



## 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 104 454 to pass on your apologies.**

### PRESIDENT PAUL'S AUGUST MESSAGE FROM HUNGARY

Dear Members,

We'll be back in our house before the Birthday Party on Tuesday 12<sup>th</sup> September. Experience tells us that jetlag will be well entrenched at that time, and that we will not be up to socialising, or very much else for that matter and Noela should count on assuming the President role for that event. Marti's sister's health has significantly declined during our stay here. Marti plans to return to Esztergom in early October to take care of a raft of administrative issues. She is expecting an extended stay, which she can do as a Hungarian dual citizen. I plan to return also to support her. The EU 90 day rules indicate that, as an Australian citizen, I can do that no sooner than early December. So that is my plan at this stage. So it looks like I will be on board for the meetings in October and November, but then out of action possibly through to March. Noela will have more on her plate than she had counted on. I'm sorry about that. Sometimes life gets in the way. We both wish our Probus friends health and happiness, and a continuing program of enjoyable club events. Cheers, Paul

*(Sadly, Marti's sister passed away on the 29<sup>th</sup> of July so Paul and Marti are now working on funeral arrangements. We have sent condolences--ed)*

Vice President Noela was away for June and July but has now returned and will chair the meetings.

Photos and travel experiences will hopefully be shared in the next newsletter.

### NEWS FROM THE JULY MEETING

A few key people were unavoidably absent. Tom chaired the meeting and thanks to willing volunteers, everything went smoothly. We began with a one minute silence for Colin Petrie who passed away 4<sup>th</sup> July. Membership total was 61, there were 33 attending and 4 Visitors, (one of whom has since become a member.)

### OUR BIRTHDAY LUNCH

#### GREENWAY'S BIRTHDAY LUNCH

#### FOLLOWS THE 12TH SEPTEMBER MEETING

Lunch will be \$40 per person ~subsidised by Greenway Probus.

Please pay Glenda at the August meeting and for catering purposes, make sure the committee knows you'll be attending.



**THE PROBUS “FRIENDSHIP LUNCH” IS ON FRIDAY 25<sup>th</sup> AUGUST.** To be held at Vikings Town Centre Club. This event will bring together members from many Probus clubs for a three course lunch which will be served at table with alternate serves. Numbers are limited to 120 on a first-come, first-in basis, table seating will be mixed with a seating list on each table. There will be lucky door prizes and Social Psychologist/ Author Hugh Mackay AO will speak on “The Kindness Revolution.” Please arrive 12pm. **Payment to Glenda \$48 at the August 8<sup>th</sup> meeting and let Gail know then, or by 16<sup>th</sup> August if you are attending.**

*At the July meeting we sang Happy Birthday to*

Chris Baxter, Glenda Sullivan & Alan Parker



**The August Birthdays will be**  
IAN & BARBARA ROBERTSON, CHRIS GILLESPIE,  
NORMA STEELE & MARTI VARSANYI

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



## OUTINGS

### **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.)

On Thursday 20<sup>th</sup> July, nine of us had a guided tour and lunch at Old Parliament House which is now a museum. We completed the tour by sitting in Bob Hawke's office. When the building's strong atmosphere was commented on, the Guide shared that there is a resident ghost. In March this year, eighty years after Dame Dorothy Tangney (left) and Dame Enid Lyons (right) strode together through the doors of Old Parliament House as the nation's first federal female politicians, these superb bronze statues immortalising them were unveiled near the entrance to the rose garden. **Dame Enid**, widow of Prime Minister Joseph Lyons represented the United Australia Party (later Liberal Party) and **Dame Dorothy** belonged to the Australian Labor Party.



Although female candidates usually faced extremely negative coverage in the media at the time of their entry into parliament, *The Sydney Morning Herald* reported that they were greeted with cheers of "hear, hear" from male colleagues as they were sworn into the House of Representatives and Senate respectively on the morning of September 23, 1943. A commitment has also been made to commemorate Neville Bonner, the first Indigenous Australian elected to parliament. All in all, a good outing.

This year, the **'BIG DAY OUT'** for all clubs is to be held on **FRIDAY 29<sup>TH</sup> SEPTEMBER** and will be a 'SPORTS DAY' held at the

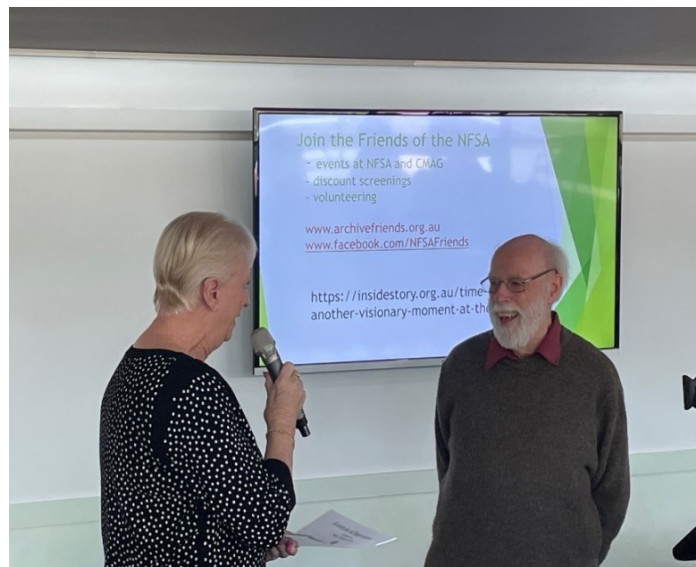
Hawker Bowling Club with bowls, darts, snooker, corn ball, board games, cards and mah-jong available. It's hoped that Sunrise Rotary Club will do a Bar-B-Q again, for which the cost would be approx. \$20. (Probian of the Year will be announced at this event.)

**ON TUESDAY 24<sup>TH</sup> OCTOBER** there will be an outing to historic ST CLEMENTS RETREAT & CONFERENCE CENTRE AT GALONG. The coach will depart from Vikings Town Centre Club at 9.30am. The \$110 (approx cost) includes coach travel, morning tea --probably in Yass-- a good 2 course lunch, juices, (BYO) a talk by Father Dom in the chapel and a tour of the grounds.

**If you are interested, contact Gail  
0417 432 474**



**OUR JULY SPEAKER RAY EDMONDSON** gave us insight into his passionate struggle to achieve the preservation of Australia's film heritage. Ray, a pioneer of film and sound archiving and a recipient of the Order of Australia Medal, shared the attempts made to preserve our early 20<sup>th</sup> century films after silent film moved into 'Talkies' (known in those days as Sound Pictures.) It seems that Australia played a significant part in the introduction of talking films--we were quick to get into the Sound Picture business which was dominated by the USA at the time, so it was up to Audiovisual Archivists like Ray to rescue and preserve established silent film classics such as 'The Sentimental Bloke' despite resistance from the public. (They were regarded as nuts and told to "throw them on the tip.") In Australia, the Sound Picture industry collapsed after World War 2 and wasn't revived until the 70s when the Gorton government supported the revival of the National Film Archive as it was then known. Then later, in 1985, despite great opposition, but with the support of PM Bob Hawke, when the National Film Archive detached itself from the Public Library and relocated to a new home, the **National Film & Sound Archive (NFSA)** was born. Ray who is a founding member was part of the struggle to survive what he calls "The attempted suppression of its identity." It seems that 'Memory Institutions' such as the NFSA are not well supported by government and must rely on advocacy groups such as 'Friends of the NFSA' many of whom are former employees, in order to obtain funding and have any support at all. This heritage and its survival now rests with 'The Friends.'



Linda Tregonning presented Ray with our certificate of appreciation.

#### FUTURE GUEST SPEAKERS

<b>Tuesday August 8th.</b>	<b>Spams and Scams: AFP</b>	<b>Lina Webber &amp; Jane Kenehan</b>
<b>Tuesday September 12th.</b>	<b>Lids4Kids + Birthday Lunch</b>	<b>Tim Miller</b>
<b>Tuesday October 10th.</b>	<b>Award-winning Novelist</b>	<b>Karen Viggers</b>
<b>Tuesday November 14th.</b>	<b>Two Truths and A Lie</b>	<b>Joan Munro</b>
<b>Tuesday December 12th.</b>	<b>Christmas Party- No Meeting</b>	

#### THE MIGHTY MURRAY RIVER AND HIGH COUNTRY TOUR

**(THIS EVENT IS NEARLY FULL...ROOM FOR JUST A FEW MORE)**

11 –16 March 2024 a five nights/six day tour This interesting schedule includes a paddle boat ride on Lake Mulwala, a visit to an emu and deer farm, we'll explore historic Byramine Homestead built by the famous explorer Hamilton Hume for his sister-in-law and her nine children after her husband (his brother) was murdered by bushrangers. The central room known as the 'Fortress Room' allows a clear view from all angles in case of attack from natives or bushrangers. \$100 deposit, and cost will be \$1,295 per person twin share or \$1,595 single room staying the five nights at the Central Motor Inn in Yarrowonga. **If you are interested, please add your name at the August meeting & pay \$100 deposit by September meeting. final payment due January meeting...contact Gail 0417 432 474**

## WELFARE

If you know of any members who are unwell,  
please contact **Linda** on **0407 485 876**



"We need a columnist  
whose political analysis  
is cogent and articulate.  
You game?"

A very elderly man visited the doctor for a checkup. "Mr. Smith, you're in great shape," said the doctor afterward. "How do you do it?"

"Well," said Mr. Smith, "I don't drink, I don't smoke, and the good Lord looks out for me. For weeks now, every time I go to the bathroom in the middle of the night, he turns the light on for me."

Concerned, the doctor found Mrs. Smith in the waiting room and told her what her husband had said. "I don't think that's anything to worry about," she said, "But it does explain who's been peeing in the fridge!"

Yesterday my  
husband thought he  
saw a cockroach in  
the kitchen. He  
sprayed everything  
down and cleaned  
thoroughly. Today I'm  
putting the cockroach  
in the bathroom.

### Quote of the Month:

*"I know not with what weapons world war 3 will be fought, but world war 4 will be fought with sticks and stones."* ~ Albert Einstein



## WILL DOCTORS OF THE FUTURE PRESCRIBE SITTING IN THE GREEN LIGHT REFLECTED FROM TREES?

A suite of studies shows that time spent in nature, particularly around and under tree cover, improves mental and physical health. The researchers believe that their presentation shows that nature “prescriptions” merit wider use in the medical profession. The idea of time in nature as a prescription, just as a doctor might prescribe medication for depression, hasn’t yet been widely evaluated scientifically, particularly in Australia. However; a meta-analysis published in *The Lancet*, shows that nature prescriptions benefitted daily depression, anxiety scores, and also blood pressure. “This study is built upon a long-term program of research that we are

doing, where we show contact with nature—and trees especially—is really good for strengthening mental and physical health across our lives,” said Professor Xiaoqi Feng from the University of NSW Medicine & Health. In Australia, there is growing public interest in nature prescriptions. A recent survey of Australian adults led by Prof. Feng showed that over 80% of people were receptive to the idea. “If we want nature prescriptions to become a national scheme, we really need to provide the evidence.” One of the 28 studies analysed included 47,000 people in NSW and found greater reported well-being in those living in tree-covered areas suggesting the important role of trees in any nature prescription scheme. “The evidence shows that nature prescriptions can help to restore and build capacities for better physical and mental health. What we need now is to work out how to make nature prescriptions happen in a sustained way for those people with high potential to benefit, but who currently spend little time in nature,” said Prof. Feng.

