



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 8th January 2019

ELECTED COMMITTEE FOR 2018/19

President:- Ken Pryor

Vice President:- Noel Walsh

Treasurer:- Barry O'Connor

Communicator

Editor:- John Elletson

Distributor:- Geoff Woods

Attendance & Nametags:- Les Hooke

Membership Records:- Les Hooke

Speakers:- Max Smedley

Secretary & Public Officer -

Peter Dimsey Mail to

PO Box 604, Glenroy 3046

Past President: John Vandenberg

Functions Officer:- Vacant

Asst. - Joe Milanese

Stroll Co-ordinator:- Wal Jarvis

Bowls Co-ordinator:- Murray Gorham

Catering Officer:- Gordon Scott

Asst. - Joe Milanese

Welfare Officer: Les Hooke

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.glenroyprobus.org.au

JANUARY 2019 ACTIVITIES

Tuesday 8th - Monthly Meeting.

Monday 14th - Committee Meeting at Glenroy Rotary Centre at 9.30am.

Tuesday 15th - Computer Group - Glenroy RSL at 10.30am.

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

Fourth Monday - No stroll in January.

FEBRUARY 2019 ACTIVITIES

Monday 12th - Monthly Meeting.

Tuesday 19th - Computer Group - Glenroy RSL at 10.30am.

Monday 25th - Stroll - Riverside Park, Aberfeldie.

Thursday 28th - Sip N'Chat - Glenroy RSL at 10.30am.

FUTURE SPEAKERS

JANUARY - Lachlan Macleod - Film Maker.

FEBRUARY - TBA

DECEMBER SPEAKER

Our speaker for December was Jeff Ryan from The Stroke Foundation. Jeff is a stroke survivor and Stroke Safe Ambassador sharing his story to raise awareness and potentially save some lives. Stroke is one of Australia's biggest killers; more women die of stroke than breast cancer and more men die of stroke than prostate cancer. There is around one stroke death every nine minutes. Strokes are caused by clots (80%) or bleeding (20%) in the brain. Initially Jeff had a Transient Ischaemic Attack (TIA), sometimes called a mini stroke a warning which he ignored.



A TIA is still a medical emergency, phone 000. The FAST test is an easy way to recognize and remember the signs of stroke. Using the FAST test involves asking these simple questions:

Face – Check their face. Has their mouth drooped?

Arms – Can they lift both arms?

Speech – Is their speech slurred? Do they understand you?

Time – Time is critical.

If you see any of these signs, call 000 straight away. Every stroke is a medical emergency! Every minute counts! Melbourne's \$1.5 million Mobile Stroke Unit (MSU), operates within 20 km of RMH. This ambulance has a specialized stroke team and is equipped with a (CT) scanner to image the patient's brain to assess type of stroke so treatment can begin immediately. For more of Jeff's information visit the Stroke Foundation website: <https://strokefoundation.org.au/About-Stroke>

Max thanked Jeff and presented him with a Club Pen hand turned by Doug Birchall.

VALE ADRIAN CRAWLEY

It is with deep regret that we mourn the passing of one of our members, Adrian Crawley, and we offer our deepest sympathy to his wife Shirley and his family and friends.

Adrian joined the Club on 10th July 2018. Adrian passed away on Wednesday 19th December 2018, aged 82.

VALE EDWARD HUCKER

It is with deep regret that we mourn the passing of one of our members, Ted Hucker, and we offer our deepest sympathy to his family and friends.

Ted joined the Club on 8th November 2005. Ted passed away on Christmas Day 25th December 2018, aged 97. Ted was our eldest member and only moved to Non Active in March.

GENERAL CLUB NEWS

At the December meeting President, Ken Pryor gave a warm welcome to all present. There were 35 members present, six apologies and four visitors.

Treasurer, Barry O'Connor reported that we started November with available funds of \$2729.26 and we received door prize income of \$56 and Broadmeadows Raffle tickets sales of \$320.

Expenses were Hall rental \$45, Communicator \$25.80, National Pens \$179.54, Door Prize purchases \$60, Doug Birchall (pen parts) \$100 and Raffle ticket sales money to Broadmeadows Rotary Club \$400. Currently, available funds are \$2296.02.

Peter Dempsey reported he had received a letter from Reg Woods's wife who advised due to his current health he can no longer attend meetings and wishes to resign. The meeting accepted this as a resignation subject to getting advice as to whether he may rather be on the Non Active list and so still receive the newsletter etc.

COMMITTEE NEWS

Committee members are reminded that a committee meeting will be held at the Glenroy Rotary centre at 9:30am, Monday 14th January 2019.

As advised at the December meeting, members are requested to consider nominating for committee positions. The Secretary, Peter Dempsey has nomination forms and information on the various committee positions. Get a form from Peter at the January meeting, fill it in and pass it back to Peter so that he can bring it to the committee meeting the following week.

It is important that a lady member nominates for the Vice President position so that we can have a lady member as president the following year. This is no longer a men's club, ladies this is your club also, and we look forward to your participation.

TEA ROSTER

JANUARY - Margaret & Jack Isles.

FEBRUARY - Ian Jackson & Peter Mawer.

OUTINGS

WEDNESDAY 20TH MARCH - COACH TRIP TO ARTHURS SEAT AND LUNCH AT ROSEBUD RSL

Ladies Club coach trip to Arthur's Seat and lunch at the Rosebud RSL. Cost \$50, to ride on the Eagle gondola will be an extra cost.

Indicate your interest on the list at the January meeting.

GETTING TO KNOW YOU

Our special birthday boy for December was Doug Birchall who was turning 90 later in the month.

Doug was born at Manangatang and moved to Melbourne at six months.

In his younger days he played junior football, tennis and squash and in his retirement concentrated on golf.

At age 19 he went on a 20 mile youth walk where he met Pat who was then 16. They were married four years later and Doug built their timber house on the plains of Glenroy.

Doug was a keen woodworker leading to his hobby of wood turning.

Doug and Pat had three children, four grandchildren and two and a bit great grandchildren. Doug's professional education commenced at Essendon Technical College, then Footscray Technical College where he studied applied chemistry. He finished at Royal Melbourne Technical College (now RM IT) and worked with companies such as Glazebrook Paints, Monsanto and Unilever. He then joined the State Electricity Commission in the investigation section which involved finding problems and fixing them. He worked for three years at Newport B and C power stations. He then moved to head office in the city where he was involved with five power stations. The new 2400psi Newport Power Station involved investigative work worldwide and two years investigation by the EPA until the 500MW station was commissioned.

In 1974 Doug had a heart attack and had bypass surgery, when the opportunity came he took early retirement before the SEC was sold off to private operators.

Like Duncan Forbes, who spoke to us recently, Doug was also disappointed in the privatization of government utilities.

STROLLERS

DECEMBER MONDAY 10TH JACK ROPER RESERVE

The final stroll for 2018 was at Jack Roper Reserve, Broadmeadows where we had our annual barbecue. Twenty-five attended and the walk around the park lands in fine weather was most enjoyable.

Thanks to the chefs and the ladies who provided salads and sweets.

There will be no stroll in January.



BIRTHDAYS

Maria Large & Diane Walsh ... Bill Conroy, Ian Jackson, Peter Pendlebury & Ken Pryor .