



Chichester & District Probus Club

NOVEMBER 2024 NEWSLETTER

To all Members

1 PRESIDENT'S GREETINGS

Next month we will be having our traditional Christmas lunch on Thursday 5th December.

In preparation for the event your committee has met to agree the detailed arrangements which I set out below.

In accordance with tradition we will be offering a three course meal. If you and/or your guest want less than three courses, you will need to select the courses you want at the time of booking and paying. The hotel will know what everyone is eating only by way of your choices listed on your place card.

As usual we will provide widows' lunches free for all widows who wish to join us. There will be no ladies' gifts. The funds saved are better used to increase the members' subsidy.

Quiz prizes will be provided as in previous years.

A staff gratuity of £150 will be paid on behalf of us all.

A members' lunch subsidy of £20 per member will be provided. Members will have paid £14 by monthly Standing Order. So each member will be paying only the normal £10 for their own lunch at the time of booking. If they bring a guest or guests they will be charged £44 per guest payable at the time of booking. Please note that for admin simplicity the £10 and £44 charges apply regardless of the number of courses ordered.

We also went on to discuss our present subscription and lunch payment system, the £14 plus £10 arrangement. We agreed that there were issues with the present system like some members not coping with the deadline or not responding at all. However, we also agreed to stay with the existing system and to defer a review until the next AGM in the summer next year.

1.1 Lunch Menu for November

Crisp belly of pork and braised red cabbage with baked duchess potatoes and a rich red wine jus.

Followed by:

Triple chocolate brownie with citrus crème fraiche, toasted almonds, and homemade vanilla ice cream.

Vegetarian option:

Creamy minted pea and broad bean risotto with pickled tomatoes and a watercress and radish salad.

1.2 Speaker for November

Ian Goodall on “The discovery of insulin and the conquest of diabetes”.

2. SECRETARIAL SCRIBBLES

2.1 RAFFLE:

A coruscatingly cheeky Cabernet Franc, a mellifluous Montepulziano and a pulchritudinous Pinot Grigio will be offered by the esteemed duo of James Cockburn and Graham Currell

2.2 EVENTS:

There will be table plans available for the Christmas Lunch on 5th December

I will bring lists to sign for the Christmas Walk at 1030 on 17th December with COTE lunch at 12.00pm.

2.3 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

2.4 Attendance

The deadline for both your attendance (OPT-IN & £10) and your non-attendance (apology) is no later than:

Noon Thursday 7th November.

For this and future meetings, the club will be operating the **OPT-IN system**:

Please send me on or before the deadline of **NOON Thursday**, details that you will be attending the meeting, having paid your additional £10 by BACS transfer to the club account.

Thanks to those already paid.

Please also inform me of you apologies for the November meeting.

Best wishes,

Chris Fuller (07818 22 88 06)
Assistant 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. Please call me on 01243 532609.

Peter Heydenrych
Welfare Officer

5 PRESS REPORT



The Art of Listening

Listening carefully was an art that could save lives, members of Chichester Probus Club were told at the recent lunch meeting at Crouchers Orchard

The talk was given by club member, David Thornley, director for Outreach for Bognor and Chichester Samaritans.

He said that the Samaritans were founded by the Rev Chad Varah in 1953. It was the world's first crisis hotline to provide support to those contemplating suicide.

Now there were outreach teams across the UK with a total of 22,000 listening volunteers in 200 branches all with the aim of reducing 7,000 suicides a year in the UK.

An example was the Bognor branch which had 85 active volunteers working from a former terraced house complete with training and administration suites.

Latest figures for last year showed 6,000 suicides in England and Wales alone, a 10 per cent increase on the previous year. The highest reported incidence was among the 16 to 24-year-old age group and middle-aged men, mainly due to social and economic deprivation.

David added that the Samaritans call line 116123 was now a national service rather than localised. It was a 24-hour service manned by 2-300 volunteers. In addition, they links to other specialist charities and organisations, schools and universities, and had training sessions and partnerships with the railways, the prison service, police custody suites and the Government.

The organisation had produced many leaflets giving advice and listening tips so that family members and friends could help someone to “open-up” and show they were not “alone”.

Any calls to the Samaritans would be answered by a trained volunteer ready to listen the caller without judgement about their problems and issues. There would be no pressure from the listener who would just ask the caller to talk it through.

Some people would find it hard to talk and needed time. The listener would stay on the line until the caller was ready, giving space for the caller to find their own way through their problems.

6 SOCIAL ITEMS

6.1 Coffee Morning Thursday, 7th November 10:30 am.

Thursday's Coffee Morning will be held at **The Boston Tea Party in Baffins Lane**

6.2 Probus 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

I took my dad to the mall the other day to buy some new shoes (he is 92). We decided to grab a bite at the food court. I noticed he was watching a teenager sitting next to him. The teenager had spiked hair in all different colours: green, red, orange, and blue. My dad kept staring at him. The teenager would look and find him staring every time.”

When the teenager had had enough, he sarcastically asked, “What’s the matter, old man, never done anything wild in your life?”

Knowing my dad, I quickly swallowed my food so that I would not choke on his response, knowing he would have a good one. In classic style, he did not bat an eye in his response.

“Got drunk once and had sex with a peacock , I was just wondering if you were my son.”

PJH 04.11.2024