



KINCUMBER

February News Sheet

MEETS: 9:30am. Fourth Tuesday each month at Kincumber Uniting Church.

SUB-COMMITTEE AND CONVENERS 2013-2014

ASSIST. CATERING	Wendy Coney
ASSIST. MEMBERSHIP	Col Laybutt
ASSIST. SECRETARY	Yvonne Chandler
ASSIST. SOC. CONV.	Reg Charlesworth
BUSHWALKING	John Sutton
CATERING OFFICER	Hermione Dunbar
GOLF	John Rudd
HISTORIAN	Anne Mulford
PHOTOGRAPHER	Diane Rudd
THEATRE	Barbara Orme
WEBMASTER	Barry Riley
WELFARE OFFICERS	Elizabeth Butler and Helen Sutton
VENUE OFFICERS	Reg Charlesworth and Patrick Leonard

Notes for your 2014 Diary



March	11th	11.00 am	Inter-Club Friendship Lunch
	18th	TBA	Bushwalk
	25th	9.30 am	Monthly meeting
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April	8th	TBA	Newcastle Tram Tour
	15th	TBA	Bushwalk
	22nd	9.30 am	Monthly meeting

All contributors please note:

DEADLINE for the next News Sheet is Friday 14th March 2014, but early reports are always most welcome.

Note: reports should be sent to - wtuffs34@optusnet.com.au

This publication is solely for the information and interest of members of the Probud Club of Kincumber Inc. and the adjoining Probud clubs within the district. It is not available to outside bodies for any other purpose.

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PROBUS CLUB OF KINCUMBER INC.

Established 1984
P.O. Box 6109, Kincumber, NSW 2251
www.probuskincumber.org.au



News Sheet

Meeting No. 359

25th February, 2014

President's Message

Our Constitution states that Life Membership may be conferred on a member who has rendered outstanding service to the Club and at its meeting on February 4, the Committee approved a proposal to award Life Membership to John Orme. The citation accompanying John's nomination is found on page 7. Together with the Standing Resolutions, the Constitution also specifies the process that must be followed to award Life Membership. Therefore, members today will be asked to confirm the Committee's decision by a secret ballot. If this occurs, John's Life Membership will be conferred at our March General Meeting.

There has been some good news in regard to Probud South Pacific and the Reform Group. It appears that they have at last begun a dialogue so we await developments with interest. The Committee has decided that no action is needed at this time.

As reported by our Treasurer, Barry, at the last meeting, fees to PSPL will increase by about \$5 per person. The Committee supported Barry's recommendation that our annual fee should remain at the present level of \$40 for the coming year but that we should offset the PSPL increase by adjusting the number of Active Retirees Magazines that we purchase. We will seek your views on this proposal during the meeting.

A number of Clubs have replied to our invitation to a Friendship trivia and lunch on March 11 and we hope that as many of you as possible will attend to ensure that it is a successful and enjoyable event.

Thelma Leonard

2013-2014 Committee President

Thelma Leonard
4369 7938

Vice President
John Sutton
4365 3434

Jnr. Vice President
Diane Rudd
4326 1326

Secretary
Richard Collins
4368 1042

Treasurer
Barry Riley
4381 2759

Social Convener
Ruth Charlesworth
4369 5006

Speakers
Marie Riley
4381 2759

Membership
John Rudd
4326 1326

Editor
Wally Tuffs
4369 0512

Auditor

John Mulford

Life Member

Fred Leake

**From January General Meeting**

**Profile talk:** Sue Schmid spoke about a trip that she and her husband Gunter made to Alaska 2 months ago. The principal motivation for the trip was to meet with her sister-in-law who had been adopted out as a baby over 60 years ago. They re-established contact with her through Facebook. During the trip, they all travelled together through the mountains of Alaska. Sue and Gunter then farewelled their new-found relative and took a Princess cruise through the Inside Passage. They were surprised and delighted to meet up again with her sister-in-law after the cruise. It is extraordinary that they have established contact after so long, and their association will continue soon to Australia.

**Debate:** Armed with enthusiasm, talent and effective preparation our debating teams gave us thoughtful and interesting presentations on the topic “That professionalism is ruining sport”. The adjudicator was Paul White (a teacher recently retired from Erina High), convenor Thelma Leonard, and time keeper Sue Schmid. The affirmative team, consisting of Diane Rudd, John Mulford and Michael Ryan argued that professionalism was harming sport – leading to the use of performance enhancing drugs, gambling and playing with injuries which could result in permanent damage to their bodies. The pressure of facing life after such high pressure sport was detrimental, frequently leading to anxiety or loss of identity. The addition of extra sports coaches and administrators, talent scouts and media influence played a significant part in taking the fun out of sport due to professionalism. Rhoda Roberts, John Orme and Richard Collins argued the negative case. They spoke of how professionalism had changed sport rather than ruining it. The benefits could be seen in the development of higher athleticism and provision of employment for support personnel. Participants could come from wider socio economic groups because of the financial support sportsmen and women needed, removing the aspect of discrimination. They concluded that professionalism enhanced sport – not ruined it. Paul’s adjudication praised the professionalism and competence showed by the participants. He particularly noted that the level of connectivity between speakers and the audience was very good. He commented on the quality of presentations, highlighting intelligent, broad and detailed points used. The negative side was declared the winner because they raised more valid points and presented stronger rebuttals. Thank you to all who made this debate an enjoyable experience.

**JOHN ORME  
CITATION TO SUPPORT LIFE MEMBERSHIP  
NOMINATION**

John joined the Club on August 28, 1997 and has been a member for sixteen and a half years. During this time he has held Committee positions for a total of seven years: Vice President (1); President (2); Membership (4). Additionally, John actively supports Club activities, for example he always attends meetings whenever possible; supports events organised by the Social Convenor; is a member of the golf club, the bush walking group, and the theatre group; goes on Probus organised trips and holidays; ever-ready to lend a hand, such as assisting the Membership Officer when asked to do so.

John is well respected and well liked by Club members, and has proved to be a loyal and supportive friend and colleague. He is always willing to offer a considered point of view on any issue that arises, and is generous with his advice. Privately, John will contact, visit and assist members who are in difficulty or unable to attend meetings. He has shown support for the Probus movement by following on from his previous membership of Probus in the UK, when he was a member of the Melton Mowbray Club for 10 years, during which he held the positions of Speaker Finder, Vice President, and President.

John truly captures the ‘true spirit’ of Probus, that of ‘Friendship and Fellowship’, and has rendered ‘outstanding service’ to the Club. This nomination meets the requirements for the Award of Life Membership, as stated in the Guidelines, and was accepted by the Committee on Tuesday, February 4, 2014.



**Election of President and Committee for the year 2014-2015 – Rule 5(c)**

Your attention is drawn to the Annual General Meeting to be held on 25 March 2014 and the election of a President and Committee members for the ensuing year.

Nomination forms are now available from me and should be returned no later than the end of today's Meeting.

Richard Collins  
Secretary



*Bushwalking*

After the long break over the Summer months, a big welcome to the Kincumber Probus Walking Group as the walks resume for 2014 on Tuesday March 17. The walk will be from Picnic Point Reserve at The Entrance across The Entrance bridge to the Sensory Garden on the shore of Tuggerah Lake at North Entrance, which is a pleasant easy walk.

Meeting point is beside the skateboard ramp adjacent to the car parking area at the Picnic Point Reserve, as shown on UBD Map 2 Grid Reference J-1. Starting time is 10.30 AM. You will need to bring chairs, and tables if desired, for lunch.

Visitors will of course be most welcome, and it would also be great to have members join us who haven't been on one of our walks before.

After lunch, some walkers might be interested in enjoying a cuppa tea or a coffee at the well-appointed waterfront café next to the bridge and perhaps a stroll along the waterfront towards the ocean beach.

*John Sutton*



Today's speaker is John Sharples from the Men's Shed at Bateau Bay. He is also the NSW Men's Shed Director. He will tell us about how the Men's Sheds organisation works and talk about the ten on the Central Coast, including the one in the grounds of the Uniting Church.



**March** – AGM. No Speaker

**April** : Singing Hands Choir. A unique volunteer musical group from the Central Coast. Choir members share a passion for music using key word signing.

*March Birthdays*

*Congratulations to those members who are celebrating their birthdays in March.*

**Peggy Horton Heather Ryan Beverly Tysoe John Sutton  
Pat Fordham Pam McClure Tony Kelly Ann Madin**

*March Anniversaries*



*Congratulations to Rhonda & Colin Laybutt on their 50th anniversary, and also to the following couples who are celebrating their anniversary in March.*

**Pamela & Ralph Brown Hermione & David Dunbar  
Helen & John Sutton Pamela & George Pendergast**

**Medal of the Order of Australia**

Congratulations to our member **Marie Riley** who received the OAM in the Australia Day Awards for service to the community, particularly as a historian and author.



**Back It Up**

Arnold Palmer is playing in a big tournament and comes to a 235 yard par-3. After some deliberation, he takes out his 3 iron and sails the ball 20 feet over the pin and backs it up to within 3 feet of the pin.

A fan in the crowd said "Mr. Palmer, how do you make a 3 iron back up like that?"

Mr. Palmer replied, "Do you own a 3 iron?"

The fan said, "Yes, sir I do."

"How far do you hit it?" said Palmer.

About 160 yards was his reply.

Palmer calmly said, "What the hell do you want it to back up for?"



*John Rudd*

*Cheque account*

	Balance at March 1, 2013	\$312.58	
	<i>Year to date</i>		<i>January</i>
Income	\$3,080.00		nil
Expenses	\$3,033.40		\$24.20
		<b>Balance</b>	<b>\$359.18</b>



*Savings account*

	Balance at March 1, 2013	\$1,006.14	
	<i>Year to date</i>		<i>January</i>
Deposits	\$500.00		nil
Interest	\$34.62		\$2.29
Withdrawals	\$500.00		nil
		<b>Balance</b>	<b>\$1,040.76</b>

**Combined net balance at January 30, 2014 \$1,399.94**

*Barry Riley*

**Social Events**

**Tuesday 11th March, 2014 INTER-CLUB FRIENDSHIP LUNCH and TRIVIA**

**Venue:** Breakers Country Club, 64 Dover Rd, Terrigal. UBD Map 89, Ref. L5

**Time:** 11.00 am

**Cost:** \$20.00 per person

**Numbers and payment required by TODAY, please.**

**Tuesday 8th April, 2014 Newcastle Tram Tour**

**Travel:** Train (Travel information available at March meeting)

**Cost:** \$15.00 per person. Pay on the day.

**Numbers required by March meeting, please.**

*Ruth Charlesworth*

**Welfare Report**

Some of our members are still working on their recovery, but overall we are pleased to report that everyone is going well at present, as far as we know. Whatever you are doing, keep it up - it is obviously working! Good health for our minds and bodies comes, of course, through the right diet and exercise but we found some other interesting ideas for healthy thinking such as:

"Try doing simple things with your less dominant hand – it can improve brain function".

"Next time you are feeling down, do something thoughtful for a friend or relative – research shows altruism can help boost happiness".

"Reduce the bedcovers at night – overheating can lead to fuzzy thinking and tiredness the next day".

"Activities like crossword puzzles, playing chess or completing Sudoku puzzles can keep your brain active helping to boost your memory".

Have a good month.

Elizabeth Butler 4360 2403

Helen Sutton 4365 3434