



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 8th. January 2013

President:- Alan Whatman

Vice President:- Bob Brown

Communicator Editor:- John Elletson

Communicator Distributor:- Geoff
Woods

Attendance & Nametags:- Dudley
Twigg

Membership Records:- Dudley Twigg

Speakers:- Duncan Forbes

Secretary:- Neil Thomas

Mail to PO Box 604, Glenroy 3046

Treasurer:- Wal Jarvis

Past President:- Peter Dimsey

Functions Officer:- John Darling
Ken Roberts

Stroll Co-ordinator:- Charles Fyfe

Bowls Co-ordinator:- Les Hooke

Catering Officer:- Gordon Scott

Appointed Auditor for 2012-2013: 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: glenroyprobis@hotmail.com
Website: www.vicnet.net.au/~gprobis

JANUARY ACTIVITIES

Tuesday 8th - Monthly Meeting.

Monday 21st - **Committee Meeting at Rotary Centre, Glenroy at 9.30am.**

No Stroll in January

FEBRUARY ACTIVITIES

Tuesday 12th - Monthly Meeting.

Monday 25th - Stroll- Riverside Park, Aberfeldie.

Tuesday 26th - Parliament House Tour & Lunch. See **Outings** for further details.

FUTURE SPEAKERS

JANUARY - Ian Stanley Eyles (the son of Faye and John) "Meandering in Nepal".

FEBRUARY - "Golden Days of Radio", Heather Swift.

DECEMBER SPEAKER

The Speaker at our last meeting was Barry Durham, a volunteer speaker for *Council on the Aged* (COTA), a national and state membership organization representing the rights, needs and interests of older Australians.

The National organization, COTA Australia, focuses on and lobbies the Commonwealth Government and large organizations on policy issues affecting older people as citizens and consumers and receives funding from the government and state COTA's.

It recently received funding from the Dept. of Health and Ageing to facilitate consumer engagement in aged care reform.

There is a COTA in every state and territory of Australia which represents and helps older people at a state level.

This includes community programs for older people that are delivered by volunteers.

In April 2010 Natasha, a volunteer from COTA spoke to us about depression and this month the title of Barry's talk was *Be Active Your Way*.

He showed how beneficial exercise can be by telling his story from age 60. At 60 after working up to 6 1/2 days per week he retired from work weighing 105kg.

Now, 12 years later his weight is 80kg and he has no need to take blood pressure or Cholesterol medication.

He achieved this by working out at a gymnasium regularly and spoke enthusiastically about working with weights. He suggested we challenge ourselves by walking 1/2 km and then increasing the distance and also to exercise using weights.

Another challenge is to count the number of times we can rise from a chair in 30 seconds. It costs \$30 (\$40/couple) to join COTA and you can participate in their *Living Longer Living Stronger* fitness program at over 100 venues.

For more information ring 1300 13 5090 or 1800 13 6381 or visit their web site, www.cotavic.org.au

Peter Dimsey thanked Barry and presented him with a Club pen custom made by Doug Birchall. (*Don O'Meara*)



VALE COLIN TOOTELL

It is with deep regret that we mourn the passing of Colin Tootell, and we offer our deepest sympathy to his wife Margaret and his loved ones. Colin was a Foundation Member. He was our Golf Coordinator from 1995 to 2001.

Colin had a long association with the Strollers and arranged the supply of the blue Club nametags. He assisted with locating and leading strolls and was always ready with the tongs at the BBQ's.

GENERAL CLUB NEWS

Our December meeting commenced with a moments silence to respect Colin Tootell. Treasurer, Wal Jarvis, reported that during November there were nil receipts and expenses of \$110 resulting in an available funds balance of \$1,256.84. At the December meeting there were 54 members present and there were five apologies. Fifteen members indicated they would be attending the RSL for lunch.

COMMITTEE

Committee Members are reminded that there will be a Committee Meeting on Monday 21st January at Rotary Centre, Glenroy at 9.30am. At our last meeting the Special Resolution supporting PSPL's proposed amendments to the Standard Constitution was passed.

TEA ROSTER

JANUARY - Joe Milanese, Geoff Milley, George Owen & Peter Pendlebury.

FEBRUARY- Ken Pryor, Reg Ratcliffe, John Reisenberg & Kevin Ryan.

BOWLS

MARCH WEDNESDAY 13th - 29th ANNUAL PROBUS BOWLS TOURNAMENT AT BUCKLEY PARK

THOUGHT FOR THE MONTH - Charles Fyfe

Love is like the measles, we all have to go through it.

After all is said and done, there is more said than done.

Money cannot buy love, but it improves your bargaining position.

It takes a smart husband to have the last word and not use it.

Love your enemies, for they tell you your faults.

OUTINGS

FEBRUARY TUESDAY 26th - PARLIAMENT HOUSE TOUR AND LUNCH.

This outing (limited to 30 visitors) has 38 named participants including 24 Members. A second visit is being explored and we need some participants to offer to go on this second date.

Alternatively the outing on the planned date may be limited to Members only.

More information at the January meeting. Bring your diary!

STROLLERS

NOVEMBER MONDAY 19th - THUR. 22nd - EXTENDED STROLL AT WANGARATTA.

Strollers assembled at Euroa for morning tea and a stroll, then after lunch headed off to the Wangaratta Motor Inn.

On Tuesday morning 41 strollers started at Merriwa Park with a walk along the levee that protects low lying areas of Wangaratta. After morning tea we moved to Apex Park to stroll to the confluence of the Ovens and King Rivers.

Lunch over we boarded a coach with a Tourist Information Guide for a tour around Wangaratta. After dinner we were tortured with a Charles Fyfe quiz.

Wednesday we formed into two groups to alternatively visit the El Dorado Dredge and the Museum. A great lunch was had at Kaye's Place before an afternoon of our choice.

After breakfast Thursday we headed off for home (or otherwise).

(John Elletson)

DECEMBER MONDAY 17th - APEX PARK, SUNBURY

A bright fine morning saw a group in festive mood gather at Apex Park in Sunbury for the final stroll of 2012.

While chefs, Graham and John D prepared our sausage sizzle for lunch, those who were strolling did so along the Jacksons Creek to the 'Nook' and returned through the streets.

As the lunch was not quite ready some serious chatting was undertaken.

When the call to lunch came everyone hopped in. Thanks to the ladies there was an excellent selection of salads to accompany the sausages and burgers, and to follow a wonderful array of sweets and cakes. Thanks ladies. In all a great time was enjoyed by all.

We had a total attendance of 33.

(Charles Fyfe)

THIS YEAR'S STROLLS

Date	Members	Visitors	Total	Location
27-Feb-12	9	7	16	Maribyrnong Riverside Park, Aberfeldie (washout)
19-Mar-12	17	12	29	Yarra Flats, Heidelberg
23-Apr-12	16	11	27	Newport Park and along The Strand to Williamstown
28-May-12	15	8	23	Maribyrnong Riverside Park, Aberfeldie (re-run)
25-Jun-12	10	7	17	Jack Roper Reserve, Broadmeadows
23-Jul-12	16	11	27	Westmeadows - Downstream
27-Aug-12	14	7	21	Norris Bank Park - Mt. Cooper
24-Sep-12	13	11	24	Pipemaker's Park and Edgewater
22-Oct-12	15	7	22	Whittlesea Public Gardens - Lalor
19/22-Nov-12	17	24	41	Wangaratta Extended Stroll
10-Dec-12	16	17	33	Apex Park, Sunbury
Averages	14.4	11.1	25.5	

Correction: December "Communicator"

November's speaker's report stating a gifting limit of \$50,000 over a rolling 5 year period was an error. It should have been \$30,000. Thanks to Jack O'Hara for pointing this out.