

September
2025

PROBUS NEWS

The Probus Club of Burnie



Fun, Fellowship, Friendship

A Word from the President

Dear Members,

The days are getting longer and it is hard to believe that **Daylight Saving** re-commences on Sunday the 5th of October, scary how fast the year is going; perhaps something we are more conscious of as we age?

Reflecting on our speakers from last month, Ian Lancaster talked about his memories of growing up, which triggered our own childhood memories. Simpler times, but in many ways happier, more rewarding, with a freedom and sense of adventure that many younger people do not experience today. I think Ian hit on a rich vein of potential club speaker topics, that are worthy of further exploration. One that springs to mind is "first car." That would be a great conversation starter I would be happy to facilitate at a future meeting.

The presentation on Dementia was illuminating, and the statistics and contributing factors thought provoking. The impact on sufferers, their families and the community, is an area of major concern as our population ages. The risk factors contributing to Dementia are varied, but one thing we understand, is that social interaction and stimulation provided through activities like our Probud Meetings and Outings, are important to our overall well-being. Just another reason to **invite a friend along** as a guest; it might just positively impact on their life.

For those of us on a full or part aged pension, there is an increase coming this month, and some other changes related to assets and deeming rates in line with cost-of- living increases.

I would like to provide accolades to Sam Samec for his work on updating our Club Constitution in line with the requirements of Probud South Pacific, and Peter Ansell for his continuing work on our Club Website.

A reminder that some of us go for a light meal and a coffee after our Probud Meetings and an invitation is extended to any members who wish to join us at any time.

8 Things to Remember: The past cannot be changed; Everyone's journey is different; Overthinking will lead to sadness; Happiness is found within; Kindness is free; You only fail if you quit; What goes around comes around; Smiles are contagious.



"Middle age is when your secrets are safe with your friends because they can't remember them either."

I look forward to seeing you at our next meeting on the 15th.

Kind regards, *David*.

August meeting

Club speaker Ian Lancaster generated some nostalgic smiles when he spoke of how life used to be during our young days. He reminded us of our games, our sport, our food, our clubs and youth-groups. He remembered the basic facilities in our homes, the simplicity of our lives, the discipline we experienced in school and in church and the unwavering concern which our parents had for us. We enjoyed Ian's stories of boyhood adventure, of our freedom to play unmolested away from home and of the excitement of risk-taking. Like Ian, most of us careened down hills riding bikes or brakeless bilycars, helmetless and trusting to the absence of cars. Those days made us what we are today and our sincere applause showed the pleasure which Ian had given us.



Guest Speaker Professor Lyn Goldberg, a Speech pathologist at Wicking Dementia Centre, UTAS presented a two-part lecture. First, she explained Dementia. It is the leading cause of death in Australian women, and the second cause of death in men. While it is not a disease of normal ageing, in older people, isolation, vision loss and hearing loss are significant factors. There are in fact fourteen identified factors in the development of dementia and all are reversible. Lyn's advice is that *enjoyable vices need to be kept in moderation*.

Lyn's description of Tasmania's **The Island Project** sparked great interest. It is the world's largest Dementia research project. Researchers interview, study and follow volunteers with a view to understanding and possibly ameliorating this disabling condition. Already improvements in participants' cognitive activity and alcohol use have been achieved. Importantly, they have discovered that hearing loss is responsible for depression, social isolation, loss of physical wellbeing, loss of balance and ultimately significant cognitive decline.

Lyn has concluded that one excellent way to resist the onset of Dementia is to maintain control of one's life. She alerted us to **the University's offering of free online short courses** designed to generate brain activity - a vital factor. There is a massive range of offerings and any topic may be requested.



Images: Kirby Cunningham

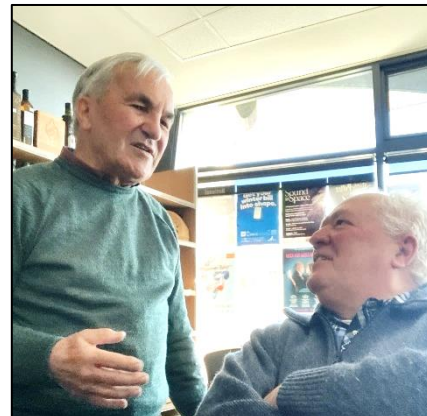
Making a payment to the Club.

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



Coffee at Delish

Another chance for our coffee lovers to enjoy a sip, a chat, a laugh and to display their expertise in trivia.



Images: John Lamb



Next Coffee Morning: Thursday, September 11th
Quizmaster – Tim McCarthy

Join the University Library

Did you know that you are welcome to use the resources of the University Library?

All you need to do is register by filling in the application form. Tim has provided the link:

<https://www.utas.edu.au/library-resources/access-borrow/join-the-library>

You will have access to a huge amount of information!

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

Congratulations Penguin Probus Club

On September 1st this long-awaited message arrived from Probus South Pacific: ***Welcome to the Probus Community and congratulations, your Club is now officially a Probus Club.***

Various documents are now being signed to complete the accreditation process.

The Probus Club of Burnie salutes its new sister club.

Our Club is proud to be the Sponsor of The Probus Club of Penguin.

Penguin Probus already has 27 signed-up members, with the expectation of more to come soon. A rich vein of enthusiasm has been identified in the district, which is a testimony to the sustained hard work of the club's President Leonie Bramich and Secretary Jenny Rowden.

Last month's Club Launch, was followed on September 4th by the first official function – a Coffee Morning at Windows on Westella, where a large group enjoyed each other's company.



Next General Meeting will be on Thursday September 18th at Penguin Railway Station at 10:00am. Business will include the election of office bearers, and the Guest Speaker will be Susan Grist, whose topic will be *Facing Fear*.

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For your diary

Thursday, September 11th: Coffee at Delish at 10:00am.

Monday, September 15th: General Meeting at McKenna Park at 10:00am

Club Speaker: John Lamb – *Glimpses of Burnie's history.*

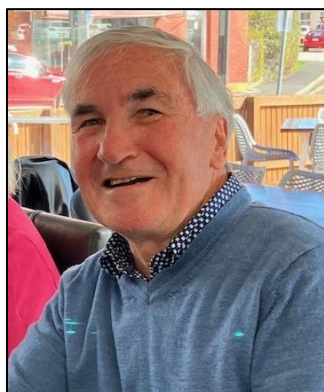
Guest Speaker: Ken Drake – *Marinus Link Update.*

Thursday, September 25th: Lunch at Emu Valley Rhododendron Gardens,
12:00: for 12:30.

Friday, October 3rd: Committee Meeting at McKenna Park at 10:00am.

Lunch at Seasons by the Sea

Club members enjoyed a trip to Penguin for our August luncheon



Images: Tony Hite