



# Probis Club of Hastings Point Tweed Coast

## November 2024

**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.hastingsptprobis.org](http://www.hastingsptprobis.org)  
**Postal Address:** 516 Round Mt Rd, Round Mountain. NSW 2489

**Next meeting: November 19<sup>th</sup>  
with Christmas luncheon and  
2025 commences February 18th**

A warm welcome to members and guests. Our Probis motto is:

**“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. We always encourage more friends to join us.



## PROBUS

## CHRISTMAS LUNCH



We will meet at 11.00am, Tuesday 19th November, at the **POTTSVILLE TAVERN** with any announcements that might constitute an informal meeting, then move on to some trivia with chocolates, lucky door prize for a change (so everyone has an equal chance of winning) and lunch.

For those members attending, there will be a surprise cash gift in your Christmas card, to go towards your lunch. (And Di's Christmas cake to finish.)

Although we order from the regular menu, we **MUST** know numbers (27 so far) for the tavern's staffing purposes, so if you are still wanting to join us, please contact Di Mills before **Friday 15<sup>th</sup> November**, by text 044 732 5387  
OR email [diannemills23@hotmail.com](mailto:diannemills23@hotmail.com)



**COMMITTEE**

**President:** *Dianne Mills* **Mob: 044 732 5387**  
**Email:** [diannemills23@hotmail.com](mailto:diannemills23@hotmail.com)  
**Vice President:** *Janet Hobbs* **Mob: 0419487 591**  
**Email:** [davjan3@bigpond.com](mailto:davjan3@bigpond.com)  
**Secretary:** *Steve Carratt* **Mob: 0418 966254**  
**Email:** [js.carratt@bigpond.com](mailto:js.carratt@bigpond.com)  
**Treasurer:** *Brenda McDonald* **Mob: 0401 096 191**  
**Email:** [mcdonaldbrenda1@gmail.com](mailto:mcdonaldbrenda1@gmail.com)  
**Welfare:** *Karen Stanford* **Mob: 0418 749 636**  
**Outings:** *Shirley Gill* **Phone: 07 5523 2404**  
**Email:** [shirleygill4@gmail.com](mailto: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



**NOVEMBER 2024**

**Birthdays:**      *Glenys Dege*  
                          *Julie Carratt*  
                          *Di Mills*

**DECEMBER**      *Joan Ellison*  
**Anniversaries:** *Rhonda Ellison*



**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)

**Friday 25th October 2024 – Federal Blues Inc.**  
**Starts at 8pm.**

Early Birds Band kicks off at 6.30pm.



Federal Blues Inc. (FBI) plays a mixture of originals and blues classics, drawing from old masters such as Muddy Waters and BB King, plus more contemporary artists like Eric Clapton, Gary Clark Jnr., Joe Louis Walker and Robin Ford. The result is an exciting, dynamic and passionate blues experience.

Ex-pat Canadian Tommy Cuyler on guitar & vocals, has an impressive record, and still returns to Canada for summer festivals. Soren (Soz) Carlberg also on guitar and vocals brings Chicago blues, Steve Foster's harmonica riffs add to Martin Muller on bass and Derek Armistead on drums, providing one of the best rhythm sections on the Northern Rivers.

**Friday 29th November 2024 – Galapagos Duck, an absolute stand-out – BOOK NOW!**



**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.***



Clive always provides a great morning tea with a little help from his friends.



***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?

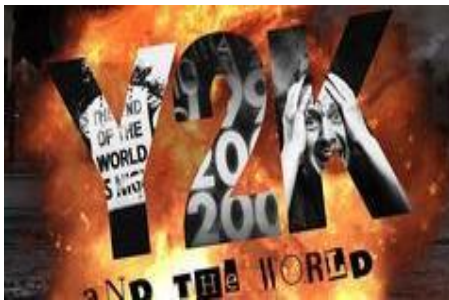




**October Speaker** What a step back in time for many of us, with Julie Carratt’s revelations on her family’s dairy farming background and the generational changes. We are extremely lucky to have members who will easily help out, in any capacity and on short notice.

**Upcoming Speakers**

**February 2025 – Drew Stephenson** from the Pottsville Beach Neighbourhood Centre, talking geek, tech, computers etc. If you have specific questions that you would like Drew to answer, send Di an email.



**COFFEE MORNINGS & LUNCHES**

Coffee mornings on the **first Tuesday of each month**, are providing an important catch-up - **10am at the Nook. The first for 2025 will be on Tuesday 4th February, instead of a picnic in the park unless advised of any change.**

**We will also continue lunches at the Tavern after General Meetings.**

Our very talented Probian, Roger Ellison is in an upcoming comedy - **‘Y2K and the World Didn’t End’.**

It's set on New Years Eve 1999 with a bunch of people waiting at the station to catch the train in to Sydney to see the NYE fireworks. Roger plays a guy that thinks the world might end and has built a survival basement.

Performances are on Friday and Saturday nights 29th and 30th November at 7.00pm Qld time, in Robina State High School auditorium. Book tickets through Eventbrite, or Google ‘Y2K and the World Didn’t End’.



- Tuesday 12th November **Leaving Philip Street Pottsville 9.30am**
- At T K Maxx (Hope Island Road) Oxenford/Helensvale then lunch at Helensvale Bowls Club
- \$28 per person (lunch at your own expense)

3 seats still available

Our bus trips are always good fun, and Rob always looks after us, so if you would still like to join us for another great day, contact Shirley Gill - (07) 5523 2404 or email - shirleygill4@gmail.com

**Our recent trip to Tyalgum was a great day.**



**We hope we can organise another tremendous trip early in 2025.**

**Enjoy the 2024 Murwillumbah Show on Friday & Saturday 1<sup>st</sup> and 2<sup>nd</sup> November.**



Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have The 39 Steps, a fast-paced whodunit for anyone who loves the magic of theatre. This two-time Tony and Drama Desk Award-winning treat is packed with nonstop laughs, over 150 zany characters (played by a cast of four), an onstage plane crash, handcuffs, missing fingers and some good old-fashioned romance!

Tickets are now selling. I have booked Table 4 at the front, for the Saturday 16<sup>th</sup> November matinee at 2pm Qld time. Some tickets still available - book with Di Mills and pay \$13.85 each. Bring munchies / cheese/ fruit to share, and drink of choice. Tea/ coffee to purchase.



The Sax Institute is an independent not-for-profit that works with governments, health organisations and experts across Australia, to help ensure health policies reflect the best and most up-to-date research.

From Editor Di – I know I probably am boring with my interest in research at times, but just need to share .....

I have been a participant since the ‘45 and Up Study’ began - it has been conducted by the Sax Institute for 19 years. **This is Australia’s largest ongoing study into aging**, and one of the largest cohort studies in the world, with 267,000 participants initially joining up. 106,000 data collection surveys were sent out in the last 12 months. 570 journal articles have been written to date, using 45 and Up Study survey data.

- A recent project tracked the health of 125,000 participants 60 or older, for over 10 years. In that time, 20% of the group were admitted to an aged care facility, and the remainder stayed at home. Researchers found a strong link between certain lifestyle habits and staying at home - non-smokers, physical activity more than 5 hours per week, sleeping 7 – 9 hours per day, and sitting less than 7 hours a day, are the major factors to staying at home, along with a diet rich in fruit and vegies, and low in red and processed meat. **Interestingly there was NO LINK found between a person’s weight and the need to go into aged care.**
- Another study launching in 2025, will be the National Lung Cancer Screening Program, looking at high-risk people between 50 and 70 who don’t currently have symptoms. Participants referred by GP will get a specialised low-dose CT scan of their lungs every 2 years. Mobile lung cancer screening services are planned, and will help those in rural and remote areas. It is anticipated that screening will save 500 lives a year, as more early-stage lung cancers are diagnosed and treated.

**Sax Institute recognises supporting organisations including Cancer Council of NSW, Daffodil Centre, University of Sydney, Heart Foundation, NSW Government and involvement of others at different times and as needed.**

Check out more ‘stuff’ – [www.saxinstitute.org.au](http://www.saxinstitute.org.au)

This is the final 2024 Newsletter. Watch for a Summer Bulletin about the 3<sup>rd</sup> week in January. Safe holidays!