



## President's New Year Message (Helen)

Welcome to another fun filled Probust Year and I wish you health and happiness for 2008. I do hope you enjoyed your time with family and friends over Christmas and that the celebrations for the year ahead are nothing but the best of fun for you and your families.

I find it hard to believe that a month has passed since our Christmas lunch and review and what a buzz! We had 128 members and friends present and the setting was stunning. A lot of hard work from Lyn Hudgson and her helpers. I know the review participants had a ball rehearsing and presenting the show was the icing on the cake for us. Members said they thought the show went too quickly and would have liked to have seen it again! Well, if only they had asked, I am sure we would have been delighted to have obliged. Hopefully we will be able to soon see Les Thompson's video.

On Saturday 12<sup>th</sup> January, the committee are getting together to plan for the next year's activities, so if there is something you would like us to participate in, please use the suggestion box.

I am looking forward to catching up with everyone at our January meeting though many will be away enjoying holidays away from the city.

So, until this time next month, don't forget to have fun, fun and more fun and remember that "Every day is a life experience so be where you are, or you will miss most of your life"

*Helen*

## Secretary's Report (Judy Baker)

### Welcome to 2008

Nomination forms for election of office bearers for 2008 are now available from the secretary. These nominations need to be completed and lodged with the Secretary **by the end of the fellowship break** at the February club meeting. Final nominations will be announced after the fellowship break and published in the next months Newsletter. Elections will be held at the March meeting on Monday, 17 March, 2008 (This is the **THIRD** Monday in March).

### **Proposal to "Increase our Club Membership"**

The committee will propose a motion to all club members at our Annual General Meeting on 17 March, 2008. The proposed motion is "To increase the club membership of the Probust Club of Templestowe Valley from one hundred and thirty (130) members to one hundred and fifty (150) members".

### **January Meeting**

Our next meeting is on Monday, 14 January, 2008 at the "Ajani Centre", Thompsons Road, Lower Templestowe, opposite Sunhill Road, Melway 32K7. Enter the hall from the front entrance. The hall will open at 9.00am for activity bookings. The meeting will commence at 9.45am. Please remember to have a \$2 coin ready to pay your monthly fee when entering the hall. *Judy*

I hope you all enjoyed the festive season and now looking forward to another fun filled year at our "Probust Club of Templestowe Valley".

## ***2008 Election of office Bearers***

**The Annual General Meeting (AGM)** will be held on Monday, 17 March, 2008 and election of office bearers for 2008 will take place. Our Vice President Ian Gault, will step up to President for 2008 in accordance with our rules, leaving the Vice President's position vacant, this position has to be taken by one of our lady members. All other positions on the committee are open for nomination and election if necessary. The positions are as follows:

- Secretary
- Treasurer
- Assistant Secretary – Publicity
- Welfare and Membership
- Activities
- Speakers

If there is only one nomination for an office then acceptance by acclamation from the members present is all that is required. If there is more than one nomination for an office, then a ballot will be held and the nomination getting a majority vote will be declared as the officer for this year.

Only those present at the AGM can vote if there is a quorum (33) of members present Voting is NOT compulsory and only one candidate for each office can be voted for – **NO PREFERENTIAL VOTING**

## **Fellowship Lunch**

**(Laurine Eames & Lyn McBain)**

The venues for the monthly lunches are as follows :

**January** - Ivanhoe Hotel, 120 Upper Heidelberg Road, Ivanhoe Melway ref. 31E8. Parking at rear of hotel.

**February** - Veneto Club, 191 Bulleen Road, Bulleen Melway ref. 32D9.

**March** - AGM. Hall function. Catering by Pancakes on the Run. Cost \$14.50 pp. - BYO drinks and glasses.

Please note that payment for the March Luncheon will be collected at the January and February meetings as this must be paid in advance. Please place \$14.50 in an envelope marked with your name(s), the amount and function. Menu details will be available at the meeting.

*Lynette and Laurine*

## **Speakers (Marg McGregor)**

January Speaker - Beth Wilson, Victoria's Health Services Commissioner who receives and resolves complaints about health service providers with the view to improving health services for everybody. With more than 2,000 complaints per year, she will have some interesting tales to tell.

**February Speaker** – Janice Witham – Writer of a book about David Warren, the inventor of the "Black Box" that records data on aircraft.

## Activites (Ron McBain)

### The Proposed Trip to Central Australia .

It is intended to form a trio of members to thrash out an itinerary for the proposed trip, this will require a lot of planning so as to cater for the differing needs of those members intending to take part. Jacob Kerseboom, John Mugridge and Ron McBain will get together early January and put forward a proposal for members to consider, at that stage we will convene a meeting of interested members so that we can consider other members idea's and needs.

For those members who are interested and have not put their name/s forward please do so at the next meeting.

### No Show at Events

At a recent club event where payment was due on arrival, several members who had put their names down, failed to show and as a booking had been made for a certain number, other members were required to pay their costs. The members concerned have been or will be contacted and payment requested. The committee will discuss this issue with a view to develop a procedure that will avoid this happening in the future.

*Ron*

## Events (Elaine Hayne)

### Barbeque at Birrarung Park

Our November BBQ was another great evening enjoyed by about twenty members...So, live it up and come along on 24<sup>th</sup> January at 5pm and enjoy the summer evening in daylight savings time. BBQ facility provided.  
Evening BBQ's at 5pm on 4<sup>th</sup> Thursday in Feb, Mar and April.

### Shelmerdine Winery at Toobarac.

#### Thursday 21<sup>st</sup> February \$48.00

Includes bus, morning tea, wine tasting, and deli lunch. The winery is owned by a recent guest speaker at our club, Lady Marigold Southey a daughter of the late Sidney Myer. The bus will leave the hall at 9.00am. Please book and pay at the January meeting.

### King Island Week-end – March (Date TBA)

2 nights 3 days approx \$1000.00 inc air fare for min 10 people. See notice board for more information and put your name down if you are interested.

### Pakenham Races Tues. April 8<sup>th</sup>

Bus, entry fee, 2 course lunch at Cardinia Club all for \$48.50. Book at January meeting.

### Club Social Evening Saturday 19<sup>th</sup> April

At the hall 7pm – \$25.00 BYO Food and Drinks – Our usual great band providing music and entertainment. Book at January meeting for this fun night for all members.

## Walking Group.

### (Judy Chapman and Helga Braun)

We walk 2nd & 4th Wednesday All welcome..  
**January 9th & 23rd 9am Mullum Mullum Creek Trail**  
Meet at car park just before Donvale Christian School Mel.34 J9.

Morning tea at Beasley's

\*After the walk on the 23rd there will be a BBQ lunch at Ron & Lynette McBains at 32 Phillip Ave. Doncaster.  
Please B.Y.O food, drinks & chairs.

If you would like a copy of the Walk Program for 2008, please see Judy or Helga.

*Judy & Helga*

## Probus Getaways (Lyn Hudgson)

### Daylesford Caravan Park

If you would like to join us we are going in March for 3 nights Monday 3rd to Thursday 6th.

Please put your name on the list at our January meeting as we need to confirm the booking.

### Bright Caravan Park Oct/ Nov 2008

The Spring Festival is being held the end of Oct through to Melbourne Cup Day. There is a minimum booking at this time of 4 nights from Fri 31st Oct to Tues 4th Nov (Cup day) At the moment the park has only 8 cabins available. Sites are not a problem.

We need to book this very soon if you would like to come with us see Lyn & John or Ron & Lynette to BOOK your Accommodation.

### Point Lonsdale 2 Day Stayover Feb 12th to 14th 2008.

Balance payments are now due,  
Please see John & James at the meeting if you have not paid your balance for this trip.

*Lyn & John Hudgson - Ron & Lynette McBain*

## Craft Group (Yvonne Boyall)

Next Craft meeting Tuesday March 11<sup>th</sup> 10.00am.  
Venues for this and other meetings will be advised  
See the events list for 2008 Craft dates

*Yvonne*

## Garden Group (Faye Williams)

The first outing for the Garden Group for 2008, will be a visit to Rivers Nursery and Garden at Yarrambat, on Monday March 3rd. Hope you can all come.  
More details later.

*Faye Williams.*

## Genealogy Group (Ray Lawley)

Happy new year to all. Our first meeting for the year will be at the Doncaster Library behind the Municipal Offices on Monday 21<sup>st</sup> January 2008 10-00 till 12-00. Looking forward to your company.

*Ray Lawley 9850 4252*

## Theatre (Ellen Boyd & Joan Planck)

Friday 15<sup>th</sup> February at the Palace Cinema Whitehorse Road Balwyn 4.00pm session to see "The Kite Runner" A movie set against the backdrop of the final days of Afghanistan's monarchy to the atrocities of the Taliban reign, the film centres around the friendship of two boys despite their different backgrounds. The film is not about war it is about courage as seen through the eyes of the boys.

An expression of interest will be on the notice board at the next meeting and payment due at the 11th February meeting.

A full schedule of proposed theatre events will be available next month. *Ellen*

**Bike Riding (John Hudgson)**

Bike group is going well. See sheet on notice board for details. Ring John Hudgson for Information 98440662

**Rides are 1<sup>st</sup> and 3<sup>rd</sup> Wednesday with an extra ride Jan 30<sup>th</sup>**

*John Hudgson*

**Golf (Lyn Crosbie)**

**Results**

**Friday 7<sup>th</sup> December – Freeway**

Winner – **Denis J Wheeler** – 42 Stableford points

Runner-up – **Jim Douglas** – 41 Stableford points

Both players broke their handicaps along with 4 other members also breaking their handicaps.

**Friday 21<sup>st</sup> December – Freeway**

Nine players managed to finish the 18 holes in very hot humid weather.

Winner – **Norm Edwards** – 35 Stableford points on a countback

Runner-up – **John Mugridge** - 35 Stableford points

**Friday 4<sup>th</sup> January – Freeway**

A select few managed the 18 holes in very hot weather

Winner – **John Wilson** – 31 Stableford points

Runner-up – **Jacob Kerseboom** – 29 Stableford points

**Next game 18<sup>th</sup> January at Freeway Golf Course – Tee off 8.30am**

**Golfers Breakup**

An enjoyable night was had by 36 members and partners at Urban Retreat to end another year of golf. Food was very good even though the service was incredibly slow, but a couple of speeches or I think that's what they were, some jokes and poetry about golf kept our hunger at bay. Lots of prizes, together with much talk, laughter and wine with good friends made it a successful night

**Golf Getaway to Benalla 4th - 6th May 2008.**

\$174 – golfers twin share.

\$154 – non golfers twin share.

Deposit required \$50.00 per person – Pay January meeting

Rooms still available if anyone has not yet put their name down.

Looking forward to another great year of golf from all our players.

*Lyn Crosbie*

**Book Exchange (Pat Edwards)**

Bring along your books for swap at the January meeting

**Book Reading Group (Helga Braun)**

Contact Helga 98502144

**Scrapbook Group (Verity Moore)**

Contact Verity on 98416373

**Fine Dining (Hugh Cornell)**

Fine Dining is a good way of members getting to know each other a little better. It is necessary for leaders to let Hugh have a note of where and when you attended and a comment on the food and service, so that this can be entered in the Events Register.

Listed below are restaurants that members have reported on favourably with multiple attendances shown:

Tai Pan Chinese	Tarin Thai
Orexii Greek	Kelly Brook Winery x2
Taverna	RACV (Members-City)
Sammy's Italian – Lunch	Kim Crown Thai/Viet x2
Khao Thip Thai x 2	One Thai
Casavini Italian	Urban Retreat Cafe
La Zanyas Italian	Fountains-Box Hill Tafe
Domenic's Italian x 3	DiPalma's Italian x 3
Templestowe Living Room	

See Hugh if you wish your name to be added to our list of diners.

<b>Group 1</b>	<b>Group 2</b>
Ian & Barbara Green (Leaders)	Mike & Heather Bindon (Leaders)
Wendy & Daryl Knight	Ron & Lyn McBain
Jo and Noel Danahay	Anne & Craig Lukeman

**December Dine Out (Marion Cummins)**

Esmay and Ray Lawley, Jenny Morcom, Ann Doull and Marion and Terry Cummins(leaders) thoroughly enjoyed a dine-out at The Living Room, Templestowe. A wide variety of dishes and desserts (yummy) were available to please everyone, prices are reasonable as the quality and quantity of the food is very good. We would recommend this restaurant for a pleasant dining experience.

Thanks Hugh for your organising of The Dine Out Group.

*Marion*

**Games (Marion Cummins)**

**2008 Change of plans**

As some nights were not well attended last year, this year Games Night will only be held on the 4TH TUESDAY of each month starting on the 26th February with a CRAZY WHIST NIGHT. Watch this space for further news of speciality nights for 2008. Cheers

*Marion 98505852*

**Fine Photography Group (Doug Hayne)**

**Meet First Wednesday of the Month at 7.30pm**

Last month we looked at some photos from Central Australia with the planned Probus trip coming up later this year. We finished the night and our year with drinks and nibbles and conversation and laughter.

Any member is welcome to come along and bring along their photos for all of us to see. You can then see what we do and enjoy. We will meet next on Wed February 6<sup>th</sup> at Pine Hill Drive Doncaster East.

No meeting January.

*Doug 0407778634*

**Fellowship Tea Roster (Alan Baker /Marv Gault)**

The tea roster does not obligate anyone; it is just a guide to help spread the load. Supplies are arranged. You need to be at the hall at around 9.30am to set up and help serve at fellowship then clean up afterwards, please bring two tea towels to dry the dishes. There is an A4 sheet headed "Fellowship Tea Roster Duties" in the box with the tea and coffee, explaining what has to be done. If you are physically unable to carry out the roster duties, please let us know and we will take your name off the list. If you are unable to attend on your rostered day, please phone Alan on 98505641 or Mary on 98507881

January	Ian & Veronica Coleman
February	Ray Cooper & Margaret Cornell
March	James Campbell & Rose Cecchin

**First Aid and CPR**

Jim Douglas	Jill Dickason
Jo Danahay	Wendy Fishley
Ray Lawley	Ian Gault

**Your Committee 2007/8**

<b>President</b> - Helen Armstrong – 98164643 Email helenarmstrong@optusnet.com.au	
<b>Vice President</b> Ian Gault - 9850 7881 tluag2@bigpond.com.au	<b>Past President</b> Peter Fishley-- 9848 3749 fishley03unipro@mel.quik.com.au
<b>Secretary</b> Judy Baker - 98505641 anjbaker@alphalink.com.au	<b>Treasurer</b> - Jake Kerseboom: - 98576415 jkersebo@bigpond.net.au
<b>Asst. Secretary – Publicity</b> Doug Hayne 98418645 – dhayne@bigpond.net.au	<b>Welfare &amp; Membership</b> Lorraine Cooper - 98504483 raylorr@bigpond.com.au
<b>Activities</b> Ron McBain – 98503919 qualcalserv@optusnet.com.au	<b>Speakers</b> Margaret McGregor – 98426200 ronmargmcgregor@optusnet.com.au

**Membership & Welfare (Lorraine Cooper)**

Please contact Lorraine concerning anyone who is not feeling well or who needs a ride to meetings

**Apologies:** If you are unable to attend a meeting, please contact me or have someone pass your apologies to me on 9850 4483.

**Activity Groups**

<b>Leader</b>	<b>Ron McBain</b>	<b>98503919</b>
Book Swap	Pat Edwards	9848 7389
Book Group	Helga Braun	9850 2144
Craft	Yvonne Boyall	9841 6295
Cycling	John Hudgson	9844 0662
Fine Dining	Hugh Cornell	9846 2395
Exhibitions	Wendy Fishley	9848 3749
Games	Marion Cummins	9850 5852
Garden	Faye Williams	9899 0640
Genealogy	Ray Lawley	98504252
Getaway	Lyn Hudgson	9844 0662
Golf	Lyn Crosbie	9850 1801
Photography	Doug Hayne	9841 8645 0407778634
Scrapbook	Verity Moore	9841 6373

Theatre	Ellen Boyd	98463395
Trips & Events	Elaine Hayne	9841 8645 0407778644
Walks	Judy Chapman	9846 3286

**Other Items**

**Member Change of Address & Phone Number**

Norma Green - as of January 18<sup>th</sup>  
Address - 179/100 Janefield Drive Bundoora 3083  
Phone - 84670379

**Christmas Function Donations.**

Probus Club of Templestowe Valley would like to acknowledge the following businesses for their donation of great vouchers & gifts for the Christmas party. Our members are encouraged to support these retailers in appreciation of their generosity.

Taco Bill Mexican Restaurant	Lwr Templestowe
Hahndorfs Fine Chocolate	Nth Balwyn
Urban Retreat Café/ Lounge/ Bar	Doncaster East
Top Shelf Fruits	Lwr Templestowe
Anthony Nitson Hair	Doncaster
Warrandyte Retreat Café/Rest/Bar	Warrandyte
Jeff Baldassarre	Doncaster
Templestowe Hotel	Lwr Templestowe
Rocklands Hair	Bulleen
Hayne Family	Doncaster East
Sammy's Café/Rest/Bar	Templestowe
Gift House (The Pines)	Doncaster East
Flying Dragon Restaurant	Templestowe
Bulleen Plaza Center Management)	Bulleen
C.G.W.Complete Garden Work	Doncaster East
Australian Natural Cosmetics	Braeside
Nettletons Pharmacy (The Pines)	Doncaster East
Amy's Cards & Gifts (The Pines)	Doncaster East
Fine Choice Liquor	Bulleen Plaza

**Storage needed**

If there is a member who has a spare cupboard or space to store a few of the costumes and small extras we have used for the entertainment revues, we would be very grateful as this would keep probus costumes etc. in the one area.

If you can help please contact Margaret Campbell on 94311958 or see Marg at the next meeting

**Editor's Notes**

**Birthday Lists.**

We propose to publish a list of birthdays for the month as well as send out the cards with the newsletter. Please let me know if you do not wish to have your birthday included. I will be around at the meeting asking for details from those members for whom we do not have a record. Of course this is not obligatory and you can decline to provide the information or only the Day/Month if you wish.

**Newsletter Deadline:** February Sunday 3<sup>rd</sup> at Noon.

**Our Contacts**

[http://www.users.bigpond.com/doug\\_havne.htm](http://www.users.bigpond.com/doug_havne.htm)

Use the link on our web site to access the PSP site.

Email direct to:

[templestowevalley@probus.com.au](mailto:templestowevalley@probus.com.au)

**Our Postal Address is PO Box 518 Bulleen 3105**

Please use this address for all club correspondence. Our Secretary will clear the box regularly.

## Profile-Ian Hamilton Green

Born 3/12/1933 at St. Kilda only son of James Hamilton Green, a migrant from Scotland arriving in 1929 as a qualified accountant and Eileen Frances O'Leary, a tailoress originally from Childers Queensland. Both lived at a St.Kilda guest house with other young folk when they met and later married at StPatrick's Cathedral in 1932 after which they settled in a rented flat in Fitzroy St. St.Kilda. a One of Dad's clients was a young aspiring fashion photographer, Athol Schmith who eventually opened his studio in Collins St. From ages three to twelve, I modeled knitted garments for Paton's Knitting Books, one of Athol's clients.

In 1937 we moved to a house in Caulfield where I attended the local parish school, StAloysius. In grade six, I won a scholarship to attend De La Salle College, Malvern and completed my Leaving Certificate in 1950. The next year I successfully applied for a job as a cadet engineer at Standard Motor Co., Port Melbourne working in the Planning Department which was responsible for the establishment of new building works and including plant and services for the assembly the Standard and Triumph range of vehicles. In 1955, the company became known as 'Australian Motor Industries' and the management won the rights to market and assemble the Toyota range of vehicles with obvious successful results.

During 1957, I met Barbara at a church dance at St Columba's Elwood. We later married in January 1959 and lived in Camberwell where our first two children David and Richard were born. During this period I also worked part-time at home for Colmax Electrics which was a subsidiary of AMI.

In 1965, the wholesale division of Colmax was bought out and began operations in Brunswick. In 1966, I was invited to join this embryo company, now called Moduline Pty. Ltd. which began marketing a range of electrical cable duct systems, the purpose of which was to provide a means of distributing and enclosing power, data and communication cables throughout a commercial building complex. Initially, all manufacturing and installations were subcontracted but by 1980, we operated Australia wide and moved to new premises in Preston where we set up our own manufacturing plant. My functions included design, costing, estimating and issuing quotations. In 1984, the Company commenced operations in Singapore where we won many large contracts involving my participation over the years. In 1964, Barb and I purchased our current home in Blackburn where our next three children, Tony, Kate and Sarah were born. Since then, our kids have progressed with successful educations and have all established their own homes around Melbourne. Richard, Kate and Tony are now married with our 7 grand children. I retired in 2000 but up to last year, have been engaged as a consultant. Apart from family and friends, my other interests include our beach house at Rye, radio controlled model aircraft, golf, photography, jazz music, dining out and attending theatre, both live plays and films. *Ian Green.*

## Left or Right Hand Drive

If the Dutch or Portuguese, rather than the British, had colonised Australia we'd be driving left-hand-drive vehicles on the right side of the road. The British and the majority of their former colonies, other than Canada, drive on the left, as does Japan, just to be different.

Just as the world has failed to find harmony in the matters of power system voltage, television systems and video formats, so too there is no uniformity in the location of steering wheels in motor vehicles. Why? There is much speculation but no truths are set in stone. Lore has it that British carriage drivers traditionally drove on the left of the road, because this allowed the mostly right-handed gents at the reins to swing a whip at the horses without cutting up pedestrians.

The first car makers simply followed suit. Why then did the

Americans and Europeans decide to drive on the opposite (right) side of the road .

Two theories concern Henry Ford. In the early days of motoring, the buyer would nominate on which side of the car he wanted the wheel to be. But Henry Ford's move to mass production meant there had to be standardisation. He arbitrarily chose the left side. Fords quickly became the most popular vehicles in the US, so Henry's choice was the norm. American motorists tended to drive on the right to distance themselves, if not their offside fenders, from poles and posts on that side of the road. Once traffic built up, this practice was enshrined in US legislation.

There's also conjecture that Henry deliberately broke from the normal practice of putting the wheel on the right to skirt a patent filed by one George Seldon, an attorney with an eye on the cash register.

Locating the wheel on the left was one of Ford's many ruses to make his car as different as possible from the Seldon patent, meaning he could avoid paying royalties.

But it was Napoleon who insisted carriages in Continental Europe would drive on the right - that is, on the opposite side of the road to English carriages.

Maybe it was Gallic perversity. Perhaps, as a southpaw, he felt safer on the right-hand side of the road because, if he needed to draw his sword, he was less likely to chop off his horse's head while swinging at his foe.

This doesn't quite explain why as late as the 1920s many French luxury car makers were still exclusively making right-hookers.

And what of confused Swedes who, until 30 years ago, drove on the left side of the road in left-hand-drive vehicles? In 1967, the whole country switched to driving on the right.

In earlier times, roads were used largely by the military, and their procedures influenced the wider population.

Foot soldiers tended to hold their shield in their left hand and wear their sword on the right, so when passing oncoming soldiers, they walked shields-to-the-middle in the interest of safety.

In Japan, though, the samurai sword was worn in the belt on the left side. Etiquette required it to be kept away from oncoming travellers, which produced a practice of walking on the left.

The advent of the horseless carriage brought, no sudden end to the confusion. In Austria, half of the country drove on the left, and half on the right. It took Adolf Hitler to standardise the practices with that of Germany in 1938.

Likewise, keep-to-the-left driving was not unusual in parts of Canada until the '20s.

Until Mussolini made all on the traffic run on the right of the road in 1923, Italy was a frightening place to drive. It had been rather exciting with most cities required to keep to the left. Nothing much has changed: Italians still drive on whatever side of the road they please.

In the colony of New South Wales, Governor Lachlan Macquarie introduced a keep-left regulation as early as 1810. Most of us tend to obey, it.

And finally, a rumor that the Irish decided some time ago to change from driving on the British left side of the road to the right. They decided to try it with trucks first and if that went smoothly, cars would change to the right later the same year.

*Anon from the web*

## Sleep and the Siesta

A Boeing 707 overshoots Los Angeles Airport at a height of 10 kilometres. It keeps on flying out over the Pacific. Its entire crew are fast asleep—why? Their sleep patterns had been disrupted, and they were unknowingly catching up with a little siesta.

The albatross and the shark almost never sleep, while the giraffe gets only 20 minutes a day. At the other end of the scale, lions sleep for about 16 hours a day, cats snooze for about 18 hours a day, while gorillas and opossums just have to have their 19 hours a day. But the dolphin has the most remarkable sleeping pattern of all; it only sleeps with half of its brain at a time, so first the left brain sleeps, and then the right brain, and so on.

But in humans, there are four stages of sleep. In the first light stage of sleep, we are barely under. We could be awakened easily and not even realise we have been asleep.<sup>1</sup> But after a few minutes we slide down to stage two of sleep. Our eyes roll slowly from one side to another, but if someone lifts our eyelids we don't respond. We've been asleep for about 10 minutes by now, but if someone wakes us with a quiet cough, we would believe that we had been awake all this time. In the third stage of sleep, it takes quite a loud noise to wake us. After about 25 minutes, we reach stage four of sleep—the deepest level. We don't dream much down in stage four. After about 20 minutes in stage four we begin to drift up, back into the lighter levels.

Ninety minutes after we fall asleep, we enter a special type of stage one sleep called REM or Rapid Eye Movement sleep. This is where we do our dreaming. Our eyes jerk about under our closed eyelids as if watching a tennis match. We are hard to wake up, but if we are woken up we almost always have vivid memories of colourful dreams. Dolphins don't have REM sleep. After about 10 minutes in the REM sleep, we normally wriggle around in bed, turn over and then dive down towards stage four again. Each night, we go through this cycle about four or five times.

Aristotle thought that we slept because warm vapours arose inside the stomach. That was why people became quite sleepy after a big meal. We now know that Aristotle was probably wrong, but we still don't know why we sleep.

**But** it does seem that in humans the afternoon nap or siesta is a natural event. People in an agricultural society will usually have a nap around midday, whether they are in Scandinavia or in the tropics. In laboratory experiments, where people were kept away from a daily nine-to-five schedule and coffee, the sleep researchers found that people wanted to sleep in the early afternoon. This siesta research was done by Jurgen Zulley and Scott Campbell at the Max Planck Institute of Psychiatry in Munich. They found that our industrial society has stolen away our natural afternoon nap.

And not only that, once people were used to their midday siesta, they then wanted to have a morning nap at nine o'clock and a late afternoon nap at five o'clock. This is the pattern of three-month-old babies and it's probably the natural pattern of a human adult.

But it was the doctors at the largest hospital in Athens who found that if you had a 30-minute afternoon siesta, you could cut down your chances of heart disease by 30 per cent. That's amazing—an afternoon nap gives you more protection against heart disease, than a cholesterol-free diet or an exercise program. What a shame that the Greek government then passed an act of parliament that outlaws the afternoon siesta in shops.

So it's practically our duty to reduce the health costs for our country by having an afternoon nap. So go out there and sleep for Australia. (NB Note <sup>1</sup>Not whilst driving. - ed)

*Great Moments in Science Karl Kruszelniki*

## Typical Aussie Wedding?

Recently, we went to a typical Aussie wedding. The venue chosen by the bride and groom was a property in Kangaroo Ground called Inglewood Farm. It is an old farm, which has been adapted as a comfortable, and interesting reception centre alongside a dam with old farm implements dotted around the place. An outside bar is a converted dairy made from split timber.

The service was held in a quaint old chapel on the farm, complete with old pews and stained glass windows.

The celebrant was an Irish minister of the Anglican faith who performed the ceremony dressed in his priest's gown. He delivered a very moving and religious service, sermon and prayers. Friends and family of the couple read prayers also.

The reception was in an old barn that has been specially fitted out with a kitchen and dance area and several tables each seating 6 or 8 people. The atmosphere in the barn with its corrugated iron walls and roof and giant brick fireplace dominating the centre of a dance floor was pure heritage Australian.

A buffet was served with entree of oysters prawns and quiche and main of roast lamb and vegetables and also chocolate mousse and cheesecake for desert. Champagne, wine and beer flowed freely; including a Grange provided by the brides father.

The bride, Lillian, is the daughter of friends we have known for 40 years. She is a qualified engineer. The groom is an accountant who met his bride here in Melbourne.

The bride's father Lou, was a civil engineer with Vic Roads for many years before his recent retirement.

The bride's mother Elaine had been in the financial industry in Melbourne until her first-born Colin arrived when she left the work force to raise the family. They live in Camberwell.

The groom's mother is Sue and among the 50 or so guests were friends of the family Shirley, Frank and Angela and Bernadette who are long standing friends of the bride's family as was George, Bernadette's late husband..

Typical Aussie wedding? Well, both families and all of the people mentioned so far are Chinese, and the parents of both bride and groom were born in Asia and migrated here and had their families here in Melbourne. Of the 50 or so guests only about 10 were NOT Chinese, some with their Chinese partners.

Lou, as many Chinese do, uses as his first name, his family name "Loo", and Elaine is Eelan Loo but they are known to all as Elaine and Lou. Colin and Lillian are what they call ABC's (Australian Born Chinese) and their names are those given to the two children at birth here in Melbourne, and the family dog, a Kelpie, is called Paul.

If one had any doubts about the worth of multiculturalism in Australia, these doubts would soon be dispelled when attending this wedding. We met a marvelous, Aussie group of people who have taken on the Aussie way whilst at the same time retaining their Chinese character.

I have mentioned only the names only of those having western style names to illustrate the Australian-ness of the families and friends. The groom's name is Hyeong and his parents are Chee Ming and Sue (mentioned above)

*Doug Hayne*

**Probus Club of Templestowe Valley - Events List – 2008**

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Leader</b>
<b>JANUARY 2008</b>			
Wed Jan 2nd	Bike Riders Lwr Eltham Park / Diamond Creek Mel 21/H10	10.00am	John Hudgston
Fri Jan 4 <sup>rd</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Jan 9th	Walk Mullum Mullum Trail. Meet Old Warrandyte Rd Car Park.Mel 34 J9	9.00am	Judy Chapman
Mon Jan 14 <sup>th</sup>	Fellowship Meeting Speaker Beth Wilson	9.45 am	The President
Wed Jan 16 <sup>th</sup>	Bike Riders Capital City Trail Mel 30 H12	10.00am	John Hudgston
Fri Jan 18 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Jan 23 <sup>rd</sup>	Walk Mullum Mullum Trail. Meet Old Warrandyte Rd Car Park.Mel 34 J9	9.00am	Judy Chapman
Thu Jan 24 <sup>th</sup>	Evening BBQ in Birrarung Park	5 pm	Elaine Hayne
Wed Jan 30th	Bike Riders Yarra Flats Upstream Mel 32 C6	10.00am	John Hugston
<b>FEBRUARY</b>			
Fri Feb 1 <sup>st</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Feb 6 <sup>th</sup>	Bike Riders -Freeway Uphill Mel 47 B4	10.00 am	John Hudgston
Wed Feb 6 <sup>th</sup>	Photography Group at 30 Pinehill Drive Doncaster East	7.30 pm	Doug Hayne
Mon Feb 11 <sup>th</sup>	Fellowship Meeting	9.45 am	The President
Wed Feb 13 <sup>th</sup>	Point Lonsdale stopover	TBA	Lyn Hudgston
Fri Feb 15 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Fri Feb 15 <sup>th</sup>	Theatre at Balwyn Palace Cinema – “The Kite Runner”	4.00pm	Ellen Boyd
Wed Feb 20 <sup>th</sup>	Bike Riders - Finns/ Lower Plenty M33 B4	10.00am	John Hudgston
Thu Feb 21 <sup>st</sup>	Shelmerdine Tooborac Winery \$48.00 Meet at the hall.	9.00 am	Elaine Hayne
Wed Feb 27 <sup>th</sup>	Walking Bulleen Walk	TBA	Lyn McBain
Tue Feb 26 <sup>th</sup>	Games at Uniting Church Hall Templestowe Crazy Whist	7.30 pm	Marion Cummins
Thu Feb 28 <sup>th</sup>	Evening BBQ at Birrarung Park	5 pm	Elaine Hayne
Fri Feb 29 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
<b>MARCH</b>			
TBA	King Island week –end trip 2 nights 3 days	TBA	Elaine Hayne
Mon Mar 3 <sup>rd</sup>	Garden Group Rivers Nursery and Garden at Yarrambat	TBA	Faye Williams
Wed Mar 5 <sup>th</sup>	Bike Riders Freeway Downhill Mel 47 B4	10.00 am	John Hugston
Wed Mar 5 <sup>th</sup>	Photography Group at 30 Pinehill Drive Doncaster East	7.30 pm	Doug Hayne
Tue Mar 11 <sup>th</sup>	Craft Group Meeting Venue TBA	10.00 am	Yvonne Boyall
Wed Mar 12 <sup>th</sup>	Walking Hay’s Paddock Meet at Nth car Park Lister St. Mel 24 K6	9.00am	Laurine Eames
Fri Mar 14 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Mar 19 <sup>th</sup>	Bike riders Docklands/Port Mel/St Kilda Mel 43/C12	10.00am	John Hudgston
Tue Mar 25 <sup>th</sup>	Games at Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
Wed Mar 26 <sup>th</sup>	Walking Hay’s Paddock Meet at Nth car Park Lister St. Mel 24 K6	9.00am	Laurine Eames
Thu Mar 27 <sup>th</sup>	Evening BBQ at Birrarung Park	5 pm	Elaine Hayne
Fri Mar 28 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
<b>APRIL</b>			
Wed Apr 2 <sup>nd</sup>	Bike Riders - Merry Creek North - Mel 30/H12	10.00am	John Hudgson
Wed Apr 2 <sup>nd</sup>	Photography Group at 30 Pinehill Drive Doncaster East	7.30 pm	Doug Hayne
Tue Apr 8 <sup>th</sup>	Pakenham Races	TBA	Elaine Hayne
Wed Apr 9 <sup>th</sup>	Walking Mt Lofty Warrandyte State Park. Meet Wittons Res. Mel 24 K6	9.30am	Lyn Hudgson
Fri Apr 11 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Apr 16 <sup>th</sup>	Bike riders - Lower Eltham Park - Besasleys& Beyond.- Mel 21 H10	10.00am	John Hudgson
Sat Apr 19 <sup>th</sup>	Club Social at the hall	7.00 pm	Elaine Hayne
Tue Apr 22 <sup>nd</sup>	Craft Group Meeting Venue TBA	10.00 am	Yvonne Boyall
Tue Apr 22 <sup>nd</sup>	Games at Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
Wed Apr 23 <sup>nd</sup>	Walking Dandenong Ranges. Meet at Hall for car pool to Sassafras	8.45 am	Doug Hayne
Thu Apr 24 <sup>th</sup>	Evening BBQ at Birrarung Park	5 pm	Elaine Hayne
Fri Apr 25 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed Apr 30 <sup>th</sup>	Bike riders Darebin Creek North M31/C9 **	10.00am	John Hudgston
Central Australia Motoring Trip This Year – Date TBA – See Ron McBain			
Table Continues Next Page			

<b>MAY</b>			
Sun May 4 <sup>th</sup>	Golf getaway to Benalla 4th - 6th May 2008		
Wed May 7 <sup>th</sup>	Bike Riders - Eaglemont Ten/Cr to Boathouse Mel 31 K10	10.00am	John Hudgston
Wed May 7 <sup>th</sup>	Photography Group at 30 Pinehill Drive Doncaster East	7.30 pm	Doug Hayne
Fri May 9 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Wed May 14 <sup>th</sup>	Walking . Eltham Meet - Pony Club Car Park Homestead Rd. Mel 21 H11	9.30am	Pat McInerney
Tue May 20 <sup>th</sup>	Craft Group Meeting Venue TBA	10.00 am	Yvonne Boyall
Wed May 21st	Bike Riders Eltham Circuit Mel 21 J5	10.00am	John Hudgston
Fri May 23rd	Golf at Freeway	8.30 am	Lyn Crosbie
Tue May 27th	Games at Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
<b>JUNE</b>			
Wed Jun 4 <sup>th</sup>	Bike Riders Lilydale/ Warburton Rail Trail Mel 119 B10	10.00 m	John Hudgston
Wed Jun 4 <sup>th</sup>	Photography Group at 30 Pinehill Drive Doncaster East	7.30 pm	Doug Hayne
Fri Jun 6 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Tue Jun 17 <sup>th</sup>	Craft Group Meeting	10.00 am	Yvonne Boyall
Wed Jun 18 <sup>th</sup>	Bike Riders - Outer Circle Railway M31/K10	10.00am	John Hudgston
Fri Jun 20 <sup>th</sup>	Golf at Freeway	8.30 am	Lyn Crosbie
Tue Jun 24 <sup>th</sup>	Games at Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
<b>JULY</b>			
Tue Jul 15 <sup>th</sup>	Craft Group Meeting - Venue TBA	10.00 am	Yvonne Boyall
<b>AUGUST</b>			
Tue Aug 19 <sup>th</sup>	Craft Group Meeting - Venue TBA	10.00 am	Yvonne Boyall
<b>SEPTEMBER</b>			
Tue Sep 9 <sup>th</sup>	Craft Group Meeting - Venue TBA	10.00 am	Yvonne Boyall
<b>Canberra Floriade Trip – Put your name down when the list is available</b>			
<b>OCTOBER</b>			
Tue Oct 21 <sup>st</sup>	Craft Group Meeting - Venue TBA	10.00 am	Yvonne Boyall

**Probus Club of Templestowe Valley Inc**  
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 Reg No. A0045497C  
**Probus Registration No. 58457 -**  
**Accreditation No. 2219**

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