



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 9th February 2016, 9.45 am

ELECTED COMMITTEE FOR 2015/16

President:- Wal Jarvis

Vice President:- John Vandenberg

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:- Barry O'Connor

Past President & Welfare Officer:
Les Hooke

Functions Officer:- Peter Pendlebury

Stroll Co-ordinator:- Arthur Jarvis

Bowls Co-ordinator:- Murray Gorham

Catering Officer:- Gordon Scott
Asst. - Joe Milanese

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

Tuesday 9th - Monthly Meeting.

Monday 22nd - Stroll - Riverside Park, Aberfeldie.

Tuesday 23rd - Highlands Hotel, Craigieburn.

Thursday 25th - Sip N'Chat, Glenroy RSL at 10.30am.

Monday 29th - Committee Meeting at Rotary Centre, Glenroy at 9.30am.

MARCH ACTIVITIES

Tuesday 8th - AGM & Monthly Meeting. 9.30am start at UC Hall.

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

Monday 28th - Stroll

FUTURE SPEAKERS

FEBRUARY - Bradley Smith - Yooralla, How to Cope.

MARCH - Natalie Mills - Dorset Rehab for Retired People

FEBRUARY SPEAKER

Anna Moscitti and Ray Kelly— "Cancer Network".

Anna is a Staff member on NEMICS –NorthEastern Melbourne Integrated Cancer Centre, a body seeking better results and liaison between cancer services and patients; and Ray, as a cancer survivor, spoke about their work, with his personal knowledge of coping with cancer.

Ray has survived mouth cancer, colon polyps, and cancer in his oesophagus.

For general coping, there are integrated services and formal partnerships with hospitals and cancer care providers; NEMICS consumer reference group was established in 2011.

Ray provided several pamphlets on aspects of their work. With progress in the field, generally 67% of cancer patients are alive beyond 5 years; there are lower rates of physical and psychological side effects, greater knowledge, and better adherence to treatment procedures.

NEMICS feeds patient comments back to surgeons and hospital; this leads to quicker and better information going back to patients.

Ray gave tips to patients when attending – have a companion; be ready with questions of concerns; be ready with your history and medication list. Have a contact system to consult the Doctor. Also ask the reason for any tests and any results forthcoming; inform the doctor of any problems or worries and symptoms noticed or changing.

Planning Treatment: This is usually multidisciplinary, and would review investigations and tests; determine stages of the course; discuss best options; who is consulted –surgeon, haematologist; radiologist, pathology, et al.

After Surgery: Normal life routines will be disrupted; social and practical problems including financial, transport and work-related areas. There could be emotional and perhaps change in appearance.

Tips during on-going treatment: There could be: physical, social, & cognitive issues; emotional & psychic well-being (Needing Group Support); & effects on the family, don't suffer alone!. List your concerns; get a written care plan; follow up and look for signs of long-term effect.

Find out who to contact and how to keep healthy Join a support group; e.g.

www.cancervic.org.au In Conclusion: Take advantage of screening programmes for cervical, breast and bowel and keep a healthy lifestyle. John Eyles thanked Anna and Ray for their wide-ranging talk, and for the many helpful pamphlets.



GENERAL CLUB NEWS

At the January meeting President, Wal Jarvis welcomed everyone and proceeded to induct new Member Jack Isles.

At the meeting there were 36 members present, 8 apologies and 2 lady visitors.

Only six members indicated they would be lunching at the RSL.

Treasurer, Barry O'Connor, reported that during December there was income of \$400 from the Rotary Raffle.

Expenses were \$58.20 for Rent and Photocopying the "Communicator", Morning Tea \$25.11 and \$109.20 for Post. Current available funds are \$1500.52

Next Meeting

Rotary District 9790 Probus Chairman Sandra Hanley will be visiting us for the February Meeting and will speak on the latest news from Rotary and PSPL.

Last month President, Wal Jarvis wrote to all Member's wives/partners advising that they can now join their husbands/partners as full members of the Glenroy Probus Club.

Wal issued an invitation to them to visit our February meeting to see what is on offer.

This invitation is not limited only to February and we hope to see more and more ladies at meetings in the future.

The inclusion of ladies into the Club will inject more variation and enthusiasm into activities and Club management.

TEA ROSTER

FEBRUARY - Anton Basil, Bob Brown & Brian Callingham.

MARCH - Eddie Ebeyer, John Eyles and Duncan Forbes

COMMITTEE

Committee Members are advised that a Committee Meeting is planned for Monday 29th February at 9.30am in the Rotary Centre, Glenroy.

The Club's AGM will precede the March General Meeting when the Committee for 2016-2017 will be elected.

Members should consider where they can use their talents to assist the Club and are encouraged to nominate. Forms are available from the Secretary.

BOWLS

Murray Gorham reports that we have one team of three entered in the 2016 Annual Probus Bowls Tournament at Buckley Park on Wednesday 9th March.

Matches start at 10.30am and Morning Tea is available beforehand.

There will be two games of two bowl triples and Lunch and Afternoon Tea will be provided.

STROLLERS

FEBRUARY MONDAY 22ND - RIVERSIDE PARK, ABERFELDIE

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

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

(Arthur Jarvis)

OUTINGS

SIP N' CHAT - GLENROY R.S.L.

This activity is on the 4TH THURSDAY OF EACH MONTH at 10.30am.

FEBRUARY TUESDAY 23RD - HIGHLANDS HOTEL, CRAIGIBURN

Drive to Highlands Hotel, Craigieburn (Melway 386 H3), arriving at 10.00am for Devonshire Tea. Then fill in time chatting, playing the Pokies or shopping until noon when you will enjoy a Buffet Lunch. Cost \$16.00 for Seniors. Payment this meeting.

If you propose to join us, please phone John Darling before the February meeting to confirm numbers.

Also phone if anyone needs transport. Members, Partners and Friends most welcome!

FEBRUARY THURSDAY 25TH - SIP N' CHAT - GLENROY R.S.L.

In January 12 Members attended this event. Any members wishing to join us in February will be most welcome. Time 10.30am.

(Peter Pendlebury)

Explanation of the Greek Bailout.

It is a slow day in a little Greek Village. The rain is beating down and the streets are deserted.

Times are tough, everybody is in debt, and everybody lives on credit.

On this particular day a rich German tourist is driving through the village, stops at the local hotel and lays a €100 note on the desk, telling the hotel owner he wants to inspect the rooms upstairs in order to pick one to spend the night.

The owner gives him some keys and, as soon as the visitor has walked upstairs, the hotelier grabs the €100 note and runs next door to pay his debt to the butcher.

The butcher takes the €100 note and runs down the street to repay his debt to the pig farmer.

The pig farmer takes the €100 note and heads off to pay his bill at the supplier of feed and fuel.

The guy at the Farmers' Co-op takes the €100 note and runs to pay his drinks bill at the tavern.

The publican slips the money along to the local prostitute drinking at the bar; who has also been facing hard times and has had to offer him "services" on credit.

The hooker then rushes to the hotel and pays off her room bill to the hotel owner with the €100 note.

The hotel proprietor then places the €100 note back on the counter so the rich traveller will not suspect anything.

At that moment the traveller comes down the stairs, picks up the €100 note, states that the rooms are not satisfactory, pockets the money, and leaves town.

No one produced anything.

No one earned anything.

However, the whole village is now out of debt and looking to the future with a lot more optimism. And that is how the bailout package works!