



COMMUNICATOR

PROBUS CLUB OF GLENROY INC.

Meets at 10:00 am on the second Tuesday of each Month
at the Glenroy RSL, 186 Glenroy Road, Glenroy.
Next Monthly Meeting - Tuesday July 13, 2021.

ELECTED COMMITTEE FOR 2021/22

President:- Barry O'Connor

Vice President: Liliana Ward

Treasurer:- Murray Gorham

Communicator

Editor:- John Elletson

Distributor:- Geoff Woods

Attendance Records & Nametags:-
Les Hooke

Speakers: Liliana Ward

Secretary & Public Officer -

Peter Dimsey Mail to
PO Box 604, Glenroy 3046

Past President: Noel Walsh

Functions Officer:- Bea Hammond

Stroll Co-ordinator:- Wal Jarvis

I.T. Consultant: Tony Bajaros

Catering Officer: Joe Milanese

Welfare Officer: Vacant

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

JUNE SPEAKER

Because in a previous life Tony Bajoras was a food analyst and because our last two speakers spoke about the necessity for good eating Tony put together a PowerPoint presentation to give us a quick idea what goes into food and how quality is controlled in Australia.

Food consists of fat, protein, minerals (ash), carbohydrates like sugars and complex compounds including dietary fibre. There are also minor components like vitamins, cholesterol, antioxidants, preservatives, colours, thickeners and organic acids.

Most packaged foods in the supermarket are required to have labels informing customers what is contained in the product. This does not apply to fresh foods such as fruit and vegetables.

In Australia and New Zealand there is a Food Standards Code. You can find this online at www.foodstandards.gov.au/code.

Also on this website is the Australian Food Composition Database containing nutrient data for 1534 foods available in Australia and up to 256 nutrients per food. It is referred to as a reference database because it contains mostly analysed data, some of this would be Tony's work. Thanks Tony for baffling us with science!

OUT AND ABOUT

Twenty four members and friends attended the July Morning Melodies at the Glenroy RSL on Thursday 1st July for an advertised Christmas in July. The performer Paul Hogan (not the Sydney Harbour Bridge painter) did not have many Christmas songs but he did have an eclectic repertoire of songs throughout the years which kept us entertained until lunch arrived a little after noon. Lunch was a nice beef roast with plenty of veggies and in keeping with the Christmas in July theme there was plum pudding with custard.

Thanks to Bea for arranging this group booking, the prepayment of entrance fees made for a seamless entrance, we just had to say we were from Probus and we were shown to our tables.

The monthly "Morning Melodies" at the Glenroy RSL are a great deal with a one hour performance from 11:00 to 12:00, followed by a 2 course lunch with tea and coffee for only \$12 per person.

They are held on the first Thursday of each month and are available for all.

BOOK CLUB

Tony Bajoras questioned whether any members would like to join a Book Club. He would like to start a club where you would read a book a month and then get together the following month for a discussion on the book. He suggested the possibility of the first Tuesday in the month as this usually has no Probus activities.

Please contact Tony if you are interested. Come along with your questions or suggestions at the July meeting.

The Zoom time ran out and those who desired to continue logged in again at 10:40am

JULY MEETING REPORT

Due to Probus restrictions we were not able to hold our June meeting at the Glenroy RSL. Tony Bajoras kindly arranged a Zoom meeting which 16 members attended. Apologies were received from Bea Hammond and Nancy Mooney.

President, Barry O'Connor, opened the meeting with a tribute to John Darling and requested members observe a minutes silence.

Barry then put on his other hat, of Acting Treasurer to give a financial report on what happened during May.

We started May with a balance of \$3259.83 and had income of \$100 for subscriptions, \$10 from sale of John Swift's poetry books and \$101 from the raffle of another beautiful knitted rug donated by Liliana Ward.

We had expenses of \$59.20 Consumer Affairs Victoria, \$20 for a door prize raffle and \$10 payment to Kevin Large for his Lotto Draw win some time ago. This left us with available funds of \$3381.63.

General Business and Items of Interest

Liliana Ward advised that she has speakers arranged for the next three months.

Thanks Liliana.

Margaret Partridge reported she had a car come through the front fence into the garden, no one was hurt.

JULY ACTIVITIES

Thursday 1st- Morning Melodies & Lunch - Glenroy RSL at 11am. Paul Hogan.

Tuesday 13th- Monthly Meeting - Glenroy RSL at 10am.

Tuesday 20st- Computer Group - Glenroy RSL at 10.30am.

Thursday 22nd- Sip N'Chat - Glenroy RSL at 10.30am.

Monday 26th- Stroll - Edwardes Lake, Reservoir - lunch at Edwardes Lake Hotel.

AUGUST ACTIVITIES

Tuesday 10th- Monthly Meeting - Glenroy RSL at 10am.

Tuesday 17th- Computer Group - Glenroy RSL at 10.30am.

Monday 23rd- Stroll -

Thursday 26th- Sip N'Chat - Glenroy RSL at 10.30am

STROLLERS

Wally Jarvis reported how pleased he was with the number of members attending the strolls.

He gave an invitation to all members to come along and enjoy these outings, is not a marathon, it's a stroll.

June Monday 28th- The stroll at Craigieburn with a hotel lunch had to be changed because the Highland Hotel could no longer offer their buffet type meals due to Covid restrictions.

The venue was changed to Jack Roper Reserve and on a brisk but sunny morning fourteen strollers gathered for a leisurely stroll through the Will-Will-Rook Pioneer Cemetery and around the lake. They then enjoyed a picnic lunch in the sunshine.



Monday 26th July - Stroll - Edwardes Lake, Reservoir

Meet in Picnic Area down past the locomotive at the far end of Griffiths St. (Melway 18 E5). Parking is available in Griffiths St. Stroll starts at 10:00 am.

If Covid 19 permits we will lunch at the Edwardes Lake Hotel on Edwardes Street.

You will be contacted if the arrangements need to be altered. Check your emails.

Birthdays in June

... Brian Baxter, Wal Jarvis & Jim List. Happy Birthday Folks.

MONTHLY ACTIVITIES

JULY TUESDAY 20TH- COMPUTERS - GLENROY R.S.L. 10:30am.

Come along on the third Tuesday with your devices and questions.

In June, this was a Zoom meeting due to Covid restrictions and 6 members attended where Tony Bajoras introduced us to "Novabench", networking software for Windows that allows you to easily gauge your desktop's overall productivity and diagnose issues with hardware components. Just Google it, it is a free download.

Tony also showed us the versatility of "Tinker CAD" a 3-D modelling program that he uses to produce the files necessary for his 3-D printer to print ABS plastic models. These are printed in 0.1mm thick layers.

JULY THURSDAY 22ND - SIP N' CHAT - GLENROY R.S.L. 10:30am.

Come along at 10:30am for a chat and a caffeine fix, in June five members attended.

All members are welcome to join these groups as and when they choose, just roll up.