



COMMUNICATOR

PROBUS CLUB OF GLENROY INC.

Meets at 9:45 am on the second Thursday of each Month
at the Glenroy RSL, Glenroy Road, Glenroy.

Next Monthly Meeting:- Thursday 13th. February 2014

ELECTED COMMITTEE FOR 2013/14

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

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
Website: www.glenroyprobus.org.au

FEBRUARY ACTIVITIES

Thursday 6th - Blackbird Cruise, Lunch & Buddhist Temple.

Thursday 13th - Monthly Meeting at **Glenroy RSL**. - Note date & venue.

Monday 24th - Stroll - Riverside Park, Aberfeldie.

Thursday 27th - Sip N'Chat, Glenroy RSL at 10.30am.

MARCH ACTIVITIES

Wednesday 12th - 30th Annual Probus Bowls Tournament at Buckley Park.

Thursday 13th - Monthly Meeting and AGM..

Wednesday 19th - Coach to Healesville Sanctuary.

Thursday 27th - Sip N'Chat, Glenroy RSL at 10.30am.

FUTURE SPEAKERS

FEB - Frank Walsh - County Court Judge

MAR - David Spittler - Asylum Seekers.

JANUARY SPEAKER

Our speaker for January was Matthew Shanks who introduced us to the danger of Type 2 Diabetes which is Australia's fastest growing chronic disease.

Numbers have doubled in the past seven years probably due to better screening, more junk food and the aging population.

We are eating more, exercising less and experiencing more stress.

It is a silent condition like blood pressure, cholesterol and osteoporosis.

Of those diagnosed 90% had no idea they were sufferers. It is caused by too much glucose in the blood but prevention is possible to most. Factors which cannot be changed are family history, age, cardiovascular disease and ethnicity.

Matthew explained the free Equip4Life program that teaches things we can do to live healthier. The program is Government funded and aimed at those in the high risk category.

He invited us to fill in the Australian Type 2 Diabetes Risk Assessment Tool (AUSDRISK) to assess our risk and eligibility. Most members did.

Matthew's organisation arranges a convenient local location to conduct five group sessions, the first four take place fortnightly and the final session four months later.

Topics covered by the seminar are:-

- Healthy Ageing & Lifestyle.
- How to reduce weight and keep it off.
- Diet myths and misconceptions.
- Understanding and interpreting food labels.
- How to reduce fatigue and increase energy.
- Cardiovascular Disease – Am I at Risk.
- Alcohol and Smoking.
- How to Fit Exercise into a Busy Lifestyle.
- Healthy Sleep Habits.
- Social Eating Tips.
- Stress Management.
- Diabetes – Am I at Risk.
- Back Care and Posture.
- Improving balance, reducing falls.
- We look forward to participating.

Charles Fyfe thanked Matthew and presented him with a Club pen.



GENERAL CLUB NEWS

The January meeting was our first meeting held in the Function Room at Glenroy RSL. At the meeting Treasurer, Wal Jarvis, reported that during December there was \$30 income. Expenses were Hall Rental \$45, Communicator \$13.20 and Morning Teas \$50.50. There was also \$120 spent on material for the production of Club Pens. Currently we have Available Funds of \$964.07.

At the December meeting there were only 38 members present and 12 apologies. Fourteen members indicated they would be having lunch at the RSL. One of our previous members, Jim Cornish passed away on 25th January and a number of members attended the funeral service on 30th January. We offer our deepest sympathy to his loved ones. Jim was a member of the Club from 2000 to 2010.

TEA ROSTER

FEBRUARY - The system and assistance required at the RSL is still a "work in progress" but Ken Dahl and Eddie Ebeyer will be ready to assist if required

COMMITTEE NEWS

Committee met on Monday 20th January, 2014 at the Rotary Centre, Glenroy. The Club has been granted (but not yet received) \$750 from Moreland Council. This has conditions and can not be used for general expenses. We have yet to get and read the fine print, so more of this later.

As a consequence of the Uniting Church's hall now being available, the question as to whether to continue at the RSL or revert to the church hall was discussed at length. The choice of whether Tuesday or Thursday also came into the equation. It was decided to give members the opportunity to express their preferences. A preference questionnaire slip will be inserted in the February "Communicator."

Mark your preferences and hand to Dudley as you enter the February meeting. These will be counted and the results will be available to guide the discussion and voting on this matter in General Business.

If you can not attend the meeting convey your preference to the Secretary.

BOWLS

MARCH WEDNESDAY 12th - 30th ANNUAL PROBUS BOWLS TOURNAMENT

Murray Gorham has entered 3 teams (of three).
The Buckley Park venue has been confirmed and we wish them the best of luck.

A Quick Quip or Two

Les Hooke

He had a photographic memory that was never developed.
A midget fortune-teller who escapes from prison is a small medium at large.
Once you've seen one shopping centre, you've seen a mall.
Bakers trade bread recipes on a knead-to-know basis.
Santa's helpers are subordinate clauses.
Acupuncture is a jab well done.

OUTINGS

JANUARY THURSDAY 23RD - SIP N'CHAT AT GLENROY RSL

We had 12 members attend and 2 apologies.

FEBRUARY THURSDAY 6TH - "BLACKBIRD" CRUISE AND BUDDHIST TEMPLE

The "Blackbird" Cruise enticed 33 to board the coach and travel to the moorings on the Maribyrnong River just south of Dynon Road. Captain Peter Somerville with 34 years experience on the river pointed out the historical areas and insights into their past.

After lunch at the Anglers Tavern we visited the Quang Minh Tu Vietnamese Buddhist Temple in Braybrook. The older 20 year old temple has been replaced by a huge new temple that was 11 years in the making.

Thank you John for an interesting outing.

FEBRUARY THURSDAY 27TH - SIP N'CHAT AT GLENROY RSL

Meet at 10.30am. All welcome.

MARCH WEDNESDAY 19TH - HEALESVILLE SANCTUARY

We join with Glenroy Ladies Probus Club Members on a coach visit to Healesville Sanctuary. Limited places are available.

Cost \$45.00 for coach and admission payable this meeting.

Either "Buy Your Own" or "Bring Your Own" lunch.

Coach departs at 9.00am from carpark on corner Murrell St & Cromwell St, Glenroy.

MARCH THURSDAY 27TH - SIP N'CHAT AT GLENROY RSL

Meet at 10.30am. All welcome.

APRIL WEDNESDAY 16TH - MUSIC and LUNCH

Joining with the Glenroy Ladies Probus Members we will enjoy bright entertainment by the "Swing Valley Band" at the Glenroy Bowls Club. Music of the 30's, 40's and 50's for singing and dancing followed by a Hot and Cold Carvery lunch with a choice of desserts to follow.

Cost \$20.00. Names this meeting. Partners most welcome.

MEMBER EMERGENCY CONTACT DETAILS

Members are urged to review their Emergency Contact details to ensure this information is up to date. See John Darling for your current M.E.C.D. information.

John Darling

STROLLERS

FEBRUARY MONDAY 24TH - RIVERSIDE PARK, ABERFELDIE.

For our first stroll this year meet in the car park off the roundabout at the corner of The Boulevard and Fawkner Street, Aberfeldie, Map 28 B 6/7.

New strollers will be very welcome, you need to provide your own lunch, Thermos and chair.

(Arthur Jarvis)

(It's important to complete this form and hand in at Feb 13th meeting)

YOUR NAME:

For the meeting venue for our monthly Probus meetings, I prefer,

a. Meeting at the Uniting Church Hall, Wheatsheaf Road on the second Tuesday of each month.

b. Meeting at the Glenroy RSL on the second Thursday of each month.
(delete one option, or circle one option)

Comment (optional):