



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'S OCTOBER MESSAGE

Dear Members,

Having returned from Europe, Marti and I are slowly recovering from our jet lag, which seems to get worse with every year we age. I guess it's the price we oldies pay for the fantastic mobility which air travel offers. I'd like to extend a thank you to all those who filled in various roles during the last few months, as a number of Committee members were absent. Ours is a very good team, it's heartwarming to see them pull together. Our club continues to thrive.

However, as I look into my crystal ball, I'm becoming anxious.

I advised members in June that the positions of Treasurer, Speaker Seeker and Webmaster would be needing new blood by March next year. Hats off to Glenda and John for doing a superb job in those roles. But the best way to say thank you for their service is to volunteer to take on one of these positions.

Our Committee is facing something of an aging crisis, and we should take sensible steps to get around it. If you are in your 60s we need you on the Committee. I'm asking you to consider becoming an assistant now to the Treasurer, Speaker Seeker and Webmaster. We need to have people ready to move into these vital roles come the end of the current terms. And experience as an assistant would give you 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.

Paul

NEWS FROM THE SEPTEMBER MEETING ATTENDED BY 38 MEMBERS & 3 VISITORS

Vice-President Noela chaired that one. Founding members were applauded on this 16th birthday. 38 attended the Birthday Lunch, many won lovely prizes and the food was plentiful and delicious. (Well organised with little coloured templates in front of us, so that waiters knew what each of us had ordered.) Over 60 people attended the 'Big Day Out' which was a sports day on the 29th of September. A.C.T Probian of the Year is Raelene Foley of Kaleen Probud. **IMPORTANT NEWS!! THE CLUB IS WAITING ON PARTS FROM OVERSEAS FOR THEIR LIFT, so we've booked the back room behind the restaurant for the rest of this year's meetings. Next week's meeting will be held in there, so see you next Tuesday 10th October.**

WELFARE

To John Allen and also Tom Longhurst (who fell on some tram tracks) both of you are in our thoughts and we send good wishes your way.

If you know of any other members who are unwell, Linda's number is 0407 485 876

OUR SEPTEMBER GUEST SPEAKER WAS TIM MILLER FROM LIDS4KIDS

Tim gave such an interesting and informative talk and his enthusiasm was contagious. At last we understand why plastic smaller than a credit card falls through the system and finishes up in landfill. He's doing all this for our environment and for Mother Earth ~ effectively recycling plastic waste for all



of us. As we've mentioned elsewhere, Lids4Kids is now a registered National Charity. (Tim is colour blind and needs more volunteers at the Fyshwick premises to sort lids into colour groups. Another Probus Club volunteers Tuesdays.) **STOP PRESS:** At the presentation, Pam McPherson kindly volunteered herself as our collection person, so if we bring along (clean) plastic lids smaller than a credit card to each monthly meeting, she will ensure that they are delivered to Tim and if Pam is away, the committee will assist until she returns.

All this cheerful, solid, outdoor furniture was made entirely from plastic lids.

FUTURE GUEST SPEAKERS

Tuesday October 10th.	My Journey To Becoming A Writer	Karen Viggers
Tuesday November 14th.	Two Truths and A Lie	Joan Munro
Tuesday December 12th.	Christmas Party- No Meeting	
2024		
Tuesday January 9th.	TBA	
Tuesday February 13th.	Mutiny On The Bounty: The Real Story	Dr Mark Lax
Tuesday March 12th.	TBA	

“When you're skating on thin ice you might as well tap dance”

~ Bryce Courtenay

OUTINGS

GREENWAY SUNDAY DINING GROUP

First Sunday of each month members meet 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 that members wish to see.

9 of us recently enjoyed 'Big Fat Greek Wedding' then went to lunch.

A SPRING PICNIC, PINE ISLAND MONDAY 16 OCTOBER 10.30 MORNING TEA THEN LUNCH. BYO EVERYTHING.

WE HAVE CANCELLATIONS TO 2 PLANNED TRIPS WOULD YOU LIKE TO JOIN US?

Galong Day Trip on the 24th October – 1 vacancy.

We leave the Tuggeranong Vikings Club at 9.30am by bus, first stop morning tea at Yass, then a 2 course lunch, tea, coffee & juice at the Retreat. A tour of St Clements Retreat, Monastery & Cemetery, a talk by Father Dom in the chapel and a tour around the grounds. Total cost for bus and lunch is \$90 per person **PLEASE PAY \$50 FOR THE BUS TO GLENDA AT NEXT MEETING...ALSO, PLEASE CARRY \$40 CASH ON THE DAY FOR THE LUNCH.**

Linga Longa Trip for 5 days March 11th to 16th 2024 --We have a room vacancy.

If anyone would like further information please let Gail know or call on 0417 432 474 and she'll email information. Total cost is \$1,295 per person twin share, or \$1,595 Single.



KAMBAH WOOLSHED has been booked for our **Christmas Party** on the 12th of December and we'll be self-catering. There might also be a surprise! More later...

A 10% DISCOUNT OFFERED TO ALL PROBUS MEMBERS

MASALA HOUSE in Ankatell St Greenway (Next door to Centrelink) is offering us a discount. Members recently ate there and had lamb cutlets which were not spicy, but if you like authentic Indian food they serve delicious curries.

Please show your badge.

Open seven days a week 11.30am to 2pm for lunch & 5pm to 9.30pm for dinner

Eat in or take away and free delivery for orders \$50 or more

6179 7986

www.masalahouse.com.au

IS IT TIME TO STOCK UP ON HONEY?

Millions of bees and their hives were lost in the fires a few years ago, but Apiarists seem to have recovered. Now millions of bees in NSW have had to be destroyed due to an infestation of the Varoa Mite. Does this mean that we could experience shortages in the future? It wouldn't hurt to store some. In fact honey has an amazing shelf life. Scientists found pots of honey in Egyptian tombs that were thousands of years old and still safe to eat. As long as it is sealed, its low moisture, strong acids and antibacterial compounds make it almost impossible to spoil. Would we manage without bees? We'd still grow coffee without bees, but it would become expensive and rare because the coffee flower is only open for pollination for three or four days waiting for a passing insect. Other examples which would become a hand pollinated luxury would be apples, avocados, onions and berries which rely heavily on bees for pollination. Humanity would survive, but our meals would become a lot less interesting!

In September we sang Happy Birthday to Pam and Margaret



TO THE OCTOBER BIRTHDAY MEMBERS

Roger Bean, Jan Buchanan, Don Sams & Linda Tregonning

A VERY HAPPY BIRTHDAY FROM ALL OF US!

Some unusual or interesting facts about Australia:

- Australia has the world's longest golf course measuring more than 850 miles long.
- Australia is home to 21 of the world's 25 most venomous snakes.
- Perth is the only city in the world which can have aircraft land in its CBD.

WORTH KNOWING

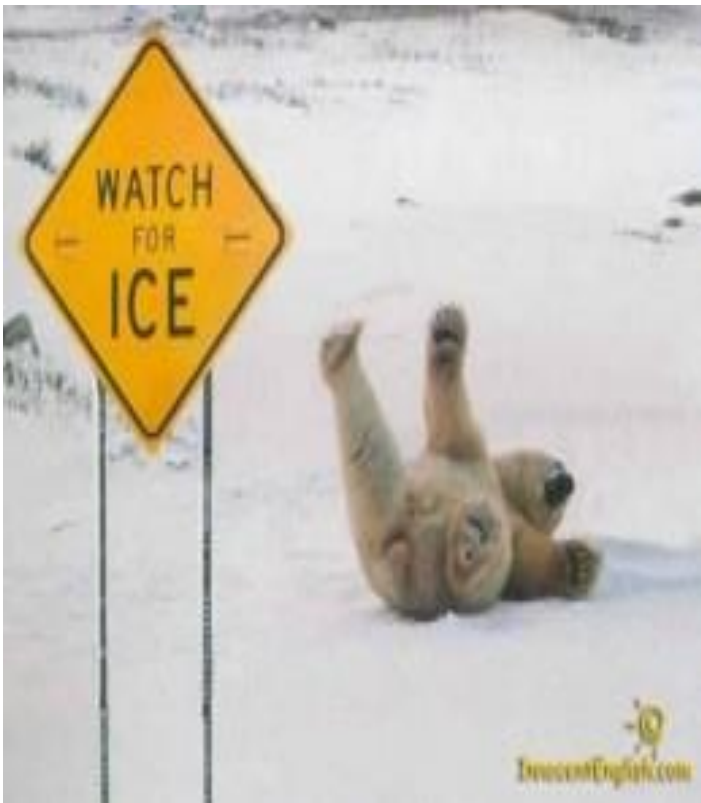
A lady in Canada reported on earthclinic.com that after taking one teaspoon of Turmeric Powder mixed with one tablespoon of Virgin Coconut Oil daily for ten days she had two positive reactions:

- 1.Improved Memory
- 2.Sinuses Cleared

Further research reveals that Turmeric can cross the blood/brain barrier and also that the incidence of Alzheimers is very low in India. (Perhaps because they eat Turmeric in curry daily?) If it is going to work, results will show up in ten days. PS Because of its antibacterial and antifungal qualities, if used on the body, Virgin Coconut Oil is known to eliminate Thrush caused by antibiotics.



I have no respect for gangs these days. They just drive by and shoot each other. At least in the old days, like in West Side Story gangs used to dance with each other first!

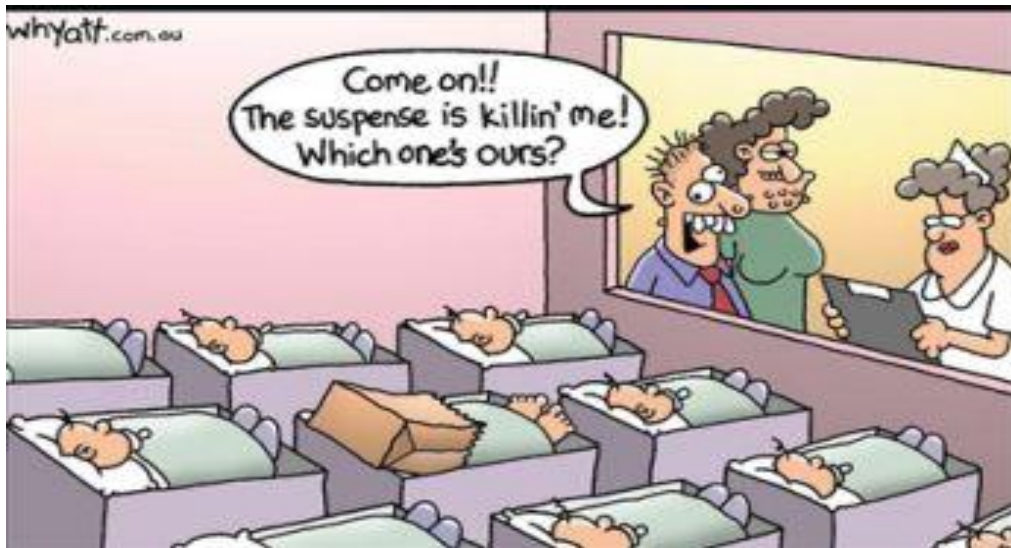


A FEW THINGS TO THINK ABOUT...

- *What if my dog only brings back the ball because he thinks I like throwing it?
- *If poison is past its use by date, is it more poisonous, or is it no longer poisonous?
- *Which letter is silent in the word scent, the S or the C ?
- *Do twins ever realise that one of them is unplanned?
- *The word 'swims' upside down is still 'swims'
- *Maybe oxygen is slowly killing us and it just take 100 years or so to fully work??

Limerick from Boyd's Book of Odd Facts:

Said an envious erudite ermine:
 "There's one thing I cannot determine.
 When a gal wears my coat,
 She's a person of note.
 When *I* wear it, I'm only called vermin!"



TRICKY MATHS

What's your age? Don't tell me. Just multiply it by 3. Add 1. Multiply that by 3. Add your age again. Knock off the last digit. What do you get?... Your age!

HAVE YOUR SAY

I like this idea of an anonymous say. Thank you for an entertaining newsletter, I share it with a friend who might join soon. Could we have some of those 'Why Is It So' kitchen physics from Dr Julius Sumner-Miller? Also, it's good to read about the travels and lives of committee and other members.

All the best

CONGRATULATIONS!

To Animals Defenders International (ADI) who recently rescued a fully grown male lion they've named Reuben who had to live alone for five years in a concrete cell in Armenia after the rest of his pride were removed from the closed zoo where he was born. Lions are the most sociable of the big cats so this was particularly cruel.

Malnourished, with a lifetime of no exercise, he wobbled a bit at first as he left his travel crate at the ADI Wildlife Sanctuary in South Africa which is home to 32 rescued lions. The ADI team were brought to tears to see him walk on grass for the first time, hearing voices of his own kind and feeling the African sun on his back. **A BIG THANK YOU** to Qatar Airways Cargo whose 'WeQare' charity initiative flew Reuben the 5,200 miles to a new life in the land of his forefathers. ADI say that Reuben has started to get his roar back and his morning calls are becoming louder as he gains confidence.



An anesthetized Reuben gets a health check from the ADI Vet



JOAN STUCKEY—MY STORY

I was born in Sydney on Palm Sunday 13th of April 1930 to Jean and Robert (Bob) Freckelton. When I was twelve months old, Mum collapsed with tuberculosis and had to be admitted to a Sanitarium in the Blue Mountains. I was cared for by family until I was three years old when Mum was able to return to her parent's home where she was looked after by my Grandmother, Nanny Boston. I slept on a small balcony just off her bedroom and she said I was a little chatterbox.

As Mum grew stronger, she took me to movies and live shows and I've had a great love of music and theatre ever since. She was a beautiful knitter and embroiderer and taught those skills to me at an early age. I started school at Randwick Domestic Science School when I was almost five and loved it.

Unfortunately, Mum had a relapse and had to return to the mountains then my beloved Gran died, so I lived with my Uncle and Aunt until I was fourteen. In the meantime, my parent's marriage fell apart and when war was declared in 1939, Dad

joined the army. Although I'd passed exams and could attend Sydney Girls High School, I preferred to stay on at Randwick.

In 1944 Mum was a lot better and I was able to live with her again. Our family then consisted of my Grandfather, a young Uncle, Mum and me. Later, Mrs Owen, a wonderful live-in Housekeeper looked after all of us -especially my Mother. Dover Heights Girls' High School had just been built and I transferred there with a lot of other girls. From there we could look out over Rose Bay and watch the flying boats coming in. After one year there, I spent a year at Technical College doing a Business Diploma Course and when I saw a position advertised for a typist at the Department of Main Roads in their Bridge Section, I applied and started work there under the watchful eye of a Miss Hale who was a bit of a dragon. We had a happy Social Club at work and one Anzac Day a bunch of us young folk organised a tennis outing followed by a movie and that's where Lance Stuckey—who worked in Records—and I first started chatting to each other and discovered things in common like a preference for classical music. We both felt so at ease in each other's company that a lovely friendship developed. I was just seventeen and he was six months older so we had to wait five years before we could marry, but we always knew that one day we would.

After we both left the Dept. of Main Roads, Lance to enter Local Government and I to work at Colonial Sugar Refinery's Head Office, we married at St Jude's Church in Randwick and lived for the first three years at Hunters Hill on Sydney's lower North Shore. Because Lance wanted to gain country experience, he next took the position of A-Grade Clerk at the Municipal Office of the Demondrille Shire, Murrumburrah. The position came with a two bedroom bungalow cottage and a fox terrier named Pete. Our daughter Jennifer was born six months after we moved in. Then thirteen months later, in September, David arrived and surprise, surprise, Graham arrived the very next month! Luckily we could fit all three babies in our large pram. We loved Murrumburrah, it was a thriving little town. Once a week I used to push the heavily laden pram about one mile up to Harden to do our shopping and Lance met us there and we caught a taxi home. Lance became a foundation member of Apex. We, the Apex wives whom the men called 'The Henpexians' all became friends and had lovely get-togethers.

Continued next page...

Joan Stuckey continued...

After five years Lance applied for a new position as Deputy Shire Clerk of Cudgegong Shire Council, so we moved to Mudgee. This position came with a spacious home with a modern stove. Jennie commenced school and I became involved in things like school canteens, cake stalls, Sunday School and Meals on Wheels. I also joined the V.A.Ds --Voluntary Aid Detachment (my cousin's husband called us the 'Virgins and Desperates.') I loved all that; we had to spend some time at the hospital on the wards, mainly feeding patients or helping at vaccination time and we were also taught First Aid and Home Nursing. At home I made a lot of our children's clothes and even drafted patterns from the books of Enid Gilchrist. My budgie Koko 'helped'. (As fast as I pinned a pattern to material, she came along and pulled them out!) We always had wonderful pets. Cats, dogs, all of them so special.

Six years later, in 1966, we moved to Bombala this time to an almost new three bedroom home with modern kitchen and huge lounge room. It was right opposite the Primary and High Schools, as well as the Hospital. So, once again, moved to a town where I knew no one but country people are just great and in no time we all settled in, the children started making new friends and I joined the Ando Art Group and discovered PAINTING! In July 1969, just as Buzz Aldrin landed the Apollo Space Shuttle on the moon, Gillian Kathryn Stuckey arrived to join her doting Big Sister and two brothers. Later, I used to take her with me when I was on voluntary "Hospital Trolley Duty" at the hospital. The patients loved her. Lance joined Rotary and Lodge and he was also on the Hospital Board. I supported him with all these activities, mainly cooking for dinners and street stalls.

After seventeen years in Bombala, in 1983, Lance was appointed Clerk of the Mudgee Abattoir and we moved back to Mudgee. We built our own home, Gillian finished her schooling and joined the navy training at HMAS Cerberus in Victoria and I learned to drive at the age of fifty three! Lance was in Rotary and I joined The View Club. Twelve years later, in 1995, we retired to Canberra and were lucky to find our little home in Chisholm. Jennie trained as a nurse at the Community Hospital in Canberra and in August this year, (2023) she has just retired from nursing at the age of sixty eight.

We all have happy memories of days in Thredbo with friends. Lance and Gilly learned to ski, but I was hopeless. Once we'd settled in Canberra, we joined Tuggeranong Probus where Lance served as President for two years. I joined our over 50s Friendship Club and Lance was a member of two Model Railway Clubs. Up to then his health was good, but suddenly it deteriorated; Leukaemia, heart and then the worst type of brain tumour. He had an operation to remove it, but it returned and so I lost my best Pal in 2008 at the age of seventy eight. He only lived to see one of our great-grandchildren.

So dear Readers, life goes on... I have my four children, twelve grandchildren and thirteen great-grandchildren. I didn't achieve anything like being a career woman or anything grand, but I created a happy home for my darling Lance—he said that he was always happy to come home at the end of the day-- and my children have said that I was a great Mum and their childhood was so happy.

So perhaps I really have achieved something in my long life? I hope so.

Another from Boyd's Book of Odd Facts:

The product that sells best in American supermarkets is toilet paper. Exactly 98.2 per cent of the population use it, according to the trade publication *Progressive Grocer*. (The magazine made no enlightening report about the other 1.8 per cent.)