



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. December 2011

President:- Peter Dimsey

Vice President:- Alan Whatman

Communicator Editor:- John Elletson

Communicator Distributor:- Geoff
Woods

Attendance & Nametags:- Ray Austin

Membership Records:- Dudley Twigg

Speakers:- Bob Brown

Secretary:- Len Sherwood

Mail to PO Box 604, Glenroy 3046

Treasurer:- Wal Jarvis

Past President:- Dudley Twigg

Functions Officer:- John Darling

Stroll Co-ordinator:- Charles Fyfe

Bowls Co-ordinator:- Les Hooke

Catering Officer:- Eddie Ebeyer

Appointed Officers for 2011-2012:

Auditor:- Jack O'Hara

Public Officer:- Harry Middlemo

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@hotmail.com
Website: www.vicnet.net.au/~gprobus

DECEMBER ACTIVITIES

Monday 5th - Combined Christmas Luncheon at Firenze Receptions

Monday 12th - Stroll & BBQ at Canning Reserve, Avondale Heights.

Tuesday 13th - Monthly Meeting.

JANUARY ACTIVITIES

Tuesday 10th - Monthly Meeting

Monday 23rd - Stroll or no stroll?

Monday 30th - Committee Meeting at Rotary Centre, Glenroy at 9.30am.

FUTURE SPEAKERS.

DECEMBER - George Osborne, Manager of the Hume Global Learning Centre. His topic:- "Life of Reilly and Beyond".

NOVEMBER SPEAKER

At our November meeting we were privileged to again have Associate Professor Josephine Forbes, daughter of member Duncan Forbes as our Speaker.

Josephine is currently head of the Advanced Glycation research team of 12 at the Baker IDI Heart and Diabetes Institute.

Diabetes is a condition where there is too much glucose (a type of sugar) in your blood. Your blood glucose level is regulated with the help of insulin, a hormone (chemical messenger) made in the pancreas.

Insulin is the key that glucose needs to enter your body's cells so that it can be used as fuel. You use that fuel to breathe, eat, think, walk, talk, etc.

Diabetes develops when the pancreas stops producing insulin (type 1 diabetes) or when your body does not respond properly to insulin (type 2 diabetes).

Type 1 diabetes (juvenile) develops in people under 30 years of age and Type 2 diabetes which is the most common form and usually occurs in people over the age of 30.

Her advice was to avoid highly processed foods loaded with preservatives and in answer to a question, to avoid eating white bread (cotton wool) and burnt toast.

Viv Talbot, Relationship Manager & Bequests, Community & Corporate Relations (Phone 8532 1513) spoke of the need for donations and bequests to fund their research. To make a donation ring 1800 827 040.

Ray Averill thanked Josephine for the informative talk and presented her with a Club pen.

(Don O'Meara)

(For more info. see www.bakeridi.edu.au and Google Josephine Forbes)



BOWLS

Les Hooke reports that unfortunately the Social Bowls Day at Federation Village had to be cancelled at short notice.

The entry fees of \$20 per head for the 28th Annual Probus Open Fours Tournament should be paid to Les at the December meeting. If you want to participate check with Les for any vacancies.

VALE KEVIN BOYALL

It is with deep regret that we report the passing of Kevin Boyall. Kevin joined the club on 9 May 2006. Kevin took part in the September stroll and attended our October meeting, we were shocked to hear of his passing on 8 November 2011. We convey to Maureen and family our heartfelt sympathy.

VALE JOHN NESS

Likewise it is with deep regret that we mourn another of our members, John Ness, and we offer our deepest sympathy to his loved ones. John joined the club on 13 June 1995 and moved to Non Active Membership on 5 September 2011. John passed away on 15 November 2011.

GENERAL CLUB NEWS

Opening the November meeting President, Peter Dimsey, welcomed visitors from the two Glenroy Ladies' Clubs who accepted our invitation to hear our speaker. He then requested those present to stand as an act of respect for Kevin Boyall who passed away on 8 November 2011.

Treasurer, Wal Jarvis, reported nil income during October and after expenses for morning tea, Communicator, hall rental, badges & club pens. There was \$664.19 as available funds.

There were 46 members in attendance at the November meeting with 10 apologies and four visitors.

Fifteen members indicated they would be lunching at the RSL.

TEA ROSTER

DECEMBER - Reg Wood, Ray Averill, Doug Birchall & Brian Callingham.

JANUARY - Ken Dahl, Alan Evans, John Eyles & Duncan Forbes.

COMMITTEE NEWS

At its recent November meeting the committee accepted with regret the resignation of Ray Austin. We wish Ray all the best with his very busy life style.

The committee received a report from treasurer, Wal Jarvis, on the need to consider raising subscriptions next year. This will be reported and discussed at the December meeting.

Remember, December is "bring a buddy" meeting.

If you can ring Peter Dimsey (03374 2107) with your "buddy's" name we can organize a name tag.

Nomination forms for next year's committee are with this newsletter, please return by/at January meeting.

Bob Brown is organising a promotion for the three Glenroy clubs in the Glenroy Library from 10th - 28th December 2011.

OUTINGS

NOVEMBER TUESDAY 22nd—CFA FISKVILLE COACH TOUR.

Thirty members and friends enjoyed their coach tour to the CFA Staff Training Centre at Fiskville, south of Ballan.

In the auditorium Senior Station Officer, Steve Poulter, gave us a talk and answered many questions before re-boarding the coach to view the many practical training simulations in "The Paddock". We were fortunate to see a couple of training exercises in action. After a great lunch at the Centre we visited St Anne's Winery before returning to Glenroy.

Thanks John for this informative tour.

DECEMBER MONDAY 5th—COMBINED PROBUS CLUBS' CHRISTMAS LUNCHEON AT FIRENZE RECEPTIONS

134 McBride Street, Fawkner (cnr Major Road) Melway 18 A3.

Arrival time from 11:30am.

You are invited to join the ladies with donations of packaged or tinned food for the Emergency Relief Pantry at Broadmeadows **Care**. There will be an area set aside for this collection, look for a table inside the venue.

FEBRUARY MONDAY 13th 2012 CITY SIGHTS COACH TOUR

We are invited to join with Glenroy Ladies' members for a tour of "South of the Yarra" landmarks. Lunch is at the Glasshouse Cafe, Caulfield Racecourse.

Cost \$36.00

Limited seats are available. Names at December meeting please.

MARCH 26th to 30th 2012 HIGH COUNTRY FIVE DAY TOUR

The coach is full at present. Reply forms to be returned by December meeting.

Re:- 4WD tour, only 15 places available so this will be resolved with travellers later.

Cost \$570.00 ppts, SS \$790.00 (less \$50 deposit paid) excluding 4WD tour.

Payable at February meeting.

(John Darling)

STROLLERS

NOVEMBER MONDAY 14th to THURSDAY 17th EXTENDED STROLL at ECHUCA.

Forty-nine strollers had a great four days at Echuca. There were strolls at Heathcote, Echuca and Moama. We also had a river cruise at Barmah and entertaining times at the Great Aussie Beer Shed and The Golden Cow.

The "Dancing Emus" were a real highlight. The rooms were great and the meals were excellent. Many thanks to John and his helpers for great organisation and the 5pm "Happy Hour".

DECEMBER MONDAY 12th - CANNING RESERVE, AVONDALE HEIGHTS

Melways 27 G2.

Annual BBQ/Sausage Sizzle. Meats and bread supplied, we ask the ladies to please bring salads, cakes, etc.

As this is more than a picnic lunch please remember to bring knife, fork, spoon and plates to eat off. Do not forget your cup, thermos, chair and maybe a glass.

(Charles Fyfe)