



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 SEPTEMBER MESSAGE

Dear Members

President Paul's return from overseas is imminent; however in his absence I have been tasked with writing the President's message. After another cold Canberra winter, I'm sure everybody is overjoyed to once again welcome spring.

September is Greenway Probus club's birthday month. We've been active since 18 September 2007, making us 16 years strong. We look forward to celebrating this milestone at our 'birthday lunch' after the September meeting.

Our club currently has just on 60 members. We are always looking for new club members, not least because new members bring fresh ideas, which can be a lot of fun for everybody. Word of mouth and relating your own personal experiences are great ways to attract new members. If you have retired or semi-retired friends and you think they might enjoy joining Probus but you're not 100% sure, offer them a 'taste test'. Tell them what Probus means to you and invite them to come with you to one of our regular meetings so they can experience the club for themselves. There is no obligation to them.

Yours in fun and friendship

Noela

Vice President

The August Meeting: A good attendance on a lovely Spring day with 46 members and 2 Visitors. Noela had her training wheels on, everything went smoothly and because Alan was an apology, it was an all female cast with Sandra sitting in as Secretary. (Members are so well trained by Glenda that they practically lined up to pay their no-badge fines without being asked.) The committee will soon be distributing promotional material with a view to attracting more members. At present we have 61 members. **The Friendship Lunch** had a good turnout of 96 people and speaker, Hugh Mackay AO, gave a great talk on the Kindness Revolution. His latest books are: NON-FICTION: *The Kindness Revolution* and FICTION: *The Therapist*. His final non-fiction book, *The Way We Are: The heart and soul of Australia in the 2020s* will be published by Allen & Unwin in May 2024.

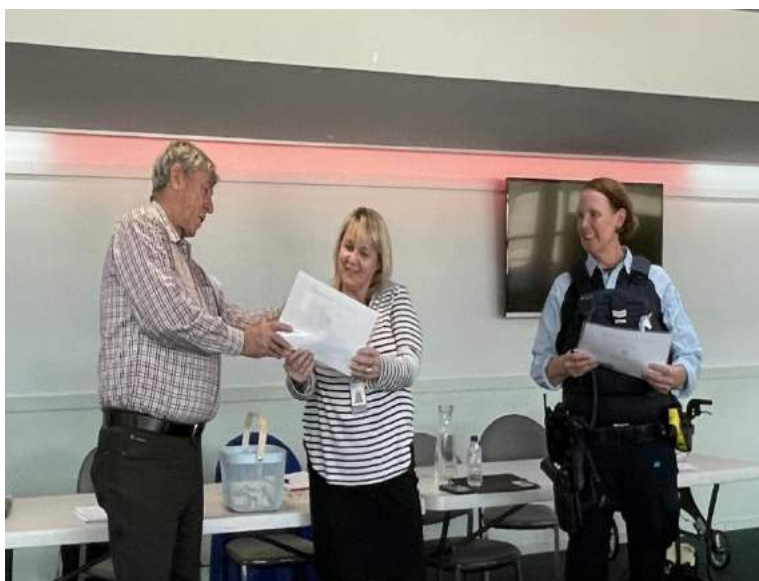
WELFARE

If you know of any member who is unwell, please let Linda know on 0407 485 876

OUR AUGUST GUEST SPEAKERS KIM ROPER & JANE KENEHAN from the Community Engagement Section of the AFP **addressed the security issues being faced by all of us on smart phones, land lines and computers.** New scams are popping up all the time and billions of Australian dollars have been lost by the vulnerable. The leading trick that scammers use is to create a sense of urgency in order to panic us. That's what they rely on. They can be surprisingly convincing...this is their job and they are good at it. Said Jane, (Tessa Kenehan's daughter) **"If you *think* it's a scam it probably is one. Never follow ANY link to ANYWHERE that comes in a text message. If in doubt get out"**

Once we click on a link THEY have access to our data and if we engage with them instead of hanging up, our phone number will be sold to other scammers as a source of easy pickings. Don't hand over ANY information AT ALL. EVER. An example is pretending to be Australia Post asking us to confirm our address, or an announcement that we are owed money by the tax department, or a call saying that there is an account with money in it about to be closed down. 209 reports received by police lately were that 'Loyalty points are about to expire.' Tricking people into investment scams currently generate the most loss to trusting and vulnerable people. The recent spate of texting "*Hi mum I've lost my phone this is my new number*" is surprisingly convincing.

As to dating scams, a typical move is to befriend, play one like a fish on a hook for three months of regular friendly calls or emails, then a wish to be able to meet in person but (sigh) have only saved half the fare. (Half an airfare sent to a bank account from fifty victims around the world amounts to a lot of money then once that money is in their account they disappear.)



More often than not, identities get stolen in data breaches. With most data breaches, cybercriminals want to steal names, email addresses, usernames, passwords, and credit card numbers. Most cybercriminals will steal any data that can be sold, used to breach other accounts, steal your identity, or to make fraudulent purchases with.

Kim and Jane mentioned the ScamWatch website as a good resource:

<https://www.scamwatch.gov.au>

We can register with Scamwatch to be kept up to date with the endless dishonest scams. Better to report to Scamwatch than stay silent.

Graham Lacey presented the Appreciation Award

FUTURE GUEST SPEAKERS

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	



Bird watchers say that if sunflower seeds are thrown on the grass for birds, they never forget you and the word goes out that you're a friend. Although not vegetarians, Magpies seem to like them. In the pet section, Woolworths sells large bags of the seeds at a low price. Sunflower seeds also attract Peewits and three kinds of colourful parrot.



OUTINGS

After our next meeting, (12th September) we'll have the **BIRTHDAY DINNER** upstairs. 40 members have booked.

The committee is already moving forward with exciting plans for the 12th December Christmas lunch at a great location. It will be approximately \$25 per head. Please put this date in your diary.

Our outings organisers Gail and Linda are now on holiday, but everything is sailing along smoothly thanks to all the preparation and effort they've already put in.

St Clements Retreat and Conference Centre, Galong

If you have been planning to go on this bus trip (Tuesday 24 October) but haven't signed up yet, please add your name to the list **BEFORE THE END OF MORNING TEA AT OUR 12 SEPTEMBER MEETING**. We will then calculate the 'per person' cost of the bus and advise this in the second half of the meeting. The cost of the bus will then need to be paid to Treasurer Glenda on or before our 10 October meeting. With regards to lunch, the cost is \$40. (Please bring cash with you on the day of the excursion.) If you have any dietary requirements please advise Linda T on or before the October meeting.

National Probus Day will be a sporty day on **Friday 25 September** starting with a cuppa and a sports morning held at Belconnen Bowling Club in Beetaloo St Hawker. 9.30 am Lawn Bowls (wear flat shoes) or Canasta and other sports. 10am Probus activities commence ...12.30 lunch...1pm Presentation of ACT Probian of the Year Award. \$20 includes morning tea and lunch. (gluten free options available). Platters of sandwiches and a big bowl of chips will be on every table and the choices for lunch are: Pie & Chips, Bacon & Egg Roll or Filled Rolls. **Please let committee know if attending.**

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 if there is a movie members wish to see. **Recently 9 attended 'Oppenheimer'.**

In August we sang Happy Birthday to Barbara and Ian Robertson



September Birthdays

Margaret Anderson

Lesley Charlton

Robyn Johnson

Pam McPherson

Happy Birthday

From all of us!



MOUNTBATTEN AWARD GOES TO A TEENAGER

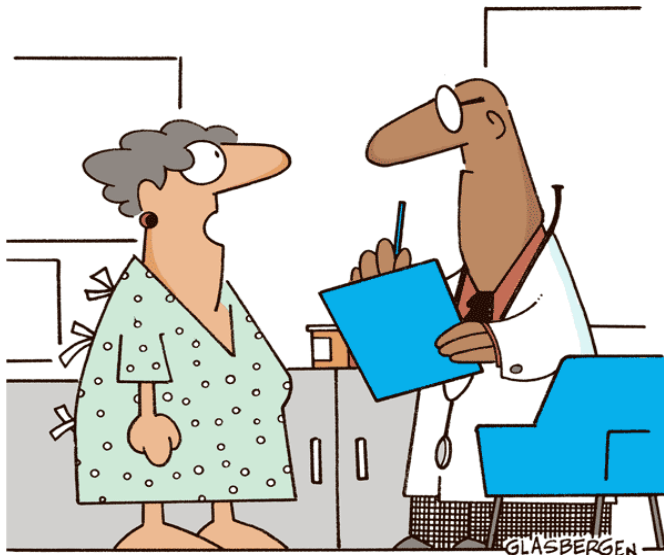
Each year the Mountbatten Award is given to a member of the British Commonwealth (that's 2 billion people in 56 countries) for the most gallant rescue and the most recent recipient of the award is the youngest ever. He is Kalya Gamage a fourteen year old living in New Zealand who rescued his younger brother. When Kalya, a strong swimmer, saw his eleven year old brother being swept out to sea by three metre waves on a notoriously dangerous patch of coast in South Otago, he said to his frightened mother

"OK Mum, I'm going out...I might not be back."

"Undoubtedly Kalya's brave response saved his brother's life" said the RLSS. A local policeman's comment was that usually no-one survives if they are swept out on this particular beach.



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"Of course I've gained weight.
That's why it's called *growing older!*"

IT WAS A HOT SUMMER DAY, the air was thick and humid in the old Texas courthouse and the jury was having a hard time staying focused. One of the jurors fell asleep just as the victim was being questioned by the prosecutor.

"The defendant is accused of making obscene phone calls to your home. Would you please tell the jury precisely what the defendant said when he called you."

"I'm too embarrassed to say what he said he'd like to do" the victim replied.

"Would it help to write it down?"

The victim wrote out details of what the caller had said and passed the note to the judge. The judge read the note. It was then passed to the prosecutor, the defence attorney and finally to the jury.

The sleeping juror seated at the back corner of the jury box, was the last to receive the note. He was woken with a nudge from the female juror seated next to him and she passed him the note.

Unaware that everybody was watching, he read it, looked at the woman, read it again, winked and as he put the note in his pocket, the courtroom exploded with laughter!

MESSAGE TO SENIORS

The manufacturers of WD40 wish to make it clear that their product is not meant for easing arthritis. They say that every year they receive correspondence (mostly from seniors) about the relief their product brings for arthritis and they insist that people should not be spraying it on themselves. The Canadian Airforce invented it for Water Displacement (WD) and on their 40th try (hence the name

WD40) succeeded in creating a product which dried out their engines. However; when the aircraft mechanics who often got it on their hands reported a lubricating affect in their joints, this story got out and spread around the world. Then in the 80s a senior lady in Sydney published in Column 8 on the front page of the Sydney Morning Herald, that she'd used it successfully on her stiff knees so Sydney seniors started using it. Yes it lubricates, no it is not poisonous, but the manufacturers wish to point out, that they are not responsible for this and have never recommended that it be sprayed on humans.

LET'S CHALLENGE OUR BRAINS

“Each thing we learn is like a book on a shelf building a library of information in our brain to create a buffer for memory loss” says Dr Joyce Gomes-Osman Professor of Neurology. “Seeing different places can improve brain health and increase a positive outlook on life. For example if you usually go for a walk, try walking somewhere different.” Apparently, if we don’t use our brains they can become ‘deconditioned’ so challenging the brain is helpful. Those involved in volunteering or social activities score well in cognitive tests whereas those who sit and watch TV do not. Bingo, crosswords, card games and scrabble are gentle exercise to take the brain for a walk and because social engagement is *extremely* good for exercising the brain, our Probus social activities are providing exactly what we need in retirement.

HERE’S A FUN BRAIN TEASER, BUT JUST TRY TO SAY WHAT COLOUR EACH WORD IS



It’s called The Stroop Effect...usually only one in five people pass this brainteaser that mismatches the written name and its actual colour. The Stroop test is a neuropsychological test extensively used to assess the ability to inhibit cognitive interference. (Rumoured to be used in ASIO training Sshhh)

This Selective Attention test, suggests that colour recognition, as opposed to reading a word, requires more attention. The brain needs to use more attention to recognize a colour than to encode a word, so it takes a little longer.

A soldier went to a clinic for an MRI and was put into the machine by a young female technician. Sometime later when the examination was over, he was helped out of the machine by a much older woman. Startled, he said “**Blimey! how long was I *in* there for?**”



Papa tells Ignac life story



Tom in Phuket, Thailand with two of his grandchildren

PAUL'S AUGUST NEWS

Despite the sadness of losing Marti's sister and her impending funeral, a wonderfully moving experience awaited Paul, Marti and their grandson Oliver when they travelled from Esztergom to Hegyhatsal, Paul's home village on the other side of Hungary for a one day visit to the family chapel/crypt where his grandfather is interred. Expecting to see it worn with age, to their surprise they arrived to find it totally renovated with a new roof! What had happened was that the Mayoress of the village, seeing the crypt in poor repair and finding out through research that Paul's grandfather, Ignac, who'd been born in that village had gone on to become a prominent citizen of Hungary, had raised the funds necessary to hire the best workmen to make good repairs so that the crypt would last another one hundred years. Paul contacted the Mayor on his return to Esztergom and she was pleased to know that the grandson (Paul) was visiting Hungary for this very special event. Says Paul... "She was planning a major celebration at the site, and now had close family to participate. So, on 13 August the three of us were conveyed from Esztergom, a distance of 240 kms, by the local government's chauffeur in a brand new bus, and back again at the end. After Mass at the local church, we proceeded to the crypt/chapel. The Mayor gave a speech outlining how and why she had organised the renovation. Then a speech by the local member of parliament to explain the national government's involvement. Then I got to tell the life story of Ignac, revealing interesting tidbits they could never have researched. Then the Mayor presented great great grandson Ollie with a copy of the new chapel key. Ollie accepted it on behalf of the family's young generation with a short speech in Hungarian (we knew that four week course he did would come in handy). The local priest blessed the chapel, and the Mayor, local member and I got to cut the ribbon. This was followed by a reception in the council chambers."

WORD WATCH: Did you know that 'fewer' is now an endangered word? There are fewer and fewer people on the planet using it. Let's make an effort to pull this word back from the brink of extinction shall we? On Monday 4th September, it was a pleasure to hear a news reporter actually use the 'fewer' word. Sadly, it was in connection to the reduced supply of mangoes this year. ~ed

Noela's Narrative - Navigating North

In late May my partner and I headed north in Wanda - The Scarlet Witch (his Tesla model 3) along the Pacific and Bruce Highways all the way to Port Douglas. It took us three weeks to travel from Canberra to Port Douglas as we caught up with various family members along the way. This included a 1,000 km round trip along the Flinders Highway from Townsville to Richmond in north western Qld. Once we finally arrived in Port Douglas we enjoyed visiting Mossman Gorge, Cape Tribulation, Daintree National Park and Agincourt Reef. We went on a two hour crocodile watching cruise, however they were all hiding so we didn't end up seeing any.

In Cairns I was able to get us a very last minute upgrade to 'Gold Class' on Kuranda Rail which meant we had plenty of room and were fed morning tea along the way. The train stopped at the Barron Falls viewing platform for about 10 minutes, however being the winter months the water flow wasn't at its best. On the return journey we sailed high over the Rainforest canopy on SkyRail. The views looking toward the Cairns coastline were impressive.

We then meandered south, with no particular plans. We decided to take Wanda on the ferry to Magnetic Island despite there being no public electric vehicle charging infrastructure on the island. We stayed in an apartment at Horseshoe Bay, across the road from the beach and it was one of the noisiest places I've ever stayed. We drove around the island as far as the bitumen roads would take us. Luckily there aren't many roads on the island and Wanda still had a decent amount charge in her battery by the time we returned to the mainland.

Another nice place we stopped was Eungella National Park, inland from Mackay. We were very lucky to spot turtles and a



Platypus at Broken River

platypus at Broken River. We eventually arrived back in Brisbane, where many of my family live. At that point my partner had to fly interstate for a work thing. The plan was for him to fly back to Brisbane on Friday night and we'd drive home together over the weekend. Unfortunately, last minute flight cancellations torpedoed that plan. I ended up driving Wanda home on my own. Highlights of the 1200+ km drive included getting to play whatever music I liked, at whatever volume I liked and stopping when and where I liked. Of course I was very tired by the time I got home, but I did get home safely. Having been in a tropical climate for so long (we'd barely worn a jumper the whole time we were away), Canberra's cold weather was a shock to the system!

The technical bits: We were away from home for just over eight weeks. Wanda used 1,284 kWh of electricity to cover 8,957 km. The average energy use was 143 Wh/km. Our charging costs per kWh ranged from \$0.00 to \$0.66. Tesla Superchargers were the most expensive at \$0.66, however the northern-most Tesla site is Gympie, which is only 150 km or so north of Brisbane. Once we passed Gympie we were reliant on the Queensland Electric Super Highway (QESH) at \$0.30 with regular charging stations along the 1,858 km between Coolangatta and Port Douglas. QESH have also installed some inland chargers and are continuing to roll them out. We were able to access free charging at most of our accommodation spots just using a normal 10 amp power point. We also used Chargefox (\$0.48) and Evie (\$0.40 - \$0.60).

HAVE YOUR SAY

Ever wished you could anonymously make a comment? Well a small space has been set aside for opinions, concerns and observations. (A little grumble is OK but it's understood we'll all refrain from offensive language and hurtful remarks.)



Wanda on Magnetic Island with Townsville in the background