



PROBUS CLUB OF MOUNT ELIZA *INC*

Po Box 667 Mt Eliza 3930
Founded 1985 Registration No. A0011403Y

Meetings commence 9.45am second Monday of the month. If Public Holiday, then third Monday

Bulletin No. 381

9th January 2017

Committee Members 2016 - 17	
President: John Chambers 9775 4498	V/President: Carol Spencer 9787 5825
Secretary: Catherine Anstis 9775 4504	Treasurer: Lindsay Gordon 9787 5132
Tours/Ent: Estelle Gold 9787 3682	Speakers: Neil Gold 9787 3682
Membership: John Roberts 9787 1322	House: Sylvia Chambers 9775 4498
Bulletin: Deborah Fleiner 9775 2535	Welfare: Maxine Coughlan 9775 3361

THE PRESIDENT'S MESSAGE



We had a wonderful Christmas Lunch at the Mornington Golf Club on December 2nd which was enjoyed by all. It was well attended and special thanks are due to Estelle Gold, ably assisted by Wendy Griffiths for organising it so well.

Our Annual General Meeting will take place on Monday, March 20th at which the new Management Committee for 2017/18 will be appointed. At today's meeting, we will be inviting nominations for the Management Committee for the 2017/18 year. Nomination forms are available from Secretary Catherine Anstis. On Wednesday, March 22nd, two days after the Annual General Meeting, the Changeover Lunch will be held at Norwood House. This is a very important event on

the Club calendar and I encourage you to put your name down with Estelle Gold as soon as possible.

With the commencement of a new year, we are facing the future with a greater than usual degree of uncertainty and concern on many fronts both nationally and globally. I extend to you all my sincere good wishes for a safe and prosperous 2017.

John Chambers

OUR DECEMBER MEETING

Attendance: 50 present, 22 apologies, 6 non-responses, plus 4 visitors.

President: **John Chambers** opened the meeting and greeted all members and visitors. He then passed the microphone to **Barry Rawlings** who announced the passing of past member **Dr Peter Rudman**. President John then put out an appeal for a volunteer to be Minute Secretary for the first two general meetings of next year, as **David Crockett** will most likely be unavailable. He then proceeded to acknowledge all December birthdays, especially **Joyce Pollock**, whose 94th birthday coincided with the meeting.

Vice President: **Carol Spencer** spoke about the DVD Exchange, inviting members to participate by borrowing and donating DVDs, and then invited members to join her and Keith for lunch at CB Hotel after the meeting.

Secretary: **Catherine Anstis** requested that the minutes of the previous meeting be moved and seconded, and then discussed various correspondences.

Treasurer: **Lindsay Gordon** presented his monthly report, and then gave some sage advice about ignoring bogus emails that appear to come from Telstra, CBA and other institutions that are obviously scams.

Tours and Outings: **Estelle Gold** spoke of upcoming outings in the New Year and of the Changeover Lunch on 27th March 2017 at Norwood House at \$49 per head.

House: **John Chambers** thanked **Sylvia** and her helpers for the delicious morning tea and to **Carol, Imelda, Catherine and Bev** for their contributions.

Speakers: **Neil Gold** talked about today's speaker **Dr John Beaney** and about the speakers for the next two meetings.

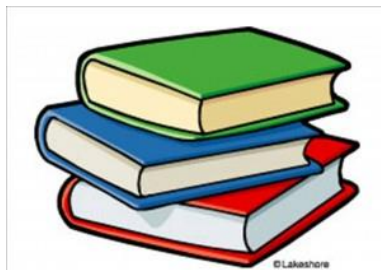


Investment Club: **Max Batchelor** announced that although the stock market is up, the members of the group have not fared well as a whole. He said that most years the market improves during the last few weeks of the year, however the group was down 2.1% overall. The female members have made \$4000 profit, but the males have lost \$4000! The winner of the competition is **David Woodlock** who is 19.6% up on last year, followed by **Catherine Anstis** at 16.8%, with **Roger Stretch** coming in third. **Diane Griffiths** and **Pat Anthony** have also done well.

Andy Troy who came in August, and not an official member, is up by 51%! **Henry Hammond** is currently leading in the competition for the prediction of the ASX index at the end of the year.

Book Club: **Wendy Griffiths** spoke about our December Book which was “**What Came Before**” by **Anna George**. The subject matter was difficult to deal with for some members in the group, as domestic violence is quite a confronting topic. **Pat Anthony** was an excellent discussion leader and her questions initiated much deliberation.

The meeting was followed by a Christmas Dinner with all members contributing to the meal. Many thanks to **Wendy and Steve**, who not only provided the location for the meal, but who also gave much thought to the presentation of the table, and to the quiz that incorporated all the books for the year. We look forward to another great year of reading.



Speakers:

There was no ten minute speaker this month due to the Christmas Morning Tea.

Our main speaker was **Dr John Beaney** who spoke on “**Living to a Ripe Young Age**” or “**L2aRYA**”.



Dr Beaney, with the assistance of a Power Point Presentation, opened the discussion with a picture of the actor **George Cole**, who played the character **Arthur Daly** in “**Minder**“, an ITV production during the late seventies to the early nineties. Dr Beaney described Arthur as a person who had his own agenda for survival, and who played the game according to his own rules. Similarly, Dr Beaney equated manufacturers, big business, the fashion world, fast food outlets, criminals, and many other organisations to having their own agenda, which is to make money and therefore survive. Ultimately, we are being manipulated into buying certain products, changing our eating habits,

and into changing our way of thinking as to what is good for us and what is not.

The ethics of medicine is also in question according to Dr Beaney. Doctors are being manipulated by pharmaceutical companies in the promotion of myths. Drug companies cherry pick data to promote their products and are making money on a very large scale. Qualified over fifty years ago, Dr Beaney admitted that he spent his whole career being influenced by medical myths, and may have given patients the wrong advice. It was difficult for doctors to get away from the myth makers.

In 1977 the US introduced new dietary guidelines, quickly followed by the UK and Australia. There had been a huge increase in heart attacks amongst men, and because fat deposits had been found in the arteries, fat became the enemy. As a consequence fat consumption went down, and sugar consumption in all its forms went up. Excess sugar gets converted into fat, which in turn puts a strain on insulin levels, which can lead to diabetes, high blood pressure, obesity, stroke and many other diseases.

The food industry makes food irresistible in order to make a profit. A Boost fruit juice has 40% more sugar than coca cola, yet appears to be “healthy” because it is made from fresh fruit.

As a result of this excess sugar consumption, the pharmaceutical companies are now making huge profits in manufacturing pills for the different ailments, weight loss companies have evolved, and the fitness industry is doing very nicely.

Dr Beaney discussed several myths that have evolved and their consequence.

Myth: Eating fat causes heart attacks. Wrong! Excess sugar gets converted into fat which gets stored in the liver and muscles. It spreads around the body by way of the blood stream.

Myth: Exercise is good for weight loss. Wrong! Exercise is good for burning sugar but not fat. When we exercise we burn carbohydrates, and we won't burn fat until we run out of sugar.

Myth: Obesity is due to gluttony and sloth. Dr Beaney cited that bears hibernate in winter in autumn they become gluttons, eating lots of berries. When they have sufficient sugar stores in their system, they stop eating, having enough sugar to tide them over during hibernation. The secret of reliable weight loss is to have a break from food two days per week. Dr Beaney lost twenty four kilos over eight months and has been able to maintain it.

Myth: Cholesterol is bad for you. Evidence suggests that you can live longer if you have a level of over 7.0. Cholesterol is essential in all animal cells and is manufactured by every cell. The body contains 35g and can make 1g per day. It is essential for a number of hormones and exposure to the sun converts cholesterol into vitamin D. The brain is 60% cholesterol and every nerve sheath has it. The use of statins blocks the manufacture of cholesterol and is the most widely prescribed drug in the world.

Dr Beaney suggests that it is pure arrogance to think that pills can change over 200 million years of evolution.

This talk was an overview of the contents of a six week course that Dr Beaney runs in conjunction with U3A Mornington. It was a most fascinating and informative discussion.

Henry Hammond gave the vote of thanks.

(Thanks to **Barry Rawlings** for the generous use of his notes in addition to the editor's, in case something of importance had been missed!)

FUTURE SPEAKERS

Today: Short Talk: **Deb Fleiner** “The Battle of Hastings”
Main Talk: **Estelle Gold** “The First Heart Transplant”

Feb: Short Talk: **Margaret McArthur** “My Connection with Brazil”
Main Talk: **Ross Baker** “Collectable Golf Clubs and Niblicks”

“He knows nothing and thinks he knows everything. That points clearly to a political career”. **George Bernard Shaw.**

JANUARY BIRTHDAYS



6th Coral Roberts 6th Max Batchelor 7th Bob Graham
10th John Connan 12th Barbara Trewartha 15th Vic Anderson
21st Brian Coughlan 29th Ron Vassil 31st Margaret Allen 31st Wendy Griffiths



Joyce Pollock celebrated her 94th birthday at the December Probus meeting. Members sang “**Happy Birthday**” accompanied by **Barry Rawlings** on the piano.



OTHER NEWS AND BITS AND PIECES

Proposed Three Day Trip to RACV Creswick (Goldfields)

May 3rd – 5th 2017 inclusive

\$194.00 per night incl Breakfast and Golf.

\$184.00 per night incl Breakfast no Golf.

Should you be interested in joining as either a non-golfer or golfer please let Jane know on janelongy@bigpond.com or **040732857**



DVD Exchange

Bob Stephen has generously agreed to run a **DVD exchange facility** which would be operated alongside the Book Table. Members are encouraged to donate any DVD movies (in good condition) that they are not likely to play again, and will be able to borrow ones they have not seen.

FORTHCOMING EVENTS AND ACTIVITIES

Tours and Outings: **Estelle Gold** 9787 3682

February 2017 Friday 10th at 10.30am Frankston Arts Centre
Mario Lanza Sings Again

Monday 13th
Cruise to Tasmania

March 2017 Friday 3rd at 10.30am Frankston Arts Centre
Donald Cant in Concert



Dine-Out: **Bette Wilson's** next dine out will be January 2017.
Location and date to be advised.



Coffee & Chat @ Degani's Tuesday January 17th 2017 at 10.30 am.

Meet up with friends at Degani's for half an hour (or more) & enjoy a relaxing tea or coffee and a chat. No need to book – just come along.

Sylvia Chambers 9775 4498

Would any member who is unable to attend a general meeting please send their apologies to Membership Officer **John Roberts** - Phone: **9787 1322** or email: j_jroberts@hotmail.com.

Vale John Thomas

It is with sadness and regret that we acknowledge the passing of past member and friend **John Thomas**, who passed away on Wednesday 28th December 2016. During his many years as a member, formerly of the Men's Club and then of the Combined Club, John worked tirelessly and quietly, setting things up before each meeting and clearing up afterwards. Although he resigned from the Club over a year ago due to declining health, John will be remembered for his long commitment and his willing participation at every meeting. A funeral service, followed by a private cremation, took place at Tobin Brothers Mount Martha on Friday 6th January.

Next General Meeting: 9.45am on Monday 13th February 2017 at the Uniting Church, Canadian Bay Rd. Mount Eliza.

Next Committee Meeting: 9.30am on Monday 23rd January 2017 at the home of John Roberts.