



Probuss Club of Hastings Point Tweed Coast

July 2024

Upcoming meetings:

July 16th & August 20th

Where we meet: Tricare, 87- 89 Tweed Coast Rd, Hastings Point.

When: 3rd Tuesday of the month

Time: 10 am – 12 noon

Enquiries: Steve Carratt

Phone : 0418 966 254

Web Site : www.hastingsptprobuss.org

Postal Address: 516 Round Mt Rd, Round Mountain. NSW 2489

A warm welcome to our members, new members and guests. Our Probuss motto:

“Friendship, Fellowship and Fun”

Your continued enthusiasm and support for everything we offer, keeps our group active, and provides fantastic fun and enjoyment for all club members. Let’s encourage more friends to join



[Jenny Engle](#) will welcome Members and Guests.

Upcoming Speakers

July - John Taylor from Pottsville Men’s Shed

August – SES

September – Ben Dierikx with a companion dog or two.

October - Joanne Austen Brown, author of historical romance novels.



Thank You!

Clive always provides a great morning tea, with a little help from his friends. Thank you all.

If possible please bring the correct money ... \$4 includes morning tea.



Your ideas and input are very important to us, so please pass on any thoughts you may have, to a committee member, or place in the suggestion box. Do you know of any speakers who may interest members?



COFFEE MORNINGS & LUNCHES

Coffee mornings on the first Tuesday of each month, are proving to be very successful. We are currently meeting at the Nook at 10am, so please join us (next is 2nd July).

Our lunches at the Tavern after General Meetings are also continuing to be a social winner.

2024-25 COMMITTEE

President: *Dianne Mills* **Mob:** 044 732 5387
Email: diannemills23@hotmail.com
Vice President: *Janet Hobbs* **Mob:** 0419 487 591
Email: davjan3@bigpond.com
Secretary: *Steve Carratt* **Mob:** 0418 966 254
Email: js.carratt@bigpond.com
Treasurer: *Brenda McDonald* **Mob:** 0401 096 191
Email: mcdonaldbrenda1@gmail.com
Welfare: *Karen Stanford* **Mob:** 0418 749 636
Outings: *Shirley Gill* **Phone:** 07 5523 2404
Email: shirleygill4@gmail.com

Additional Committee Roles

Brenda McDonald **Membership**
Dianne Mills **Newsletter/ Publicity**
Committee **Speakers**

Appointments

Auditor: *Paul McDonald*
Public Officer: *Steve Carratt*
Hospitality: *Clive Cramb*

WELFARE



Please contact our welfare officer, Karen Stanford on 0418 749 636, if you know of any member who is unwell or incapacitated. It is important that we continue to support each other. Thanks, Karen

JULY 2024

Birthdays: Conrad Gleeson
 Barbara Sales
 Clive Cramb
 Helen Phillips



Anniversaries: None on record

Condong Bowling Club



Opposite the Sunshine Sugar Mill
 Last Friday of every month
 Members \$20 Visitors \$25
 Bookings essential: phone Virginia 0432 914 539 (and book for dinner)

Tri Care Community Village allows us to use its wonderful venue for our monthly meetings – PLEASE DO NOT use the residents car spaces. You can drive in, drop off your passengers, then park outside on Tweed Coast Rd.



Tri Care residents appreciate your consideration.

Now is the time for you to ensure that all your vaccinations are up to date. Flu and Covid should be done by now.

Pharmacies are quickly taking over as the 'go to' immunisers – generally no appointments, quick, easy, experienced, and no cost for seniors.



Don't forget that shingles vaccinations need to be renewed every 5 years – now SHINDRIX is in 2 shots, 2 to 6 months apart.

Shingles and chicken pox are caused by the herpes zoster virus. Shingles can be very painful and debilitating, so vaccinate!!

Friday 28th June, the feature group at 7.30pm will be: **"The Clarence Jazzmen"**

Originally called **The Graftonians**, **The Clarence Jazzmen** are an institution of good time jazz on the north coast. Their repertoire draws from the songbooks that Australian jazz bands were once expected to cover, from popular show songs and the 1920s jazz classics of Buddy Bolden's Blues to Mercy, Mercy, Mercy from the 60s. Pietro Fine leads the band on clarinet and piano, Dave Harry Stephenson is on trumpet, trombone and vocals, Lucas Zorzo is on guitar and Bob Dooley on bass and vocals. Nicholas Churkin, a seasoned performer from the Sydney blues circuit, will be taking on drums and vocals, to replace Warren Byrnes who passed away recently.

The local Early Birds will start at 6.00 pm.

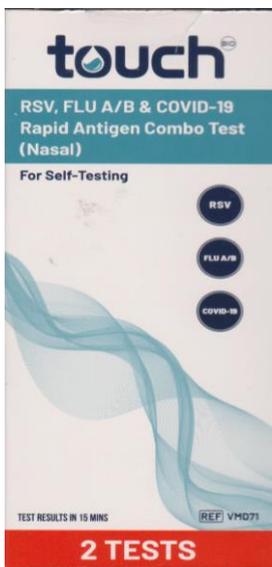


Friday 26th July 2024 – Mo Jo Webb Band

June Speaker Thanks to our former President, **Tony Cosgrove** for his travel trivia and great photos.

What is RSV - Respiratory syncytial virus?

With lots of recent publicity about RSV, just a brief note that it is not really new. It was first isolated in 1956 and much earlier than that, it was first described as 'acute catarrhal bronchitis' in 1901. Today RSV is responsible for 45%–90% of episodes of bronchiolitis, 15%–35% of pneumonia, 6%–8% of croup, and is also a cause of apnea and otitis media. Symptoms are usually mild, however some children and vulnerable adults can get very sick, requiring hospitalisation. RSV immunisation is available but is NOT free. Speak to your doctor or pharmacist to learn more about the vaccine and cost - Arexvy is available for vulnerable over 60 year olds. Read the [latest advice from the Australian Technical Advisory Group on Immunisation \(ATAGI\)](#)



As with so many viral infections, symptoms include: runny nose, cough, wheeze, difficulty breathing, fever, cyanosis , which commence from 2 to 8 days after exposure.

RSV is **very infectious**, and spreads easily by droplets with coughing and sneezing. People are usually infectious when they have symptoms. Most symptoms can be managed with rest, paracetamol and ibuprofen to relieve pain.

Practice good hygiene!

If you ever think you should test – there is a new combined test to cover RSV, Flu A & B, and Covid 19 – cost is \$20 for 2 tests.



Currently recruiting new players

When: Tuesdays and Thursdays at 9.00 am

Where: Black Rocks Sports Field, Overall Drive Take the 2nd exit at the Black Rocks roundabout into “Black Rocks by the Sea” and continue to the black gate. It will open as you drive up to it. Drive 600 metres to the swinging barrier gate. It will be open on playing days. You then enter the Sports Field. [The courts are at the western end of the field past the Men's Shed.](#)

Enquiries: Email: president.pottsvillcroquet@gmail.com

Facebook page: Pottsville “Fun” Croquet Club Inc

Don't miss The Tina Turner Musical 29th June to 23rd August, at the Lyric Theatre, QPAC in Brisbane.

Di Mills as 1 spare ticket, for Wed 10th at 1pm. Phone 044 732 5387



Please note, this concert is in Murwillumbah



Proudly Presents **'Sublime Classics'** guest conductor, **Carlos Del Cueto**

Programme includes:

Beethoven: King Stephen Overture Op. 117

Mozart: Clarinet Concerto in A Major K. 622

Featuring soloist Nathaniel Smorti

Mendelssohn: Symphony No. 5 in D (Reformation) Op. 107

Date: Sunday 21st July 2024

Time: 2.30pm

Venue: Murwillumbah Civic Centre

Tickets:

General \$50 | Concession \$45 | Students \$20

Children and students under 18 – free when accompanied by a concert-going adult

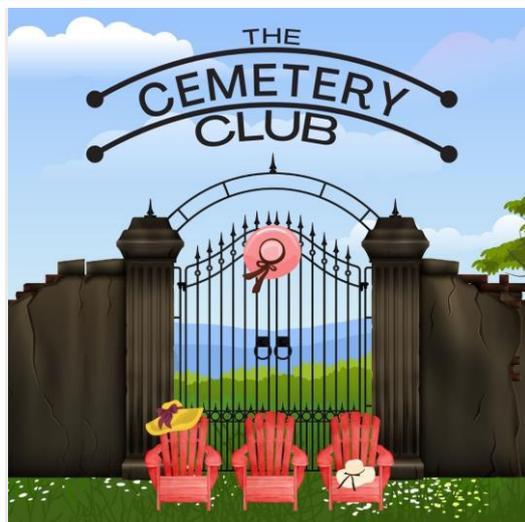
Tickets can be purchased at Murwillumbah Music –
phone 02 6672 5404 Enquiries, please phone 0478 012 324



Tickets on sale from 15th July

Cost is \$20 per adult

\$15 each for concession, and tables of 10 or more



The Cemetery Club

The Cemetery Club, a comedy to die for, will treat you to quirky characters, a fun plot and a heart-warming overall theatre experience. It's a comedy done with dignity and humour about the real-life issues of the death of a spouse and how to survive that loss. The story is about relishing life, love and friendship.

SHOW DATES

Evening Shows:

August 15th - 31st

Thursday, Friday, and Saturday - 7:30PM

Matinee Shows:

August 17th & 24th

Saturday - 2:00PM

If you would like to join a **PROBUS** table, contact Di ASAP so we can organise early and book on-line for a Saturday matinee, probably 17th.