



TUGGERANONG PROBUS CLUB Inc.

NEWSLETTER No. 388 –24 NOVEMBER 2025

Meets at Vikings Town Centre Club,
Athllon Drive, Greenway
at 10.00 am, 4th Monday of the month

Newsletter Editor: Anne - 0400 772 424

President: Sharron Blackmore - 0421 373 617

Secretary: Leonie Hancott – 0400 449 839

Membership: Rowena Davey – 0447 888 856

Welfare: Kerry Buik – 0421 737 282

Outings: Bron Heinrich – 0409 895 085

Bank details: Probus Club of Tuggeranong.- BSB: 633 000 Acct No. 194 077 772

DATES FOR YOUR DIARY

Monday 24 November – General Meeting
Presentation from Trade Travel on travel
opportunities in 2026



Monday 8 December- Christmas Lunch at Tuggeranong Homestead

Early Notice of Dates for 2026

Monday 19 January – General meeting - N.B. change of date for this month only

Wednesday 11 February – Chinese New Year lunch, cost \$25.00

7-15 April 2026 – Murray/Darling Trip with 5 nights in Narrandera.
Cost \$1,660 double/twin share or \$2,055 single.

10-24 August 2026 – Sabah, North Borneo
Cost \$6498 double/twin share or \$7988 single

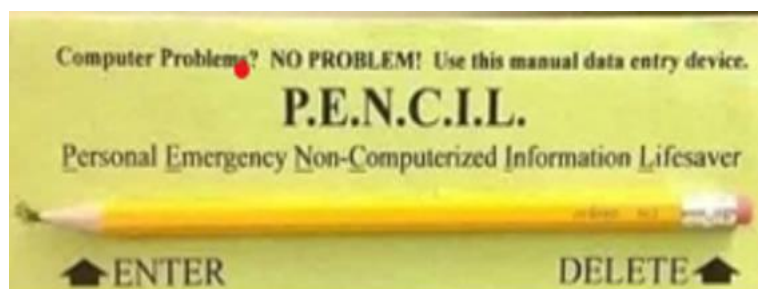
=====

***If you cannot attend a meeting
please send your apology to Rowena, our Membership Officer***

=====

BIRTHDAYS

Several members celebrate birthdays in December: Noel Tregonning,
Yvonne Amos, Margaret Brittan, Frank Knight, Heather Knight,
Janet Makepeace, Faye Maloney, Norah Sekhom, and Carol Willey.
Happy Birthday to all.



FROM THE PRESIDENT

Dear Members,

It's that time of year again when we need to be thinking of nominating or putting ourselves forward for the Management Committee.

I look back at how nervous I was the first few meetings and how much I enjoy it now. The Committee members have given such support to Probus and I'm sure there are others who would like to contribute to our Club.

If you would like to know more about any of the roles on the Management Committee, feel free to approach a member and ask them. It is very rewarding and challenging being part of the Probus Management Committee, so once again I ask you to give it some thought.

Yours sincerely, *Sharron Blackmore*

=====

=====

=====

FROM THE EDITOR

**Longtime members of the Club will be saddened to learn of
Maggie Watts passing a few months ago.**

Maggie was an active member of our Club – Speaker Seeker, Chat About Books,
as well as cameo/guest speaker herself.

Maggie was also a member of the Tuggeranong 55 Plus Club.



CHAT ABOUT BOOKS

There are no book reviews this month – that is what happens when I am not around to 'chase them up'. I was in Tasmania enjoying myself!!!

I hope to have something in December.

Anne

=====

=====

=====

FOR ALL YOU EX-TEACHERS

In the 1950s, every kindergartener knew the ritual: crayons down, lights low, and the soft hum of a record spinning through the air. Naptime wasn't a break – it was part of learning.

Teachers dimmed the lights, tiptoed between mats and whispered, "Close your eyes". Kids rested, dreamed, or just stared at sunbeams dancing on the ceiling - learning something we've since forgotten: that rest is part of growth.



Then came the tests. The 'readiness'. The race to get ahead. By the 1980s, naps were gone, the mats rolled up, the lights stayed on.

Today five-year-olds spend more time in structured lessons than third graders did in the 1950s – no pauses, no quiet, no chance to just be. And we wonder why they are anxious.

Maybe it's time we remembered what our teachers once knew: you don't grow by running all the time. You grow in the stillness too. Even big kids need naptime sometimes.

Here is the recipe for another of Nasonie's favourite biscuits....they are yummy!

HIGHLAND OATMEAL BISCUITS

8 ozs (225 gms) butter	1 cup brown sugar	½ cup sugar
1 egg	2 teaspoons vanilla	¼ cup water
2 cups plain flour	½ teaspoon bi carb soda	1 cup sultanas or mixed fruit
2½ cups rolled oats		

Cream butter, sugar, egg and vanilla until light and fluffy. Add water and dry ingredients. Cover a baking tray with baking paper. Place spoons of mixture on tray and bake in a moderate oven (180°) for 12-15 minutes

Nasonie found these were popular with her teenage sons who were always looking for food!

Do you have a favourite recipe you would like to share with us? If so, email list of ingredients and directions to me or give me a copy next time you see me.

My thanks to Nasonie for the above and the previous recipe published last month. *Anne*

=====

=====

=====

Lesson in Economics

Students were asked to write an essay on "THIEVES". This is what one student wrote:

Thieves are an important part of a nation's economy. They play a significant role in providing employment and contributing to the nation's development. Safes, locks, lockers, cupboards, etc., are made only because of thieves. Many factories and workshops involved in making these items, provide employment thanks to this profession.



Even in homes, masons and workers get work installing latches, locks, grills on windows and doors. Then, to protect houses, shops, schools, colleges, offices, and factories, security guards and watchmen are essential. Companies which manufacture CCTV cameras, metal detectors, and security systems also generate jobs. Because of thieves, police officers, court staff, judges, lawyers, and others are employed.



Purchases of barricades, weapons, bullets, batons, uniforms, vehicles, and motorcycles for the police help boost the economy. Thanks to thieves, jails, jailers, and prison staff have jobs.

When items like mobiles, laptops, cars, motorcycles, electrical appliances, purses, or lipsticks are stolen, people have to buy them again, which boosts business.

Famous and notorious thieves often enter politics, where even bigger thefts take place. Much more could be said, but overall, the contribution of thieves to a nation's economy is noteworthy."

The teacher awarded this research-rich essay full marks.

Perspective Matters

Tasmania Tour October/November 2025

We certainly had an “Ultimate Tasmanian Experience” on our recent very successful tour. Travelling in a luxury coach with Trish, our caring and efficient Trade Travel Host and Kerrie, our knowledgeable and excellent local driver/guide, they delivered the Probus motto of fellowship, fun, friendship (and food!) in action. Thank you Bron for organizing this adventure for our Club. Even the weather co-operated to a very large extent with mostly fine weather, considerable sunshine and occasional cold and wind – I’m looking at you, Cradle Mountain! Our tour group was a happy bunch who enjoyed each other’s company, the accommodation and included meals throughout the trip, but of course what we did, and saw were the most important aspects of the two weeks.

We faced some of the appalling truths of being a female convict in Hobart as we each searched for the story of an actual prisoner at the Cascades Female Factory Historical Site. Inspecting the Dog Line monument at Eaglehawk Neck further reminded us of some of the horrors of transportation. At Sarah Island in Macquarie Harbour, we explored the site of a different prison - remote but at times not quite so wretched. An hilarious performance of “The Ship That Never Was” entertained us one night and featured cameo performances by many of our group members whose costumes largely consisted of unique headgear.

The diverse natural beauty of Tasmania was continually revealed to us as we drove around the state: the patterns of the Tessellated Pavement and Tasmans Arch in the Eaglehawk Neck area; the 200 step climb in memory of Truganini and Adventure Bay on Bruny Island with lovely ocean views; ever changing scenery as we drove through Franklin Gordon Wild Rivers National Park towards Strahan and then varied riverside bush scenes with many beautiful flowering native shrubs and trees as we cruised along the Gordon River and embarked on a guided walk here. A guided tour of Cradle Mountain-Lake St Clair National Park with highlights of Dove Lake and historic Waldhelm Chalet will be long remembered.

In Stanley we took the chairlift up to the top of The Nut for panoramic views of Bass Strait and later explored this picturesque village with its attractively maintained buildings. Not done with the natural environment of the North West Coast, a cruise on Arthur River, a river walk through 3 different ecosystems and a barbecue with Bush Juice in the wilderness was lots of fun. Hosted by eccentric Boris and his capable daughter/boat driver/chef, this was a unique experience.

Heading towards Launceston we had spectacular views of Tasmania’s coast and agricultural farmlands culminating in views of the ocean, the tulip fields and Table Cape Lighthouse. Launceston provided a different nature experience by way of a cruise on the North and South Esk Rivers to the stunning walls of Cataract Gorge. Freycinet Peninsula provided more wonderful views from a boardwalk stroll and later the Bicheno Blowhole sent its spray across the rocks.

Then there’s the wildlife: lobsters, platypus, echidnas, seahorses, forester kangaroos, Tasmanian devils and beer-drinking Priscilla the Pig were all fascinating to engage with at many different venues.

Tours of two Historic Houses revealed how the better-off lived in the early days of the colony: in Hobart, Runnymede – 1840 home of a whaling captain and in Stanley, Highfield

House with more lovely views and stunning gardens. Likewise, the historic village of Oatlands is filled with over a hundred colonial sandstone buildings in excellent condition.

We were all fortunate to visit the spectacular Wall in the Wilderness – Greg Duncan's massive commemorative carvings telling the stories of those who helped shape the past and present of Tasmania's central highlands.

Culturally some of us enjoyed a fabulous afternoon exploring MONA – a facility unique in its architecture and its art within. Some installations incomprehensible but all interesting, some challenging and some even beautiful!

Our last wet morning in Hobart revealed Tasmania's infamous climate and foiled our plan to ascend Mt Wellington but Kerrie took us to a couple more accessible viewing spots before delivering us to the airport for our flight home.

Some of us may have returned slightly more rotund not being used to 3 solid meals a day but who cares? We were on holiday! Thanks everyone!

Leonie



On one of our cruises



It was cold

at Cradle Mountain



The group with The Nut in Stanley in the background

FALLS PREVENTION INFORMATION

Several of our members have suffered falls recently, with some resulting in surgery and a length of time in hospital. With this in mind, Marsha Sweeney has provided the following information which we all could do well to take notice of. *Editor*

In Australia, around one in 4 people aged over 65 have at least one fall a year. Falls are the leading cause of injury resulting in hospital admissions in this age group.

Poor balance significantly increases fall risk in the elderly. Research indicates that interventions like balance and physical exercise programs can effectively improve balance, reduce fall risk, and enhance the overall quality of life and longevity for older adults.

Falls prevention for older Australians can involve a multidisciplinary approach, focusing on environmental modifications like removing hazards and improving lighting, individual risk assessments, exercise programs to build strength and balance, and medical management including medication reviews and checks for conditions like dizziness and poor vision, also promoting proper footwear and diet are also essential strategies for reducing falls.

Environmental Modifications

Lighting: Ensure all rooms and walkways are well-lit with night lights in hallways and bathrooms.

Hazard Removal: Keep living spaces free of clutter and remove loose rugs to prevent tripping. Remove cords and cables from walkways.

Bathroom Safety: Install grab bars in bathrooms and use non-slip mats in showers and bathtubs.

Furniture: Use sturdy furniture that is stable and easy to get in and out of. Don't climb on chairs to reach things.

Stairs and steps: mark the edges and use nonslip strips, install handrails.

Garden: keep paths clear of garden tools and free of moss.

Be Prepared for an Emergency

Keep a phone nearby: Store a mobile phone in an accessible place, such as by your bed, in case you need to call for help after a fall. **Use assistive devices:** Talk to your healthcare provider about using a cane, walker, or personal alarm to keep you steady and provide assistance.

Protect Yourself While Moving

Wear proper footwear: Choose well-fitting shoes with non-slip, rubber soles and avoid walking in just socks or slippers.

Be mindful of clothing: Wear clothes and nightgowns that are short enough to avoid tripping.

Take your time: Avoid rushing and take time to adjust when changing positions, such as standing from a seated position.

ACT Health have a Falls and Falls Injury Prevention Program which helps people who have experienced falls or are looking for ways to minimise their risk of falling, including a fear of falling. They offer a short-term service to address risk factors to older adults who have experienced or are at risk of experiencing falls. They also offer the Stepping On Education program for older adults who have a fear of falling.

Services are available for people over the age of 65 years, or 50 years for Aboriginal or Torres Strait Islander peoples. The program is free for Medicare or ACT Services Access Card holders. The program does not require a My Aged Care referral. You can refer yourself to the program by calling the Intake on (02) 5124 9977. You can also get a referral from your GP or your medical or Allied Health practitioner.

The Falls and Falls Injury Prevention Clinic can assess you to identify your personal risk factors for falling. At the clinic appointment you will be provided with individual advice, information and activities that you can complete to reduce your risk of falling. This might include engaging in exercises, undertaking a home assessment to ensure your home is set-up safely, and referrals to other specialised health care providers.

=====

MORE PHOTOS FROM OUR TASMANIAN TOUR

=====



Lorri, our usual photographer, herself being photographed.



As usual, food consumption was an important pastime each day



One of the wooden carvings in The Wall in the Wilderness



Coloured rocks at the Bay of Fires

MAGICAL MYSTERY TOUR

We were lucky to have perfect weather once again for the Probus outing. Fifteen people joined the Magical Mystery Tuggeranong Probus Tour. Everyone gathered at the Wanniassa shops bus stop on Langdon Avenue except for one person, who will remain unnamed, who went to the Erindale shops by mistake. Fortunately, we all ended up on the same bus in the end.

We got off the bus at the Albert Hall and walked a short way to Magna Carta Place. There, we explored an intriguing monument featuring a time capsule set to be opened next century. Behind the monument, etched marble walls illustrate the story of Magna Carta; on the left the evolution of law, and on the right parliament in Australia. A copper dome sits over the monument, with words cut out of the copper around it – these are the Latin text of chapter 29 of the 1297 version of Magna Carta). Afterwards, we visited the Old Parliament House Senate Gardens—an ideal spot to see the roses this time of year. We also viewed the statue of Susan Ryan AO, which was commissioned by the ACT Government to honour her pioneering work for women's rights and her role in enacting the Sex Discrimination Act. The statue was unveiled in August 2024.



Next, we headed to Heritage Café for lunch, located in the West Block on Queen Victoria Terrace. This café, which opened earlier this year as part of the \$45 million renovation of the West Block Building, offered delicious food at reasonable prices. We enjoyed sitting at outdoor tables, where we listened to birds singing and leaves rustling in the wind—all while having wonderful conversations.

After a brief walk, we took the bus back to either the Wanniassa or Erindale Shops. The trip was planned so that we travelled outside of peak times and school hours, making the journeys enjoyable—especially for those who don't often use the bus. *Bron*

