



## PROBUS CLUB OF GREENWAY INC.

### FELLOWSHIP FRIENDSHIP & FUN

Postal address: 5 Evans Place, Gordon, ACT 2906 – Website [Click Here!!](#)

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**If for any reason you are unable to attend the meeting, please call or text Janice Petrie on 0426 104 254 to pass on your apologies.**

#### PRESIDENT'S JUNE MESSAGE

Dear Members,

By the time you read this, Marti and I will have winged our way across to Europe and have recovered from jetlag at our little house in Esztergom, on the Danube Bend.

Your committee will continue to be engaged in issues of consequence. Amongst these is a proposal for a more elegant form of gift for our Guest Speakers. I would like to take this further opportunity to ask you to consider becoming an Assistant to the roles of Treasurer, Speaker Seeker and Webmaster. We need to have people ready to move into these vital roles, possibly by the end of Glenda and John's current terms. And experience as an Assistant would give folks a chance to suck it and see. So please give it some thought. Generational change is on the move: we need to be ahead of the curve.

For the next few months, this space in the Newsletter will be occupied by other C'tee members, as I will be unable to keep abreast of current developments. We have a great program of outings, lunches and movies for you to enjoy during this hard winter. Enjoy. Paul



**Welcome to new members  
Carol Wall & Maria Polmeer**



**This brings membership numbers to 61**

**NEWS FROM THE MAY MEETING ATTENDED BY 47 MEMBERS**

A **Life Membership Award** was presented to our Secretary **Alan Parker**, for the contribution made by him and his late wife Rhoda to the operation of the Greenway Combined Probus Club since its foundation. Alan has served in many capacities over the years, including two stints as President. Congratulations Alan!



**John Payne our Webmaster and Speaker Seeker** is concerned that he will not be able to continue with these tasks for much longer because of eyesight problems. Please consider assisting him with a view to taking over these roles eventually. (John would like to get together with an assistant sooner rather than later.) Also, **Glenda Sullivan** now in her last term as Treasurer, says she will happily take on an assistant to familiarize themselves with the task so they'll be ready to step into the Treasurer's role when the time comes at the end of the year.



**OUR MAY GUEST SPEAKER WAS JAN PETRIE**

With much élan, Jan presented us with a most interesting, challenging and educational array of trivia questions. ( Perhaps the easiest was “*Is a shark a mammal?*”)

**FUTURE GUEST SPEAKERS**

Tuesday June 13 th.	Space Race 2	Dr. Brad Tucker
Tuesday July 11th	Australia's Film and Sound Heritage	Ray Edmondson
Tuesday August 8th.	Spams and Scams: AFP	Lina Webber
Tuesday September 12th.	Lids4Kids + Birthday Lunch	Tim Miller
Tuesday October 10th.	Award-winning Novelist	Karen Viggers
Tuesday November 14th.	Two Truths and A Lie	Joan Munro
Tuesday December 12th.	Christmas Party- No Meeting	

### A GREENWAY TUESDAY LUNCH

Calling all Foodies! We've heard the food is good at the Statesman Hotel in Curtin, so on **TUESDAY 20<sup>th</sup> JUNE** we're checking it out. Come along and sample it with us. See you around 12pm. **RSVP Gail 0417 432 474 gglacey@hotmail.com**

### A TOUR & LUNCH

**A Trip to Old Parliament House for a tour and lunch on THURSDAY 20<sup>th</sup> JULY.** 11.15am Tour will cost between \$8 & \$10 depending on the numbers, then we'll have Lunch afterwards in the Courtyard Café (inside) at Old Parliament House – meals about \$20 to \$25. (A tentative booking has been made.)

### GREENWAY SUNDAY DINING GROUP

Members meet on the first Sunday of each month at various venues for lunch. Why not come along and give it a try and then decide if you want to join? Please contact **Sandra** on **0429 133 363** for more information.

### REGULAR MOVIES GROUP

Want to go to the movies but reluctant to go by yourself? Why not join our regular movie group which is now established. Just give your name to **Gail 0417 432 474** and you'll be in the loop for the regular outings also to have coffee or lunch after. This is likely to be alternating Tuesdays and Wednesdays on a fortnightly basis. Our first Movie Group day was Wednesday 26<sup>th</sup> April at 10am at Limelight in Tuggeranong.



### WELFARE

Claire Payne has Pneumonia and is in the intensive care unit at the hospital. Let us all send positive, loving thoughts and best wishes to Claire with hopes for the very best outcome. We also send supportive feelings for John. Vi Rich who has been in hospital is now out and about. If you know of any other member who is unwell, please let me know. **Linda** (My correct phone number is **0407 485 876**)

### PRIZES

The usual prizes were awarded with a special **Mothers Day Prize** going to Joan Stuckey who has 4 children, 12 grandchildren and 13 great grandchildren.

***Happy May Birthday Wishes** went to Judith Ashton, Fay Bean & Tessa Kenehan.*

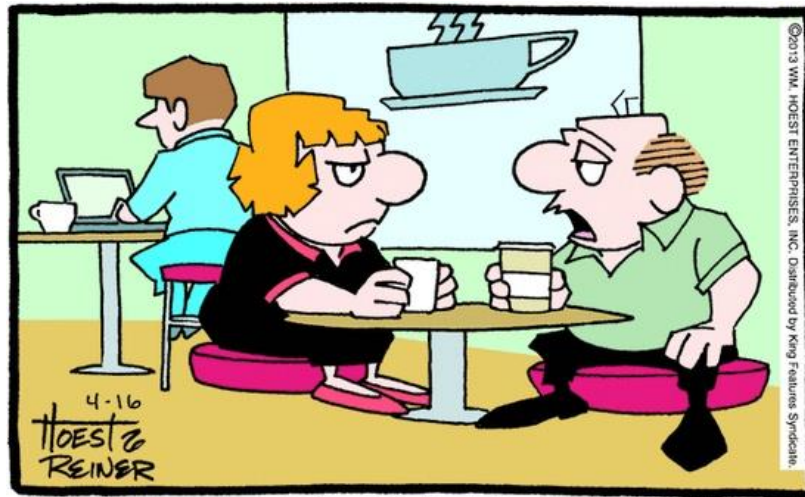


### THERE ARE 8 BIRTHDAYS IN JUNE

JOHN ALLEN, TOM ANDERSON, LOLA ENSBEY,  
PETER HOWITT, FIONA HUNT, KAREN KIDD  
DON REID & JENNY SOUTHWELL

***A Very Happy June Birthday from all of us!***





"I WASN'T YAWNING WHILE YOU WERE TALKING ...  
I WAS TRYING TO GET A WORD IN."

### True story: From the editor...

When I was a weekend volunteer in the Royal Volunteer Coastal Patrol on Botany Bay just before moving to Canberra, a colleague and I taught navigation to Greek fishermen at their men's club in order to assist them with their applications for boat licences. We used their pool table, our toy boats and little red and green lights as teaching aids. These men had known the sea all their lives and were great Mariners but they were having trouble passing boat licence tests, because Georges River navigation can be quite tricky.

When they'd all passed their tests, they thanked us with a generous donation to RVCP funds and invited us to a celebration night for which their wives made delicious food. On that night, they shared this funny true story with us:

As new immigrants in the 1950s, they worked hard and all of them contributed to the building of this club. It's a Greek tradition to have clubs exclusively for men and these men were from the island of Lesbos. Finally, when the club was ready, they proudly sent a letter inviting the Prime Minister to the opening night. It read:

*"We the Lesbian Brotherhood respectfully invite you to attend the opening of our club on such & such a date at 7pm."*

It was all very exciting. Wives had prepared a great feast and at 7pm the men wearing their best suits and new haircuts, were lined up by the door proudly awaiting their Prime Minister.

To their great surprise, at exactly the appointed time instead of the Prime Minister arriving, the police raided!!

*Truth can be stranger than fiction. We'd love you to share your own experiences ~ed*



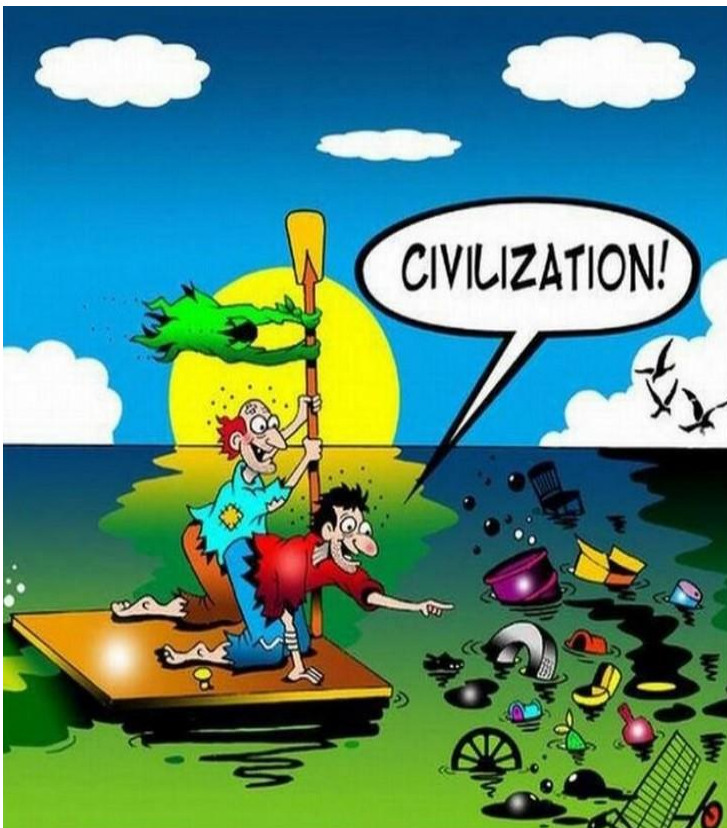
"I'm working from home today."

### IN PRAISE OF WALKING

Memory, brain and aging expert Dr. Gary Small MD who is the director of the UCLA Longevity Centre at the Semel Institute for Neuroscience & Human Behaviour, says there's one habit he recommends everyone over 50 take up every day that can increase mental agility--going for a walk. We know that walking is beneficial for heart health, but the fact that **it supports brain health** is a bit more surprising. Dr. Small points to one study out of the University of Illinois which shows that brisk walking for 30 minutes a day can increase the size of the hippocampus, the part of the brain that plays a role in learning and memory.

### QUOTE OF THE MONTH

*"Slow down; almost everything will work again if you unplug it for a few minutes, including YOU." ~ Anne Lamott*



### FOR OUR SAKE & FOR THE HEALTH OF OUR WORLD

**WE'RE ALL AWARE** of how much plastic is in the oceans being ingested by fish but did you know that here in Australia every state has been bulldozing mountains of plastic into the earth in landfill? **A partial solution has been found:** Called Lids4Kids, it is now a national charity run by Tim Miller who co-ordinates the collection of everything plastic which is smaller than a credit card. Begun in 2019, in an Aranda backyard, more than 98 million plastic lids have so far been recycled and turned into benches. **In September** we'll be hearing from Tim as a Speaker about all this. In the meantime, we could be saving lids, bread tags or anything plastic which is smaller than a credit card. **(Marti reminds us to take the lids off plastic bottles before throwing them away because anything with a lid on goes into landfill)** To follow is a flyer with more information. LIDS4KIDS will take all of the following:



# Zero Waste Warriors Tub

All items must be **CLEAN & DRY** and smaller than a credit card.



## Aluminium (alfoil)

Crush scraps of foil into a ball (minimum golf ball size).



## Batteries

Any type of small single-use or rechargeable household battery (AA, AAA, C, D, button etc) Tape over 6v/9v terminals to prevent fire.



## Corks

Any size/type from glass bottles



## E-waste items

Small electrical items including coiled cables, accessories and devices (reset to factory settings).



## Medicine Blister packs

100% aluminum or 50% aluminum/50% plastic. No Webster packs. Ensure medicine is removed.



## Metal Fasteners &

## Scrap Pieces

Small metal items including nails, screws, nuts, bolts, washers, keys, brackets, off-cuts etc



## Metal Lids

Any size/type from small glass jars and small/large bottles including beer, wine, champagne.



## Office Supplies

Magnetic small items such as paperclips, staples, clips



## Metal ring pulls

Any size/type from aluminium & steel cans



## Metal Twist-Ties & Wire

Paper or plastic coated metal twist-ties and small volumes of coiled metal wire



## Moisture Absorbers

Small desiccant or silica packs. (Repackage if original pack is split.)



## Plastic bread tags

Tag test: cardboard bread tags can be folded or torn in half and can be composted or discarded



## Plastic bottle Lids

Milk, soft-drink and water bottles only. Remove and discard foam inserts.



## Yoghurt pouch lids

Larger kid-safe lids from squeeze pouches not smaller toothpaste tube type lids.



## Rubber bands

Clean and in reusable condition eg flexible elastic, not dried, cut or snapped.

[www.lids4kids.org.au](http://www.lids4kids.org.au)

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