



# MEMBERS NEWSLETTER

Information in this Newsletter is for Probud members only

## FOR YOUR DIARY FOR YOUR DIARY

**Tuesday 2<sup>nd</sup> July**

General Meeting

Speaker: Lukasz Sempka  
Experiences of the Kokoda Trail

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**Thursdays**

Coffee Morning  
Sunroom 10:00 am

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**Monday 1<sup>st</sup> July**

Golf

TBA

Jim Macready

\*\*\*\*\*

**Wednesday 10<sup>th</sup> July**

President's Lunch

Killara Golf Club

12:00

Bob Way

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**Monday 15<sup>th</sup> July**

Golf

Jim Macready

\*\*\*\*\*

**Tuesday 16<sup>th</sup> July**

Movies

Sandy Mower

TBA

\*\*\*\*\*

**Friday 19<sup>th</sup> July**

Book Club

Juliet Bishop

"Lessons in Chemistry"

\*\*\*\*\*

**Friday 26<sup>th</sup> July**

Art Group

Manly Art Gallery & Museum

See Page 2

Peter Kelly

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**Monday 29<sup>th</sup> July**

Golf

Jim Macready

TBA

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**Wednesday 31<sup>st</sup> July**

Yulefest

Nepean Belle

Ashlyn

Details June Meeting

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## From the President

My Report this month is not entirely Probud focussed, and yet there is a nexus which I hope will become evident as you read. Yesterday I had the honour and the pleasure of accompanying my Mother to a Centenarians Afternoon Tea at Government House, hosted by Her Excellency the Honourable Margaret Beazley AC KC, Governor of New South Wales, and Mr. Dennis Wilson. It was a most wonderful experience to be present and to witness the way in which older people are being celebrated and acknowledged. The Governor warmly and sincerely welcomed these men and women all aged 100 or more.

My Mother is a former member of Probud and this is how I first learned about Probud clubs. She participated in many activities and enjoyed the fun and friendship she experienced sharing in numerous Probud trips away.

The second relevant part of yesterday's afternoon tea ties in with the fact that our Hunters Hill Club is preparing to celebrate its 50<sup>th</sup> Anniversary in 2026. The specially formed sub-committee has already extended an invitation to the Governor of NSW to attend the celebratory Anniversary Lunch. I therefore took the opportunity when speaking with her yesterday to inform her of our Club's unique position of being the oldest Probud club in Australia and that we have sent the invitation for March 2026. She listened carefully so I do hope our encounter will be remembered when the invitation will be considered.

*Margaret Timbs*

## Final Reminder for the July 2<sup>nd</sup> Meeting

Yes, it's that time again.

We will have our Hardship Gift Collection for Hunters Hill Community Aid at our July 2<sup>nd</sup> meeting.

The following are suggestions for us to donate:-

- \* Longlife milk (Full Cream and Light) in one Litre cartons
- \* Vegemite
- \* 2 minute noodles
- \* Tins of Spam or other meals, casseroles etc, in tins
- \* Packets of instant potato and instant peas
- \* Packets of cereals
- \* Packets of pasta meals
- \* Shampoo, soap, toilet paper, toothpaste

We will organise for you to drop your donations off in the car park to save carrying everything into the club and then back out again.

*Mike (on behalf of Vincie)*

**FOR YOUR DIARY  
FOR YOUR DIARY**

**Tuesday 6<sup>th</sup> August**  
General Meeting  
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**Thursdays**  
Coffee Morning  
Sunroom 10:00 am  
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**Wednesday 7<sup>th</sup> August**  
Wine Appreciation  
The Heritage  
Richrd Jones  
15:00  
\*\*\*\*\*

**Friday 9<sup>th</sup> August**  
Exotic Lunch  
Shavarsh Bedrossian  
Carmen's on the Park  
See Page: 4  
\*\*\*\*\*

**Monday 12<sup>th</sup> August**  
Golf  
Jim Macready  
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**Tuesday 13<sup>th</sup> August**  
Movies  
Sandy Mower  
TBA  
\*\*\*\*\*

**Wednesday 14<sup>th</sup> August**  
Barbara's Wednesday Outing  
TBA  
\*\*\*\*\*

**Friday 16<sup>th</sup> August**  
Book Club  
Juliet Bishop  
TBA  
\*\*\*\*\*

**Friday 23<sup>rd</sup> August**  
Art Group  
Peter Kelly  
TBA  
\*\*\*\*\*

**Monday 26<sup>th</sup> August**  
Golf  
Jim Macready  
TBA  
\*\*\*\*\*

**Art Group**



The Archibald Prize for portrait painting is Australia's most celebrated and democratic – sometimes controversial – art award.

Open to any artist living in Australia or New Zealand, since 1921 it has reflected the unique experiences of the people who live in this region, highlighting figures from all walks of life.

As equally exciting for the diverse entries they attract from across the country, the Wynne Prize is for landscape painting of Australian scenery, or figure sculpture, while the Sulman Prize is for subject painting, genre painting or a mural project.

The 'must-see' annual exhibition of finalists and winners in these three competitions is always compelling viewing.

Each year, the trustees of the Art Gallery of New South Wales judge the Archibald and Wynne, and invite an artist to judge the Sulman. The 2024 Sulman Prize judge is Tom Polo.

Well, what a great day we all had. It is safe to say that all of our twenty-three attendees considered it money well spent. What an outstanding. Exhibition.

We had an excellent guide followed by a most enjoyable lunch.

Everyone is looking forward to our next Art Group Excursion with great anticipation. It will be to The Manly Art Gallery & Museum, West Esplanade, Manly 2095 on Friday 28<sup>th</sup> July, 2024 at 10.30am

If we catch the ferry from Woolwich to Circular Quay at 9.24am it will arrive at 9.47am. It is then a short stroll to the departure point to catch the ferry to Manly at 10.00 am arriving at 10.20 am followed by another short stroll to the Gallery.



*Peter Kelly*

Book Club



**"The Midnight Library"**  
by Matt Haig.



Eight of us met to discuss life in general, and particularly life as it has impacted on Nora Seed, the chief subject of this month's novel,

It would be more accurate to say life as it has not impacted on the suicidal 35-year-old Nora, because her problem is that she is always reflecting on the possible paths her life may have taken had she only pursued any of numerous opportunities it threw her way. Among other things she could have been a champion swimmer, a musician in a rock band, a glaciologist or an academic philosopher. Instead, she finds herself without any purpose, "let go" from a dead-end job and with her only companion her dead cat.

Nora reflects on the various lives she regrets not having had. Each regret is presented to her in the form of books from a magical library. Choose a regret and the associated book immediately transports you into the current stage of the alternative life. But every one of these choices shows that a different decision would have led Nora to a differently unsatisfactory life. Through this process she comes to realize that her real problem is not the lives she regrets not living, but the regretting itself, which has held her back from truly participating in life.

We generally concluded that this novel opened some interesting ideas but was finally unsatisfactory. It attempted to trace too many of these alternative lives, which made it too long and complicated. Worse, we are asked to imagine that whenever Nora steps into one of these alternative lives she cannot recall anything that may have transpired since she made whatever decision had caused her to miss that particular bus in the first place. Many of us thought that this was a rather flawed device that the author often relies on by putting Nora into an uncomfortable position leading her to reject that life.

Despite these reservations, our discussion was a stimulating one that owed plenty to the simple ideas behind a rather complex narrative.

Next month we will find out what we can learn from **"Lessons in Chemistry"**, a highly acclaimed debut novel from American author Bonnie Garmus.

**Bob Way**

For those interested Bonnie Garmus was interviewed during the Sydney Writers' Festival by Caroline Baum for Compass (which can be seen on iView).

**Juliet Bishop**

News Activity Group ??????

I have it very good authority that plans are under way for the formation of a new Music activity.



Lead Ukist Peter is negotiating with other well known musicians of a similar ilk to join him in this new venture.

Other names put forward include the likes of:



+



**Exotic Lunch Kadmus Restaurant, Drummoyn**

**Friday 14<sup>th</sup> June, 2024**

WOW, there is no better way to start a luncheon then to walk into this restaurant and find out our tables well set-up and ready for us to experience Lebanese fine cuisine with customary Middle Eastern hospitality.

Soon and right on time, the selected 'Cold & Warm Mezza' started to come to our tables, followed by 'Grilled Lamp en Brochette' tenderloin skewers, it was better than anticipated. All dishes were deliciously prepared with utmost care and with fresh ingredients. No one walked out hungry!

As mentioned in my introduction of this lunch, all foods were to be shared 'Ala Middle Eastern Style', sharing food is not only about satisfaction of trying different dishes, but it is also about getting to know each other as friends!

Credit to our cheerful host and proprietor Ms Hanady and her team we were looked after not just as clients but as family, making sure that all was fine, explaining some of the dishes served that some of our members are not familiar, i.e. Rice with vermicelli (egg noodles), Armenian Sujok, Za'atar bread, etc.

Every step of the service was well organised. From our side, it was good as we didn't have to waste time choosing & ordering, thus time to talk and socialise.

It was nice to hear the chef complementing our group, he kept saying to me how a good bunch of people we are! And it was pleasure to look after us!

Here I like to thank you all for your approvals of the venue and the selection of dishes.

But surely, the compliments must go to Ms Hanady for her impeccable hospitality.



**Shavarsh Bedrossian**

*The next scheduled lunch was to be at Carmen's on the Park on Friday 12<sup>th</sup> of July.*

*As this would be only two days after our President's lunch, Shavarsh has chosen to postpone the event until Friday 9<sup>th</sup> of August*

**Mike**

## Probus Music



There's not a lot of music on in July, but I have hand-picked (curated?) two concerts for your pleasure.

The first is by Selby & Friends and is chamber music for combinations of violin, clarinet and piano.

The second is by the Willoughby Symphony Orchestra with vigorous and dramatic Russian music, including Rhapsody on a Theme of Paganini (which you have probably heard in 10 films) and the high stepping Polovtsian Dances from Prince Igor by Borodin, whose was a doctor and an organic chemist and did music in his spare time! But the real showstopper in

this concert is Shostakovich's Symphony No. 5 which I have heard many times and will go and hear again.

Sunday July 14, 2.15 pm.

**SELBY & FRIENDS** present:

*Jewels in the Crown*

Johannes Brahms (1833 – 1897)

*Clarinet Sonata No. 2 in E-flat Major, Op.120*

Béla Bartók (1881 – 1945)

*Romanian Dances for Violin, Clarinet and Piano (arr Andrew Howes)*

*Contrasts for Piano, Violin and Clarinet Sz.111*

Ludwig van Beethoven (1770 – 1827)

*Sonata for Violin & Piano No. 9 in A Major, Op. 47 - Kreutzer*

At Turramurra Uniting Church, 10 Turramurra Ave Turramurra.

Full \$72, concession \$ 58.

A Selby & Friend's favourite, violinist Natalie Chee returns in 2024 for a brilliant and unusual program featuring Beethoven's mighty 'Kreutzer' Sonata with Kathryn Selby. Accomplished performer and mentor Lloyd Van't Hoff opens the program with what is considered the greatest work composed for clarinet and piano with Brahms' second sonata followed by two of the most popular and extraordinary works for violin, clarinet and piano in a Selby & Friends first – after more than 30 years, we finally have an opportunity to program Kathy's childhood favourite, Béla Bartók! Contrasts is widely considered one of the seminal works for this instrumental combination and the composer's famous charming Romanian Dances rounds out a spectacular and virtuosic concert experience.

Saturday July 27, 7.00 pm.

**THE WILLOUGHBY SYMPHONY ORCHESTRA** presents:

*Rhapsody*

Borodin, *Polovtsian Dances from Prince Igor*

Rachmaninov, *Rhapsody On A Theme Of Paganini Op.43*

Shostakovich, *Symphony No. 5 In D Minor Op. 47*

At the Concourse, Chatswood. Full \$75, concession \$65.

Book by phone: [02 8075 8111](tel:0280758111) or online:

[concourse\\_boxoffice@centuryvenues.com.au](mailto:concourse_boxoffice@centuryvenues.com.au)

Shostakovich's Fifth Symphony was written at a critical juncture in Shostakovich's career, since for the first time (and not the last) he had to confront the peril of Stalin's displeasure. This was aroused by his opera *Lady Macbeth of the Mtsensk District*, whose expressionistic intensity and brutal narrative offended the Great Leader. In January 1936, *Pravda* devoted a ferocious column to condemning the opera. In Stalin's world, such criticism was life-threatening, not merely career-threatening, which would explain why Shostakovich withheld the exploratory Fourth Symphony he was then working on and composed instead the Fifth.

The Fifth Symphony, first performed in November 1937, was received with huge enthusiasm and relief since it possessed all the qualities needed to rehabilitate the composer: a simple and direct musical language, extended well-shaped melodies, and, above all, a positive fanfare at the end, erasing all shadows and doubts. At the same time, it has a seriousness and complexity that lifts it well above the level of bland self-abasement that might have been his response.

Shostakovich publicly described the new work as "a Soviet artist's reply to just criticism." Privately, he said (or is said to have said) that the finale was a satirical picture of the dictator, deliberately hollow but dressed up as exuberant adulation. It was well within Shostakovich's power to present a double message in this way, and it is well beyond our means to establish whether the messages are true or false.

*Graham Holland*

## Probacchanalians



What an epiphany, our esteemed WAG tasters deemed Portugal's Touriga Nacional to be a hidden gem particularly the one matured in second-hand Port barrels and the Australian iteration to be an excellent version.

And we moved on to Spain, namely Rioja, a lovely wine region from the northern climes, an area famed for its Tempranillo, a far cry from the once upon a time cheap and cheerful quaffers available in the supermarkets of the UK. Again the Australian version did not pale in significance and was not to be sneezed at!

A consensus was happily reached that our next meeting will encompass *"The Wines of South America"*

Doing OK searching out Argentinian and Chilean but when I Googled Brazilian, the computer thought I wanted a shave! You are welcome to the tasting!

So we have journeyed far and wide in our tastings, here follows a list seriatim\* of our topics

1. Australian Shiraz
2. Favourite varietal of country
3. Rieslings of the world
4. Sparklings of the world
5. Cabernet Sauvignons of the world
6. An Italian Pilgrimage—the grapes of Italy
7. Australian whites
8. The world of Pinot Noir
9. A Rose by any other name still smells as sweet
10. The wines of the Iberian Peninsula
  - Portugal Touriga Nacional
  - Spain Tempranillo

In Vino Veritas

*Richard Jones*

\* in a series; one after another.

Being from the East End of London, I had to look it up

*Mike*

*Richard Jones*

## Early Settlers and Australian Plants

There are an astounding 24,000 species of native plants in Australia, making the country's flora one of our most prized assets. Our speaker **Jennifer Farrer**, tour guide and teacher, shared her knowledge of the early settlers' foray into Australia's flora and listed some 33 plants they learnt to use for food and medicine.

Life was very hard for most of Australia's early settlers. The colonists of New South Wales struggled to find fertile land, and the hot dry climate, combined with lack of skilled farmers, spoilt seed brought from England and bad tools made farming even more difficult. The seasons were different from Britain's, and most of the plants and animals were unfamiliar. Starvation was a constant concern during the colony's first few years.

In the first years of the New South Wales colony, food was so scarce that everyone—from the convicts to Governor Arthur Phillip—received rations. That means that each person received measured amounts of foods, such as pork, flour, and rice, which were brought to the colony by ship. Anyone caught trying to steal food faced severe punishment. The food shortages eased as the settlers learned to grow crops.

They developed the land granted them by the government and struggled to grow crops in the unfamiliar environment, learning from their successes and failures. Wheat became an important crop.

They began to make use of native foods. They adapted recipes from home using local meats such as kangaroo, wombat, and emu. They learned about wild fruits and nuts. They also obtained abundant fish and shellfish from the sea.

According to Jennifer Farrer early settlers on the whole were not willing to try Aboriginal medicinal treatments, but preferred to try plants which reminded them of those back in Britain and other countries such as India and China.

The main health problem facing the first European settlers was scurvy as they had no supplies of fresh food and were ignorant of the food available to them in the Sydney bush. The most popular antiscorbutic (vitamin C) was Bush Tea or Sweet Tea made from the leaves of native sarsaparilla. Soldiers and convicts gathered its sweet tasting leaves, from which a bitter/sweet tea was made. It was so important that the English risked death from hostile Aboriginal people to obtain it.

Another early plant used medicinally by colonists was the Sydney peppermint. The odour of its crushed leaves is vaguely pepperminty and probably reminded them of their own English peppermint. Its oil obtained by steam distillation of the foliage seemed to cure "cholicky" complaints and was the first plant product sent from Australia to England.

Native mints were substituted for the related European plant Pennyroyal. The leaves were boiled in water for 15 minutes and the tea sweetened with sugar. It was taken warm at bedtime for coughs and colds and other aches and pains.

To the early settlers tonics were very important. It is likely that after arriving here, weakened by a long and exhausting voyage, suffering from the effects of inadequate nutrition and confronted by a hostile harsh environment, they were prone to all kinds of fevers and digestive disorders. Since bitter tasting remedies were held in high repute as nerve tonics at that time, any local bitter tasting plants were eagerly sought and investigated for medicinal use.

The hop bush was used by the settlers as a substitute of real hops for brewing beer. In 1803 Governor King posted a reward for the first person to grow it. The prize was a cow.

In Sydney native sarsaparilla was also used extensively as a tonic and was a common article of trade among Sydney herbalists in the 19<sup>th</sup> century. A decoction was prepared by prolonged boiling of the leaves to obtain thin syrup which was bottled for later use. (This procedure would have destroyed its Vitamin C content). It was also used as a medicine for coughs and chest complaints.

The Aboriginal people knew many plants which were useful in curbing infections. The early settlers do not seem to have used many of them. It may have been the higher standard of hygiene such as the common use of soap or the widespread use of methylated spirits and carbolic acid for wound disinfection. But the early settlers did use eucalyptus oil as a reputed antiseptic.

Tea tree oil can penetrate unbroken skin and was particularly useful in the treatment of infected fingernail beds, coral cuts, tinea, some types of boils, mouth ulcers.

The generally hot Australian climate, lack of hygiene and poor nutrition led to all kinds of digestive complaints. But from the very beginning they learnt that diarrhea could be checked with various plant extracts. Some of these were from eucalypts and angophoras often referred to as kino... Kino from Australia was introduced into Europe as early as 1810 when the gum of the ironbark *Eucalyptus siderophloia*, was collected by convicts under the name Botany Bay Kino. The kino from the scribbly gum *Eucalyptus haemastoma* was used to treat cuts, wounds and ulcers. It was also used as a throat gargle.

Early settlers also used gum from wattle trees dissolved in hot milk for the treatment of diarrhoea and dysentery with good results. They discovered that leaves of the native raspberries *Rubus* species could be used to treat stomach upsets and diarrhea.

Aborigines were sustained by a balanced diet of seasonal fruits, nuts, roots, vegetables, meat and fish. Plants included fruit, seeds, nuts and the green parts of plants. Roots, tubers, corms and bulbs could be dug all year round. Gum was also eaten at any time of the year. The seeds of many grasses were ground and baked; seeds of some wattles were roasted and eaten whole. The spores of Nardoo an aquatic fern, were eaten raw. Bulrush, was a useful food along the Murray-Darling river system.

### Early Settlers and Australian Plants (cont)

Fruits of the variety of 'bush tomatoes', quandong or native peach, native plum and desert fig were eaten, also fruits of the Native Cherry, Wild Raspberry and Alpine Pepper

The nectar of certain flowers was sucked or used to make sweet drinks. Flowers used for this purpose included those of Banksia species, Grevillea species and Callistemon species. The nectar from the Waratah, high in vitamins and carbohydrates, was used by Aboriginal mothers as an alternative food source for babies not getting enough milk from mothers or when weaning off the breast. The nectar was also used to relieve anxiety and stress.

In all they used 1511 species of plants for treatments of ailments.

The Kangaroo Paws were a source for food. They were used for medicinal purposes for centuries.

Bottlebrush flowers were also used as treatment for numerous diseases - bacterial, fungal, viral and parasite infections.

Hop Bush was used by Aborigines as a painkiller and treatment of inflammation from rashes and bruises jelly fish, stingray and stonefish stings, also to relieve diarrhea, stomach and uterine cramps.

Plants such as tea trees, eucalypts, boronia and mints, rich in aromatic oils treated respiratory illnesses

The Lilly Pilly was used by First Nations people for generations to treat sore ears, wounds and skin conditions, Its edible tasty berries also provide a rich source of Vitamin C. The tasty berries can be made into jam and wine and are a good companion to cheese.

Joseph Banks liked them and that should be a recommendation.

*Margaret Bowman*

### June Meeting Service Recognition

Congratulations Jim Judge on 15 years of service.

We loved your acceptance speech.

*Mike*





**Probus Club of  
Hunters Hill  
& District Inc**

PO BOX 1041  
HUNTERS HILL NSW 2110



**July Birthdays**

Chris Schofield	8
Richard Jones	9
Judy Davey	12
Trevor Edgoose	14
Helen Earp	20
Sue Collins	21
Kevin Manie	23
Margaret Conley	23
Carol Pelham	31

**Editors Musings - Ageing**

- The only reason I would take up jogging is so that I could hear heavy breathing again
- I started out with nothing ... I still have most of it.
- Some days you're the dog, some days you're the hydrant.
- Your best friends are those who speak well of you behind your back
- We could certainly slow the aging process down if it had to work its way through Canberra.
- I finally got my head together; now my body is falling apart.

**Barbara's Thought for the Month**

"Regret for the things we did can be tempered by time, it is regret for the things we did not do that is inconsolable."

*Author: Sydney J. Harris*

**From the June Meeting**



Mike waffling on about he badgered 2016 Management Committee representatives into letting him take on the Newsletter.

**PROBUS CLUB OF HUNTERS and DISTRICT  
PO BOX 1041 HUNTERS HILL 2110**

**Committee**

President	Margaret Timbs	0438 063 620
Vice President	Charles Kent	0410 345 040
Secretary	Anne Day	0405 281 672
Treasurer	Marilyn Johnson	0427 668 182
Activities Convenor	Bob Way	0406 754 099
Speakers	Jenny Thompson	0484 676 124
Welfare Officer	Josephine McBride	0488 532 755
Membership Officer	Kevin Manie	0412 349 270
Past President	David Lorsch	0428 247 708
Newsletter Ed / Comms	Mike Allum	0417 596 300

(email: [mike.allum@bigpond.com](mailto:mike.allum@bigpond.com))

**Useful Contacts**

Book Club	Juliet Bishop	0431 627 834
Art Group	Peter Kelly	0411 696 583
Exotic & Scenic Lunches	Shavarsh Bedrossian	0402 217 141
Movies	Sandy Mower	0478 630 620
Golf	Jim Macready	0411 216 480
Fishing	Peter Kelly	0411 696 583
Music	Graham Holland	0416 232 507
Wine Appreciation	Richard Jones	<a href="mailto:ramjones@bigpond.net.au">ramjones@bigpond.net.au</a>
Honorary Auditor	James Macready	(member)

**Activities 2024**

**July**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Golf Jim Macready	2 Meeting 10:0 am	3	4 Coffee - Sunroom	5	6	7
8	9	10 President's Lunch Killara Golf Club Bob Way	11	<del>12</del> Exotic Lunch Shavarsh See Page 4	13	14
15 Golf Jim Macready	16 Movies Sandy Mower TAB	17	18 Coffee - Sunroom	19 Book Club Juliet Bishop Lessons in Chemistry	20	21
22	23	24	25 Coffee - Sunroom	26 Art Group Peter Kelly Manly Gallery & Museum	27	28
29 Golf Jim Macready	30	31				

**August**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Coffee - Sunroom	2	3	4
5	6	7	8	9 Scenic Lunch Shavarsh Carmen's on the Park	10	11
12 Golf Jim Macready	13 Movies Sandy Mower TAB	14 Barbara's Wednesday Outing TBA	15 Coffee - Sunroom	16 Book Club Juliet Bishop TBA	17	18
19	20	21	22 Coffee - Sunroom	23 Art Group Peter Kelly TBA	24	25
26 Golf Jim Macready	27	28	29	30	31	



