



The Probus Club of Flagstaff Hill Inc

Bulletin

14th March 2024

The Club meets at 9.45am on the 2nd Thursday of each month at Church of Christ, 179 Hub Drive, Aberfoyle Park

President: Darrell Wise 0431 087 027 darrellwise@adam.com.au

Secretary: Bill Gates 0419 835 708 boomgates31@gmail.com

Treasurer: Bryan O'Shaughnessy 0409 912 127 bjabosh@bigpond.com

Club postal address: The Secretary, C/-45 Sandalwood Crescent, Flagstaff Hill SA 5159

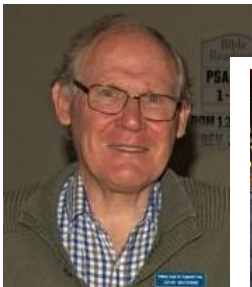
Club website: probusclubflagstaffhill.com.au

TODAY'S SPEAKERS

We are privileged to day to have 3 of our home-grown talents here to entertain us.

Firstly, the talented, John Whitman will read some of his poems.

Then Maurie and Jerry will provide us with some tall tales but true about their adventures on their 3 queens cruises.



LAST MONTH'S SPEAKER



At our February meeting, Rod Barton outlined his life as a spy for Australia and his collaborative work with British intelligence agencies and the United Nations.

He explained it wasn't like James Bond, but it was very interesting with still a lot of travel, intrigue and some hairy situations.

Rod became a specialist in nuclear and biochemical weapons and in the gathering and analysis of data coming in daily from the Organisation's many sources.

He also is the author of a book 'The Life of a Spy'.

2024-25 SUBSCRIPTIONS

Even though PSPL has raised their annual fee, our annual subscription will remain at \$35.

Your subscription can be paid by putting the correct money in an envelope with your name clearly visible and handed to the treasurer. Alternatively, you can pay by EFT to BSB 105131, Account Number 485154140. In the latter case you also need to enter your name in the reference/description section, so the treasurer knows who has paid.

FORTHCOMING SPEAKER

On April 11th Ian Miles will talk about the Vickers Vimy restoration project. This should be a great presentation especially as we have organised an outing in May to see the plane.



Hello all

This will be my final "jottings" communication as your President. I trust you have found this form of communication useful over the last 10 months or so as I have strived to lessen the length of our monthly General Meetings.

Probus South Pacific (PSPL) has informed us that the Constitutional Review process has progressed, and they thanked all Clubs that provided comments and suggestions in relation to the proposed changes. The vast majority of Clubs that responded expressed their support for the changes. A number of Clubs provided PSPL with helpful suggestions for improvement, many of which have been included in the last version. The next stage of the Constitutional Review is to provide Clubs with recommended Constitutions that include the last version of the Preamble, Articles and Standing Orders.

I remind Members that the cost of morning tea will be increasing for the first time in 40 years - \$3 from our March meeting.

Disappointingly, despite a number of pleas to you our members, your current committee has received no offers of support for the next Probus Year.

I trust you all enjoyed viewing Kym's activity images during last month's meeting (rather than at morning tea). This now forms part of our General Meeting agenda.

Watch out for new Speaker and Activity suggestion slips on the entry table as from March meeting.

Thanks to the five Members who have nominated to attend the District Information Day on 30 April - I know from experience you will come away from the Day feeling far more informed on the benefits that Probus offers our community.

Our annual Club BBQ is set for 28 March at the Coromandel Community Centre. Mark this date in your diaries as it is a not to be missed highlight of our fun and friendship agenda.

In closing, I must mention the fun nine of us had at the Noarlunga Model Railway complex on 22 February. Thanks to George and Chris B for the part they played in arranging this activity. A ROMEO lunch afterwards at Old Noarlunga Hotel was well attended.

Take care and see you at our 14th March meeting and AGM.

Darrell

An Obituary printed in the London Times.....Absolutely Dead Brilliant!!

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children.

It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,

- by his parents, Truth and Trust,
- by his wife, Discretion,
- by his daughter, Responsibility,
- and by his son, Reason.

He is survived by his 5 stepbrothers;

- I Know My Rights
- I Want It Now
- Someone Else Is To Blame
- I'm A Victim
- Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone.

FINANCIAL REPORT

Opening Balance 21st January	\$1,514.95
Income	
Morning Tea	96.00
Defib Donations from Members	105.00
Total Income	201.00
	<u>\$1,715.95</u>
Expenditure	
Member Name badge	13.00
Total Expenditure	13.00
Closing Balance 20th February	\$1,702.95

FUTURE SPEAKER SUGGESTIONS

Suggestions coming from the Members Survey:

- Police Forensics speaker
- Sports Personalities
- Speaker on ageing and taking care of yourself

Suggestions forms are located on the sign in table at each meeting.

MEMBERS BIRTHDAYS

6 members have cause to celebrate in March, so we wish a Happy Birthday to:

Graham Smedley	4 th
Ern Dunning	5 th
John Whitman	10 th
Peter Dorsman	17 th
Klaus Varnas	20 th
Bill Gates	31 st

NEW MEMBER – ERIC COLLYER



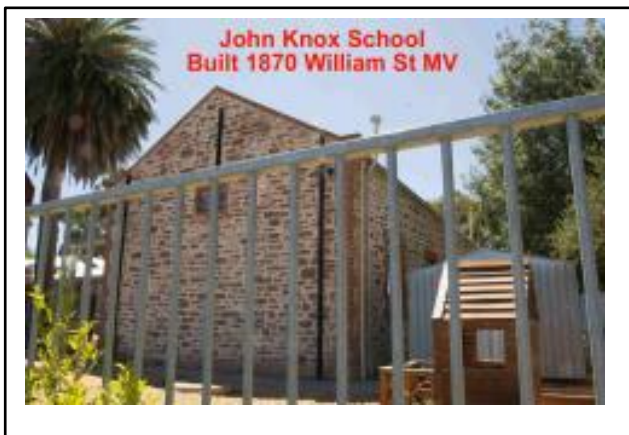
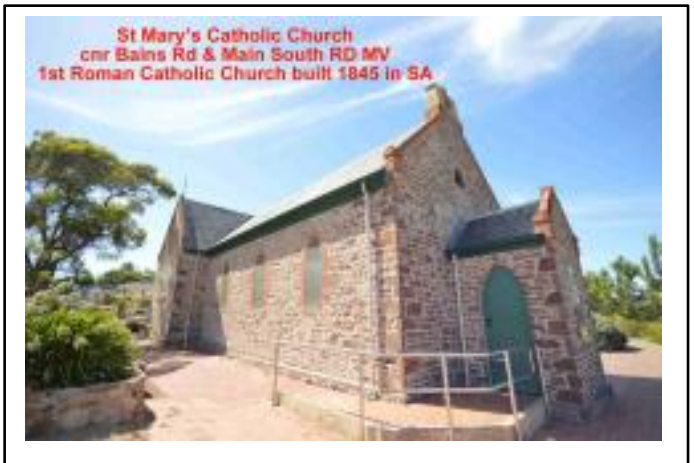
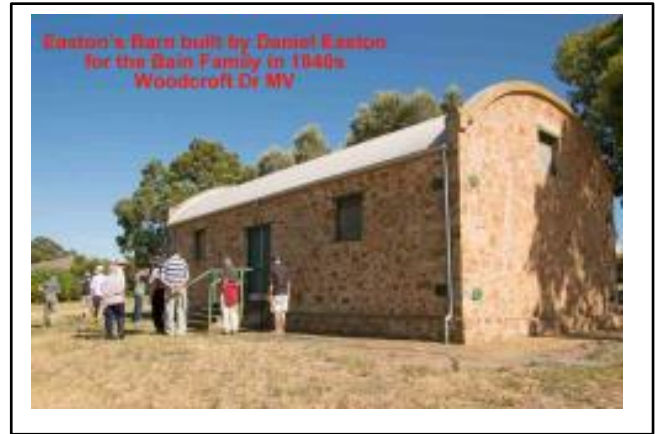
A very warm welcome to Eric Collyer who was inducted into the Club at our February Meeting.

Eric was introduced to the Club by Jonathan Ross who noticed Eric's beautiful garden and struck up a friendship. Besides gardening, Eric has a passion for classical music and local history.

Please introduce yourself to Eric and make him feel welcome.

DON'T FORGET
Our next meeting is on
11th April

Our latest photography outing taking in the History of Morphett Vale



.....and of course, after all this historical and cultural intake, we then went to the "Emu" for some intake of a liquid form.



PROMOTIONAL MATERIAL DISTRIBUTION LIST

Below is a list of where we currently have our club's promotional material displayed. If you notice that any site has run out of material, please inform a committee member.

The Hub

Library
Woollies' noticeboard
Honey Bee Cafe
Erin Thompson's office
SC community noticeboard
Barber shop
Baker's Delight

Aberfoyle Park

Church of Christ
Canberra Drive Barber shop

Flagstaff Hill

Barber shop
Foodland
Fish and chips shop
Star Liquor

O'Halloran Hill

Foodland

Two senior ladies were out for a Sunday drive in a huge car. Neither of them could really see too much over the dashboard.

When they came to an intersection, the light was red yet they kept on cruising through. The passenger thought to herself, "I feel like I'm losing it, but I swear we just drove through a red light."

A few minutes later, they drove through another red light. The passenger was almost certain that the light had been red but was still slightly concerned that she might be going mad, so she decided to give the driver one last chance.

As they were approaching the next intersection, the passenger paid a great deal of attention. This time the lights were certainly red, yet just as before they just sped past.

"Susan!" the passenger yelled. "Do you know we just ran 3 red lights in a row? We could have been killed!"

"Oh, am I driving?" came the reply.

February Bowls Day



Our bowlers had another great day at the Happy Valley Bowling Club.





The result was in doubt right to the last few ends (but the good guys eventually got over the line).

Unfortunately, the bowling interrupted the general chatter, laughter and friendly sledging that was our main reason for being there.

Your Special Mindful March Calendar

This calendar has been added for this month only for your information. A new calendar is available each month and is available to anyone at the following link <https://actionforhappiness.org/calendar>

Mindful March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>4 Notice how you speak to yourself and choose to use kind words</p>	 <p>5 Bring to mind people you care about and send love to them</p>	 <p>6 If you find yourself rushing, make an effort to slow down</p>	 <p>7 Take three calm breaths at regular intervals during your day</p>	<p>1 Set an intention to live with awareness and kindness</p>	<p>2 Notice three things you find beautiful in the outside world</p>	<p>3 Start today by appreciating your body and that you're alive</p>
<p>11 Stay fully present while drinking your cup of tea or coffee</p>	<p>12 Listen deeply to someone and really hear what they are saying</p>	<p>13 Pause to watch the sky or clouds for a few minutes today</p>	<p>14 Find ways to enjoy any chores or tasks that you do</p>	<p>8 Eat mindfully. Appreciate the taste, texture and smell of your food</p>	<p>9 Take a full breath in and out before you reply to others</p>	<p>10 Get outside and notice how the weather feels on your face</p>
<p>18 Have a 'no plans' day and notice how that feels</p>	<p>19 Cultivate a feeling of loving-kindness towards others today</p>	<p>20 Focus on what makes you and others happy today <small>dayofhappiness.net</small></p>	<p>21 Listen to a piece of music without doing anything else</p>	<p>15 Stop. Breathe. Notice. Repeat regularly</p>	<p>16 Get really absorbed with an interesting or creative activity</p>	<p>17 Look around and spot three things you find unusual or pleasant</p>
<p>25 Focus your attention on the good things you take for granted</p>	<p>26 Choose to spend less time looking at screens today</p>	<p>27 Appreciate nature around you, wherever you are</p>	<p>28 Notice when you're tired and take a break as soon as possible</p>	<p>22 Notice something that is going well, even if today feels difficult</p>	<p>23 Tune into your feelings, without judging or trying to change them</p>	<p>24 Appreciate your hands and all the things they enable you to do</p>
<p>25 Focus your attention on the good things you take for granted</p>	<p>26 Choose to spend less time looking at screens today</p>	<p>27 Appreciate nature around you, wherever you are</p>	<p>28 Notice when you're tired and take a break as soon as possible</p>	<p>29 Choose a different route today and see what you notice</p>	<p>30 Mentally scan your body and notice what it is feeling</p>	<p>31 Discover the joy in the simple things of life</p>

ACTION FOR HAPPINESS

Happier · Kinder · Together

Income and Expenditure Statement 2023-2024

Probus Men's Income and Expenditure Statement

Flagstaff Hill Men's Probus Club 2023 - 2024

Income & Expenditure Summary (12 Months from 1st March 2023 to 29th Feb 2024)

EXPENDITURE	\$	INCOME	\$	\$
Capitation Fees Probus South Pacific	971.50	Subscriptions - Cash	945.00	
Petty Cash	200.00	Subscriptions - Online	742.25	1,687.25
Raffle	185.00	Function - Annual BBQ	110.00	
Badges & Caps	112.50	Function-Christmas Dinner	1,565.00	
Morning Tea	222.42	Morning Tea	1,098.05	
Sundry (Includes \$205.30 BBQ Costs)	319.49	Sundry	40.00	
Christmas Dinner	1,829.00	Donations	25.00	
Rent	840.00	Raffle	285.00	
IT Services	90.00	Defib Donations	105.00	
Induction Kits	38.00			
CAPEX	79.00			
TOTAL EXPENDITURE	4,866.91	TOTAL INCOME	4,915.30	

Bank Account	
Opening Balance 13/2023	1,592.56
ADD - Income	4,915.30
LESS - Expenses	4,866.91
Closing Balance 29/2/2024	\$ 1,640.95
Increase in Balance	48.39

Petty Cash	
Opening Balance 13/2023	96.95
ADD Receipts	
Top-up transfers	200.00
LESS Payments	175.00
Guest Speakers	175.00
Tea & Coffee	0.00
Closing Balance 29/2/2024	\$ 121.95

Total Available Funds 29/02/2024	
Bank Account	\$ 1,640.95
Petty Cash	\$ 121.95
TOTAL available funds	\$ 1,762.90

Foodland Gift Card	
Opening Card Balance (01/03/23)	\$ 250.00
Less Morning Tea purchases	\$ 155.44
Closing Card Balance 29/2/2024	\$ 94.56

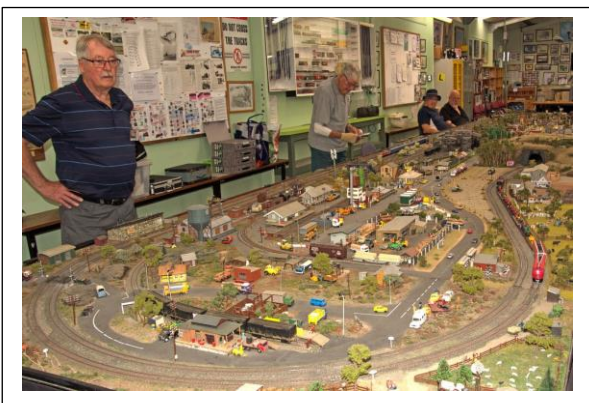
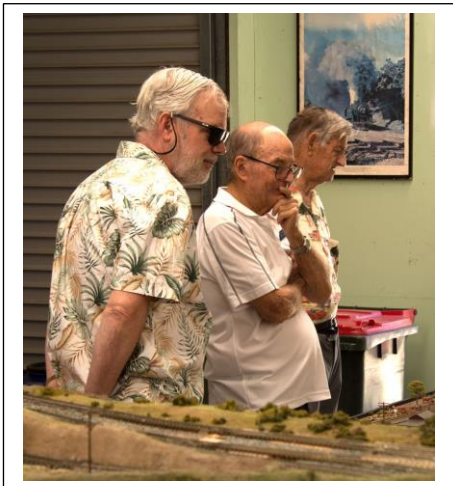
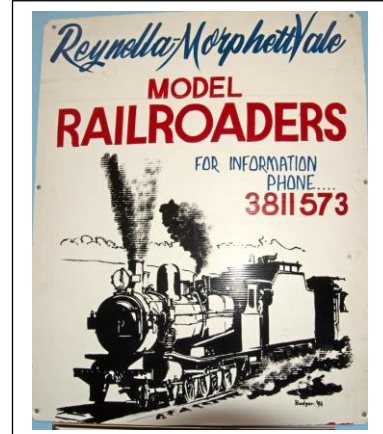
I have examined the books and records of the Flagstaff Hill Men's Probus Club Inc and in my opinion the Statement of Income and Expenditure above presents fairly in all material respects the transactions for the year-ended 29th February 2024.

*Clive M. Tarrant
7th March 2024*

Club Budget for 2024 - 2025

PROBUS CLUB OF FLAGSTAFF HILL INC. (MEN)			
			Updated 7/3/2024
BUDGET			
1st March 2024 - 28th February 2025			
INCOME		SUBS @ \$35	%
	Subscriptions (based on average 55 members x \$35)	\$ 1,925.00	49.18
	New Members (say 3 x \$40 Pro-rata)	\$ 120.00	3.06
	Morning Tea (Avge 45 x \$3.00 per meeting x 12 mths)	\$ 1,620.00	41.38
	Club Raffle/s	\$ 250.00	6.38
	TOTAL INCOME	\$ 3,915.00	100.00
EXPENDITURE			
	Church Venue Hire (currently \$70 per month)(\$210 per Quarter)	\$ 840.00	23.49
	Capitation Fees -Probus South Pacific (\$19.00 x say 55 members)	\$ 1,045.00	29.23
	Morning Tea - Consumables (Cups \$110 for 500 pack)	\$ 110.00	3.08
	Morning Tea - purchases	\$ 200.00	5.59
	New Member Kits / Badges / Collars	\$ 100.00	2.79
	Information Day	\$ 100.00	2.79
	Speakers (10 x \$25)	\$ 250.00	7.00
	IT Services	\$ 90.00	2.52
	Test & Tag Electrical Equipment (Donation)	\$ 40.00	1.12
	Birthday / Christmas Expenses	\$ 300.00	8.39
	Subsidies to Members (Raffle proceeds)	\$ 250.00	7.00
	Defib Donation to Church of Christ	\$ 250.00	7.00
	TOTAL EXPENDITURE	\$ 3,575.00	100.00
	BUDGETED INCOME SURPLUS	\$ 340.00	

Our outing to the Noarlunga Model Railroaders and ROMEO lunch at the Old Noarlunga Hotel



And after working hard all morning on the railways we headed to the Old Noarlunga Hotel for some lunch and refreshments.....



FLAGSTAFF HILL MEN'S PROBUS CLUB COMMON INTEREST GROUPS

Group	Co-Ordinator	Venue	Date & Time
Beer Appreciation	Jerry Vallance 0477 797 003	Home of Jerry Vallance Lunch at Club Marion	Tuesday 19 th March @10:30am Lunch @1:00pm
Morning Tea	Darrell Wise 0431 087 027	Honey Bee Café Aberfoyle Park Hub	Monday 18th March @ 10:00am
Gardening	Matt Jevnikar 0400 493 258		
Movies & Theatre	Chris Barber 0410 567 265		
Photography	Kym Pennifold 0401 122 353	Himeji Gardens and Park 18 South Parklands Lunch at Goody Hotel Goodwood Road	Thursday 21 st March @10:00am Car Pooling from church at 9.00am. Lunch at 12:00
Walking	Gerry Kradolfer 0459 505 201 Malcolm Keam 0413 239 950	Sturt Linear Park Trail Coromandel Valley	Tuesday 12 th March @ 9:30am Car Pooling from church at 9.00am. Partners welcome
Book Exchange	Ian Woolley 0424 419 642	Club General Meeting	2 nd Thursday monthly between 9:15am and 12 noon
OUTING (Partners Welcome)	George Oram 0400 106 701 Ian Woolley 0424 419 642	Annual Club BBQ Coromandel Community Centre 442b Main Road Coromandel Valley Please put names on list this meeting \$10 a head	Thursday 28 th March 12:00 noon
Wine Appreciation	Stephen Lockwood 0423 477 431		
Lawn Bowls	Bill Gates 0419 835 708	Happy Valley Bowling Club	Friday 22 nd March 10:00am