



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 May 11, 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

APRIL SPEAKER

Simone Austin, Sports Dietician - John Swift

Simone is the author of a 239 page book "Eat Like an Athlete", and had copies available for \$21.00.

She has been diet consultant to Hawthorn Football Club, Footscray Cricket Club, and Melbourne Storm Rugby Club. She is a practicing sports dietician and has been consulting in Glenroy for two years.

Simone gave many items of advice, commencing with the fact that people over 50 would benefit from an athlete's diet.

Simone deserved congratulations on providing a lengthy talk without the PowerPoint she had arranged while encountering a continual football video in the background.

The following items were among the many which she provided during her presentation:

- Ensure enough protein "diet" not a weight/diet.
- The preparation of one's food is very important. – make food taste good! Roast vegs, food grilled or curried can add interest to meals. Also the frequent addition of herbs can add interest. Frozen vegs are fine, but only use Australian grown.
- A good diet includes five vegs per day, yogurt and milk.
- Breakfast could include fruit, eggs with vegs not sausages and not fried, although some fat in small quantities is OK.
- Regarding fat for cooking, Australian extra virgin olive oil is preferred, and it should not be reclaimed too often. (It was mentioned that if the fish and chip shops acted on this, their produce would be much healthier.)
- Vegs are 80% water which helps the bowels greatly and helps avoid gut problems.

Oats too helpful generally and also assists in avoiding gut problems.

- Here's a great talking point! Passing wind is normal and indicates good functioning of the bowel, but an extremely bad smell indicates a gut 'out of balance'. Interestingly there is 2kg of 'good' bacteria in a healthy gut (who wouldn't want to know that!) there are also some bad bacteria.
- Bacteria is essential and can be destroyed by excess of alcohol or too much fat.
- Grains, nuts, fruit, vegs and berries are "medicine" for the gut. Some chocolate is OK.
- Ice cream is OK, but one should eat as much fruit with it as ice cream.

When serving we tend to fill bowls or plates, it is very helpful to have correct (usually smaller!) sized crockery.

- A cup of rice is a good serve for two people, and brown rice is best.
- Potatoes are good, but too often cooked in low quality or stale fat (as noted previously). (Also some imported virgin olive oil is rubbish.). Mashed not so good.
- High grain content bread is best, takes longer to digest, so that the blood sugar level rises slowly, white bread raises it quickly.
- Sour dough bread is good, produces good bacteria and digests slowly.
- Protein makes muscle, and older people need more, plus exercise.
- Lunch could include tuna, a glass of milk. Spread protein over the whole day e.g. peas or beans in soup. A handful of nuts per day, walnuts in particular are good.
- Drinking enough water is very important, need varies, but urine colour (should not be dark but almost colourless) and more water is needed when in air-conditioned areas.

Typically, 1 to 1.5 litres per person per day is "normal".

Of course there was much more advice from Simone, but any more here may limit sales of her book!

MAY ACTIVITIES

Thursday 6th- Morning Melodies & Lunch - Glenroy RSL at 11am. \$12 Pay on entry.

Tuesday 11th- Monthly Meeting - Glenroy RSL at 10am.

Tuesday 18th- Computer Group - Glenroy RSL at 10.30am.

Monday 24th- Stroll - Moonee Creek, Westmeadows at 10am. Lunch at the Tavern.

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JUNE ACTIVITIES

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

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Monday 28th- Stroll -

Our April General Meeting was held in the Function Room of the Glenroy RSL on Tuesday, 13 March 2021.

Past President Noel Walsh had the pleasant duty of inducting Barry O'Connor into his second term as President. Noel presented Barry with the Presidential Chain of Office and Bar.

President, Barry then proceeded with the Induction of Barbara Ebeyer. Barbara and Eddie have now resided at Gowanbrae for 11 years and Barbara has been a Member of the Ladies Probus Club for many years.

Barbara also became our Special Birthday of the month turning 80 the following week.

Barry then asked those present to stand for a silent minute for Ruth Fyfe. We offer our deepest sympathy to Charles and his family.

Les Hooke informed us that 25 members were in attendance and 7 apologies.

Barry (who is still acting as Treasurer) reported that we started March with a balance of \$2,975.33 and had income of \$1100 for subscriptions, \$10 for a joining fee and \$86 from the raffle of beautiful knitted rug donated by Liliana Ward.

We had expenses of \$300 to Glenroy RSL for our AGM luncheon, \$136 to Australia Post for annual PO Box fee and \$9.50 for photo copying "Communicator".

This leaves us with available funds of \$3,725.83 at the end of March 2021

*** Subscriptions for 2021 - 2022 remain at \$50.00 and are now over-due. ***

Liliana Ward donated another rug to raffle at the April Meeting (thank you, Liliana) which was won by Nancy Mooney, congratulations.

Bea Hammond announced that Liliana won 2nd Prize for a magnificent knitted and lined cape at Sydney's Royal Easter Show. (There was no 1st Prize). Well done, Liliana!

John Swift also donated ten of his poetry books, "While the Beer Cools", for the Club to sell. Thanks John. John continues to write reviews of our Speakers for the "Communicator"

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 has made our booking for the May 6th Marcia Rae - 50s & 60s Variety Show. If you had your name on Bea's sheet, all you have to do is roll-up to the Glenroy RSL, sign in, pay your \$12 at the counter (cash is preferred & it would be nice if you had correct money), tell them you are from the Glenroy Probus Club and you will be directed to our tables.

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 can pay Bea at the May or June Meetings.

Birthdays in May.

Rachel Jacob & Chris Waltrowicz ... Duncan Forbes, Kevin Large & Geoff Woods

STROLLERS

Monday 26th April - Stroll ,at Gavan Reserve, Pascoe Vale

A lovely bush walk with 17 members along the Westbreen Creek at Pascoe Vale on a pleasant autumn morning was enjoyed by all.

We then ventured to the Pascoe Vale R.S.L. where we all enjoyed each others company while having lunch.

Monday 24th May - Stroll at West Meadows, followed by a pub lunch.

Meet at 10:00am (Melways Map 6 A/7) in the car park opposite the Tavern. Join us for a stroll along the Moonee Ponds Creek, we will then re-locate across the road for lunch at the Westmeadows Tavern.

Come along for a bit of exercise and great company. All are welcome.

MONTHLY ACTIVITIES

MAY TUESDAY 18TH- COMPUTERS - GLENROY R.S.L. TIME 10:30am.

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

In April 5 members attended.

MAY THURSDAY 27TH -SIP N' CHAT - GLENROY R.S.L.

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