



# 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 June 8, 2021.

**Due to COVID Lockdown this will be a ZOOM meeting**

### 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](mailto:glenroyprobus@gmail.com)  
Website: [www.glenroyprobus.org.au](http://www.glenroyprobus.org.au)

## MAY SPEAKER

Our Probus Speaker for May was Alain Young from "Equip 4 Life", an organization who is running a Diabetes Victoria lifestyle modification program simply called "Life Program". This is a program which addresses groups on health issues including sleep; diet; and relaxation.

These programs funded by the Victorian Government and are all free. Any group such as our's can collect the names of 30 or so people interested, and the department will hire a local venue and deliver a series of informative talks over several weeks. Unfortunately there was not enough interest, maybe due to 16 of our Club having attended an "Equip 4 Life" group class in 2014.

Alain's talk was on "Healthy Aging and Wellness" and was apparently an extract from the multi-week program and covered a number of topics for healthy living. He explained that he was a qualified "Accredited Exercise Physiologist" specialising in prevention rather than cure.

(His advice on food coincidentally mirrored that of last month's speaker, dietician Simone Austin.)

**Fibre** is truly a 'super food' as it lowers the blood sugar level, and is anti-inflammatory; this is very important as arteries are blocked more by inflammation than by fat! Fresh vegies are great for fibre.

**On general exercise** he recommended several points for bone strength and good blood sugar level: The best exercise is doing whatever you can cope with physically - strenuous effort is not necessary; Sit-ups from a chair;

Weight lifting (of appropriate "weight for age" - no more than 3kg recommended for over 60's; Weight lifting staves off muscle loss, and there is typically a 20 to 40% muscle loss at 80 years.

**Aerobic exercise** is preferable, and all exercise undertaken should be gradually increased to gain maximum benefit. More muscle gives more room for cholesterol to be contained rather than distributed; Mental exercise is also necessary and valuable, and performing both physical and mental (separately or simultaneously) is very important.

**A recent National Health survey** showed that 85% of people have, or are in danger of contracting, Type 2 diabetes, and most have another health problem as well. There are risks which can't be changed, such as age; family history; and ethnicity. However factors which can be changed include nutrition; excess weight; high blood pressure; chronic sleeping disorders; and high cholesterol.

John Swift

## JUNE ACTIVITIES

Tuesday 8th- Monthly Meeting - Glenroy RSL at 10am.

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

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

Monday 28th- Stroll -Malcolm Creek, Craigieburn and lunch at Highlands Hotel.

## 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.

## VALE JOHN DARLING

It is with deep regret that we mourn the passing founding member, John Darling, and we offer our deepest sympathy to his wife Barbara, his family and friends. John was part of our Club's history, being one of the seventeen men who came together on 29th September 1988 and decided to form a Probus Club in Glenroy. In his 34 years in the Club he served in Committee for 21 years, sometimes in dual positions. He started and finished as Auditor and was President in 1988-99. He served as Secretary and with Records, Attendances & Constitution matters, but he really made his mark with Functions & Outings. Every month something new and multi-day holidays from Port Arthur to Cape York. Even Norfolk Island and New Zealand. Additionally he organised eleven November Extended Strolls for the Strollers. John passed away on Saturday 21st May 2021, he was aged 89 years.

Our May General Meeting was held in the Function Room of the Glenroy RSL on Tuesday, 11th May 2021.

President, Barry O'Connor opened the meeting and welcomed all, especially visitors. Dianne Walsh informed us that 26 members were in attendance, 7 apologies and 4 visitors, Andrew Philipovic, Lucy Milanese, Richard Smart and Teresa Sanchez.. It was reported that John Darling has been at CraigCare, Plumpton Villa for a couple of weeks.

The Treasurer's Report was presented by Barry O'Connor who is still acting in this position while being President. ( Surely there is someone willing to assist as Treasurer ? Have a chat to Barry to see what is required. Even if you have not done this type of job before, by the second or third year you will get the hang of it.).

We started April with a balance of \$3,725.83 and had income of \$150 for subscriptions, \$20 from sale of John Swift's poetry books and \$89 from the raffle of another beautiful knitted rug donated by Liliana Ward. Thank you Liliana.

We had expenses of \$645 Probus South Pacific Ltd annual fees, \$50 morning tea expenses and \$30 to purchase a copy of April speaker, Simone Austin's book "Eat Like an Athlete".

This leaves us with available funds of \$3,259.83 at the end of April.

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At the May meeting Peter Dimsey reported he is ordering some name tags, so if you would like one, this would be an opportune time to let Peter know. They cost \$10. The new Glenroy Fresh Market is now open on the old IGA site. There is parking but you have to compete with the John Holland workers on the Railway Crossing Removal works. Due to the COVID-19 Lockdown the 31st May Committee Meeting was held via Zoom with 9 attending and 2 apologies. Maybe Zoom for June General Meeting, Tuesday 8th

Acting Treasurer Barry reported that we are \$188 up compared to this time last year. Most members have paid their \$50 Fees and Barry will contact the eight yet to pay.

## OUT AND ABOUT

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.

Bea Hammond reported that 18 attended the May 6th Marcia Rae - 50s & 60s Variety Show. There was a large crowd there with some sections being very rowdy.

Bea has also made a booking for the July 1st Paul Hogan - Christmas Show.

For this show Bea is collecting money in advance and will pay the RSL our total amount, this should make entry more streamlined.

You had the opportunity booking your seats and paying Bea at the May meeting.

Your last opportunity will be the June meeting. Don't miss out.

## Birthdays in June

Joan Bryant & ... Ray Averill & Jack Isles . Happy Birthday Folks.

## STROLLERS

Monday 24th May - Stroll at Westmeadows

On a beautiful Autumn morning 19 members and friends strolled along the creek and up to the back of Woodlands Heritage Park. They were then ready for a Senior's meal at the Westmeadows Tavern.

Monday 28th June - Stroll - Golden Sun Moth Park, Craigieburn

Meet at 10am, Golden Sun Moth Park, Malcolm Creek, Craigieburn Melway Map 386 G/H 3. From Glenroy travel down Pascoe Vale Road to Somerton Road, turn left into Somerton Road, down at the bottom of the hill turn right into Aitken Blvd, travel up to Grand Blvd, (Hotel is on the s/w corner) turn left then at the roundabout turn left into Packington Court. Parking is available at the far end of the Hotel car park. We will stroll along Malcolm Creek before lunching at the Highlands Hotel, 301 Grand Blvd, Craigieburn for an "All You Can Eat Lunch". All welcome.

## MONTHLY ACTIVITIES

JUNE TUESDAY 15TH- COMPUTERS - GLENROY R.S.L. 10:30am.

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

In May 5 members attended.

JUNE THURSDAY 24TH - SIP N' CHAT - GLENROY R.S.L. 10:30

Come along at 10:30am for a chat and a caffeine fix, in May only two attended.

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