

June
2025

PROBUS NEWS

The Probus Club of Burnie

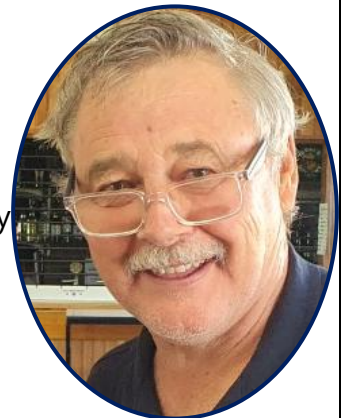


Fun, Fellowship, Friendship

A Word from the President

Gentleman,

Winter has arrived, time to keep warm, rug up and take all the necessary steps to keep safe and well. Speaking of taking care of ourselves, Damian Bissett had a nasty fall from a ladder, but fortunately is well on the road to recovery, another timely reminder that most accidents and falls happen close to home, so be careful out there. Peter Ansell has joined the Committee, with the official position of Webmaster; we are so fortunate to have Peter's IT skills to assist in the efficient running of the Club using technology to our advantage.



The Birthday Boys is now included as part of "Milestones and Accolades." We need everyone to help with this part of our Meetings if it is to be successful. Do not forget Jokes of the Month, your chance to share a bit of fun with other members. A member list will be circulated at this month's meeting to ensure your details are UpToDate. We are delighted to have Shane Crawford the new General Manager at Burnie City Council as our guest speaker this month. It will be interesting to hear Shane's vision and priorities for the city and a great opportunity to ask some insightful questions. This also presents a wonderful opportunity to invite a friend or two to hear Shane speak about our City by the Sea.

It was great to venture out of Burnie to Pedros in Ulverstone and enjoy fine food and good company while overlooking the Leven River. Car-pooling is always available for anyone who needs it.

I look forward to your company at our June Meeting.

I am coming to the realization that technology is leaving me behind; I bought a smart TV but was too dumb to use it, to add insult to injury I bought a new-fangled toaster but could not get it to work.

Best wishes,
David.

Making a payment to the Club.

If you wish to pay by direct transfer, the codes are: BSB 633-000 Account 112668025.

May Meeting



President David welcomes David Dean into the club.

Milestones: Birthdays – Rex Smith, John Lamb, Gradus Groenveld and Mark Lord. Gradus read out a description of these gentlemen's Zodiac characteristics, which was received with hilarity and applause. President David followed on with his joke of the month. Another one about senile gents!!

Club speakers: (Possibly our first father and son speaker duo, David and Damian Bissett). **David** spoke feelingly about the remarkable APPM Council, which for many years devoted itself to the 3,300 employees of APPM. Amongst its services were a dental clinic, medical benefits and a hard luck fund. David was a member of the Council Committee and his talk made clear how the APPM Council was an important part of Burnie's story, demonstrating the significant impact of industry on community development and the importance of social welfare initiatives in supporting a thriving community.



Damian described his career in Forestry. He was part of North Forest Holdings and subsequently of Forico, now Tasmania's largest private forest manager, with approximately 173,000 hectares of land across the state. Damian explained how eucalypt seeds develop, how they are harvested and how they are raised in the nursery. Finally, he described the planting of the seedlings, and discussed the merits of the various species which are grown.

Guest Speaker, Anthony Haneveer, Editor of *The Advocate* presented a stirring picture of the print media. He described his own story at the paper – from Copy Boy to Editor, and, being born and raised in the North-West, he is committed to sharing the stories that matter to the people of our region. Anthony emphasised that the principal function of a regional paper is to give a voice to the people. He cited two stories in which *The Advocate* achieved justice for people who had been hard done by, and reminded us that it was our newspaper which forced the government to see sense over the



location of Burnie's new courthouse. He says that governments and authorities do take notice of newspapers.

Anthony explained that the future of regional papers is online. Large numbers of subscribers choose to read their *Advocate* this way, which puts in question how long the print issue will survive. Moreover, costs have risen so dramatically that there needs to be a page limit for every print issue, and to make ends meet, all three Tasmanian papers are printed on the one press in Hobart. However, in whatever form *The Advocate* appears, Anthony assured the members that it will always give the Northwest a unified voice.



As always, a chat over a cup of tea was enjoyed by everybody.

Images: Kirby Cunningham

Being Social is Good for You

This article from *National Seniors Australia* says it all.

Joining groups can provide a wealth of mental and physical health benefits, helping older Australians live happier, healthier, and more fulfilling lives.

Loneliness and social isolation have been linked to increased risks of depression, anxiety, and even cognitive decline. Social groups offer regular interaction, shared experiences, and a sense of purpose – all of which are powerful protectors against mental health issues.

Being part of a social group provides opportunities to form meaningful friendships, engage in stimulating conversations, and participate in activities that keep the mind active.

Regular meetings, guest speakers, and group outings encourage learning and mental engagement, which are vital for maintaining cognitive function.

Being socially active often leads to greater physical activity. Many social groups organise walking groups, excursions, or gentle fitness sessions, encouraging members to stay mobile.

Research shows that older adults who engage in group activities tend to have better mobility, lower blood pressure, and stronger immune systems.

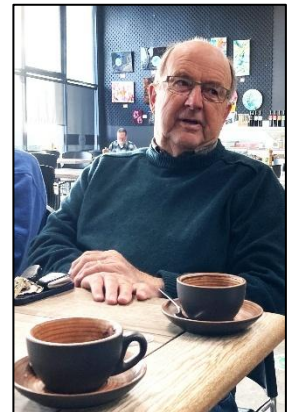
Even light physical activity, when paired with social interaction, can improve balance, reduce the risk of falls, and support overall wellbeing.

Social groups offer more than just activities; they foster a sense of community.

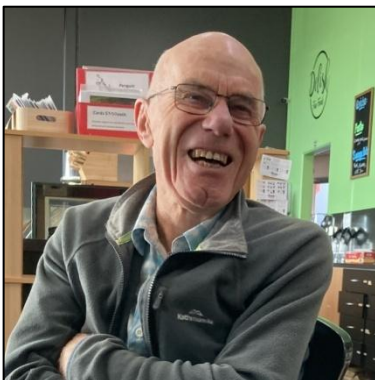
Members of community social groups often describe their involvement as a source of belonging and identity. This emotional connection can lead to improved self-esteem, reduced stress, and even longer life expectancy.

Helping to organise events gives members a sense of purpose and contribution, which is invaluable during retirement years.

Coffee at Delish



There was plenty to talk about over a coffee...



and laugh about ...

and consider ...

Next coffee morning: June 12th

Images: John Lamb.

Club Office Bearers

President: David Stevens: davidstevens1951@gmail.com

Secretary: Sam Samec: samsamec@bigpond.com Treasurer: Tim

McCarthy: timothymc1951@hotmail.com

Speaker Chairmen: Tim McCarthy: timothymc1951@hotmail.com

and Peter Ansell: pansell@live.com.au



Lunch at Pedro's

A good menu and good company made the drive to Ulverstone worthwhile



Spoilt for choice!



What's this???

Images: Tony Hite



"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all."

Very interesting news

A Probus Club at **Penguin** may be on the way!

Twenty-two people attended a recent meeting at the Penguin Bakehouse to explore the idea. Our Club, Burnie Ladies and Central Coast Ladies were all represented and all promised to help the local group with the project. The meeting, chaired by Ian Chalk, was enthusiastic, the outcome being the formation of a foundation group of ten Penguin residents.



The Foundation Group have arranged to meet at The Rookery at the Penguin Community Op Shop, on Thursday June 19th at 10:30 am for some detailed planning. In the meantime, an information drive via *The Coastal Voice* and by word of mouth will try to gauge how many people are keen enough to join a new club and to work towards its success. The ultimate step will be to ask Probus South Pacific to launch the club.

Images: Jenny Rowden



For Your diary

Thursday, **June 12th** - Coffee at Delish at 10:00 am.

Monday, **June 16th** - Club Meeting at McKenna Park at 10:00 am.

Club Speakers – Robert Haslock and Geoff Starick

Guest Speaker – Shane Crawford, Burnie Council CEO.

Thursday, **June 26th** – Luncheon at The Beijing, Somerset, 12:00 for 12:30.

Probus News is printed by courtesy of the office of The Hon Ruth Forrest, MLC.