



Chichester & District Probud Club

DECEMBER 2024 NEWSLETTER

To all Members

1 PRESIDENT'S GREETINGS

I want to begin with thanks to all the Committee for all they have been doing to maintain our Club's activities. I also want to give a couple of special thank-yous. First of all our thanks to Frank for organising the special lunch on December 5th with its complexity of members' varied choices of dishes and numbers of courses. We all look forward to the traditional Christmas quiz, organised by Frank. He also deserves our thanks for organising the Christmas Walk followed by lunch on Tuesday December 17th. Secondly, I want to thank Dexter for presiding over the October and November lunches in my absence caused by needing to have a pacemaker fitted. I am glad to report that it's so far so good on the pacemaker front.

Most of us have now got used to using the Crouchers Hotel which is just as well as there is absolutely no sign of the Home Office releasing the Chichester Park Hotel. New refugees are flowing in all the time as others leave, requiring help from our excellent local charity, Sanctuary in Chichester, and the local councils.

I will conclude by wishing you all a happy and as healthy as possible New Year. Let's hope the wars in Ukraine and Gaza are soon brought to a peaceful end, and international tensions everywhere are eased from their present concerning level.

2. SECRETARIAL SCRIBBLES

1 PROGRAMME OF FUTURE SPEAKERS 2025

January 9 – Martin Radford Bert Hinkler, Southampton's forgotten Aviation Pioneer

February 13 – Ian Worley – Whitbread Round the World Race 1977-78

March 14 – Kerry Jackson RSPB – BIRDS

April 10 – Rob Goldsmith – From the TITANIC to you

MAY 8 GUEST LUNCH – Madeleine Salvetti: *“Origins Behind Our Sayings Used in Everyday Language.”*

June 12 – Frank Pattison – Bewitching - a journey through the Harz Mountains

July 10 – Peter Varnish OBE – Cyber Security OR AI

August 14 – Judith Darley – Chichester Oyster Boats

September 11 – His Honour Raymond Naqvi – Cyprus: Judging

October 9 – Father Peter Bustin – Art Appreciation

November 13 – Brian French – Egyptology

December 11 – Griffiths Christmas Gala

John Hargreaves

Secretary

3 TREASURER'S REPORT

There is nothing specific to report.

The Finances are in order.

Frank Griffiths,

Treasurer

4 MEMBERS WELFARE

Please keep me informed of any health issues and other help you may feel the club can offer you personally. This also applies to any needs of fellow club members you may be aware of.

Peter Heydenrych

Welfare Officer

5 PRESS REPORT



Diabetes used to be a terrible disease. It had known for thousands of years, resulting in body wastage and certain death.

However, an effective treatment was discovered in 1922, members of Chichester Probus Club were told by retired comprehensive school head Ian Goodall (pictured above) at their November lunch meeting at Crouchers.

GP Frederick Banting, a Canadian First World hero, had a “eureka moment” when looking into the findings of 19th Century German doctor Paul Langerhans who had recorded he had noticed different cells in islets in the pancreas.

It was now known that this was where the body made the hormone insulin which turned food into energy and managed blood sugar levels. If insulin levels were too low, glucose built up in the blood leading to symptoms of diabetes.

Banting collaborated with biochemist Charlie Best and their research using dogs showed that injections of insulin dramatically reduced blood sugar levels.

The pair, who believed the discovery belonged to the world, sold their rights to insulin for one dollar.

The insulin that was first used on patients was extracted on animal organs supplied by abattoirs, but it took 10 tons of animal pancreas to make a few grams of insulin. However, it has been genetically engineered since the 1980s.

Banting was awarded the Nobel Prize in 1923, still the youngest person to have received it. He shared the accompanying finance with Best.

Eve Fuller

Press Officer

6 SOCIAL ITEMS

6.1 Coffee Morning

There will be no Coffee Morning in December

6.2 Proboscis Walks Report

The Christmas Walls Walk and lunch at Cotes Chichester for Tuesday 17th December for walls walk and lunch has been arranged by Frank Griffiths.

Walk meet at 10.30 meeting place to be advised lunch 12.00 noon,
walkers / non walkers welcome.

We still have a vacancy for a Walks Co-Ordinator.

6.3 Social Visits

The next social visit will be arranged next year. Members are requested to suggest places that could be visited.

Brian French

7. HUMOUR

7.1 A Day at the Races 🐎

Two Female teachers took a group of Primary students from years 1, 2 and 3 for a field trip to the Musselburgh Racecourse to see some Horse-Racing for their first time.

They had a great time but through the afternoon the children needed to go to the toilet.

The two teachers decided that the girls would go with one of them and the boys would go with the other.

The teacher assigned to the boys guided them to the Men's toilet and then waited outside.

Shortly after, one of the boys came out and told her that none of them could reach the urinal.

The teacher had no choice, so she went inside, helped by hoisting him up so he could reach.

As each one finished, she put him down and zipped him up.

As she lifted one boy up to the urinal, she couldn't help noticing he was a whole lot ... Bigger than any of the others.

Trying not to stare, the teacher said,

"You must be in Year 3 then" ...?

"No Miss", came the reply,

"I'm actually riding *Kingfisher* in Race 7, but I really DO appreciate your help ...!! ..

7.2 From David Childs Hopkins

An Englishman says to his friend, the Scotsman, that he has a perfect way of eating for free in restaurants.

"I go in at well past 9 o'clock in the evening, eat several courses slowly, linger over coffee, port and a cigar.

Come 2 a.m., as they are clearing everything away, I just keep sitting there until eventually a waiter comes up and asks me to pay.

Then I say: 'I've already paid your colleague who has left.'
The Scotsman is impressed, and says, "Let's try it together this evening".
So the Scotsman books them into a restaurant and come 2 o'clock
they are both still quietly sitting there after a very full meal.
Sure enough, a waiter comes over and asks them to pay.
The Englishman just says, "I've already paid your colleague who has left".
And the Scotsman adds, "And we are still waiting for the change".

PJH 01.12.2024