas Lunch**

Event Manager: John Purnell

**There is NO General Meeting in  
December**

**2013**

**Thursday 10th January**

**Long Walk led by David Rooke**

Meet at Roy's 9.00 am to car share

**Thursday 17th January**

**Lunch - Birmingham College of Food**

Cost. Approx £14 per person

Coordinator Brian Mallett

**Thursday 24th January**

**Pompeii - the Nice and the Naughty  
from 2000 Years Ago**

**John Reedy**

**Vote of Thanks: Ernest Williams**

**Newsletter Report: John Cheal**

**Kitchen Rota: TBA**

**Thursday 7th February**

**Long Walk led by Geoff Sylvester**

Meet at Roy's 9.00 am to car share

**Thursday 28th February**

**A Potted History of the 20th Century  
(Part1) Martin Harrison**

**Vote of Thanks: Tim Daly**

**Newsletter Report: Neil Crabb**

**Kitchen Rota: TBA**

**Thursday 14th February**

**Skittles Evening**

Organisers: Jim Bailey & Mike Gospel

**Thursday 21st February**

**Short Walk led by Brian Spencer**

(Buck's Fizz)

**Thursday 28th Feb**

**A Potted History of the 20th Century  
(Part 2) Martin Harrison**

**Vote of Thanks: Alf Dineen**

**Newsletter Report: Roy Galloway**

**Kitchen Rota: TBA**

**See the Club Website for additional photos**

Please inform **Ron Ryman** if you are unable to attend a General Meeting by the **Sunday** before that General Meeting.

If you are unable to carry out the Vote of Thanks or the Newsletter Report please get in touch with **Tony Ferneyhough**, well before that General Meeting.

**Graham Jones** should be notified - in plenty of time - if you are unable to carry out any of the Kitchen Rota duties

**Short Walk - Thursday 15th November**

**Venue:** The Feathers Inn, Beacon Street Lichfield WS13 7BA.

The pub is very close to Morrison's supermarket

**Times:** Walk starts at 10.30 am Lunch 12.30

**Costs:** £11 for 2 courses (including coffee)

**Amble:** An easy of 2.75 mile walk on footpaths and through fields. Along the way there is a park with a herd of deer complete with antlers. There are no stiles.

**Organiser:** Roy Willson.

**For all walks please ensure you wear suitable footwear for the terrain.**

**Winter walks start earlier and there will be a pub stop for lunch.**

**Long walk - Monday 5th November**

Starting from The Green Dragon in Sambourne, Warwickshire. Postcode B96 6NU and grid reference is 061619. Please arrive by 10 am for a 10.30 start. Toilet facilities are available at the pub.

Sambourne is just south of Studley and the best route from Sutton is probably the M42. At Junction 3, take the A435 towards Evesham. In 6 miles you come to Studley, where there is a junction with the B4092 and B4093. However continue on the A435 for about half a mile, then turn right at Toms Town Lane – easily missed – and go through Thomas Town to a crossroads (the A448) and straight on through Middletown to Sambourne. The Green Dragon is on your right as you get to the centre of the village. The walk of about 6 ½ miles goes over easy terrain, firstly to Coughton and through the grounds of Coughton Court.

We will order our food before we set off on the walk, but bring a drink if you need one for a break at half distance.

**Walk Leader: Brian Spencer ( phone on the day 07711-127123)**