



PROBUS RECORDER



THE NEWSLETTER OF THE PROBUS CLUB OF GILLINGHAM, DORSET
(www.probus-gillingham-dorset.org.uk)

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Chairman's Notes

Another blistering month of summer sun comes to an end with some long-awaited rain showers, welcomed by all gardeners with open, sun-bronzed, arms. Not such welcome news is that we are not only not receiving any follow up from our advertising campaign, but we are to lose another member as Steve Baines departs to move nearer family. I obviously wish them well but am sad to lose a good friend and someone who contributed to the Club life as scribe.

We have had some very interesting talks this month and it gratifying to have one of our own stand before us giving a talk. In fact, this is third talk given by a member this year, so congratulations to those people. We all have so many side stories to tell, as witnessed by those who attend the Friday morning coffee get-togethers at the Old Brewery! For our talk on the good and bad of alcohol, we were treated to an excellent and amusing talk by retired doctor Charles Rees. I have never had to stop 'ANY QUESTIONS?' at the end of a lecture before, but some of us wanted to get home for lunch! More such entertaining talks in the future, I hope.

The summer BBQ, while not as well attended as in previous years turned out to be an excellent event. The weather did not bode well, but we unanimously agreed to the pub's offer of stepping inside to a space kept aside in case such weather conditions should arise. The food was delivered to each table, was plentiful, well prepared and wholesome. Doggy bags duly arrived for some to enjoy a second attempt at finishing their meal, and I believe everyone was very pleased with the food, the welcome, the service and the venue. I have no problem recommending that the next Chairman investigates a return to The Crown, next year.

John

WELFARE & SOCIAL

Welfare

There is very little to report, but perhaps that is a reflection of the fact that Dave Hooker is incapacitated at present and is unlikely to return to the fray for a week or two.

Social - August Club Events

2nd September 2025	The Enigmatic Ancient Maya <i>Neil Meldrum</i>
16th September 2025	The Falklands War <i>James Porter</i>
24th September 2025	Outing: Silton Walk-About <i>Sam Woodcock</i>
30th September 2025 (W/P)	He Did It His Way <i>Chris Walker</i> “Chris Walker traces the musical career of Frank Sinatra – one of the greatest singers of the 20th Century. From his early days as a singer with big bands to his topping the bill both in Las Vegas and in Hollywood movies. Rare footage and photographs are included in this musical tribute featuring original recordings from Chris’s own collection.”



August Talks

5th August

Alastair Olver

Our first talk this month was given by our own member, Alastair Olver in which he described the coast-to-coast Wainwright Walk he and his wife Julie undertook earlier this year. In all, they covered 192 miles in twelve days. They used a company which specialises in organising these types of treks, with overnight stops planned and their luggage transported to the next hotel in readiness for a well-deserved break.

They began their trek in the Lake District, setting off from St Bees in Cumbria and finishing at Robin Hood Bay in North Yorkshire. The challenging and iconic walk passed through the Lake District; the Yorkshire Dales, and the North York Moors national parks. Alastair highlighted his walk with many photographs of Julie near a wide variety of signposts discovered along the way, as well as photos of the range of differing landscapes they encountered along the route. It is fair to say that despite occasional deviations from the route, Alastair and Julie demonstrated exceptional fitness and excellent navigation skills across such a wide variety of landscapes and terrains.

Alastair and Julie were not the only travellers attempting the route and they regularly came across familiar faces along the way, with some walkers travelling from around the world to complete this challenging walk, such is the draw of Alfred Wainwright. Alastair and Julie are now recovered from the strangest meteorological experiences thus far encountered on their many treks, twelve days of hot sunshine without a drop of rain! Planning is now underway for the next trip, probably in Spain. Good luck to both!

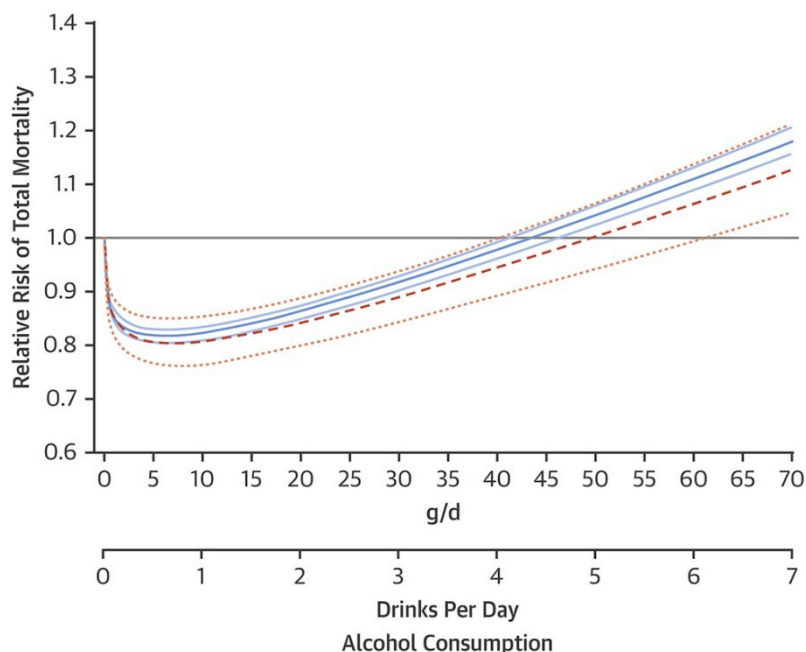
19th August

Dr Charles Reeves



The Chairman has already mentioned the wry humour to which we were treated by retired Doctor Charles Rees. His opening remark questioned the statement by the UK's Chief Medical Officers' that "*there is no safe level of alcohol*". On the one hand the Department of Health treats alcohol as though it is a Mercury compound and on the other, there is a colossal world-wide drinks industry. Where does the truth lie?

He presented his resulting comments against the backdrop of the widely accepted "J-shaped curve" for alcohol and mortality, which suggests that light-to-moderate drinkers have a lower risk of all-cause mortality than non-drinkers and a significantly lower risk than heavy drinkers.



Charles Rees didn't ignore the harmful effects of alcohol, but put them in greater perspective, concluding with the following "*Charges against the Accused*"

- That the claim: "No Safe Level" of drinking" – is 100% Wrong.
- The statement "We are drinking more and more" – is also wrong. The FACTS show that alcohol consumption is actually falling.

The outcome of his talk – apart from the amusement brought about by his humorous approach – was that **the J Shaped Curve should guide the formulation of public policies on alcohol consumption.** By doing so, the UK would be shown up as the world's 'nanny state' when it comes to alcohol use and abuse.

ENDPIECE (Editor)

(Apologies if you have already received this, but it seems too good to limit circulation!)

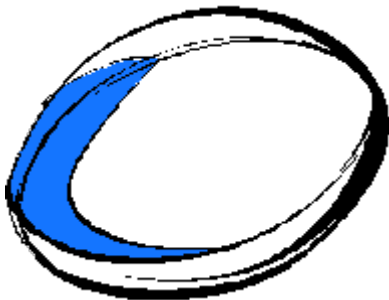
INTERESTING OBSERVATION



1. The sport of choice for the urban poor is SOCCER.



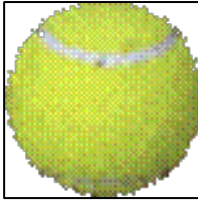
2 The sport of choice for maintenance level employees is BASKETBALL.



3 The sport of choice for front-line workers is RUGBY.

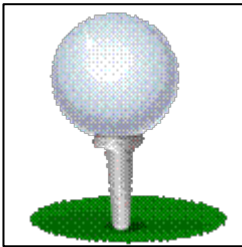


4 The sport of choice for supervisors is CRICKET.



5 The sport of choice for middle management is TENNIS.

And....



6 The sport of choice for corporate executives and officers is GOLF.

THE AMAZING CONCLUSION:



The higher you go in the corporate structure, the smaller your balls become.

There must be a ton of people in the Government playing....



Marbles !!!!

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Hard of Hearing?

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor, and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

However, the elderly gentleman returned to the doctor within a month and the doctor said, *"Your hearing is perfect. Your family must be really pleased that you can hear again."*

The gentleman replied, *"Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"*

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and recently received.....

