



**A HISTORY
OF
THE PROBUS CLUB
OF
BEAUMARIS**

2000 - 2002

The first fifteen years



Probud Club of Beaumaris Inc.



A basic history of Beaumaris Probud Club since its formation in 1987 — taken from Club newsletters and minutes.

*With special thanks to editors:
Hugh Stevens, David Davis and John Hamann,
for freely providing their articles.*

- *Speakers and their chosen subjects.*
- *Club tours and outings.*
- *Membership details and lists.*
- *Past office bearers.*
- *Index.*

A new millennium—or was it a year early?

After all the celebrations on New Year's Eve members could be excused if they rested, so there was no outing in January.

However, a meeting was held on the 18th January and sixty-eight members attended. Retired mechanical engineer and new member George Montgomery was inducted into the Club.

A millionaire for a day

The 10-minute speaker was John Ragas. Through the "International Home Exchange" scheme John exchanged his home for houses in Italy, Spain and the UK. He highlighted his experiences staying in a home at Reggio Emilia, a medieval town in Northern Italy. A very different lifestyle but with modern problems such as finding parking spots. As morning tea was delayed John kindly extended his talk to include his stay in Spain near Valencia and then to Ireland and the UK.

The drug problem

Keynote Speaker, Ian Haigh, from Odyssey House, spoke of their efforts to "create and sustain environments for positive change for those whose lives are affected by drugs and alcohol". The 25 staff, mostly former addicts, care for 85 people ranging in age from 3 to 43. There are 52,000 known illicit drug users in Victoria. Most addicts use several drugs at the same time. This complicates diagnosis and treatment.

Last year there were 309 heroin overdose deaths in Victoria, a 50% increase over the last 2 years - more than are killed in road accidents. Many occur in their own homes. A seriously worrying trend is the number of addicted 12-year-olds. Most suicides are drug related. He discussed a number of other issues such as the "Scared family syndrome" and injecting houses. The former relates to parents' concern with teenage behaviour and problems with communication. If sensible reasonable discussion is impossible seek help from agencies such as Odyssey House, Anglicare or the Salvation Army.

Counselling is a big part of their work and is available to anyone with a drug-related problem.

On a more positive note - of 12,000 who have broken the habit 75% have continued over a long period.

10-year pin tally

After presenting 10-year pins to 9 members, President Allan said "I am delighted with the attendance at our January meeting and the past two years experience indicates that we should continue with a meeting in January.

We have now presented 10-year pins to 57 of our members who joined prior to 1990. Six more members have yet to attend a meeting to receive their pins and a further 5 members will become eligible during this year. This means that more than 50% of our current members have been with us for more than 10 years - we must have been doing something right.

List of Members at the end of 1999

R M Allan, W H Allan, B C Amond, G C Appleby, M E Applin, K M Armstrong, A B Avery, B R Bernau, S E Bernhard, C M Berry, F K Beyer, J A Bowen, J Brimage, J E Burgesson, R E Burnell, D J Burt, R D Butcher, D M Campbell, N Caris, I T Carne, S G Carpenter, N K Christie, D H Clark, A P Cox, P I Crompton, D N Crook, A M Cross, J H Crozier, R Davey, M J Davidson, D J Davis, F Davis, E K Dawson, W G Day, K M Deutsher, G Dunscombe, J B Eden, J W Elischer, R H Elliott, F S Elson, G L Epstein, P J Epstein, G A Fabiny, J R Freer, A M Gamble, A H Gasson, H J F Gerrand, H F Gowers, W H Grant, R H Gregory, L Hall, J B Hamann, B Hambleton, M Hancock, D T Hannan, E K Hardie, A J Hardy, J E Harper, J M Harris, B W Hart, C Henry, J C Hillman, B J Hirsh, W R Hogarth, R W Horne, J R Hunter, N H Ineson, P W Ingmire, D L Jenkins, W H Johnson, D C Keating, J J Kelly, G W Kirton, H K Kruse, R F Le Grand, J D Lindsay, P J Mahon, G H Mason, R S Matthews, B McAllister, I McDonald, R K McKinnon, C R Meade, E B Montfort, A W Nash, O J Obst, D T O'Loughlin, J L Opie, W D Packer, M C Parsons, R Pike, V A Proposch, J G Ragas, K J Reed, D H Reid, J A Reith, K C Reynolds, G Ristrom, H W Robbins, W D Roberts, K N C Rollason, L P Ross, J W Schulz, W Shepherd, T F Sheppard, D N Skinner, A W Small, P M Smith, A W Steinfort, H A Stevens, J C Tansey, A L Taylor, T Terrill, C M Thomas, B Thompson, K P Thompson, R B Trimmer, C A Walker, J E Wallace, J D Warburton, H S Warren, A J Watson, G Wearne and M H Williams.

Fish and chips on the Yarra

On Wednesday 2 February 40 members and partners went by ferry to Williamstown — fish and chips were served on the way. At the destination we had an hour to explore. A simple but pleasant outing.

Drama at the February meeting

On 15 February attendance nearly broke the 'ton', 99 members and guests attended. The advertised speaker was Neil Roberts back for a second serve — his previous talk almost had members rolling in the aisles — so the record attendance was not unexpected. However, the worst possible scenario (for the chairman of any meeting) was about to happen.

John Hamann provided a delightful ten minutes — his talk was entitled "Is it feasible?" Morning tea was over and members were bubbling with anticipation but Neil Roberts didn't turn up!

However, President Allan Taylor stepped forward [it wasn't far to step for he was already standing at the lectern] and presented an excellent hour talk — off the cuff!

Computerised distribution at GMH

Allan outlined his involvement as the GMH representative on a motor industry task force in the development of standards for the Electronic Data Interchange (EDI) between the five major motor companies and their suppliers. Standards had to be established so that standards could be read by all suppliers. The basis of the system was a data element dictionary that included all parts used in the industry.

The use of computers and the involvement of Telecom were essential for the efficient working of the system. If a supplier did not have a computer they were supplied with one. Production schedules had to be set up 7 days in advance and with 'just in time' techniques, parts could be supplied on a specific day. It took 2 years to get the system up and running, and introduction into Australia was ahead of the American system. Bravo Allan.

Another AGM — another mile post

The Annual General Meeting was held on 21 March – Allan Taylor gave his report and thanked his helpers for their support during the year. He invested Brian Hirsh as the new President who in return presented Allan with a Certificate of Appreciation. The new committee was announced: Barry Amond vice president, Lloyd Jenkins secretary, John Opie treasurer, Alan Nash functions and assistant Des Hannan, John Hamann newsletter editor, Alan Small meeting coordinator, Andrew Watson almoner, Jack Warburton committee and George Fabiny auditor. Retiring members of the committee – Ron Hunter (from IPP), Noel Ineson (secretary), Des Hannan (from functions to assistant), Frank Elson and assistant Ken Dawson (from meeting coords) – were warmly thanked for their service.

Members were advised that during the year there was a gain of seven new members, 10-year pins were presented to 60 members and the Club ended the year with a modest surplus.

"Add life to years rather than years to life."

The Keynote speaker, Professor A Linnane, Emeritus Professor at Monash Uni and Director of the Centre for Molecular Biology and Medicine talked about the ageing process to a very attentive audience. He said,

"Life expectancy has risen from 47 in 1895 to 80 in 1999 with a life potential of 124 years. Ageing is a multi system process and involves the gradual loss of the ability of organs and cells to maintain bioenergy function. Decline is universal but the process can be ameliorated and the quality of life enhanced.

"Scientific understanding of this bioenergetic decline has led to experiments with coenzyme Q10.

Q10 is not a vitamin but like cholesterol is produced by the body. However as we age the amount produced declines. Professor Linnane's recipe for delaying the ageing process was a daily intake of Q10 and vitamins C and E. Copies of his recipe were eagerly acquired by those attending."

Pharmacies enjoy Q10 bonanza!

A month after Professor Linnane's inspiring address President Brian Hirsh told members'

"I have endeavoured to find a source of Q10 for our members at a more reasonable cost than is generally available. Attempts to establish a reliable supply from the NSW firm the Professor recommended did not materialize. I have now reached agreement with [a local] Pharmacy to sell 50mg Q10 in bottles of 60 capsules for \$23.50. At this price it will be available exclusively to Probus Club Members, but only on presentation of the member's Probus name badge and strictly against payment by cash. I have personally guaranteed the first purchase and the Chemist is currently placing his first volume order."

[A large number of members purchased Q10 and, I venture to say, are still taking it! – Ed.]

Our bowlers enjoyed a Bayside Probus Bowls "Get together" on 24 March at Black Rock Bowling Club. Beaumaris fielded four teams. Each won one game and lost one but did not advance to the finals. [Our research cannot confirm if the winning teams were on Q10 or not.]

The President inducted John Lawson in March and Warwick Andrews and Rod Murrell were inducted in April. Eighty-seven members attended the 20 April meeting where we heard Bill Shepherd yet again! It seems that we cannot hear enough of the wonderful pearls of wisdom that Bill effortlessly delivers.

"Is wine good for you?"

To try to arrive at an answer to the above question, Bill Shepherd consulted about 90 surveys. [Garth, Merv, Max and other wine buffs were heard to mutter "Of course it's good for you!"] However Bill went on to say,

"While there are health benefits from drinking wine not all the surveys agree. He mentioned the "French Paradox". The French eat lots of fats, vegetable oils and drink lots of wine yet their cardiovascular health is better than average. He advocated that we drink wine for enjoyment not in the certainty that it is good for your health.

"In conclusion Bill quoted from Paul's letter to Timothy, Chapter 5, V23: "You ought to take a little sometimes as medicine". (He did not comment on Paul's letter to the Ephesians Chapter 5 V18.)"

Loyalty and leadership

Ivan Devison, our Keynote speaker, gave a dynamic address on the need for good leadership capable of coping with the massive challenge of change taking place in our society today citing the following. That 30% of people owe more than they own; loyalty is diminishing; the influence of the family and the church is reduced; a lifetime with one company is gone – certainty is gone. He spoke of two projects *"Investors in People"* and *"The Triple Bottom Line"* (Earnings per share / environment / community.)

"He outlined the characteristics of good leaders. Decisiveness; team leader customer focussed; head up on hard issues. He deplored the use of technology over customer focus – citing how one should be able to phone an organisation and speak to a real person within 30 seconds. A very stimulating address."

Oh dear! Not fixed yet?

President Brian made an all-too-familiar comment: *"For some time now our speakers' microphone has shown its age and technical obsolescence, it is causing us some embarrassing moments at our monthly meetings."*

"After considerable research and expert advice gathered over time we have invested in an up-to-date headset system which should serve us well for several years. We are also considering a gooseneck attachment for the lectern to hold the hand held microphone to complete what should then be a reliable sound system for our meetings."

The functions director catered for cinema and theatre goers in April and May by offering them – *"The End of the Affair"* at the Dendy cinema and *"Sound of Music"* at the Princess theatre.

Sydney's sights and Olympic sites

From 10 to 14 April, 26 of our members and 14 from Hampton joined a Probus tour of Sydney Olympic Sites. As a result of the tour Des Hannan was advised that he could rest easy, for his successor had completed his apprenticeship and could now be considered a fully-fledged tour organiser.

On their return Keith Hardie and Allan Taylor made this report:

"Our first day was a leisurely drive to Cowra. Next day, after a most interesting presentation on the wartime POW breakout and a tour of Cowra, we journeyed to Katoomba for lunch and a scenery stop. On the way Bruce, our driver, provided more than the brochure itinerary by detouring into the old time village of Carcour and a lap of the Mt. Panorama race circuit at Bathurst (no new lap record was created - thank goodness).

Then came a guided tour of the Penrith Regatta Centre on our way to Sydney. Accommodation in Sydney proved to be most acceptable and the meals definitely not conducive to trim waistlines. Our day in Sydney started with a guided slow-bus tour of the city, a cruise on the harbour then an afternoon at the Fox Studios complex. The day culminated with a visit to the Centrepoint Tower after dinner.

"On day 4 we visited the Homebush Bay Olympic sites complex comprising the Information Centre, railway station, tour of the main Stadium Australia and the spectacular Aquatic Centre where we witnessed some of the qualifying rounds of the Synchronised Swimming which reduced 34 nations' entrants to the seven who will contest the Olympics (Australia automatically qualifies as host nation).

"All of the Olympic sites are a credit to the designers and builders and are something of which all Australians may be proud. More importantly they are already being used by the public and will continue as public facilities after the Olympics. We returned via Yass where we had an overnight stop and a final day's relaxing (sleeping?) drive back to Melbourne.

"All thanks for a truly memorable trip should go to Alan Nash and our genial coach driver, as well as the friendly mixing of our Hampton participants."

Twin Club in Canada.

President Ron announced the beginning of an ongoing relationship with an overseas Probus Club.

Members especially those who like to travel, will be pleased to know that we have begun corresponding with the Probus Club of Mississauga South just outside Toronto. Their club was established in 1994 and has 138 (male) members. It is one of 101 clubs in Canada. They meet at the Mississauga Golf and Country Club on the third Thursday each month. It is good to know they have a golf connection. More information will be provided over the coming months.

The meeting on 16 May commenced with the sad news that Pat Elischer and Chris Henry had recently died. Eighty-nine members stood for a silent tribute.

'Flying buy'

Our 10-minute speaker, Des Hannan, described his month long trip around Australia using Qantas Frequent Flyer points. For 30,000 points one can travel 11,000 km providing you travel in one direction, stopping as often as you wish. Despite the recent adverse publicity about Frequent Flyer programs Des found Qantas very helpful. Certain sectors such as Broome-Darwin, Darwin-Cairns need to be booked well ahead.

Des flew from Melbourne to Adelaide, Kalgoorlie, Perth, Broome, Darwin, Cairns, Brisbane, Coolongatta, Sydney, Canberra and back home. He stayed from 3 to 5 days at each stop and briefly described the highlights of his trip.

Euthanasia

Dr Rodney Syme, a practising specialist and our main speaker for the day, is President of the Voluntary Euthanasia Society of Victoria and he spoke of the work of the society and his own personal experiences. The Society is primarily a law reform organisation whose principle aim is to promote legislation to enable incurably ill people to choose a painless and dignified death.

Euthanasia is derived from 2 Greek words – “eu” meaning good and “thanatos” meaning death. Voluntary Euthanasia is the intentional termination of life by somebody other than the person concerned, at the request of the person whose life is being ended. Dr. Syme quoted from an article in the British Medical Journal entitled “*Principles of a good death*”. The patient must be fully informed, be in control, be able to make a choice, have an opportunity for closure and have access to spiritual support. Dying in severe pain is not a good death nor is sudden death. Dr. Syme outlined the attitude of Victorian law towards passive and active euthanasia. He also stated that between 1995 and 1997 there were 439 suicides in Australia by people over 75.

Palliative care is defined as “*a concept of care which provides coordinated medical, nursing, and allied services for people who are terminally ill*”. It is a treatment aimed at the relief of suffering.

Dr Syme recommended that we all should establish a medical power of attorney and appoint a suitable person as our agent.

Functions director offers more variety

In May Alan Nash introduced a monthly luncheon club (open to all but limited to the available tables at the chosen restaurant) – the first was held at the Lobster Cave and cost \$20 per head including 3 courses and a glass of wine. President Brian later commented that *the informal luncheon idea took off in great style at the Lobster Cave. Good food, a glass of wine and friendly service encouraged some spirited conversation and helped us to get to know each better.*

On 1 June “*Anything Goes*” was the show at the Alexander Theatre at Monash, and at the Dendy members enjoyed “*Angela’s Ashes*” on the 7th.

There was no regular meeting in June because 117 members and partners were being entertained at Victoria Golf Club on Friday 23 June at the mid-year luncheon.

On 12 July the outing was a Spit Roast lunch and winery tour at Ferguson’s Yarra Glen Winery.

At the 18 July meeting Mike Rose and Russell Welsh were inducted by President Brian Hirsh and he welcomed 84 members and 7 guests.

Who is the greatest golfer?

The ten-minute speaker, John Lindsay addressed the above question and presented an interesting approach to measuring greatness by a combination of ‘major wins’ and ‘longevity’. He came up with his top five – with apologies to Palmer, Player, Snead, Hogan, Nelson and Watson.

No. 5 - Harry Vardon. Won 6 Opens in 25 years.

No.4 - Tom Morris. Won 4 Opens in 6 years.

No.3 - Jack Nicklaus, 20 majors in 28 years.

No.2 - Tiger Woods, 6 majors in 6 years.

No. 1 - Bobby Jones Jr., 13 majors in 8 years.

The British Open could change this and John predicted Tiger could beat Jack Nicklaus’s 20 majors.

Neil Roberts remembers

Our Keynote speaker apologised for his absence on that previous occasion and was soon in fine form.

“Neil Roberts, St. Kilda footballer, Brownlow Medallist, sporting journalist, raconteur and joke teller. If we had not been so entertained we might have wondered when he would get to the main subject of his address - his tour of duty as Officer in Charge at Mawson Base in Antarctica.

“He was chosen from 600 applicants for this top job. This was in 1971 in what he described as the tail end of the discovery phase. The setup is far more sophisticated now. There were nine nationalities in the all-male staff at the base. Neil’s job was mainly a people management role. Before leaving he did a short course in dentistry and described one extraction he had to perform. He spoke of the valuable work done by the huskies that are now banned for environmental reasons. The base is 1800 km from the pole. Winds of 100 + km/hour are common as are temperatures of -70C. There was a period of eight weeks of total darkness.

“He spoke of the contacts and co-operation they had from the Russians. His talk was illustrated with a number of spectacular slides.”

On 24 July, members lunched at the Dendy and saw “*Topsy Turvy*” a Gilbert & Sullivan story and on the 28th the Lobster Cave luncheon was on again.

The outing on 9 August was a HMAS *Cerberus* tour and lunch at Flinders Hotel.

At the 15 August meeting there were two inductions – Ian Davies and Garth Rose. Attendance on the day was 77 members and 2 visitors.

Membership shows signs of age

President Brian said *"It is gratifying to know that our club continues to attract new members. ... Whilst we would certainly not consider age as a criteria for admission the continuing long term viability of your club will ultimately depend on the inclusion of new members of reasonably tender age. However in the final analysis, regardless of age, the most important qualification for membership remains the ability and willingness to attend meetings, participate in the club's social outings and other activities and be prepared to make a personal contribution"*.

A layman's view of Opera

August 10-minute speaker Barry Amond does not play a musical instrument but this in no way inhibits his appreciation and enjoyment of music and in particular opera. He started by listening to light classics on an old gramophone, then joined a school music group which went to Sadlers Wells to see a Mozart opera starring Marion Studholme. This started his love affair with opera. He has attended 80 to 100 performances of over 40 different operas. What appeals to him most is how all the elements come together to produce a magnificent spectacle. Verdi and Mozart are his favourites. He suggested that watching operas on video has the advantage of close-ups which you don't get as part of a theatre audience.

[His talk struck a "chord" with many members who lack musical talent yet can really enjoy opera, ballet and classical music, myself included. Allan Small advises that the performance of La Boheme he mentioned is available on video from Bayside libraries. Ed.]

Making a Will

We were the 300th Probus club Ken Haymes of State Trustees has addressed on the subject of wills. In his Keynote talk, he said that 43% of Victorians do not have a will. He then outlined, with examples, many of the problems that arise and what results when someone dies intestate.

He suggested it was risky having a DIY will or one prepared by a sole solicitor and quoted some case histories. Wills should be prepared by a member of a group of solicitors or a trustee company. [See President Brian's comment.] The duties of executor are onerous and it is better and safer to appoint a trustee company rather than a relative or friend. This is to ensure your wishes are carried out impartially. It is equally important that we appoint someone we can trust with an Enduring Power of Attorney to ensure our financial and legal affairs are properly managed in the event of accident or illness.

While his talk provided a timely reminder to check on our wills and enduring power of attorney, it was basically a sales pitch for State Trustees.

The President differs:

"Talking to us on wills Ken Haymes generated some concern when he suggested that original will documents left for safe keeping with sole legal practitioners could be carted to the tip if the practice ceased to operate unexpectedly. NOT SO. The Law Institute told me that provided the solicitor was a member – which he certainly should be – the Institute steps in immediately should such an event occur, takes over the practice and all its files, advises all clients and either hands over the respective documents or holds them. If the practice is purchased and carried on by another solicitor each client can then elect to continue the association."

In September the 83 members present at the meeting learned of the death of member Ian Carne. Max Miller was welcomed as a new member.

'Fooling the public nicely'

The title of Lloyd Jenkins' 10-minute talk had us wondering until he explained that at major events such as the Olympics there is too much at stake for TV and the sponsors to risk an actual live performance and possible problems. The performance is prerecorded and the participants mime their parts during the event. As an example Lloyd described the preparations for the official opening of the Great Southern Stand at the MCG in which he, as a member of the Melbourne Chorale, participated. How by "over dubbing" 16 members of the Chorale were made to sound like the full complement of 100 who attended the actual event. There were lots of microphones around the performers but they were not connected. It was an interesting exposé.

The Business of Culture

Keynote speaker Tim Jacobs who is Chief Executive of the Victorian Arts Centre referred to the financing of art as a 'business'. Tim, in response to a question, agreed that art and culture are words with "fuzzy" meanings. The Arts Centre is a high cost, low return operation. The State Government provides \$7.5 m to maintain the fabric of the assets but the remaining \$3.5 m needed to run the place must be raised by the Centre. To run the Centre successfully they need to do five things well.

- 1, Expand programming mix and broaden activities.
- 2, Increase audiences and use venues more. [They have 1.5 m patrons and 1.2 m visitors annually.]
- 3, Ensure buildings remain in excellent condition.
- 4, Attract and retain the support of the community.
- 5, Reinvest its energy and vision.

At the 17 October meeting Geoff Caylock was welcomed as a new member by the audience of 79 members.

Most livable city

The 10-minute speaker was Doug Clark, ex Chief Commissioner of Bayside Council and a former Board of Works Commissioner. Doug told of the development of the Melbourne Metropolitan Planning Scheme. Melbourne did not get its title of one of the world's most livable cities by accident. Jessop, chairman MMBW was asked by the Government to prepare a planning scheme. Borrie was the Chief Town Planner.

The 1954 report followed 3 years of intensive research and incorporated many ideas from previous reports. Doug was one of fifty Commissioners appointed from local government. There were 3000 objections which were all carefully considered. The final practical and worthwhile plan was issued in 1968. However it only assumed a Melbourne population of 2.5 million.

Pacemakers

Frank Elson recounted his recent experience with the fitting of a pacemaker. The cause of Frank's health problems was not revealed until he undertook a period of electronic monitoring. During monitoring his heart rate dropped to 30–40 and his heart actually stopped for 2 seconds on several occasions. As a result Frank had a pacemaker fitted.

Frank expressed concern at the lack of adequate information made available to him pre and post operation. He found the John Hopkins Hospital USA website a source of useful information. The important point he made was that if you do not know or are in doubt – ASK!

Walking Tours.

Keynote speaker Vic Edwards, as a member of the Beaumaris Bushwalking Club, has participated in extensive walking tours throughout the Victorian Alps. He and a friend decided that they would like to venture further afield. An English Tour Company was organizing a 14-day walking tour through the Rhone Valley which they decided to join. This was in June 1994.

His description of the walk was illustrated by spectacular slides. The tour started at Geneva and several train journeys brought them to the head of the Rhone Valley. They walked through 7 valleys and despite the altitude the gradients brought them out in a sweat. The La Mer de Glace glacier on the Swiss/French border was 25 km long, 1–1.5 km wide and up to 0.5 km thick. Mont Blanc at 4,808 m dominated their walk for much of the way.

Music Group's sound beginning

On 16 November the Music Group was launched. Barry and Margaret Amond kindly offered their home and members, wives or partners were invited. The evening began at 8 pm and finished around 10 pm. Members were delighted with the evening.

The last meeting of the year was held on 21 November; 86 members and guest attended and Bob Aubrey and Lance Mathewson were inducted into the Club.

Highlands of New Guinea

For ten minutes, Keith Hardie spoke of his eight years in PNG as Civil Aviation engineer responsible for all radio and navigation aids in PNG and the Solomon Islands. This was a period of intense development. The highland airstrips were serviced mainly by light aircraft and DC3s. The latter operated at 3600 lbs above their weight limits and had to rely on 'jet assisted takeoff' in the highlands. With this boost they took off like a Spitfire. He supervised the installation of radio and telephone links and instrument landing system at Port Moresby.

Lady Keynote speaker.

Maria Nitsos explored the health issues of eating properly. Starting with essential foods – fruit, vegetables and cereals. Fibre is important, especially soluble fibre which breaks down in the body and helps control cholesterol. It also helps diabetics by slowing the release of sugar. Eat meat, chicken and dairy foods in moderate quantities as the body needs the protein, iron and calcium. After 60 the body loses calcium so it needs replenishing. Quantity is an issue. The vegetables are the main part of the meal and the meat a smaller role. Don't overcook as some vitamins especially 'C' are easily degraded. 'Light' does not always mean low fat. Be a label reader. Compare the 100g figures not the serving size.

Exercise is important but should be regular. Habits are also important – fast eaters tend to eat more than they need. Train yourself to eat more slowly. Food tastes better when you eat slowly. Don't nibble, ignore the little voice that says *one of these will not hurt*.

If you drink alcohol, limit your intake to 2 drinks a day. Dietary guidelines for older Australians – eat high-energy foods, keep active to maintain muscle tone, eat 3 meals a day and drink plenty of water.

Not quite part of Maria's guidelines

Notwithstanding Maria Nitsos good advice, her talk was followed by a delicious Lobster Cave lunch three days later and the slap-up President's Christmas Luncheon at the Royal Brighton Yacht Club on Friday 8 December 2000!

New Year message from President Brian

At long last we are embarking on the next millennium. Unless Q10 works overtime none of us are likely to see it out but I trust all of us can look forward to the coming year and many years to follow, blessed with good health, happiness and adventure.

This year is of special significance to all Australians and each one of us can make a contribution to this first of the next 100 years of Federation. Advancing on the scale of human kindness and using the lesson of the past to create a better present for our children and grandchildren to build on, seem to be amongst the most important challenges.

Annual Subscriptions

The Committee has been monitoring the increase in the Club's running costs during the year. Now that that most of the increase in costs due to GST are known, the Committee has been able to set the subscription level for 2001 – it will be \$40 – a sub. of \$35 (\$5 discount) will be accepted if it is received by the Club on or before the March 2001 meeting.

New members

The Committee has also found it necessary to introduce a new member's fee of \$30 to cover the costs of name badges and Probus pin. This will make a total amount of \$70 due on joining the Club. Provided the fee and annual subscription are received by the Club with the new member's application form or no later than his induction day, a reduced fee of \$65 will be accepted.

Overview of Antarctica

The 16 January meeting the 10-minute speaker, Bill Hogarth, described his 14-hour flight to the Antarctica on New Years Eve. On board the plane was a 5-piece band and experts to describe the scenery and provide information on Antarctica. It is one of the driest continents with an area of 14m square km and in places an ice cover of 2.5 km. The winter population of 1200 people swells to 4000 in summer at the bases maintained by a number of countries.

Viewing was not a problem from the front of the plane which flew at 35,000 feet. Dozens of icebergs, some 15 to 20 km across, were sighted.

The Ross Bastiaan plaques

Ross Bastiaan was the January Keynote speaker.

has made an immense personal contribution to Australian society by the erection of 132 bronze war memorial plaques in 17 countries where Australian soldiers have been involved. This massive task began in 1988.

His first project was to erect 10 plaques in the Gallipoli battlefields. He had support from the Turkish Government but not the Australian Government. He raised the \$60,000 needed with the help of sponsors BHP, Qantas, ANT and Wormald.

The plaques were cast locally. The text was in 4 languages and kept to 120 words that non-military people could understand. The actual divisions involved were not mentioned. He sculpted the relief maps on the plaques which are a work of art. Ross is truly multi-skilled.

Plaques have been erected in France, Belgium, Crete, Greece, Egypt, Libya, Israel, Thailand, Singapore, Borneo, PNG and Melbourne. The biggest problem, apart from fund raising and the actual logistics, was negotiating with Governments and officials. In some cases bribery was necessary. His most difficult dealings were with the Melbourne City Council. The text to go with the "Weary Dunlop" plaque in Melbourne went through 22 revisions before approval. He has plans for plaques in two more countries. A truly amazing story. One can only marvel at the skill, dedication and persistence Ross needed to achieve these results.

At the commencement of the meeting members stood for a silent tribute to Don Skinner.

After the meeting, due to a catering problem at the RSL Club, members dispersed to several venues for the lunch.

List of Members at the end of 2000

R M Allan, W H Allan, B C Amond, G C Appleby, M E Applin, K M Armstrong, R J Aubrey, A B Avery, B R Bernau, S E Bernhard, C M Berry, F K Beyer, J A Bowen, J Brimage, D J Burt, R D Butcher, D M Campbell, N Caris, S G Carpenter, G W Caylock, N K Christie, D H Clark, A P Cox, P I Crompton, D N Crook, A M Cross, J H Crozier, R Davey, M J Davidson, I E Davies, D J Davis, F Davis, E K Dawson, W G Day, K M Deutsher, G Dunscombe, J B Eden, J W Elischer, F S Elson, G L Epstein, P J Epstein, G A Fabiny, J R Freer, A M Gamble, A H Gasson, H J F Gerrand, H F Gowers, W H Grant, R H Gregory, L Hall, J B Hamann, B Hambleton, M Hancock, D T Hannan, E K Hardie, A J Hardy, J E Harper, J M Harris, B W Hart, J C Hillman, B J Hirsh, W R Hogarth, R W Horne, J R Hunter, N H Ineson, P W Ingmire, D L Jenkins, D C Keating, J J Kelly, G W Kirton, H K Kruse, J Lawson, R F Le Grand, J D Lindsay, P J Mahon, G H Mason, L F Mathewson, R S Matthews, B McAllister, I McDonald, R K McKinnon, C R Meade, W M Miller, E B Montfort, G H Montgomery, R S Murrell, A W Nash, O J Obst, D T O'Loughlin, J L Opie, W D Packer, M C Parsons, R Pike, V A Proposch, J G Ragas, K J Reed, D H Reid, J A Reith, K C Reynolds, G Ristrom, H W Robbins, W D Roberts, K N C Rollason, G Rose, M S Rose, L P Ross, J W Schulz, W Shepherd, T F Sheppard, A W Small, P M Smith, A W Steinfort, H A Stevens, A L Taylor, T Terrill, C M Thomas, B Thompson, K P Thompson, R B Trimmer, C A Walker, J E Wallace, J D Warburton, H S Warren, A J Watson, G Wearne, R L Welsh, and M H Williams.

The Music Group met on 24 January at the Amonds. It was obvious that Alan Nash and Des Hannan couldn't have taken time off during the holidays for they had arranged another lunch at Lobster Cave on 26 January and even booked well ahead. The Dendy cinema was also arranged for months.

There was no shortage of starters for the tour of New Zealand from 9 to 18 February 2001 and a visit to Mississauga South Probus Club via Vancouver, Rockies, Rail, Toronto then on to London, Hong Kong and home was being considered.

Back in November, the Warburton Cup had been won (3 up) by Doug Clark at Howlong – against a strong field of 39 members and partners. Doug was so impressed with the trophy that he sought and obtained permission to mount it on a polished base, complete with engraved plaques for each winner. [shades of Ross Bastiaan.]

Another great overseas trip

The New Zealand tour was a huge success. Superb organization by Alan Nash, ably assisted by Des Hannan, astute financial management by John Opie, wonderful scenery and kind weather made this a truly memorable trip. Perhaps best of all was the opportunity everyone had to get to really know other members and their wives.

As happens on these trips there were a number of reportable incidents and only the NZ travellers will be able to identify the victims or villains.

- 1, A member's bizarre but successful three wine bottle balancing act amid glasses and crockery.
- 2, The member who plans to return to NZ so he tried to save by retaining his Novotel room key.
- 3, The member who was chased by an old duck named Doris who tried to pull his pants down.
- 4, The lady ironing in the laundry decided to iron the blouse she was wearing. No sooner had she stripped off than in walked a man with his washing.
- 5, The 3 "volunteers" at the haggis night

Ninety-four members and guests attended the 20 February meeting. The first speaker was George Fabiny and Kevin Luscombe gave the main address.

U3A Volunteer lecturer

George Fabiny said he was neither a teacher nor a historian but he has been teaching European History for six years to the Moorleigh branch of the U3A. He explained that the University of the Third Age is a community of volunteers in their third age devoted to learning and sharing their knowledge with other members. There are 80 U3A groups in Victoria with 18,000 members covering over 100 diverse subjects. His involvement began when he joined an Australian history class. He asked so many questions the teacher asked him to take over in her absence.

From scratch George studied Dutch explorers and conveyed this knowledge to the class. He then volunteered to take a class in European history and chose history of the Balkans.

He emphasised that in the third age it is important to exercise the brain by learning something new all the time. George is to be congratulated on his enterprise and achievements.

Marketing in the 21st Century

Kevin Luscombe was director of marketing at Heinz, then founded Luscombe and Partners advertising agency which subsequently merged with Clemengers. It is difficult to do justice to Kevin's talk in a few words because he touched on so many changes that are affecting marketing in this century.

Marketing is a business philosophy and despite changes in the marketplace this philosophy will not change. A brand name is owned by the consumer, equity is owned by the company or shareholders. Companies pay too much for naming rights.

He questioned the value of ambient media – buying space everywhere – on lifts, buses, taxis etc. A company's vision, culture and image must be aligned. Companies preach customer service but do not exercise it. There are no old and new economies just one economy.

He spoke of the enormous sums of money being burnt in e-commerce start-ups estimated at \$400m in Australia – mostly from seasoned investors who through sheer greed allowed serious thinking to go out the window. Kevin made the prediction that by the end of 2002 there would be no stand alone e-commerce companies; they will all be branches of *bricks and mortar* companies.

For successful on-line marketing the delivery of goods is critical with customers nominating a time suitable to them. The final decision is with the purchaser and thus people power will dictate the end result of all these changes. The reality is that on line shopping is only 5% of world trade.

Annual General Meeting

The 21 March meeting was the annual meeting and present were 81 members and 5 visitors.

The business of the day was first conducted by President Brian who then invested the incoming president Barry Amond, with the Presidential Collar.

The following officers were declared installed: Vice President John Hamann, Treasurer John Opie, Secretary Lloyd Jenkins, Tours & Functions Alan Nash with assistant Des Hannan, Committee Jack Warburton, Meeting Coordinator Alan Small, Almoner Andrew Watson, Auditor George Fabiny, Newsletter editor Max Parsons.

President Barry accepted the Presidential Collar and said "It is a great pleasure to become president of a club whose members have so much experience, talent and enthusiasm. ... We owe a large debt of gratitude to Brian Hirsh for his year as president. I am in awe of his stamina and diversity of activities."

Chiropractic support

Noel Ineson accepted the task of reporting our speakers each month and assisting the editor in compiling the newsletter. However as Noel was holidaying in Perth in March, secretary Lloyd Jenkins provided a 'back-up' and wrote Noel's column after hearing our Keynote speaker:

"Dr Geoffrey Fraser's Chiropractic practice is located a few yards east from our meeting place. Geoff has worked in the field for about 30 years and has a number of clients in our club. One, our new President no less, swiftly seized the opportunity for a free treatment when it came to demonstration time.

"The headset microphone behaved perfectly as he took us through the diagnosis and treatment of spine related problems. Chiropractic makes no claim as a "be all and end all" science; when appropriate, clients are referred to other fields of medicine. Age group of clients is wide.

"Our overhead projector once again proved useful as we viewed Xray and EMG transparencies on the screen. An active question time followed with our guest coping efficiently with all that was thrown at him. Rod Murrell voiced the appreciation of the audience for a most informative and well-crafted address."

[Did you notice a subtle sell of our Club equipment?]

After the meeting 51 stayed for lunch which was served by new caterers – (cost was still only \$12 for 2 courses). The meal passed with flying colours.

Five functions keep members on toes

The month of March ended with a show at the Clocktower theatre on the 28th. And a mixed lunch at the Pavilion Beaumaris hotel on the 30th. Then in rapid fire succession *Family Man* at the Dendy on 2 April and another film *Sunshine* on the 9th. If that wasn't enough, Alan and Des had us visiting the Casino on Wednesday 11 April.

There was no 10-minute speaker at the 17 April meeting as four new members were inducted – Ron Hickey, Neil Jones, John Mason and Ian Parsonson. 74 members attended and 48 stayed for lunch.

Road Safety over 30 Years

The Keynote speaker was Dr Peter Vulcan – one of Victoria's leading experts on road safety. For some years he has been Director of the Accident Research Centre at Monash University.

Peter presented the topic of Road Safety in such a comprehensive but clear manner that members were able to fully appreciate the enormous effort that has been made over the past 30 years to make roads a much safer environment. A scientific approach to all aspects of driving has reduced fatalities from an all time high of 9 per 10,000 vehicles in 1960 to 2 in 1997.

From 1970 onwards the National Road Building Program of divided highways halved fatalities on these roads. Examples of significant improvements were seat belts, better windscreen glass, roundabouts and warning corrugations on the sides of major highways. It is sobering to reflect that speed and alcohol represented 60% of fatalities in 1960. When these factors were attacked in 1989 the percentage was halved. Random breath testing has reduced fatalities due to drink from 35% in 1983 to 21% today.

Peter emphasised the importance of continually introducing new ideas. A current consideration is the Californian practice of kids having to pass road safety and driving tests at high school. On a more personal level, Peter indicated that regular tests for older people is likely to be introduced in the near future. A surprising answer to a question on the subject of speed was that probability of death reduced 45% when dropping from 70 to 60 km/hr.

Special Interest Groups

Twenty members of the Music Group met on 25 April at the Amond's home, enjoyed some great music and again proved that this is an ongoing SIG.

On 8 May ten members of the Computer Group faced a two-hour session in front of individual computers at "Newlands". Tony Cross had arranged the professional instruction by Rev Tony Poole. Also in May two sessions were run on MS Word at the Parsons' home.

The Investment Group continued to meet at 9 am before each monthly members' meeting. Barry Amond as president had other duties to perform at that time and John Wallace took over the reins with excellent results.

Ninety members and guests attended the meeting on 18 May and 50 members stayed to enjoy lunch.

Aussies like 'n Aussie Icon

All speakers at that meeting were exceptional. Harold Warren told us about *Vegemite* – perhaps the best-known food product that originated in Australia. Harold held everyone's attention as he described how *Vegemite* was developed and spoke about the successful marketing operations that placed it in almost every Australian home. It is sad to realise that, like many other Aussie products, *Vegemite* is now foreign owned.

Community Banking

"We emerged from our May meeting well informed about Community Banking. Australia's only regional bank, Bendigo Bank, has developed a model that has struck a healthy chord in areas where banking services have been removed or reduced. Robert Musgrove of Bendigo Bank, standing in for the advertised Russell Jenkins, delivered an outstanding address in describing the Model and the success story to date.

"Confounding the sceptics, forty centres across Australia now have a community bank offering a complete range of banking services. All are on track towards achieving set business targets. Scores more sites are in the pipeline.

"In this model, a community bank is rather like a franchise. It is locally owned with a Board of Management served by unpaid directors having no access to individual customer records. The branch operates under the banner and licence of Bendigo Bank with full call on head office expertise and assistance. Profit is shared 50/50. The local share is used as seen fit on the local scene for the good of the district. Loan risk at all branches is carried by Bendigo Bank which retains right of decision over loan applications. The local Board appoints staff and runs the branch to hours that suit the local scene.

"To get started, a group of local citizens contact Bendigo Bank, a steering committee is appointed, public meetings follow. Capital is required, varying from three to five hundred thousand dollars. Typically, hundreds of citizens and firms indicate support in the form of an individual "pledge". A pledge converts to dividend bearing shares if the venture proceeds."

Monthly luncheons at Citrus Restaurant continued, as did cinema visits to the Dendy.

By booking in advance our members saw "West Side Story" at the Alexander Theatre and "Nobody's Perfect" at the Clocktower Theatre.

Trip to Mary Lyn

Twenty-two Probians and partners left on 6 June for a 4-day trip to Marysville. David O'Loughlin reported: "That night the group gathered for dinner which was followed by in-door bowls, snooker and table tennis. Day two included a tour to Upper Yarra Dam, a picnic lunch and a scenic drive back via Warburton. Next day we went to Alexandra railway station which is now developed as a museum and drove around a huge timber mill.

"On our last day, we visited an alpaca farm at Buxton. ... While safely shepherding us through the beautiful forested areas our driver kept us well-informed."

Mid-year Luncheon

There was no meeting during June as its place was taken by the Annual Mid-year Luncheon. President Barry reported,

"There was once again an excellent attendance of 121 members, partners and guests at the mid-year luncheon on 29 June. Victoria Golf Club has a special setting and ambience which is hard to beat and, as usual, the meal and service were of a high standard.

"We're going to have to review our process for handling the raffle. Either the President will have to avoid buying tickets or his wife mustn't be allowed to draw the winning ticket! [Margaret won the raffle]. Regardless, I'll make up for my good fortune later in the year. The luncheon reminds me that our Canadian twin club, Mississauga South, holds its regular meetings at a golf club.

"We still have plans to visit them next September as part of a trip taking in Alaska and the Rockies. Alan Nash and Ken Reed have put together a program with alternative segments to choose from, and I urge members to support this exciting venture."

[After months of valiant effort by Alan Nash, Des Hannan and then Ken Reed the Canadian tour was abandoned. Members showed interest and indicated their support but because of the number of individual requests for destinations and routes — the itinerary proved too difficult.]

Vale

On Wednesday 4 July the Music Group program included the final movement of Beethoven's Symphony "The Eroica" — Wally Elischer's favourite. He told members that on the occasion of Chancellor Dolfuss's funeral in Vienna in 1934 he first heard the Eroica performed and it had never left his mind. Sadly, Wally died 5 days later on the 9th of July.

Yarra Burn spit roast with gerberas

Club reporter Geoff wrote, "On 11 July, forty-four Probians and partners travelled to St Huberts Winery where we sampled some of their local products — 'twas a pleasant start to a wonderful day.

"Our coach captain Bruce took us for a look at Warburton then on to Yarra Burn where we were greeted by the winemaker who introduced several wines for sampling while informing us of their finer points. Then into the dining hall for a festive spread consisting of beef, spit-roasted over an open fire, with six vegetables — all cooked to perfection.

On the way home we called at *The Big Bouquet* near Healesville and saw acres of hot-houses growing gerberas of all colours. Our organiser, Alan, again endeared himself with our ladies by presenting each with a bunch of gerberas.

Fred Barry-Brown, Bill Gillingham and Bill Tweed were inducted at the meeting on 17 July.

[It was the second time for Fred for he had been away from the district for several years.]

As usual our July speakers were excellent – Geoff Mason's selection of "Six of the Best" speeches of the 20th century was enthusiastically approved by the sprightly attentive 87 members and 3 guests who attended the meeting. [60% of the audience stayed for lunch after.] Lest the words of wisdom be forgotten we should all read the "Penguin book 1993 - 20th Century Speakers" from which Geoff extracted his brilliantly chosen speeches.

Globalisation: Nothing new under the sun

"Professor Peter Sheldrake's skilfully delivered address pleasantly surprised us all when he dealt with the Globalisation of Knowledge — not the sins or virtues of multi-national companies.

"Peter provided a wonderful word picture of the progress of knowledge from the initial pictorial representations and writings on rocks and monuments to the development of the earliest libraries in 700 BC using clay tablets, and the establishment of a school of philosophy by Plato and Socrates in the 5th century BC. The subsequent writings were collected by Aristotle on scrolls.

"In 300 BC the Egyptians started the Alexandrian library which ultimately housed 800,000 scrolls. Much later, about the 13th century, monasteries started to produce manuscripts and books were developed in the 15th century."

Seventy-eight members and one guest attended the 21 August meeting and 51 stayed for the camaraderie of the after-meeting lunch. Club reporter Noel was absent with leave so Neil Jones wrote about our speakers.

Banking in the Gulf States

"John Lawson in his 10 minutes, took us down memory lane to his early days in merchant banking – to the Persian Gulf area. He traced the rise of the Merchant Adventurers who opened up the Gulf States to commerce. Apparently the Scot's had something to do with this!"

Retirement villages

"Doctor Peter Govan, Secretary of the Retirement Villages Association gave the main address. He led us through the options available to the ever-growing ageing population. Either – Move into a unit; Go high-rise; Choose a retirement village or Stay put!

"He outlined the advantages of retirement villages and touched on the various types of ownership, management fees and maintenance fees charged, which varied between villages. All were subject to the Retirement Villages Acts of Parliament and were

required to be Accredited. To retain Accreditation they were required to regularly raise standards of accommodation, and quality of life.

"Governance of retirement villages was usually in the hands of a Committee of Management which included varying numbers of residents who joined in decision making with the residents' interest at heart. Annual Budgets and Accounts were presented and agreed to by Management. Village units had to be owned and occupied by the resident but could usually be handed down to family.

"Dr. Govan concluded with the injunction 'Don't leave it too late.'"

Never a dull moment

Appearing regularly on the Functions agenda were matinees (with lunch) at the Dendy cinema (now costing \$11); dine-out luncheons at the Citrus restaurant and pre-booked theatrical shows. *Beauty Queen of Leenane* at the Clocktower in September, and later, *Chicago* at the Alexander theatre. The first Citrus mixed luncheon was booked for Wednesday 10 October.

SIGs contribute

President Barry reported, "Our Special Interest Groups have made an important contribution to the success of the Club. Well over 30 members belong to the Investment Group and its meetings are well attended. The Computer Group is constantly seeking to help with members' needs and more recently the Music Group has brought the joy of music to about 20 members and their partners. John Hamann is intent on bringing malt whisky connoisseurs out of their living rooms to form a "PRISMS" group. [Probian Responsible Investigators of Single Malt Scotch]. and now I'm asking whether any of you would like to form a discussion group."

Seventy-nine members attended the meeting on 11 September with 48 remaining for lunch. Paul Prior and Roy Petch were welcomed as new members of the Club. It was also announced that copies of the Club's newsletters were now all permanently recorded electronically on disk. [This compilation is taken from that computer record].

The September 10-minute speaker was our own Ron Horne.

Banking in Japan

Ron Horne presented us with a fascinating and amusing picture of opening an office in Tokyo in 1969. His 'down to earth' comments included:

*The bad smell at wash basins because of their lack of our normal air locks. *The wife of an embassy official taking her car, which was leaking oil, to an 'English speaking' mechanic, who after looking underneath reported that she had a "reeking crutch".

Volunteers step forward

Lyndell O'Brien, a coordinator of the Bayside Support & Information Service, provided a unique opportunity for us to consider the many ways in which we could volunteer for community service. Under her encouragement members mentioned the many services they were either involved in or knew of and the enjoyment and satisfaction they experienced from these activities.

If you wish to learn more about volunteering, a very comprehensive Bayside City Council Volunteer Directory is available for perusal at the Bayside City Council, Royal Ave, Sandringham (9599 4444) and at <http://www.govolunteer.com.au>.

Smile please!

Inspired by a Rotary Members' Register which included photos of its members, President Barry suggested, and the committee agreed that our Club might produce a similar booklet. The first step was to obtain photos. Beginning at the 16 October meeting Paul Crompton commenced photographing members present at that meeting and continued at later meetings. Hugh Stevens also ably assisted in capturing 'mugshots' on his digital camera. Personal information forms were distributed inviting members to contribute an abbreviated CV to accompany their picture in the booklet.

At the October meeting 77 members listened with great interest to our two speakers.

Bovine diseases are no bull

Ian Parsonson's 10-minute talk on "the Beef Industry" was a real eye opener for most of us. He convinced most of the non-bovine audience that if it wasn't for the dedication and competence of our Vets we just wouldn't have a significant cattle export industry.

Through the development of excellent diagnostic tests and vaccines at our CSIRO from the 1950s onwards, Australia is the only country free of the devastating diseases of pleuro-pneumonia, bovine brucellosis and bovine TB resulting in a beef export industry of \$400 million per annum.

Beyond September eleven

With most of us not quite knowing which way to jump, financially of course, after the unprecedented terrorist attacks in the US on 11 September, it was with a sense of relief that Fred Neville, a respected Sydney financial planner, gave us a rundown on the potential implications for investment markets and provided us with a sound strategy for reviewing our personal financial plans.

Fred explained that 5 weeks on from *the event* investment markets have been discounted about 10%. However equity markets tend to go on as they were headed relatively soon after a major world

event. Before making changes to your investments, Fred's advice is to revisit your overall financial objectives which are most likely to include – the need to sustain your way of life and not put yourself under pressure. You should not react to a bad situation with ad hoc decisions but keep to simple basics.

A sound strategy is to: * Remain in growth funds to keep up with inflation. * Go for funds with good earnings potential. * Switch from nil growth stocks into more stable investments. * Diversify to temper risks. * Consider buying undervalued stock.

A portfolio split at retirement into say about 60% growth and 40% defensive stocks, such as fixed interest, should gradually move to 20-30% growth and 70-80% defensive at 70 to 80 years of age.

Our member in US in September

Rod Murrell and his wife Ros, were caught up in the mayhem that followed the catastrophic happenings of 11 September in the US. As they left Washington that morning bound for New York they actually saw the plane that crashed into the Pentagon but weren't aware of the terrorist activities until they watched it all unfold on TV some short time later. New York's Manhattan Island was immediately sealed off to all traffic barring emergency vehicles and it wasn't until late the following day they managed to reach their hotel. ... All airports were closed and it was a further five uncomfortable days before they were eventually able to leave New York.

Howlong Golf — October 23 to 26.

President Barry said "Not only did Alan smoothly organise the trip to Howlong but he comfortably won the newly-mounted Warburton Trophy. This annual visit up the Hume Highway to Howlong, is one of the club's highlights and I am very grateful for Alan and Margaret's contribution to such an enjoyable experience. "There were over 40 of us and next year we have booked out the whole motel."

A naval missfire

On Sunday 18 November, a cruise to Geelong by boat had to be converted to rail due to bad weather but our members took it all in their stride. After all the fuss members enjoyed the vintage steam train back to Melbourne.

Last meeting for year

Ninety-three members [surely this was a record] and two visitors attended the 20 November meeting and 58 stayed for lunch. New member, David Robertson, was inducted into the Club. The 10-minute speaker was Paul Crompton. His subject was:

The demise of an Australian Icon

"Paul provided a very special insight into the personality of Reg Ansett who proved to be such a successful founder and manager of Ansett.

"We were most impressed with Paul's deep involvement as Project Manager Engineering, in a wide range of developments throughout the country, and in particular the Flying College for 300 students at Tamworth. We were intrigued by the innovative use of drinking straws to smooth out the air flow in a new wind tunnel for testing. Thanks Paul for such an enjoyable talk."

Save our Suburbs

The Keynote address may have been the reason for the record attendance, due to our speaker Dr Miles Lewis being both an eminent Professor of Architecture and a leading figure in the "Save our Suburbs" movement.

"In 1999 Miles produced a classic book *"Suburban Backlash"* which deals in some detail with the history of Melbourne's suburban development and the relatively recent rapid and indiscriminate spread of flats and townhouses throughout the suburbs thereby ultimately leading to the "Save our Suburbs" movement in 1998.

"The policy of SOS is 'to protect citizens from the destruction of their houses, streets and environment'.

"Changes inevitably occur but these changes must be managed for the benefit of the community with full regard for the established rights and expectations of existing owners.

"The SOS movement has brought about a major change in the legislation governing suburban development culminating in the introduction of *Rescode* this year. ...

"We may best remember Miles for his comments on our neck of the woods ie., 'not being used to travelling in the bush' and later 'even this place out here in the bush is pretty well in the middle of Melbourne' An intriguing dichotomy!"

2002 Overseas Tours almost fully booked

Alan Nash stated that he only need one more to fill the China Odyssey trip and the tour of Tasmania was filling nicely.

End of Year Luncheon

The President's Christmas luncheon was noteworthy for the large attendance of 128 which the Victoria Golf Club dining room comfortably accommodated. The delightful setting and ambience of the Club was appreciated again. Father Christmas distributed boxes of top quality chocolates to the ladies.

The meeting on 15 Jan attracted 84 members and one visitor and the after-meeting luncheon, held at Hampton RSL, was enjoyed by 28 members.

Japanese Visitors

Jack Warburton recalled the days of February 1942 when unbeknown to the locals, in broad daylight, a Japanese light aircraft operating from a submarine calmly observed the shipping activities of the ports of Sydney, Melbourne, Hobart, Auckland and Wellington without us being in any way alarmed or even informed. What you don't know wont hurt you!

An Australian's view of the British view of Australia

Chris White, recently returned from 7 years residence in London where he worked as an actuary and

in his Keynote talk he gave us his impressions of how the British viewed Australia. He stressed that this was a personal view, and that there were many diverse factors to consider.

"The British did not spend a lot of time on the subject. They were still coming to terms with loss of Empire and the entry into the European Community. They were apologetic over the dumping of Australia's preferential agricultural exports. There was still interest in Australia, in particular, it's sporting achievements, it's climate, wildlife, and it's soap operas. But there was little consistent coverage of Australian news other than one-off items.

"Australia was perceived as being lightweight in *Business*: few large companies & new developments. *Politics*: the British had more respect for politicians & there was less outright abuse in their Parliament.

List of Members at the end of 2001

R M Allan, W H Allan, B C Amond, M E Applin, K M Armstrong, R J Aubrey, A B Avery, F W Barry-Brown, B R Bernau, S E Bernhard, F K Beyer, J Brimage, D J Burt, R D Butcher, D M Campbell, N Caris, S G Carpenter, D H Clark, A P Cox, P I Crompton, D N Crook, A M Cross, J H Crozier, R Davey, M J Davidson, I E Davies, F Davis, E K Dawson, W G Day, K M Deutsher, G Dunscombe, J B Eden, F S Elson, G L Epstein, P J Epstein, G A Fabiny, J R Freer, A M Gamble, A H Gasson, H J F Gerrand, W Gillingham, H F Gowers, W H Grant, R H Gregory, L Hall, J B Hamann, T B Hambleton, M Hancock, D T Hannan, E K Hardie, A J Hardy, J E Harper, J M Harris, B W Hart, R Hickey, J C Hillman, B J Hirsh, W R Hogarth, R W Horne, J R Hunter, N H Ineson, D L Jenkins, N Jones, D C Keating, G W Kirton, H K Kruse, J Lawson, R F Le Grand, J D Lindsay, P J Mahon, G H Mason, J Mason, R S Matthews, L F Mathewson, B K McAllister, I D McDonald, R K McKinnon, C R Meade, W M Miller, E B Montfort, G H Montgomery, R S Murrell, A W Nash, O J Obst, D T O'Loughlin, J L Opie, W D Packer, M C Parsons, I Parsonson, R J Petch, R Pike, P F Prior, V A Proposch, J G Ragas, K J Reed, D H Reid, J A Reith, K C Reynolds, G Ristrom, H W Robbins, W D Roberts, D S Robertson, K N C Rollason, M S Rose, L P Ross, J W Schulz, W Shepherd, T F Sheppard, A W Small, A W Steinfort, H A Stevens, A L Taylor, T Terrill, K P Thompson, R B Trimmer, W M E Tweed, C A Walker, J E Wallace, J D Warburton, H S Warren, A J Watson, A G Wearne, R L Welsh, and M H Williams.

"The *Republican Debate* left the British bemused because of our suspicion of the motives of politicians, and because we were undecided as to what form of republic we really wanted! More recently the refugee crisis has caused the British to rethink their attitude to Australia. We were regarded as an open-hearted people who welcomed migrants, but since the *Tampa* incident they are having second thoughts. British perception of our treatment of aborigines was not improving.

"Chris's overall impression was that as USA had taken over as world dominant nation, British influence had declined but continued to mature from a 'parent to child' relationship to more that of equals."

Plenty on offer from Alan

Our gregarious members had enough to keep themselves occupied – a mixed lunch and a men's lunch at the Citrus on 18 and 25 January and the Music Group met on the 23rd. For \$52 members could purchase one of the 60 season seats held by Alan for the Clocktower theatre. And, from 1 to 14 February those booked for Tassie took their leave.

Beautiful Tasmania

On behalf of the Tassie Tourists Russell Welsh provided this report for the Newsletter:

"We were met at Devonport by our Coach Captain Peter, a rugby size man with the happiest chuckle and a great knowledge of his island. Weather was cool, food excellent and plentiful [Did you know Tasmania's water shrinks clothes?]

There were many side tours with a guide and excellent commentary. We saw towering mountains, thick pristine rainforests, waterfalls, majestic rivers and lakes, massive trees 1000's of years old and visited Australia's old convict-built bridges and buildings still in use today.

We drove through neat villages of houses with gardens a blaze of colour. Rich farmland and acres of Opium Poppies grown for medicinal purposes. We cruised rivers, saw salmon and trout pens. Visited Australia's first penal settlement Sarah Island and enjoyed the pantomime story-telling of the island's history and the play "The Ship That Never Was" — ask the villainous Captain Wearne!!

A hair-raising drive to the top of Mt Lyell open cut copper mine to stare in wonder at the enormous hole and the miles of lunar like hills. The air-walk 38 metres above ground with Huon Pines towering above us. Beautiful Cataract Gorge and intriguing Seahorse Farm and much more! A great tour!
Vale : Geoffrey Kirton – 1919-2002.

Geoff Kirton joined the Club in May 1988 and served as Functions Coordinator from 1995 to 1997 making countless friends along the way.

The 19 February meeting attracted 88 members and 45 stayed for the lunch. Bill Davis was inducted as a new member to the Club.

The meeting was given notice of two proposed changes to the Constitution – one would simplify the honorary member rule to allow Life Members to serve on committee and the other sought to improve the rules for use where a Vice-president is unable to take on the position of President or where a President is unable to complete his year in office. The following month both were passed at the AGM.

Highs and Lows of a Career at CBA

Bill Roberts, in his 10-minute talk, described, in his inimitable way, the great variety and sometimes exciting times in a career with the CBA. Early in his career a bank teller – name not mentioned – in a scene reminiscent of the golden Wild West, tried unsuccessfully to shoot himself and others in the foot when a revolver went off while delivering his days cash takings to the strong room.

On another occasion a confrontation with an angry Croat, a race noted for volatility, resulted in Bill being asked to visit the Croat's home where the clearly remorseful Croat made up for his behaviour with a big family welcome and banquet. A string of other Cameos in quick succession made for a delightfully entertaining talk. Maurice Chevalier's quote that '*Old age isn't so bad when you consider the alternative*' was Bill's parting remark.

Continence Issues in Men

President Barry introduced Colin Cassells, the coordinator of the Victorian Continence Resource Centre, in cavalier fashion by suggesting that "we *can't wait* to hear what he has to say". There was a murmur of nervous laughter from the gathering — this was clearly a subject that touched the raw nerve of us all and not to be aired in public.

However Colin quickly put our minds at rest when we discovered that 44% of those over 75 have the problem. Colin explained that the critical time for action is when *Lower Urinary Tract Symptoms (LUTS)* +appear e.g. passing 3 times at night is OK but not 6 or more & feeling not empty after. If you have LUTS it is most important to tell your health professional as you may need surgery or medication to avoid problems such as kidney damage.

Good Bladder Habits are 6 to 8 cups of water per day, going when you need to, avoiding constipation and having plenty of exercise. Those needing specialist help should contact the Kingston Centre in Warrigal Rd. Pamphlets were distributed, one entitled "Pelvic floor exercises for men" being particularly helpful. Colin impressed with his extensive knowledge & ability to present the subject in a most attractive & professional way.

Small but necessary change

Despite efforts made by presidents and secretaries it has been quite difficult to fit the monthly program into 120 minutes. Therefore the committee decided to change the finishing time from noon to 12.15 pm.

Office bearers for 2002

The Annual Meeting endorsed the following changes to office-bearers: John Hamann to President and Doug Clark to Vice President. Barry Amond replaced Brian Hirsh as IPP; Geoff Mason replaced Des Hannan as Assistant to Alan Nash in the field of Tours & Functions; the task of Meeting Coordinator, previously so efficiently handled by Alan Small became the responsibility of Ken Reed assisted by Keith Hardie. Keith replaced Jack Warburton who retired from committee. John Opie remained in charge of finances and we couldn't do without Almoner Andrew Watson (and regular story teller). George Fabiny continued as Auditor and Max Parsons as newsletter editor.

President John Hamann said *"It is an honour and a privilege to be your 17th President. Before you suggest that I have made a mistake, check the records or do as I did – count the brass bars on the President's collar. I am looking forward to a very enjoyable and satisfying year."* He thanked new and old members of the Committee for their service and praised members for their attendance at meetings.

Islam and halal foods

As it was the AGM there was no 10-minute speaker and Dr Alan Smyth gave the main address. He discussed the importance to Australian exporters of preparing food according to Islamic law.

"Alan explained that despite Islam being one of the great religions of the world with 1.4bn followers, there is very little known of Islam in the non-Islamic world. He said that Islam is a complete social, economic and spiritual faith and means surrender to the will of God with Mohammed and Jesus both being regarded as prophets. Fundamentalists have harmed both Islam and Christianity and created many conflicts. Alan explained in some depth many aspects of the Islamic faith and how it deals with the question of food.

"Halal means that which is permitted or good in the eyes of God and is usually applied to meats.

"Haram means forbidden food such as: that which dies of itself, flesh of pigs (because they eat dead animal parts), animals that are strangled, knocked down, fall down or are gored and all carnivores.

"A global register of foods that Muslims can eat was established at a recent Singapore conference. Alan's address proved to be a fascinating coverage of the main aspects of the Islamic faith and the rules governing the eating of food."

Functions continued to dazzle members – we needed 2 nights at the Clocktower to accommodate all those wishing to attend, there was a visit to the Casino, the Dendy was back with *Gosford Park*, the Music Group enjoyed Mendelssohn and other favourites, another lunch at the Lobster Cave – all that in March!

Alan didn't allow us to rest in April either – with a Parliament House Tour and Lunch on the 10th, a mixed dinner at Costa Azzura on the 17th and yet another lunch at the Lobster Cave.

Members Register

The 2002 Members Register was first made available at the 16 April meeting. The 24-page booklet includes a thumbnail picture of current members and a snippet of information about the member. The Club is especially grateful to our photographers – Paul Crompton and Hugh Stevens – for freely and willingly providing their time, expertise and equipment over four months. Max Parsons produced the artwork and ready-to-print pages on his computer.

On 10 April, members and their ladies visited Parliament House during sitting time and were welcomed by the local member. This was followed by a convivial lunch.

The 16 April meeting attracted 91 members and a convivial 55 enjoyed lunch after the meeting. Denis Bowdern was inducted into the Club

"Flesh"

Hugh Stevens was granted an extended 20-minute time for his talk as he had prepared a 'man-size' poem which he read. He showed us once again his outstanding grasp of the English language and ability to create very innovative verse.

The Mining Industry

Bill Davis, a recently enrolled member of the Club, was a director of the big mining house CRA (Conzinc Rio Tinto Aust) for his last 10 years before retiring, in the capacity of VP Projects – evaluating & developing mining projects.

A typical CRA project was Bougainville Copper which was developed in 1969-72 and ultimately involved the expenditure of about \$US 1.5 billion. An ore resource of this nature is the principal asset of a mining company but is a depleting asset. This mine is enormous, involving a township for 15,000 people, a huge 150 mw power station, 45 175-ton capacity trucks and the crushing and grinding of 100 million tons of ore p/a. The open pit was 1.5 km long by 1 km wide and 1000m below the top of the surrounding mountains.

Bill explained in some detail the extremely complex process of finding and evaluating an ore body and resolving the environmental and social issues in different cultures.

At CRA, before the green light for a project to proceed is given, the estimated cost of production has to be in the lowest quartile of world producers. As the period from finding an ore resource to production can be up to 10 years, companies endeavour to reduce this by buying into projects at various points along the development process.

We were all impressed with the enormous complexity of a major mining project which clearly involves the organising and directing of many highly qualified and experienced specialists and the vital necessity of excellent planning and team work.

Which Club?

Members were urged to take care when referring to Beaumaris Probus for there are now three such clubs — Beaumaris Heights Probus Club, Combined Probus Club of Beaumaris Bay and our own Probus Club of Beaumaris. Could be confusing?

Three days in May

Our Probus meeting was scheduled for the second Tuesday — 14 May — to allow time for those going to China to attend the meeting before packing and departing on their colossal trip. On the 15th of May *Man of La Mancha at the Regent* was the outing, then *Hot Mikado* was on the next evening at the Alexander theatre, Monash.

Members and visitors totalled 96 at the May meeting and 47 stayed for lunch. Our brief speaker Paul Prior reflected on his memory of popular music during the 30's, 40's & 50's thereby striking a strong emotional response amongst the gathering. Some great favourites mentioned were: 'Girls were made to love and kiss'; 'Brahms lullaby'; 'Abide with me'; 'I've got the key of the door, never been 21 before'; and the musicals — South Pacific & Oklahoma. .

We would have to agree with Paul that songs today are hard to remember — or is it just old age creeping in? The final remark needs no further elaboration. "When we get feeble in the head we will (or hope to) still retain the memory of music".

Thailand —

Australia's Friendliest Neighbour to the near north.

Thai Honorary Consul General for Melbourne, Dr Simon Wallace described how his very special love affair with Thailand developed from his marriage to a Thai and then volunteering for dental service in Thailand, where he received far more than he gave.

His appointment began in 1983 and in 2000 he sold his dental business to concentrate on his extremely busy workload at the Thai consulate.

Dr Wallace provided a wonderful overview of Thailand and its recent history. His love for this country and its naturally happy people was the dominant theme of his talk.

Fortunately Australia has very close relations with the Thais and we are rated by them as the second 'most trusted nation'. This is best shown by the fact that there are currently 2000 Thai students at Melbourne universities.

After September 11, tourism in Thailand has become very popular due to a 96% Buddhist population in contrast to the mainly Islamic nations in the region.

The address heightened newsletter reporter Noel's interest and he said:

'I located Thailand on my Encarta Encyclopaedia CD and found a wealth of information which is well worth browsing. My attention was drawn to their political history which seems to have been a roller coaster ride since the 1939-45 war with at least 12 military coups d'état by Juntas resulting in corruption and consequent uprisings to progressively overthrow each government in turn.

During this period the constitution has been changed fifteen times with the claimed aim of stamping out corruption and having democratic government. Conditions are slowly improving more recently following the passing of a more democratic constitution.'

Trip to China

On 21 May sixteen members, plus wives, left on the spectacular Beaumaris Probus trip to China — returning safely on 10 June. The editor asked John Opie to write a resume of the trip and this is an abbreviated version of his article:

"Beijing is an attractive clean city with a lot of work taking place for the 2008 Olympic Games. Most of the streets we saw were wide and planted with trees and flowers. A pollution reduction program has been started. We saw Tiananmen Square, the Forbidden City, the Summer Palace and many other interesting sites. Everything is on a large scale but nothing seems outlandish or out of place

"By rickshaw we visited narrow back alleys where families have lived for generations in 'hutongs' which are now being pulled down by the Government as part of town beautification prior to the Games. Traffic is appalling but it never ceased to amaze us how it all slid together without any appearance of road rules. Pedestrians and bicyclists were on the road seemingly at their own risk. It is understandable why the front seat of our bus was not always in high demand

"The Great Wall is something that has to be seen. It follows the contours of the land and in parts was so steep that our walking shoes had trouble gripping the sealed top of the wall. Many farms were being planted out with trees and around the Great Wall the hills were green with young trees.

"Xian, our next town, was badly polluted and not as clean as Beijing. We saw the terra cotta warriors. Broken jumbled pieces of more warriors are still being found and carefully reassembled. Many more warriors were discovered recently when the new airport road was being built.

"The Yangtze cruise was delightful, however pollution, dust or mist detracted from many attractive photo opportunities. Upstream of the new dam construction site, all structures under the new water line are being demolished. Workers were shoveling the rich river silt onto trucks and we assumed this was being transported to new farm areas.

"Shanghai is an attractive city – new buildings built across the river from the old town create an interesting skyline.

"Out last city was Hong Kong which is 'outside' China. Members who wanted to cross back into China were not permitted as the China visa was a 'once only entry'. While in China we went to a Chinese opera which was quite enjoyable; particularly the English translation which appeared to one side of the stage.

"Weather was in the main good but as a finale the monsoon broke as we were about to fly home from Hong Kong and thunder and lightning bid us a dramatic farewell. It was a fantastic trip thoroughly enjoyed by all."

Working in Malaya

At the 18 June meeting 85 members and guests heard Jack Hillman give an entertaining 10-minute address on his early days when, as a young engineer working for the Board of Works, he applied for and received a three year contract to work in Malaya, and found himself in the middle of the jungle, working in an iron ore mine, constructing crushing plants, houses, a hospital, a timber mill, and anything else that came along.

Interesting Cricketers

Ray Webster OAM, was our main speaker. He is a retired State Savings Bank manager who devotes his time to his passion for cricket. In particular, the history of what used to be known as Sheffield Shield cricket. He traced the beginnings of Interstate cricket back to a game played in 1850 in Launceston between a Launceston team and a team from the Melbourne Cricket Club.

Ray's interest has been not so much who beat who in cricket, but in the people who took part in the games, and their subsequent lives outside cricket.

He has uncovered many interesting stories and treated us to a selection of these. He has also published an impressive looking book on his findings. With some 3,140 players over the years to cover he has had plenty of history to research.

The business of the day at the committee meeting of 18 June included the final planning for the mid-year Luncheon to be held early in July at Victoria Golf Club and the approval of the applications of new members: Arthur Dunn and Eric Slater.

And so ended the first fifteen years of the Probus Club of Beaumaris — making this an opportune time to close off the first book of this unofficial history of the Club.

List of Members at the end of June 2002

R M Allan, W H Allan, B C Amond, W A Andrews,
K M Armstrong, R J Aubrey, A B Avery,
F W Barry-Brown, S E Bernhard, F K Beyer,
D P Bowden, J R Brimage, D J Burt, R D Butcher,
D M Campbell, N Caris, S G Carpenter, D H Clark,
A P Cox, P I Crompton, D N Crook, A M Cross,
J H Crozier, R R D Davey, M J Davidson,
I E Davies, F Davis, W J N Davis, E K Dawson,
W G Day, K M Deutscher, A J Dunn, G Dunscombe,
J B Eden, F S Elson, G L Epstein, P J Epstein,
G A Fabiny, J R Freer, A M Gamble, A H Gasson,
H J F Gerrand, G E Gillingham, H F Gowers,
W H Grant, R H Gregory, L Hall, J B Hamann,
T B Hambleton, M Hancock, D T Hannan,
E K Hardie, A J Hardy, J E Harper, J M Harris,
B W Hart, R J Hickey, J Hillman, B J Hirsh,
W R Hogarth, R W Horne, J R Hunter, N H Ineson,
D L Jenkins, N Jones, D C Keating, H K Kruse,
J Lawson, R F Le Grand, J D Lindsay, P J Mahon,
G H Mason, J Mason, L F Mathewson,
R S Matthews, B McAllister, I D McDonald,
R K McKinnon, C R Meade, W M Miller,
E B Montfort, G H Montgomery, R S Murrell,
A W Nash, O J Obst, D T O'Loughlin, J L Opie,
W D Packer, M C Parsons, I Parsonson, R J Petch,
R Pike, P F Prior, V A Proposch, J G Ragas,
K J Reed, D H Reid, J A Reith, K C Reynolds,
G T Ristrom, H W Robbins, W Roberts,
D S Robertson, K N C Rollason, M S Rose,
L P Ross, J W Schulz, W Shepherd, T F Sheppard,
E J Slater, A W Small, A W Steinfort, H A Stevens,
A L Taylor, T Terrill, K P Thompson, R B Trimmer,
C A Walker, J E Wallace, J D Warburton,
H S Warren, A J Watson, A G Wearne,
R L Welsh, and M H Williams.