



Postal Address: PO Box 2008, Lower Sandy Bay 7005



Website: www.hobartmensprobud.org

PRESIDENT ROBIN'S THEME "Enjoyment Through Participation"

Probians and friends and/or partners at Incat and at Veolia and at Large and at Lunch



"Enjoyment Through Participation" – Join In

Membership and Attendance as at September 2014 meeting – Greeter- Ivan Pearson

Membership	Inductees	Resignations	Attendance	Apologies	Guests
113 (Plus 2 Bulletin only members)	Lawrence Dillon	1	65	33 (?) or 34!!!	3



New Members...

No new members to be inducted today.

Please remember the friendship and fellowship which you enjoy at Probus meetings and activities, and thus, encourage your friends to join in. This is the lifeblood of our Club.

Finance Report \$\$\$\$

Balances	30/09/2014	31/08/2014	31/07/2014
CBA	5906.95	5978.59	6089.49
Total Funds	5906.95	5978.59	6089.49

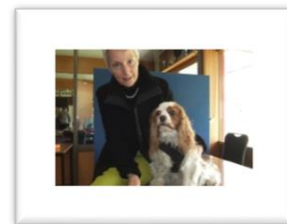
Guest Speaker September 2014 Meeting :

The Guest Speaker for our September 2014 meeting was Associate Professor Dr. Jane Tolman who spoke on the topic of Ageing in the 21st Century:

What this means for our brains and our community:

“It’s all about dementia”.

Associate Professor, Dr. Jane Tolman held all totally engrossed as she explained the many aspects of Dementia and how it manifests itself, through three stages, within the ageing process of those unfortunate enough to be inflicted by this disease. As all members are actively ageing, Dr Tolman’s talk was of great interest to all. Dr. Tolman provided a handout which covered in dot point, the topic of her discussion.



Such was the interest by members in Dr Jane Tolman and her topic, it is understood that her offer to return and talk more on the topic, will be suitably arranged.

Tony Hope moved a vote of thanks to Associate Professor, Dr. Jane Tolman, which was supported enthusiastically by members.

Guest Speaker (Co-ordinator -Bernard Knight - 0419896693)

The Guest Speaker for today’s meeting is Mr Richard Connock.

Mr Richard Connock was appointed as Tasmania's Ombudsman and Health Complaints Commissioner in July 2014.

Mr Connock has been Acting Ombudsman since January 2014, following the resignation of Mr Leon Atkinson-MacEwen. He was appointed Director of the Office of the Ombudsman in April 2011, and prior to that was the Principal Officer, Ombudsman.

He has extensive experience as a barrister and solicitor, principally in Victoria. Following his move to Tasmania in 2000, however, Mr Connock focused more on consultancy than legal work and before joining the Office of the Ombudsman, provided investigation, conciliation and mediation services for a number of government agencies and private organisations.

As with previous Ombudsmen, Mr Connock will also serve as the Health Complaints Commissioner, who acts independently of government to promote and protect the rights of consumers who use health services, and to help resolve problems between consumers and providers of health services.

Pause a while.. The following questions were set in last year's School examination. These are genuine answers

Q. Name the four seasons **A. Salt, pepper, mustard and vinegar.**

Q. What are steroids **A. Things for keeping carpets still on the stairs.**

Q.. What happens to your body as you age

A. When you get old, so do your bowels and you get intercontinental.

ACTIVITIES REPORTS (Remember President Robin's theme) "Enjoyment through Participation"

Lunch at Blue Eye Seafood Restaurant



"The September lunch at the Blue Eye Seafood Restaurant was attended by a round dozen Bon Vivants. The food and wine were excellent but as usual it was the company that made our day. For those of you who have not yet tried one of these days it is a well worth while experience."

The next lunch will no doubt be organised by Geoff Medhurst who has been holidaying.

Derwent Park Recycling Centre – Veolia and Fast Ferry Museum - Organisers Bob Pratt and/or Hamish Kyle.

On Tuesday, 16 September 2014, 13 members and 2 wives visited the Derwent Park recycling centre run by Veolia. Our guided tour was to see the separation of paper, cardboard, cans etc. and the manual input by several very industrious ladies. There was a disappointment in the general waste that had been included with recyclable items.



We then, with an additional member, had a visit to the Tasmanian Fast Ferry Museum that brought back memories of the many Incats that we have seen on the River Derwent over the firm's development.

Then most of our members had a light lunch at the daily grind (Incat Staff Cafeteria). Organiser - Hamish Kyle.

Photography (John Brodribb 6225 0897)

15 September 2014 saw a fresh and sunny Spring morning with the Photography group members assembled at Battery Point foreshore, ready for a photo-shoot in the somewhat challenging conditions of strong sunlight.



A review of the Battery Point shoot and discussion on items of photographic interest will be on Monday, 20 October 2014 at 10.30am, at the home of John and Noel Brodribb, 4 Hatton Gardens, Sandy Bay. Some of the Photographic group have obtained new cameras, so the discussion should be both interesting and enlightening.

CLUB ACTIVITIES and UPCOMING EVENTS

Outings (Bob Pratt 6225 2317)

Photography (John Brodribb 6225 0897)



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Tasmanian Museum and Art Gallery (TMAG)... Visit Organiser - Peter Voss 6225 1958

Outing: Visit to sections of the Tasmanian Museum & Art Gallery (TMAG)

Date/Day: Tuesday, 21 October 2014.

Time: 10.35 am – in the Courtyard at the Dunn Place Entrance for a conducted tour by an experienced volunteer guide.

Cost: \$5 donation



Join us for a 'Colonial Experience'.

Explore the treasures of our Colonial collections;

View paintings including works by such notable artists as John Glover;
 Discover Van Diemen's Land bank notes;
 Investigate the makings of Tasmania from 1800 to 1901.
 Our tour will be followed by a 'Colonial' lunch at the 1807 'Hope & Anchor' Tavern - just across the road from the Museum.
 Sign up on the Attendance list being circulated at today's meeting.
Visit Organiser - Peter Voss 6225 1958

Luncheon Group (Geoff Medhurst – phone 0418 136 618 or gmedhurst@gmail.com)

Now that the sun marches towards summer we once again and so we have booked at one of our favourite venues - Here we can savour an excellent two course lunch with a includes free river views, plenty of parking, and lots of good cheer.



turn our attention to sea and boats the Lindisfarne Motor Yacht Club. glass of wine for just \$30 and this



The date is Thursday, 16 October 2014. The bar will welcome us from 12 noon. Sign on today or contact Geoff on 0418 136 618 or gmedhurst@gmail.com

Vanners and fellow travellers!! - David Brammall - phone 6225 1273 or david.brammall@bigpond.com

Vanners and Cabin Dwellers etc



All Probian's are advised that our annual visit to White Beach Tourist Park is scheduled for next year from Monday, 9 February 2015 to Wednesday, 18 February 2015. Probian's are invited to join us in their vans or hire a cabin at the Park for all or part of that time - bring your kayaks, boats etc. Ring the Park (Vikki and Tony) on 6250 2142 if you wish to make a booking. Say that you are part of the Hobart Probus party. If you have any queries ask David Brammall (6225 1273)



Our annual Barbecue is normally held towards the end of November at Dru Point. Do we wish to go ahead with it? Again this event is open to all Probian's and family. I will test the waters at the meeting today.

Planned Outings for your DIARY

- Thursday, 16 October 2014 - Lindisfarne Motor Yacht Club (Geoff Medhurst)
- Tuesday 21 October 2014 - Tas. Museum & Art Gallery (Peter Voss)
- Tuesday 25 November 2014 - Penitentiary Chapel (Roger Barrett)
- Please note that the visit to Norske Skog has been cancelled.**
- Tuesday 9 December 2014 - Christmas function – University Club
- Monday 10 February 2015 - Vanners to White Beach (David Brammall)



Aquarobics (Athol Wilkes 6224 1673)

Why not join the group for a dip, some serious but fun exercise and morning tea/coffee at the Hobart Aquatic Centre at 7.45a.m. every Friday. Members and partners are welcome....

“Apres” swim.....



Warblers (Bob Brewster 6225 3402)

The Warblers meet at 10:00a.m. at the Sandy Bay Bowls Club on the second and fourth Tuesday of each month. Extra voices are always welcome. It is not necessary to sing in tune???

Strollers (Bill Mottershead 6225 1935)

Walkers enjoy the beachfront walk each **Wednesday** followed by coffee at a nearby restaurant. Meet near Beach House, Lower Sandy Bay at **9:30a.m.** Partners are welcome.



Club Welfare (Terry Bowes 6225 1075)



Members are requested to contact Terry if they are aware of any member who is ill, in hospital, or otherwise indisposed and either the member and/or his family may be in need of assistance.

BIRTHDAYS for October 2014

Congratulations and many happy returns



Day			Other famous (?) people	
2	Roger	Sewell	Mahatma	Gandhi
7	Ken	Milton	Vladimir	Putin
7	Frank	Walker	Yo Yo	Ma
14	Alan	Hargreaves	Roger	Moore
18	Ian	Miller	Chuck	Berry
18	Trevor	Willcox	Martina	Navratilova
19	Hamish	Kyle	Evander	Holyfield
20	Bob	Brewster	Jomo	Kenyatta
20	Ian	Eadie	Christopher	Wren
26	Lew	Munro	Hilary Rodham	Clinton
28	John	Thompson	Bill	Gates
29	Bryan	Brassington	Frank	Sedgman

Management Committee

President	Holmes	Robin	6282 5465	robin.holmes.tas@gmail.com
Vice President	Knight	Bernard	0419 896 693	bknight@bigpond.net.au
Secretary and Public Officer	Lawton	Carl	0422 486 722	carljlawton@gmail.com
Assistant Secretary	Carter	John	6224 0187	johnncarter@dodo.com.au
Treasurer	Abbott	Trevor	6227 8018	trevorla@live.com.au
Assistant Treasurer	Wallace	Wayne	6225 2212	wwallace@tassie.net.au
Immediate Past President	Best	Edward (Ted)	6224 8830	edbest@bigpond.com
Guest Speakers	Knight	Bernard	0419 896 693	bknight@bigpond.net.au
Club Outings *	Pratt	Bob	6225 2317	bobgill.pratt@bigpond.com
Bulletin & Publicity	Gallagher	Brian	6234 8890 0428 244 758	btpgallagher@bigpond.com
Membership	Mottershead	Bill	6225 1935	smotts@bigpond.com
Support & Welfare	Bowes	Terry	6225 1075	terry.bowes@bigpond.com

* OTHER CLUB OUTINGS ORGANISERS - Trevor Willcox, David Brammall, Hamish Kyle, Peter Voss, Geoff Medhurst, John Brodribb, Gordon Goward.

--NEXT MEETING--

The next meeting of the Hobart Probus Club (Men's) Inc. will be on **Tuesday, 4 November 2014 at 10am** at the Sandy Bay Bowls Club.

AND ON A LIGHTER NOTE.....

Puns for Educated Minds, and ours.

*How does Moses make his tea? Hebrews it...
Venison for dinner again? Oh deer!
A cartoonist was found dead in his home. Details are sketchy.
England has no kidney bank, but it does have a Liverpool.
I tried to catch some fog, but I mist.
They told me I had type-A blood, but it was a Type-O.
I know a guy who's addicted to brake fluid, but he says he can stop any time.
I'm reading a book about anti-gravity. I just can't put it down.
I did a theatrical performance about puns. It was a play on words.
Broken pencils are pretty much pointless.
I dropped out of the Communism class because of lousy Marx.*

EXERCISES FOR THE OVER 60 CROWD

I just came across this exercise suggested for the over 60's, and the unfit, to build muscle strength in the arms and shoulders. It's so easy that I thought that I'd pass it on. The article suggested doing it three days a week.

- 1. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 2kg potato sack in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.**
- 2. Each day, you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 5kg potato sacks. Then 25kg potato sacks and then eventually try to get to where you can lift a 50kg potato sack in each hand and hold your arms straight for more than a full minute (I'm presently at this level).**
- 3. After you feel confident at that level, put a potato in each of the sacks.**

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