



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 8th August

ELECTED COMMITTEE FOR 2016/17

President:- John Vandenberg

Vice President:- Ken Pryor

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: Wal Jarvis

Functions Officer:- Vacant

Asst. - Joe Milanese

Stroll Co-ordinator:- Wal Jarvis

Bowls Co-ordinator:- Murray Gorham

Catering Officer:- Gordon Scott

Asst. - Joe Milanese

Welfare Officer: Les Hooke

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: glenroyprobus@gmail.com
Website: www.glenroyprobus.org.au

AUGUST ACTIVITIES

Tuesday 8th - Monthly Meeting.

Tuesday 22nd - Computers - Function Room Glenroy RSL at 10.30am.

Thursday 24th - Sip N'Chat, Glenroy RSL at 10.30am.

Monday 28th - Stroll - Boeving Reserve, Strathmore Heights.

Tuesday 29th - "The Kings of Croon " at the Moonee Ponds Clocktower Centre.

SEPTEMBER ACTIVITIES

Tuesday 12th - Monthly Meeting.

Monday 25th - Stroll -

Tuesday 26th - Computers - Function Room, Glenroy RSL at 10.30am.

Thursday 23th - Sip N'Chat, Glenroy RSL at 10.30am.

FUTURE SPEAKERS

AUGUST - Bronwyn Roberts - "The Benefits of Laughter".

SEPTEMBER - Sandra Steele - Loddon Shire.

JULY SPEAKER

Our Speaker for July was Alison Wright from Armadale to give an RACV produced presentation on Healthy Aging and Staying Connected which covered seven topics.

The ageing population. By 2025 one quarter of Victoria's population will be over 60 years of age. We are 10th in the world for longevity.

Keeping active. Movement is important; we must avoid long periods of inactivity. Don't sit around; the old adage is correct, "if you don't use it, you will lose it."

Healthy ageing. Diet is important, five serves of vegetables, 3 portions of lean protein (egg, fish, chicken) and 4 to 5 grains. Keep to a minimum with pastries, cakes, biscuits, packaged (processed) foods. Drink plenty of water.

Ageing and getting around. As we age we must be more careful, people over 65 are four times more likely to have falls. Our reaction times, vision and movements are not as good as they were.

Alternative transport. There will come a time when we may have to stop driving. This can be a whole new experience, having to plan how we are going to get out and about. The world of Miki and public transport sounds terrible but if you have to do it you might as well try to enjoy it. Mobility devices such as electric scooters are an alternative, do your homework and choose a device to suit your own particular needs.

Internet use. Don't give up on the Internet, make it work for you. Go to classes at local libraries, neighbourhood houses or U3A. The Internet is not something we grew up with but we can conquer it. For example, doing our supermarket shopping online and having it delivered to our door could be something to try out.

Scams. The Internet is one area where we might contact scams but they also can come knocking on our door so we should be vigilant. Look out for cheap deals asking for cash up front, ask advice from others. Never give out information and ask for ID and get offer in writing.

Max Smedley thanked Alison for a very helpful and thought-provoking presentation and presented her with a Club Pen manufactured by Doug Birchall.



GENERAL CLUB NEWS

With President, John Vandenberg, absent recovering from his appendicitis episode, Vice President, Ken Pryor, took the Chair and welcomed all those present.

At the meeting there were 32 members present, 14 apologies and five visitors Teresa Sanchez, Tony Bajoras, Brian Baxter, Geoff Freeman and Tony Hannan.

Seven members indicated they would be lunching at the RSL.

Treasurer, Barry O'Connor reported that during June there was subscription income of \$200, Moreland Council Grant \$500 and raffle \$102.. Expenses were \$45 rent and \$12.90 photo copying the "Communicator". Morning Teas \$12, Consumer Affairs Victoria \$55.80, Advanced Corporate Badges \$36.30 and raffle prizes \$22.

Current available funds are \$1,951.07.

Jacob George advises he has changed his address to Mascoma Street, Strathmore 3041.

AUGUST BIRTHDAYS

.Val Callingham, Barbara Darling, Marion Dimsey, Fay Eyles & Margaret Isles, Jacob George, Arthur Jarvis, Jack O'Hara, John Reisenberg, Max Smedley & Jack Williamson.

TEA ROSTER

.AUGUST- Anton Basil, Brian Callingham & Eddie Ebeyer. SEPTEMBER - Noel Wenlock, Diane & Noel Walsh.

COMMITTEE

Committee Meeting Monday 31th August. Treas, Barry O'Connor, reported 12 members had not paid their fees as yet.

Those finding it hard to attend may prefer to change to Non-Active membership.

N/A members pay no fees as the Club does not have to pay PSPL fees for them.

They are still kept in touch with the "Communicator".

Please contact Barry. We hope to receive membership applications from the recent number of visitors and are pleased that Brian Baxter and Geoff Freeman will be inducted at the August meeting.

MEMBERS NEWS

July was a sad month with a number of deaths.

Mary Reisenberg (John's mother) passed away on January 11, John had been her carer for a number of years.

Non-active member George Smith's wife Martha passed away on July 1. We offer our deepest sympathy to their respective families.

Former member, Bruce Thomsen, passed away early in July. Bruce was a former Secretary, President, Function Officer and a willing cook at strollers BBQ's and his evening quizzes on extended strolls are legendary. Bruce moved to Tasmania with his daughter in 2011

OUTING

AUGUST TUESDAY 27TH - THE KINGS OF CROON

President, John Vandenberg has advised us of a musical show, "The Kings of Croon " Drive yourself to the Moonee Ponds Clocktower Centre. Tuesday 29th August 2017. Tickets for the show \$22.

If you have booked tickets, money this meeting please.

STROLLERS

JULY MONDAY 24TH GOLDEN SUN MOTH PARK, MALCOLM CREEK, CRAIGIEBURN
On a sunny morning 23 strollers assembled at the park. Most elected to tackle the long walk.

Since our last stroll in 2015 the area has developed enormously, if you have not been there lately it is well worth a visit.

An excellent lunch was enjoyed by all, at the Highlands Hotel. Diane & Noel Walsh even won a hamper.

AUGUST MONDAY 28TH BOEING RESERVE STRATHMORE HEIGHTS

Meet in the car park at 10.00 am. Melway Map reference 16 D5. Please bring a picnic lunch and chairs.

ACTIVITIES

AUGUST TUESDAY 22ND - COMPUTERS - GLENROY R.S.L.'s FUNCTION ROOM
10:30am.

Come along this month with your problems and ideas, eight members did in July.

AUGUST THURSDAY 24TH - SIP N' CHAT - GLENROY R.S.L.

In July, 12 members met and enjoyed the chat at this event. Any members wishing to join us in August will be most welcome. Time 10.30am.

OUTING REPORT

JULY THURSDAY 13TH - CHRISTMAS IN JULY

Thirty members & friends drove to Skyways Hotel, Airport West for a traditional 3 course Christmas lunch.

Pre lunch entertainment was provided by the many voices of Joe Piastrino. Thanks to the members who stepped up to arrange this outing

