



# COMMUNICATOR

## PROBUS CLUB OF GLENROY INC.

Meets at 9:45 am on the second Tuesday of each Month  
at the Glenroy Uniting Church Hall, Wheatsheaf Road, Glenroy.

**Next Monthly Meeting:- Tuesday 12th April 2016**

### ELECTED COMMITTEE FOR 2016/17

President:- Wal Jarvis

Vice President:- John Vandenberg

Treasurer:- Barry O'Connor

Communicator

Editor:- John Elletson

Distributor:- Geoff Woods

Attendance & Nametags:- Les Hooke

Membership Records:- Les Hooke

Speakers:- Max Smedley

Secretary & Public Officer -

Peter Dimsey      Mail to

PO Box 604, Glenroy 3046

Past President: Les Hooke

Functions Officer:- Noel Walsh

Asst. - Joe Milanese

Stroll Co-ordinator:- Arthur Jarvis

Bowls Co-ordinator:- Murray Gorham

Catering Officer:- Gordon Scott

Asst. - Joe Milanese

Welfare Officer: Vacant

Probus is an association of active retirees who join together in clubs, to provide regular opportunities for them to keep their minds active, expand their interests and to enjoy the fellowship of new friends.

Email: [glenroyprobus@gmail.com](mailto:glenroyprobus@gmail.com)  
Website: [www.glenroyprobus.org.au](http://www.glenroyprobus.org.au)

## APRIL ACTIVITIES

Tuesday 12th - Monthly Meeting.

Monday 18th - Stroll - Boeing Reserve, Strathmore Heights. **N.B. 3rd Monday.**

Wednesday 20th - The Meadows Greyhound Racing and Lunch. **Cancelled.**

Thursday 28th - Sip N'Chat, Glenroy RSL at 10.30am.

## MAY ACTIVITIES

Tuesday 10th - Monthly Meeting.

Tuesday 17th - Lunch at the National Gallery of Victoria.

Monday 23rd - Stroll -

Thursday 26th - Sip N'Chat, Glenroy RSL at 10.30am.

## FUTURE SPEAKERS

**APRIL** - Don Miller, Critical Look at Sport, "The West at Play".

**MAY** - Ken Pryor - Travelling around Australia.

## MARCH SPEAKER

The speaker for March was Natalie Mills from Dorset Rehab, 146 Derby Street, Pascoe Vale. Dorset has 30 beds and caters for both in and out patients.

Natalie introduced her topic of "Wellness As We Age" and started with Diet.

Over 65's require fewer kilojoules but you still require the same amount of nutrients. Limit salt intake as it raises blood pressure and concentrate on fruit, vegetables, dairy, grains, nuts and leaf plants. Drink more, not just water but juice, fruit, soup, custards etc.

Variation is important, mix colours on your plate.

If weight varies 10% up or down in six months see your doctor.

Physical activity is essential, aim for 30 minutes of cardio-vascular and strength exercise five days a week. If 30 minutes feels too much, break it into three 10 minute periods.

Exercise should just raise the heart rate.

Good footwear is important for your spine and balance thus preventing falls.

Over 65's need 7 to 9 hours of sleep per night and you should wake refreshed. Disturbed sleep could be the result of too much activity, caffeine or going to bed worried or anxious.

If you have to get up at night make certain there is adequate lighting and no trip hazards.

10-15% of over 65's suffer from depression/anxiety. If you think you have a problem speak to someone.

If using multiple medications, have your pharmacist list all medications and assess the likelihood of some medicine affecting another. Medicare will pay for five sessions of Allied Health Care per year, ask your doctor for a referral. You need a doctor's referral to attend any Dorset program.

Charles Fyfe thanked Natalie for her useful advice and presented her with a Club pen made by Doug Birchall.



*(Doug Birchall)*

## GENERAL CLUB NEWS

President, Wal Jarvis, opened the 2016 AGM by welcoming those present, including six ladies. He went on to recall some of the highlights of the past year and to thank the past Committee.

He made special mention of those retiring from Committee, John Darling and Peter Pendlebury for their enjoyable outings and a special mention to Dudley Twigg who for many, many years has looked after the attendance and membership records.

Treasurer, Barry O'Connor presented the Annual Financial Report. Barry has provided a copy to accompany this newsletter.

The election of the Committee for the 2016/2017 year was then conducted and the new Office Bearers are listed on the front page of this newsletter.

Proceeding with the March General Meeting there were 38 members present, nine apologies and six visitors.

Ten members indicated they would be lunch-ing at the RSL.

Treasurer, Barry O'Connor reported that during February there was income of \$150. Expenses were \$45 rent, \$13.20 photo copy-ing the "Communicator" and morning teas \$19.95. Current available funds are \$1492.17.

**Our Club's Annual Subscription remains at \$50.00 and is now due.**

## TEA ROSTER

**APRIL** - Charles Fyfe, Jacob George & Keith Greathead.

**MAY** - Gavin Herft, Jim List & Harry Middlomo.

## BOWLS

It is sad to report that our team failed in its attempt at back to back wins in the Annual Pro-bus Bowls Tournament at Buckley Park on Wednesday 9th March.

Our team of Les Hooke, Max Smedley and Murray Gorham had a very convincing win in their first match but narrowly missed out in the second match. Better luck next year.

### Members please note:-

If you leave the meeting early please sign out in the Attendance Book.

In the event that we have to perform an Emergency Exit the Attendance Officer will have this Book to conduct a roll call at the assembly points.

## OUTINGS

### **MARCH WEDNESDAY 16TH - BEGONIA FESTIVAL, BALLARAT**

On the 16th March we enjoyed a comfortable trip travelling to Ballarat by bus to the Begonia festival beside Lake Wendouree, where we walked through the beautiful gardens and the most wonderful display of begonias which would be the envy of any gardener. The main display was just a sea of colour and flowers, size of plates they were just gorgeous.

We then dined at the Leagues Club for lunch before travelling back home.

Thanks to the team for making this another great day out.

Jan Fraser

### **APRIL WEDNESDAY 20TH - LUNCH & GREYHOUND RACING at "THE MEADOWS"**

Due to not reaching the minimum number required, this day at the Greyhounds will not proceed.

### **APRIL THURSDAY 28TH - SIP N' CHAT - GLENROY R.S.L.**

In March, 9 Members attended and enjoyed the chat at this event.

Any members wishing to join us in April will be most welcome. Time 10.30am.

### **TUESDAY 17TH MAY - LUNCH at NATIONAL GALLERY of VICTORIA**

Travel by train to Flinders Street Station, the NGV is in St Kilda Road just over the Yarra River. Meet at restaurant entrance at 11:30am for a 2 course lunch at 12 noon.

You have two choices for entrees, main courses and deserts. Choose one entree and one main course or one main course and one dessert. Gluten-free and vegetarian available, please advise when making payment.

Cost \$40 per person for meal, admission to NGV is free and NGV opens at 10.00am.

Payment required at April meeting.

**PLEASE NOTE:** Payment for all outings must be placed in a sealed envelope with the outing, your name & amount of money enclosed clearly written on the front when making payment

John Darling has suggested members may be interested in attending the Darebin Art Centre for their monthly Daytime Concert Series. I have put a brochure at the front counter for your viewing. If you are interested, please advise myself or Joe. Thanks John for the suggestion, and if anyone else has suggestions for an outing please advise us.

I am interested in organising a Lunch at Richards Restaurant Broadmeadows TAFE.

Please indicate your interest on the form at the front.

(Noel Walsh)

## STROLLERS

### **MARCH MONDAY 21ST - LOGAN RESERVE, ALTONA**

A cold windy morning saw 19 strollers gather at Logan Reserve Altona.

While about half the group went for a short stroll along the beach and then ended up in a nice coffee shop, the rest had a good walk along the beach and got nearly as far as the boat harbour.

The views across the water were excellent with a large number of black swans in evidence.

A walk out along the pier followed by lunch and the usual chat concluded a very nice morning.

### **APRIL MONDAY 18TH - BOEING RESERVE, STRATHMORE HEIGHTS**

Meet in the car park at 10.00 am. Melway Map reference 16 D5. This is the 3rd Monday instead of the 4th Monday because the 4th is ANZAC Day.

(Arthur Jarvis)

PROBUS CLUB OF GLENROY INC

Statement of Receipts and Payments for the period 01/02/2015 to 31/01/2016

2014/2015	Receipts	2015/2016	2014/2015	Payments	2015/2016
903	Probus Funds	1497	545	Hall Rental	540
148	Strollers Funds	32	315	Morning Teas	323
1404	Function Funds	1093	193	Printing/Stationery	176
1500	Grant (MCC)	0	220	Committee Expenses	320
2830	Subscriptions	2660	123	Speakers Expenses	210
8160	Functions	6394	8461	Functions	7123
33	Strollers	302	149	Strollers	5
0	Rotary Raffle	400	207	Post Office Box & Postage	224
0	Unclaimed Cheques	52	1263	Probus South Pacific Annual Fees	1276
			100	Miscellaneous	0
			0	Consumer Affairs Fee	53
			63	Badges	0
			2579	Cash at Bank	2003
			750	Grant (MCC)	750
14978		12423	14978		13003
	31/01/2015	Bank	2579	31/01/2016	Funds
		+ Receipts	12427		Probus 1492
			15006		Strollers 329
		- Payments	13003		Functions 182
	31/01/2016	Bank	2003		2003

*B A O'Connor*

B A O'Connor  
Honorary Treasurer