



PROBUS CLUB OF CARLTON-PARKVILLE INC.

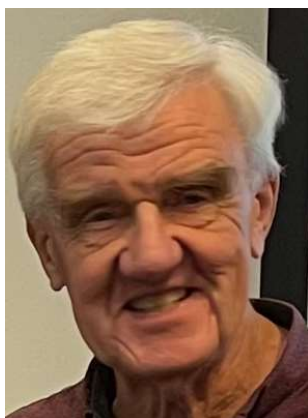
Established in March 2009 Club No 9003815

NEWSLETTER – JUNE 2024

Email: probusscarltonparkville@gmail.com

web: <http://probussouthpacific.org/microsites/CarltonParkville>

The Club meets at GRADUATE HOUSE at 220 Leicester Street Carlton on the 2nd Tuesday of the Month.



PRESIDENT 'S REPORT

Another great program in May. How many events did you participate in? To all coordinators, thank you for all you do.

For those thinking of a new activity, and we encourage that, please put your

written proposal to the committee. The purpose of this is twofold -one it ensures there are no clashes on the calendar and two, when approved it should be covered by the Probuss insurance scheme.

GUEST SPEAKER

Meredith Temple-Smith.

From Patagonia to Professor

On her very first day in Chile in 1985, Meredith Temple-Smith encountered a shrunken head at the home of the guide who was to lead a 4-month zoological expedition to Patagonia. She was the only woman travelling with her husband - a reproductive biologist - and three locals, two of whom spoke no English.

Now a professor at the University of Melbourne, Meredith will share the details of this journey, and finally reflect on whether this trip affected her capacity to forge her successful academic career.

TIPPING COMPETITION

Footy Tipping and Probus Exercises

Brian Raspin has spread his wings and taken off - now leading on 66, with a quartet (inspired by Vivaldi like many 'waiting' phone lines?) on 65. Will they gather speed in winter and catch up?

Footy Tipping AND MORE

Below the Shoulders Advice for Probus Members (including Footy Tipsters)

Mens sana in corpore sano

I couldn't find it on the Carlton FC web page - "a healthy (or is it sound or rational) mind in a healthy body".

Will tipsters do better if their tipping is strengthened by "below the shoulders" progress?

Mens sana in corpore sano

The recipe for healthy ageing as well.

Has Probus had more leg plus injuries than AFL clubs?

Strength exercises are needed as well as walking. I do the latter, not enough of the former.

After lockdown several practical exercise sites appeared.

- <https://www.nhs.uk/better-health/get-active/home-workout-videos/>
- <https://www.youtube.com/watch?v=Ev6yE55kYGw>

They come from the UK NHS and the US NIH (National Institute of Health).

A background article: <https://theconversation.com/use-it-or-rapidly-lose-it-how-to-keep-up-strength-training-in-lockdown-165810>

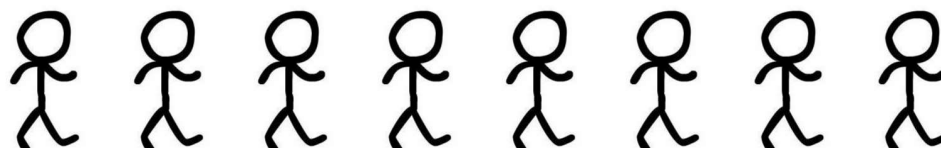
Of course, get advice from your GP or physio or EP before reaching for the weights.



Jenny Ainsworth, Frank Benjamin, Wendy Coates, Carolyn Cohn, Karen Latimar, Lucy Martini, Barbara, Noisette, Hugh Taylor, Suzanne Thwaites.

WALKING GROUP

(Contact Kingsley Gee on rwkgee@gmail.com or 0407 043 119 for further information)



Walk Walk Walk

Wednesday 5 June

Sydney Road walk #1 from Brunswick Road to Victoria Street return led by Mario Butera

Wednesday 3 July

Hidden Hawthorn - the other half, led by Steve Foley

Wednesday 7 August

A street art walk in south Brunswick led by Carolyn Cohn.

Wednesday 4 September

Walking in Fitzroy, Fitzroy Gardens and Jolimont with early women in mind led by Carol Matheson

Wednesday 2 October

Sydney Road walk #2 from Victoria Street to Moreland Road return led by Mario Butera

CREATIVE ARTS GROUP

(Contact Susanne Pearce on susanne.p@optusnet.com.au
for further information)

The next event:

19 June Wednesday.

Visit to Geelong Art gallery to see "**Cutting Through Time - Cressida Campbell, Margaret Preston and the Japanese Print**".

Details were circulated by the Probus Secretary in an email on 18 May. Please contact Jenny Bowling jkbowling118@gmail.com if you would like to join the group for this activity. Reviews have been glowing.

Early notice:

17 July Wednesday

Tour of **Wurrdha Marra**, a comprehensive exhibition of indigenous art from senior and emerging artists, across time and place, at NGV Australia

BRIDGE GROUP

(Contact Douglas Marshall on noeladougasm@gmail.com for further information)

2nd and 4th Wednesdays, from 7.00pm till about 9.00pm.

Enjoy the chatter, banter, and a light supper.

Join this friendly group, new members, and beginners very welcome, we can provide training to newbies.

Location, Princes Park Carlton Bowls Club, Bowen

Avenue, Carlton North. (Plenty of parking).

GARDEN GROUP

(Contact Geraldine Callister on geraldine_is@yahoo.com for further information)

Probus WINTER GARDEN EVENT to Government House Gardens

11 am Friday 21st June.

The Winter Garden event to Government House Gardens 11am Friday 21st June is now fully booked.

There is a wait list.

Please let me know if you are no longer able to attend.

Final details to follow.

To get to Government House

Take the tram along St Kilda Road to the Police Memorial/Grant Street
stop 17.

All except South Melbourne Tram travel along St Kilda Road to this stop.

There is a mini-Coffee Cafe across from this stop near College of the Arts.
Approximately 10 minutes' walk to Government House from this stop.

Limited metered parking is available in Birdwood and Lithgow Avenues.

The gardens feature magnificent lawns, specimen trees surrounded by large beds of trees and shrubs and the Kitchen gardens. The gardens also feature ceremonial trees planted by members of the Royal Family and previous Governors.

Government House advised that:

The tour goes for approximately one hour.

A general level of fitness is required.

Wear casual clothes with sensible shoes.

Bring photo ID

Check in at Government House Gatehouse no later than 15 minutes prior to the tour start.

Please email or SMS me if you're interested to attend.

Geraldine Callister

geraldine_is@yahoo.com

0421 028 616



JUNE WINTER ROAST

SUNDAY, 23rd JUNE at 12:30 pm

Grace Darling Hotel

114 Smith St, Collingwood

Delicious Roasts - or order from the menu.

There's free parking in nearby side streets, or you can catch an 86 tram along Smith Street to stop 15

To book: Please send an email by 19th June to:

sue.dudley@pobox.com

with WINTER ROAST in the subject line

(I'll confirm your booking via return email)

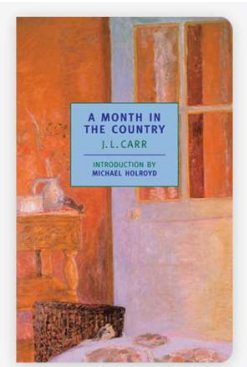
NOTE: as numbers are limited to 24, early booking is recommended

BOOK GROUP

(Contact David Cotterell on dpcotterll@gmail.com for further information)

The next chapter of the Book Club will be held on Tuesday June 11 at 7:30PM at the North Fitzroy Library. The book selected for this meeting is:

***A Month in the Country* by J.L. Carr**



Good Reads has this to say about it:

"In J. L. Carr's deeply charged poetic novel, Tom Birkin, a veteran of the Great War and a broken marriage, arrives in the remote Yorkshire village of Oxgodby where he is to restore a recently discovered medieval mural in the local church. Living in the bell tower, surrounded by the resplendent countryside of high summer, and labouring each day to uncover an anonymous painter's depiction of the apocalypse, Birkin finds that he himself has been restored to a new, and hopeful, attachment to life."

If you would like to join the discussion, please email to secure a place dpcotterell@gmail.com

"When the words come, they are merely empty shells without the music. They live as they are sung, for the words are the body and the music the spirit." ~ Hildegard von Bingen, a 12th-century German abbess

STEM UPDATE

(Contact Graham Skewes on gskewco@gmail.com for further information)

At the recent STEM outing to CLOSE THE LOOP recycling plant people asked for a list of stores that participate in the recycling scheme.

According to Stuart Gregory, Copilot AI, and Steve Morriss at CLOSE THE LOOP, the stores listed below are currently participating in the soft plastic recycling pilot scheme. Probus members might be interested in this list, however Stu would advise phoning or visiting first to see if this info is correct.

1. IGA Coburg:

- Address: 12-20 Nicholson Street, Coburg, Victoria 3058
- Opening Hours: Monday to Saturday 07:00 - 21:00, Sunday 08:00 - 21:00
- [Phone: \(03\) 9384 1635](tel:(03)93841635)

2. IGA Yarraville:

- Address: 12-14 Anderson Street, Yarraville, Victoria 3013
- [Phone: \(03\) 9687 2113](tel:(03)96872113)

3. IGA X-press Broadmeadows:

- Address: 10-12 Olsen Place, Broadmeadows, Victoria 3047
- [Phone: \(03\) 9302 4300](tel:(03)93024300)
-

1. Woolworths:

- **Balwyn**
- **Box Hill**
- **Burwood Brickworks**
- **Carnegie North**
- **Hawthorn East**

2. ALDI:

- **Prahran**
- **St Kilda**

2. COLES

1. Coles Northcote:

- Address: Northcote Plaza, Separation St, Northcote 307

2. Coles Ivanhoe:

- Address: Ivanhoe Plaza Shopping Centre, 4 Livingstone St, Ivanhoe 3079

3. Coles Brunswick:

- Address: Barkly Square Shopping Centre, Barkly St, Brunswick 3056

4. Coles Moonee Ponds:

- Address: Corner of Homer & Eddy Streets, Moonee Ponds 3039

5. Coles Flemington:

- Address: Shop 1A – 320-386 Epsom Rd, Flemington 3032

CURRENT AFFAIRS DISCUSSION GROUP

(Contact Carolyn Cohn on carolyncohn@gmail.com for further information)

The next meeting of this group is at 10am on Tuesday 18th June. We meet at the Kathleen Syme Centre, Faraday St Carlton in meeting room 4.

The Topics are.

1. Should Victoria follow Queensland and slash the price of public transport fares?
2. The UK government has started a discussion on national service for 18-year-olds. Could this be considered by the Australian government?

All welcome

Carolyn Cohn

CLASSICAL MUSIC GROUP

(Contact Prue Madsen on pruemadsen20@gmail.com for further information)

By the time you are reading this message, our Eight Cello Concerti evening hosted and presented by Stu Gregory will have taken place. It will no doubt have delighted and enlightened those fortunate enough to be there. For those on the waiting list that did not gain a spot, I hope you are able to be on the list for the third of our six musical evenings.

Now this is following closer in time than usual. June it may be, but the date is Monday June 3rd, and the home where it will be held is that of Suzanne and David Thwaites. This is such a boon, having members like David and Suzanne who step forward frequently to help. Janine Stevenson has offered to present the program for that night.

Note: The June Newsletter item has been held over this month & I will give a full report in July.

Coordinator; Prue Madsen

TECHNOLOGY ADVISOR/SECRETARY

(Contact Peter Beckwith on peter.j.beckwith@gmail.com for further information)

BLUES GROUP

(Contact Steve Foley on stevefoley7@bigpond.com for further information)

If you're up for a fun night of live music and the company of club members why not join our regular table at the Flemington-Kensington Bowls Club, aka the House of Blues?

We gather on the first Tuesday of each month.

Emails advising of the next gathering are sent out two weeks in advance.

You just need to send me your names, email address and mobile phone number which are MBAS registration requirements. I'll take care of the bookings. Our hosts will send you an instant confirmation as numbers are capped.

Most of us arrive around 6.30pm giving us time to chat over a meal and a drink before the music starts at 8pm. A number of our newer members have been coming along - it's a good way to get to know each other in a relaxed setting.

And it's not a particularly late night if that is a concern for those using public transport.

The main act is over by 9pm but you are welcome to stay back for the jam session.

If driving I recommend getting there early when ample parking spots are available outside the club on Smithfield Road or around the corner in Racecourse Road.

Admission is free.

I look forward to your company

Steve Foley

Blues coordinator

0417313022

stevefoley7@bigpond.com

TRAVEL GROUP

Our trip to Broken Hill-Mungo NP in August is now fully booked.

We have 22 members going with one on a waiting list.

Thank you to all those who responded. As I mentioned many times, our numbers were governed by the limited accommodation offering at the Mungo Lodge.

Our party has taken all available cabins with private facilities.

Steve Foley

Travel co-ordinator

stevefoley7@bigpond.com

0417313022

FRIDAY FRIENDS

(Contact Diana Carlton or Constance Jenkin on dicarlton41@gmail.com or cjenkin6@bigpond.com for further information)

Friday Friends meet at 10am each Friday in the “View Room” at Cinema Nova, Lygon Court Carlton.

GRUMPY OLD MEN

(Contact Stu Gregory on stu_tamaragregry@emai.com for further information).

The Group meet at the” Naughty Boys Café at 499 Lygon St. Carlton every Friday from 10am.

MOVIE GROUP

(Contact Margaret Smith on margaretJSM@yahoo.com.au for further information)

The Group meet on the 4th Monday of each Month at Cinema Nova at Lygon Court Carlton

THEATRE GROUP

(Contact Fleur Rubens on vivianandfleur@gmail.com for further information)

MEMBER LIAISON

(Contact Carlyne Cohn on carolynecohn@gmail.com for further information)

PEDDLARS

We meet every Thursday despite the weather.

(Contact Al McGain on rockdoc3@bigpond.com for further information)

Nothing of special interest is happening in the world of cycling around inner Melbourne. However, the coffee scene is still of great interest and draws the devotees each week. Thursdays at 10.00am sharp at Railway House in North Carlton.

