



PROBUS CLUB OF GREENWAY INC.

FELLOWSHIP FRIENDSHIP & FUN

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

President: Paul Varsanyi	6231 5252	Editor: Maria Polmeer	0400 301 516
		marjam4@optusnet.com.au	
Secretary: Alan Parker	6294 7207	Issue:	11 July 2023

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.

THE JUNE MEETING WAS ATTENDED BY 36 MEMBERS & 3 VISITORS



The committee were pleased to hear from President Paul seen here in Hungary with Marti and their first grandson Oliver, enjoying Summer weather in Marti's home town of Esztergom.

THE RECENT PROBUS COMMITTEE 'ORIENTATION DAY'

Tom, Gail, Linda and Maria attended. It was Network...Network...Network! Ideas were shared, solutions sought, suggestions heard and all who attended were hopefully given a fresh perspective for their various tasks. Gail and Linda were glad of the opportunity to network with the other outings people sharing ideas for outings and including other clubs in our holidays because until we attract more members, we can't get the numbers from our club alone. Tom observed that the Secretaries wanted to keep things simple and not create workloads, that there were vibrant discussions and exchanges over how to do things and also how to attract new members. Each Editor passed around hard copies of their own club's latest newsletter and found that one club is producing a 32 page one every month. Crikey! Greenway's colourful six pager was appreciated and three of the other clubs requested permission to copy that funny story about the Greek fishermen from Lesbos. The Association reports that they were very pleased with the number attending - some 75 and with the exchanges that occurred within each group also over lunch. Many people attending commented on how positive they were after attending the day.

=====

THE PROBUS SONG

Now that our youth has long since passed, life is less ur-gent, not so fast. We've time to sit and think at last how best to live our lives. Join us at Probus, meet with your friends, relax and be happy as nature intends, with such good companions your lifestyle ex-tends.

Life does not end at sixty five, we aim to show we're still a-live, we'll prove that we've not lost our drive—or our will to serve. Join us at Probus, the time will speed by, re-lax and be happy as nature intends, with such good companions your lifestyle ex-tends. Revive your am-bit-ions and reach for the sky, you may not succeed but at least you can try.

Pro-bus, the club for you, Pro-bus, the club for you!

=====

OUTINGS

WE'RE ASKING FOR EXPRESSIONS OF INTEREST to see the NOEL COWARD PLAY '*Hay Fever*' at **ACT THEATRE HUB 14 Spinifex St, Kingston SATURDAY 12th AUGUST AT 2PM**. It's one of those deliciously funny comedies which were Noel Coward's forte. *Hay Fever* is described as "wonderfully witty and deliciously snarky" a classic full of secret seductions, misjudged meetings and wicked revelations. **Price \$36 to be paid to Glenda by the next meeting on 11 July if possible or 8 August meeting...**

Hoping for a quiet weekend in the country with some guests, David Bliss, a novelist and his wife Judith, a retired actress, find that an impossible dream when their high-spirited children Simon and Sorel appear with guests of their own. A houseful of drama waits to be ignited as misunderstandings and tempers flare. With Judith's new flame and David's newest literary 'inspiration' keeping company as the children follow suit, the Bliss family lives up to its name as the 'quiet weekend' comes to an exhausting and hilarious finale.

Please text or email me on 0407 917 133 or email linda.tregonning@bigpond.com or Gail on 0417 432 474 or email gglacey@hotmail.com Let us know if you would like to attend.

DON'T FORGET!! Thursday 20th JULY we're off to Old Parliament House for an 11.15am tour then Lunch. The Tour cost is between \$8 and \$10 and lunch is about \$20 to \$25. Contact Gail on 0417 432 474

EXPRESSIONS OF INTEREST by MID AUGUST PLEASE FOR THIS TOUR: 11 – 16 March 2024 a 5 nights/6 days tour of the mighty Murray River and High Country with Linga Longa Tours. \$100 deposit. Cost will be \$1,295 per person twin share or \$1,595 single room for the 5 nights, staying at the Central Motor Inn in Yarrawonga. **Contact Gail or Linda.**

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 0429 133 363** for more information.

REGULAR MOVIES GROUP

Want to go to the movies and reluctant to go by yourself? Why not join our regular movie group which we are establishing right now. (Usually 7 or 8 members) Give your name to **Gail 0417 432 474** and then you'll be in the loop for the regular outings and have coffee or lunch after. This is likely to be alternating Tuesdays and Wednesdays on a fortnightly basis.

LINDA'S RECENT TRIP TO BALI

A couple of weeks ago, I left Canberra in a very stressed state after a number of things had gone wrong. I badly needed to unwind, so I hopped on a plane and headed for Bali to stay at the Bliss Sanctuary for Women. My level of stress went up even more when I arrived at Denpasar airport and couldn't find the person who was supposed to be meeting me. However; eventually we found each other, but I was still in a stressed state when I was shown to my room which was full of fragrant Frangipanis --even arranged in the shape of an L on my bed!

The next morning I was booked in for a massage which lasted an hour and a half and from that moment on, all stress disappeared. What an amazing place it was. Beautiful surroundings, a pool to swim in whenever I liked, I was cared for, pampered, had daily massages and treatments, delicious meals prepared by beautiful Balinese ladies who always have a smile and a hug for me. When I wanted to go out, I was driven everywhere by staff. It was like being in another world of bliss and relaxation. It was hard to step out of that heaven and return to cold Canberra! Linda T.

OUR JUNE GUEST SPEAKER DR BRAD TUCKER COULDN'T JOIN US FOR HEALTH REASONS. However; the time passed pleasantly with Tom sharing career memories, Glenda's funny stories and Alan's interesting past in the UK Coast Guard.

(We also learnt that Tom collects ties and that a collector of men's ties is called a *Grabatologist*)

Tuesday July 11th	Australia's Film and Sound Heritage	Ray Edmondson
Tuesday August 8th.	Spams and Scams: AFP	Lena 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	<i>Tom will welcome a new Santa if anybody feels like volunteering.</i>

The Probus "Friendship Lunch" this year will be held at our club on Friday 25th August at 12pm. A delicious three course lunch will be served at table and Social Psychologist and Author Hugh Mackay AO will speak on "The Kindness Revolution." The lunch will involve all Canberra Probus clubs with numbers limited to 120 on a first come, first in basis. Table seating will be mixed with a seating list on each table. Cut-off date to request a seat, pay and order from menu is Wed 16 August. More info soon...

In June we sang *Happy Birthday* to:

Tom Anderson, Don Reid, Jenny Southwell, Lola Ensbey, Fiona Hunt & Karen Kidd



WE WISH A VERY HAPPY JULY BIRTHDAY TO:

SANDRA ALLEN, MARIE ANDREWS, CHRIS BAXTER, ALAN PARKER & JANICE REID.

WELFARE

The committee is sorry to hear that Linda had a fall, also that Gail Abbott and John Allen are not well, but the good news from John Payne is that Claire recovered sufficiently to return to her room at Mountain View. Also, John's 50 year old son David will move in with him so he now has the assistance he needs to carry on as Speaker Seeker and also with the website. **Positive thoughts and very best wishes to all!**



AMAZING

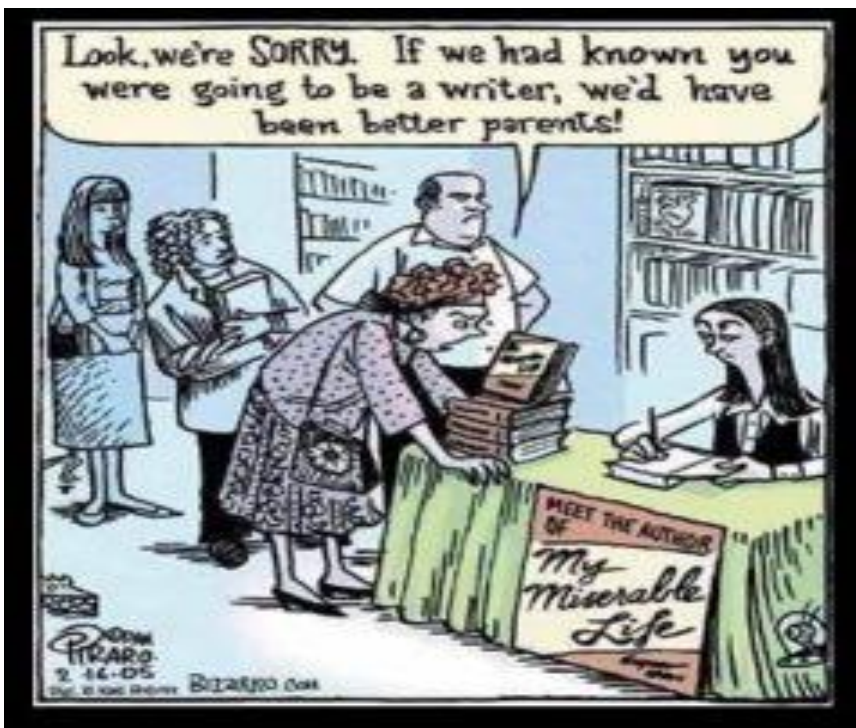
This colourful outdoor furniture is made from recycled plastic lids! If you wish to start collecting (clean) lids, just hang onto them and through the Lions Club, Tom will organise a way to deliver them to Lids4Kids.

DARK CHOCOLATE FOR HEALTH?

It's true: Dark Chocolate contains vitamins and minerals in high concentrations: Copper, Potassium, Iron and Magnesium. Doctors at London's National Heart and Lung Institute say a compound in chocolate called *Theobromine* suppresses sensory nerves and is more effective against coughs than codeine.

SOCIALIZING IS ESPECIALLY GOOD FOR HEALTH

It's a proven medical fact that the benefits of socializing --particularly for older Australians--are important for mental and physical health. PROBUS CLUBS ARE PROVIDING A VITAL SERVICE TO THE COMMUNITY IN THIS WAY. A joint national campaign is taking place, involving communication with government to enhance our efforts to promote Probus locally. **All club members are encouraged to invite retirees and semi-retirees along as Visitors to discover the positive impact that the Probus experience can bring. (Contact Janice who will make a Visitor badge. They are welcome to join straight away, or if they prefer to continue as a Visitor, that's OK but after three times, they'll be asked to join and pay their dues rather than continuing as a Visitor.)**



HILARIOUS COAST GUARD TALE

Irish Coast Guard: "Please divert your course 15 degrees to the north to avoid collision."

British ship: "Recommend you change YOUR course 15 degrees to the north to avoid collision."

Irish Coast Guard: "Negative. You will have to change your course 15 degrees to avoid collision."

British ship: "This is the Captain of a British Navy Ship. I say again divert YOUR course."

Irish Coast Guard: "Negative. I say again, divert your course."

British ship: "This is the aircraft carrier HMS Britannia! The second largest ship in the British Atlantic fleet. We are accompanied by three destroyers, three cruisers, and numerous support vessels. I demand that you change your course 15 degrees to the north or else counter measures will be undertaken to ensure the safety of this ship!"

Short pause

Irish Coast Guard: "We are a lighthouse. Your call."

A CELEBRATION OF FOOD

Tour operators are turning up with busloads of gourmets to *Enoteca Maria* an unusual Staten Island restaurant in New York. Word has got out that this restaurant employs grandmothers instead of chefs! Owned by Italian immigrant Jody Scaravella, it started with a roster of 12 Nonnas (as grandmothers are called in Italy,) with each Nonna working two nights a month and two working together in the kitchen each night. This was so successful that he then advertised for grandmothers from around the world. Now there is always one Italian Nonna in the kitchen each night, but a different nationality with her because now he has a multicultural roster of over 30 grandmothers including France, Germany, Czech Republic, Poland, Greece, Peru, Syria, Sri Lanka and Nigeria. The grandmothers choose which of their time-tested family favourites they'll cook. A major publishing house picked up Jody's cookbook full of recipes of the Italian Nonnas from twelve different regions of Italy called '*Nonna's House*' and he aims to preserve the culinary traditions of the others from all over the globe with his Ebook called '*Nonnas of the World.*'

STORIES WITHOUT WORDS

