



Issue No. 359

September 2021

“Statins are considered the most effective group of cholesterol-lowering medicines available and work by blocking cholesterol production in the liver”

Next General Meeting:
Tuesday September 21 10 am
Keynote Speaker: Dr Lavanya Gupta
Medical Director, STAREE Trial

10-Minute Talk: Rod Kelly Home Safety

FROM THE PRESIDENT

Chris Renwick



Probiotics, in these difficult times, I extend my best wishes to you all. It seems that we will be under severe restrictions for some time yet. Unfortunately, this may force postponement or cancellation of many functions that we had planned. We can, however, still meet via Zoom or other electronic means. All is not lost.

This month's speaker will talk about the STAREE Trial, a clinical research study that is investigating whether a cholesterol-lowering medication known as a statin can prolong good health and maintain independence amongst older people. STAREE will also investigate whether statin treatment can reduce the need for permanent residential care in this (our) age group.

STAREE is a world-first randomised controlled trial, conducted by universities across Australia, studying the effects of statins on healthy ageing.

The STAREE study is proudly funded by public health research grants. To reduce influence and bias, they do not accept funding from pharmaceutical companies.

There is a belief in medical circles that statins may reduce decline in physical and mental function as well as reducing the incidence of heart disease, stroke and dementia. This is all of interest to our age group.

This is a study of some 10,000 participants, conducted by Monash University. I know quite a lot about it, since I have been a participant in the study for some seven years. [STAREE stands for A Clinical Trial of STATin Therapy for Reducing Events in the Elderly).

I look forward to seeing you all, either in person or electronically, on September 21.

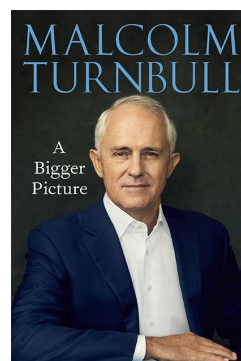
Stay safe!

A Bigger Picture

The autobiography of Malcolm Turnbull, *A Bigger Picture*, is a lengthy book. It goes into great detail about his life, from a child in a single-parent family to becoming Prime Minister of Australia.

Along the way he writes of his experiences as a young radio journalist reporting on state politics, studying law, a correspondent for *The Bulletin*, a Rhodes scholarship at Oxford, not to mention being Kerry Packer's in-house lawyer. He rose to fame by defending Peter Wright in the famous *Spycatcher* case and his future was assured from then on.

Having his own law firm with Bruce McWilliam, he became very successful as a merchant banker. The book also details his determined efforts in the (ARM), the Australian Republican Movement.



Malcolm Turnbull pulls no punches in his characterisation and description of others in politics at that time

His early life is most interesting but it is the political life that takes up most of this book. He pulls no punches in his characterisation and description of others in politics at that time. He goes into some detail regarding his dealings with Donald Trump indicating that their relationship was not always harmonious. His comments about fellow members of the Liberal Party are most telling regardless of whether in Opposition or Government. Clearly it is in this area that he has made no friends and, if his comments are accurate, it confirms my long-held opinion that people usually go into politics for their own advancement and egos. Turnbull is also in that category although he tries to indicate that he was only doing it for the good of the country! If you are interested in the workings of government through the period of his time in parliament, there is a lot of detail (perhaps too much at times). Geoff Wade

NOTICEBOARD

NOTICE

As everyone will be aware, all the Club's activities for the year are, as they say, 'up in the air'. Until the lockdown is lifted, we cannot be sure of what will go ahead and what won't. However, we continue to list what we have been organising for you – in the hope that at least some will go ahead.

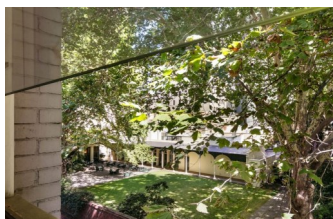
Bowls and Dinner



Above: The magnificent trophy won by Barbara Appel in 2019; Keith Ross gives the winner a presidential hug

When: Wednesday November 17
See p4 for full details and registration

The Melbourne Club Dinner



Something many of us may not have seen before – from inside the Melbourne Club

When: Wednesday October 27
See p4 for more details and registration

NGV Visit

It seems highly unlikely that the planned visit to see the Impressionist Exhibition at the NGV will be able to go ahead. We will advise of any alternative arrangements in due course.

Ken Beadle

Pub Lunch

Our next Pub Lunch is scheduled for Thursday October 7 at The Newbay Hotel, Brighton, at 12 noon – subject to Covid restrictions! Roger Wilson

Wine Appreciation

The next wine tasting is at Kevin McDonnell's home, Sandringham, Thursday October 21 @ 2pm. Your choice of any wine from anywhere!

Roger Wilson

Discussion Groups

Future meeting dates will depend on progress with Covid and the outcome of the combined meeting on Tuesday September 14.

Barry Amond

VALE – Warwick Andrews

Sadly, we lost another of our valued members in early September who passed away peacefully aged 90. Warwick had been a member since 2000 and was a skilled watercolourist who painted in the local area *en plein air*. More next month.

Probian Magazine

I hope you are all coping with the lockdowns. We realise that meetings for Probus Clubs are just not happening for most of us unless by Zoom and so we are sending you the link for the August South Pacific *Probian*. Could you share this with members please? If the link doesn't work directly, copy and paste it (below) into Google.

Garry Sebo

[CLICK HERE](https://issuu.com/starnewsgroup/docs/2021-08-16_the-probian).

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Paul Crompton and His DVDs

Paul has recorded well over 130 speakers, since 2016 which are on our website. 49 presentations can be viewed on our website today. In 2021, Beaumaris Probus was awarded a grant from our Bayside Council for a video editing computer to support Paul. Thank you, Paul.

This is a great service to our club. Geoff Bransbury
For the full story, [CLICK HERE](#)



Paul provides members with a magnificent resource that can be easily accessed

FOR LEXOPHILES

When chemists die, they barium

I stayed up all night to see where the sun went, and then it dawned on me

Birthday Boys – September

INESON, Noel 1/9	SHERMAN, Peter 1/9
MANN, Andrew 2/9	READ, Mike 6/9
PETCH, Roy 13/9	MADDOX, Phil 14/9
JENKINS, Lloyd 16/9	MARTIN, Ian 21/9
PARKER, Warren 25/9	RENWICK, Chris 29/9
WILMOT, David 23/9	PHILLIPS Tony 27/9

ACTIVITIES 2021

Melbourne Club Fine Dining Wednesday October 27

We really hope this event can proceed on October 27 - we can but try!

There is still time to book. Click below or on website. If you previously registered but cannot come on 27th, please let Geoff Bransbury know, he'll organise your refund. Email him at gbransbury@gmail.com

All arrangements as before: a three course fine dinner, wine, beer and soft drinks and a coach to and from three pick up spots. It will be a terrific evening.

If you are coming, please pay the treasurer, \$127.50 pp. [CLICK HERE](#) to register

Bowls Social Event & Dinner Wednesday November 17

This is one of the most enjoyable of our Probus events. It's more a social evening than a serious bowls competition. Stan Bernard organises a unique competition that doesn't last too long and the winner will hold the Ted Montfort Memorial Trophy for the year. If you don't want to play, that's fine. Just come and enjoy the dinner and company. Dinner is cooked and served by the ladies of the Sandringham Bowls Club. It's a hearty meal. You won't go home hungry. Drinks at low club prices.

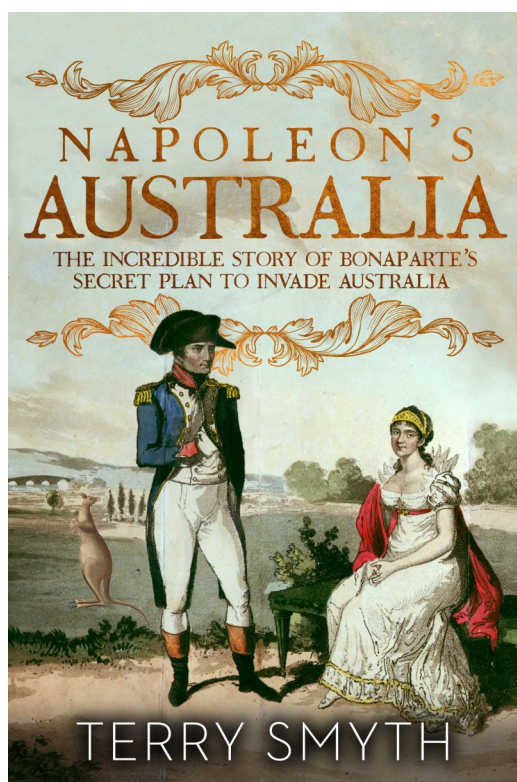
Where: Sandringham Bowls Club, Tulip Street. Plenty of parking. Arrive at 4.30 pm. Finishes around 9.00.

Cost: TBA (but around \$40 plus drinks). [CLICK HERE](#) to register.

Geoff Bransbury

Almost French?

It's not generally known that while Arthur Phillip and his happy band of first fleeters were setting up camp at, initially, Botany Bay, and later Port Jackson, the French were not far away, watching and waiting. When they eventually sailed off - having arrived only 24 hours after Phillip - Laperouse sent his greetings to the Sydney Cove settlement and a mail despatch he hoped to be delivered via London; as we know, he was never seen again. Years later, French explorers Baudin and d'Entrecasteaux made their impact at various points around the coastline.



Amateur naturalist, Baudin, who had been commissioned by Napoleon to collect specimens of the natural world, especially animals, for his wife, Josephine, included in his crew someone whose designs were somewhat sinister. Francois Peron saw the expedition to the other side of the world as a cover for gathering military intelligence. He interpreted the English annexation of New Holland as a first step towards claiming sovereignty over the entirety of the vast continent as well as many southern lands and the archipelagos of the Pacific, all the way to the Americas. His report noted that Port Jackson could easily be blockaded from its entrance and the whole colony blown away. "Today we could destroy it easily," he wrote in 1799. "We shall not be able to do so in 25 years' time."

For whatever reason - perhaps because he had his hands full elsewhere - Napoleon did not take his spy's advice. What we know is that, as a result of a variety of expeditions around the Pacific by the French, Josephine's house at Malmaison had a menagerie of exotic, including Australian, birds and animals (and plants) admired around the world. Meanwhile, undisturbed by incursions from other European powers with less impressive records as colonialists, the British settlement evolved into one of the most remarkably multicultural nations on Earth; democratic, energetic, wealthy and productive.

Peter

Profiles of New Members

Martyn and Christina walking the dogs at Ricketts Point

Martyn Pickersgill

Martyn is married to Christina and have five children. Martyn has a Bachelor of Commerce and is a CPA.

After a career in finance and senior management - including 14 years as Managing Director of IOOF, they both left IOOF to form their own company and through that company managed three organisations that owned 15 pharmacies across Greater Melbourne. At the same time they managed an industry association, organising conferences, influencing legislative changes through intensive political lobbying and conducted training sessions for directors and senior management. Since retiring and closing the company, Martyn has served on a number of boards, two as Chairman for extended periods of time.

More recently, Martyn has directed his energies to assisting charity groups – including Neighbourhood Watch 3193, where he acts as Treasurer – Australian Canine Rehab Association, an association which assists in the rehabilitation of injured dogs, Victorian Feltmakers - which assists mainly senior women by offering courses to assist in their later lives - and finally Greyhound Safety Net, which rescues ex-racing greyhounds and finds homes for them after they have been fostered and socialised.

Martyn's main interests are golf, fishing, bike riding, reading and the Collingwood Football Club and has been a member of Southern Golf Club since 1987.



Derek Skuse



Bayside residents, Derek and Deb have spent 22 years living interstate or overseas

Derek has a family connection to Beaumaris going back to 1919 and has lived in the area most of his life. He and wife, Deb, have spent 22 years living interstate or overseas but relocated from Albury to Black Rock in 1987. He was a half-miler and sprinter in his 20s. Both he and his wife are still keen tennis players and were spectators at Wimbledon in 1973 and 2018. In more recent years he has been sailing, cycling, playing weekly golf and, very recently, croquet.

Derek graduated in architecture which he practised for a dozen years or so before becoming a management consultant. He has overseen a number of major capital works projects in Canada, Saudi Arabia, Hong Kong, Japan and Australia. Subsequently, Derek oversaw the preparation of the Health Strategy for the Western Sydney Area Health Service, including Westmead Hospital, and back in Melbourne was a director of City West Water and the Royal Victorian Eye and Ear Hospital.

Derek has had a lifelong involvement in Lord Somers Camp and Power House. These days, he devotes much of his week to painting, particularly with the Elgin Artists based in Hawthorn, where they exhibit their work annually. He has also spent many years as Chairman of the Royal South Yarra Lawn Tennis Club Foundation and at Trinity College, University of Melbourne, on the Building and Grounds Committee. Derek and Deb have two children and grandchildren who live in northern New South Wales and Brisbane which they try and visit each year.

The Last Word

The Next 100 Years

Simon Appel

Walkley Award winner and Australian Journalist of the Year, Rowan Callick worked and lived in Hong Kong and Beijing under Xi Jing Ping. His work and experience in China provided an outstanding background to his observations about the current CCP President, his rise to Commander in Chief of the Central Military Commission in China and General Secretary, and President For Life of the People's Republic of China.



Members are encouraged to watch the video of Rowan's full presentation at the August Meeting. [CLICK HERE.](#)

Rowan quoted the Chinese Centenary celebration statement in July where the Party stated its "desire to triumph over the inwardly facing western world." The most powerful 'party' in the world, the CCP has done away with succession via committee with a return to a Chinese tradition of family rule. But many challenges confront China, the CCP, and Xi. There is a growing demand for education, access to the western world's business, technology and lifestyles (including religion). "The centralisation of power leaves Xi oblivious to what Chinese people are actually thinking," Rowan said. He also added: "The takeover in Afghanistan was preceded by friendly talks with China, so there is now a great arc of Chinese influence through to Iran".

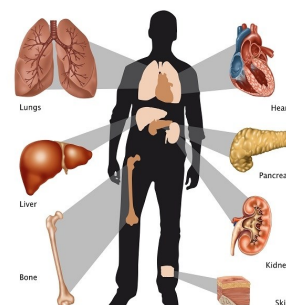
What To Do With Your Spare Organs

At our August meeting, Ian Marchment delivered an inspiring 10-minute presentation encouraging us all to seriously consider Organ Transplants. Currently a member of the Transplant Promotion Council, he actively encourages families to register their organs for transplant, including kidneys, heart, lungs, liver and pancreas. For two years Ian focused on getting approval for the words 'POT ORGAN DONOR' to be incorporated in Victorian drivers' licenses. Over the next 10 years, registrations in Victoria increased from 15,000 to 485,000. Victoria then removed the wording from drivers' licences! (For comparison, South Australia retains this wording and have 70% of the population registered organ donors. Victoria currently has 20% registered donors).

Ian's comprehensive talk covered a wide range of transplant developments including dialysis, kidney, and corneal. Key statistics on transplants were listed and he urged members to seriously consider the benefits of transplant offerings, to not only the recipients but also donors.

To see Ian's full statement on organ transplants, [CLICK HERE.](#)

Simon Appel



PROBUS CLUB OF BEAUMARIS Inc.

* Office Bearers 2021

* Committee Members

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 * Past President: **Simon Appel** 9585 6956
 * Treasurer: **John Hewison** 0419 357 203
 * Functions: **Geoff Bransbury** 0416 294 452
 * Webmaster: **Geoff Bransbury** 0416 294 452
 Assistant Meetings: **Barrie Gibson** 9589 3902
 * Newsletter: **Peter McGregor** 0418 322 987
 * Welfare: **Alan Stevens** 0418 336 354
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 Archive: **John Howe** 9598 2429

* Vice-President: **Jim Duggan** 0432 150 675
 * Secretary: **Garry Sebo** 0419 340 565
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 * Membership: **Peter Flude** 0405 127 271
 Auditor: **Robert Lander** 0435 930 082
 Assistant Recorder: **Simon Appel** 9585 6956
 Projectionist: **Geoff Cupples** 0411 251 406
 Photographer: **Alan Stevens** 0418 336 354

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 Digital Technology: **Geoff Wade** 9588 2593
 Discussion: **Barry Amond** 9515 0725
 Tastes: **Geoff Bransbury** 0416 294 452
 Bridge: **Jim Duggan** 0432 150 675
 Wine Discovery: **Grant Sabin** 9598 4768
 Pub Lunch: **Roger Wilson** 0418 395 946

Golf: **John Pound** 9521 8252
 Visits: **Ken Beadle** 9589 6120
 PRISMS: **Alan Nash** 9589 2934
 Wine Appreciation: **Roger Wilson** 0418 395 946
 Theatre: **Graham Ball** 9598 4125
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