



COMMUNICATOR

PROBUS CLUB OF GLENROY INC.

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

Next Monthly Meeting:- Tuesday 13th. August 2013

President:- Bob Brown

Vice President:- Les Hooke

Communicator Editor:- John Elletson

Communicator Distributor:- Geoff
Woods

Attendance & Nametags:- Dudley
Twigg

Membership Records:- Dudley Twigg

Speakers:- John Vandenberg

Secretary & Public Officer - Neil Thomas
Mail to PO Box 604, Glenroy 3046

Treasurer:- Wal Jarvis

Past President:- Alan Whatman

Functions Officer:- John Darling

Stroll Co-ordinator:- Arthur Jarvis

Bowls Co-ordinator:- Murray Gorham

Catering Officer:- Gordon Scott

Appointed Auditor for 2013-2014: Jack O'Hara

Probis 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: glenroyprobis@hotmail.com
Website: www.vicnet.net.au/~gprobis

AUGUST ACTIVITIES

Tuesday 13th - Monthly Meeting.

Monday 26th - Stroll - Royal Park Wetlands.

Tuesday 27th - Coach to Quang Minh Buddhist Temple - Cancelled.

SEPTEMBER ACTIVITIES

Tuesday 10th - Monthly Meeting.

Monday 26th - Stroll - The Strand, Williamstown.

FUTURE SPEAKERS

AUGUST - Gary Ferguson, The Rights of Seniors.

SEPT - Gwen Rosengreen, Hearing Technology.

JULY SPEAKER

Speakers for July were Veronica Spillane and Catherine Kelly from Austin Health.

Their topic Respecting Patient Choices®, is an Australian Model of Advance Care Planning.

This project is funded by the Federal Government and supported by the Victorian Department of Health.

If you became really sick, or had a serious accident and might die, how much medical treatment would you want? Would your answer change if you were not going to return to your previous state of health?

Who would you like to make medical decisions for you if there came a time that you could not speak for yourself?

Veronica emphasised the need to discuss with family, friends and doctors and form a written plan.

Some steps to consider.

1. Think about the values that are important in your life.
2. Think about your current health and possible future health problems.
3. Think about what you would want from future medical care.
4. Talk to your family/next of kin about these issues.
5. Talk to your doctor about these issues.
6. Choose a Medical Enduring Power of Attorney (who becomes your agent).
7. Meet with your agent and the Respecting Patient Choices® Facilitator.
8. Work with the Respecting Patient Choices® Facilitator and your agent to complete your Advance Care Plan.

Veronica and Catherine provided a pack of information sheets for each of us to take home to study. More information can be found on the Internet at their website

www.respectingpatientchoices.org.au

Also the website of the Office of the Public Advocate. www.publicadvocate.vic.gov.au

Geoff Woods thanked them for their thought provoking talk and presented them with Club pens turned by Doug Birchall.



VALE ERIC CRUICKSHANK

**It is with deep regret that we mourn the passing of our eldest member,
Eric Cruickshank, and we offer our deepest sympathy
to his wife, Betty, and to his loved ones.
Eric joined the Club on 12th March 1991 and passed away on
Friday 12th July aged 96.**

GENERAL CLUB NEWS

Treasurer, Wal Jarvis, reported that during June we had income of \$120 for Subscriptions. Expenses were Hall Rental \$45, Communicator \$13.20, Morning Teas \$20.65, Purchase of First Aid Kits \$89.95 and RDU Badges \$57.62.

Resulting in available funds of \$1498.85.

At the July meeting there were 43 members present and 13 apologies.

There were two visitors, Bruce Delzoppo and Barry O'Connor.

Fifteen members indicated that they would be lunching at the RSL.

TEA ROSTER

AUGUST - Ron Howard, Ted Hucker, Rick Johnson & Jim List.

SEPTEMBER - Harry Middlemo, Joe Milanese, Geoff Milley & George Owen.

If you cannot attend on your rostered day

swap with a mate or contact Catering Officer, Gordon Scott.

COMMITTEE NEWS

A quarterly Committee meeting was held on Monday 29th July.

NEW PROBUS CONSTITUTION - NOTICE OF MOTION

Following an Australia wide review by Probus clubs, Probus South Pacific Limited has provided a revised Constitution for all clubs to adopt.

Notice of motion is given by our Management Committee that a "motion to adopt the Probus Constitution dated February 2013 (0213)" will be presented at our September meeting. Enquiries to John Darling

CLUB RISK MANAGEMENT POLICY

As advised last month the Management Committee will present a Risk Management Policy to the August meeting for adoption by the Club.

OUTINGS

JULY TUESDAY 16th - "CHRISTMAS in JULY" at SKYWAYS

Forty members and friends found their own way to Skyways Hotel, Airport West for a 10.00am start with Morning Tea or Coffee.

Entertainment by Janene Joy featured Christmas songs and items from Broadway stage shows. We were then served with soup then roast turkey with all the trimmings.

This was, of course, followed by Christmas Pudding.

Thanks to John Darling for organizing another good outing.

AUGUST TUESDAY 27th - BUDDHIST TEMPLE & FLEMINGTON RACECOURSE

With only 14 members expressing interest this outing has been cancelled.

OCTOBER TUESDAY 8th - CLUB'S 25th BIRTHDAY

This October we will celebrate the Club's 25th Birthday.

To make the occasion special we are inviting representatives from Rotary and the other Glenroy Probus Clubs to the October meeting.

The meeting will be at Wheatsheaf Road, followed by lunch at the RSL. Please put your name on the list for booking purposes.

It's still early days yet so any further suggestions on how we can make this event special will be most welcome, please speak to John Darling.

OCTOBER FRIDAY 11th - DEFENCE FORCE SCHOOL OF MUSIC

Coach to the Defence Force School of Music (DFSM), Watsonia for a morning feast of musical entertainment, then to Zagames, Reservoir for a Buy Your Own lunch. Cost \$10.00 plus Buy your own lunch. Names this meeting.

(John Darling)

STROLLERS

JULY MONDAY 22nd - CANNING RESERVE, AVONDALE HEIGHTS

On a dull day 14 strollers had quite a good walk uphill beside the Maribyrnong River ; some elected to take the short walk and a few climbed up to the lookout for an excellent view of the surrounding country side .

After a quick lunch every one was glad to get back into their cars and head home to escape the chill wind.



AUGUST MONDAY 26th - ROYAL PARK WETLANDS, OAK STREET , PARKVILLE.

Melways 29 C11.

SEPTEMBER MONDAY 23rd—THE STRAND, WILLIAMSTOWN.

Melways 56 B4-5.

(Arthur Jarvis)

QUOTES FOR THE MONTH Bob Brown

The secret of life is not to do what you like, but to like what you do.

If youth but had the knowledge and old age the strength.

If worry were an effective weight-loss program, women would be invisible.