



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 10th. December 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 -
Peter Dimsey 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: glenroyprobus@gmail.com
Website: www.vicnet.net.au/~gprobis

DECEMBER ACTIVITIES

Monday 2nd - Combined Clubs' Christmas Luncheon at Firenze Receptions.

Monday 9th - Stroll & BBQ at Jack Roper Reserve.

Tuesday 10th - Monthly Meeting.

JANUARY ACTIVITIES

Thursday 9th - Monthly Meeting at Glenroy RSL.

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

FUTURE SPEAKERS

DEC - Geoff Gaff - Islam & Saudi Arabia

JAN - Matthew Shanks - Healthy Lifestyle

NOVEMBER SPEAKER

At our November meeting Rebecca Jessop gave us an insight into what Podiatrists do. She along with her brother and mother have a local practice that is much more than cutting nails and paring corns and calluses.

She demonstrated using ultrasound for a Doppler test to check blood flow to the feet. Good circulation means good feet.

Poor circulation could mean problems with arteries, veins or heart.

Podiatrists often check blood pressure at the foot and compare it with the pressure at the arm.

The nerves in the foot can be tested with a tuning fork to the toe top and the nerves in the underside of the foot are checked to see if a ten gram filament can be felt.

Rebecca answered many questions from members:-

Best types of shoe are those with fastening devices otherwise claw-toes could result.

Try bare feet at home, this is good.

Cracking heels are caused by lack of moisture, try using 10-15% Urea Cream.

Fungal nail infestation is similar to tinea and treatment could be as simple as vinegar or tea-tree oil.

Cold feet on a cold day, maybe just the body giving blood priority to head and heart areas.

Joe Milanese thanked Rebecca for her informative talk and presented her with a Club pen, hand turned by Doug Birchall.



GENERAL CLUB NEWS

At the November Meeting Treasurer, Wal Jarvis, reported that during October there was a \$40 subscription received. Expenses were Hall Rental \$45, Communicator \$13.20, Birthday Lunch \$92.50, Morning Teas \$32.60, badges from RDU \$64.45 and \$75 PSPL Capitation Fees.

Currently we have Available Funds of \$1127.21.

At the November meeting there were 44 members present and 10 apologies.

At the November meeting several members contributed items of interest & assistance:- Duncan Forbes advised that his family enjoyed a weekend gathering at "Whitehall", Queenscliff. They found the venue great.

Bob Brown had a quantity of plastic flower pots if anyone could use them.

Les Hooke uses his iPad to Skype to his daughter overseas.

Tobin funerals can now be viewed live online at their web site. This can be great for friends and relatives interstate or overseas.

TEA ROSTER

DECEMBER - Roy Wayth, Noel Wenlock, Kevin White & Jack Williamson.

JANUARY - Ray Averill, Anton Basil, Doug Birchall & Brian Callingham.

If you cannot attend on your rostered day swap with a mate or contact Catering Officer, Gordon Scott.

COMMITTEE NEWS

Commencing January 2014 as a consequence of the Uniting Church's plan to sell the Wheatsheaf Road church, arrangements have been made to hold our General Meetings at Glenroy RSL.

Park in the RSL carpark and the venue will be open at 9.30am for our 9.45am start.

Note that it has been necessary to change the meeting day to the 2nd Thursday of the month.

This means the first meeting at the RSL will be Thursday 9th January 2014

STROLLERS

NOVEMBER SUNDAY 17th to WEDNESDAY 20th - EXTENDED STROLL - COLAC

32 members, partners and friends headed off to Colac on Sunday, November 17 for a 3 night, 4 day stay at the Baronga Motor Inn.

Our days consisted of strolls around Colac and surrounding towns. Highlights were Barwon Park Mansion, the Red Rock volcanic reserve look outs and the Otway Fly Tree Top Walk.

Our hosts, Trevor and Wilma provided us with tremendous food and accommodation.

Our organizers John D, John E and Jack O'H with their wives provided us with an excellent trip, fine weather with everyone enjoying themselves.

Unfortunately John and Lyn and Jack and Bet couldn't attend because of illness to Lyn and Bet. (*Geoff Woods*)

DECEMBER MONDAY 9th – JACK ROPER RESERVE CAMP ROAD.

(Melway 7 B 11)

Annual BBQ / Sausage Sizzle. Meat and bread supplied, we ask the ladies to please bring salads, cakes, etc. Remember to bring knife, fork, spoon and plate. Do not forget your thermos, chair and a glass.

(*Arthur Jarvis*)

OUTINGS

DECEMBER - NO SIP N'CHAT

At the November Sip N'Chat there were 13 Members present and 4 stayed for lunch.

JANUARY THURSDAY 9th - RSL LUNCH AFTER MEETING

For Members staying for lunch in the RSI, Function Room, a Seniors Menu will be circulated at the start of the meeting to speed up meal service.

JANUARY THURSDAY 23rd - SIP 'CHAT AT GLENROY RSL

Meet at 10.30am. All welcome.

FEBRUARY THURSDAY 6th - BLACKBIRD CRUISE AND BUDDHIST TEMPLE

Coach to Footscray to board the Blackbird for a Maribyrnong River Cruise to Canning Reserve with commentary about the history of this section of the River.

Then "Buy Your Own" lunch at the Anglers Tavern before visiting the Quang Minh (Bright Light) Buddhist Temple in Sunshine North.

Cost \$35.00. Names this meeting.

(John Darling)

COMBINED PROBUS CLUBS CHRISTMAS LUNCHEON

DECEMBER MONDAY 2nd COMBINED CLUBS CHRISTMAS LUNCHEON

132 Members, Partners and Friends from our 3 Glenroy Probus Clubs (GCLPC 36, GLPC 45, and PCG 5 1) enjoyed Christmas Luncheon at Firenze Receptions, Fawkner. Ian McCann and 2 instrumentalists—Gordon, Organist and Harry, Trombone gave us some great entertainment including an organ recital by Gordon - Phantom of the Opera! Firenze catered for us with an enjoyable meal. Late in the day dancers ventured on the dance floor, tempted by the great music (or was it the alcohol?) Our many donations were well received by BAPTCARE - thanks to our many donors. Santa (Gordon Scott) entertained us magnificently and helped us with drawing our Special Effort! A GREAT DAY despite the heat!

(John Darling)

THOUGHTS OF THE MONTH

Charles Fyfe

Inspiration works best when you do.

You are not one person, but three. The person you think you are, the one other people think you are and the person you really are.

Reasoning with a child is fine, if you can reach the child's reason without destroying your own.

We learn from experience, a man never wakes his second baby just to see it smile.

Your President and Members of the Committee wish
you and your Family a Happy Christmas and a
Prosperous New Year.