



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 12th September

ELECTED COMMITTEE FOR 2017/18

President:- John Vandenberg

Vice President:- Ken Pryor

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: Wal Jarvis

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

SEPTEMBER ACTIVITIES

Tuesday 12th - Monthly Meeting. Monday 25th - Stroll - Moonee Ponds Creek, Westmeadows. Pub lunch.

Tuesday 26th - Computers - Function Room, Glenroy RSL at 10.30am.

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

OCTOBER ACTIVITIES

Tuesday 10th - Monthly Meeting. Monday 23rd - Stroll -

Tuesday 24th - Computers - Function Room Glenroy RSL at 10.30am.

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

Monday 30th - Committee Meeting at Glenroy Rotary Centre at 9.30am.

FUTURE SPEAKERS

SEPTEMBER - Change of Speaker - Garry Ferguson from Seniors Rights, Victoria.

OCTOBER - Bev Moss - Buckingham Palace in my underwear.

AUGUST SPEAKER

Our speaker for August was Bronwyn Roberts and her topic was "The Benefits of Laughter".

Writing a report on Bronwyn's presentation is a difficult exercise as she moved along at such a frenetic pace there was little time to take notes.

Her main aim was to make us aware and understand that laughter has a clinical effect on our well-being.

Her hints to maintain our well-being were:

Step one. To alleviate stress we should stop and take a breath. Soon Bronwyn had us all breathing deeply, then how to breathe and smile (smiling is essential), then how to breathe with laughter.

Step two. Laughter really keeps us healthy; it can actually improve our immune system.

Bronwyn explained that babies start to smile at about four weeks old this is the time the effects of the mother's immune system is waning in the baby and laughter helps the baby's system to kick in.

Step three. To improve our well-being we should all celebrate more. There are so many things that we could celebrate. If we think of celebrations we usually think of birthdays and (with tongue in cheek) Bronwyn suggested that if we kept on celebrating birthdays we would live much longer! She pointed out the many ways different people, such as sports people, celebrate their achievements.

She then raised audience participation to a new level and had us all leaping up and giving each other high tens while yelling out "yes". We haven't had a lot of this at previous Probus meetings.

In closing Bronwyn encouraged us to make sure we get 15 minutes of laughter each day. Max Smedley presented Bronwyn with a Doug Birchall pen and thanked her for a very entertaining morning enjoying "The Benefits of Laughter".



GENERAL CLUB NEWS

It was good to welcome back President, John Vandenberg, after his recent appendicitis episode.

John's first duty was to induct Brian Baxter into Membership of the Club.

At the meeting there were 28 members present, 14 apologies and four visitors Teresa Sanchez, Nancy Mooney, Kevin Large and Peter Mawer.

Five members indicated they would be lunching at the RSL.

Treasurer, Barry O'Connor reported that during July there was \$92 income from the door prize collection.

Expenses were \$45 rent and \$12.90 photo copying the "Communicator". Morning Teas \$12 and purchase of door prizes \$40.

Current available funds are \$1,931.20.

It is pleasing to report that recent visitors Nancy Mooney, Tony Bajoras and Geoff Freeman will be inducted into the Club at the September meeting.

SEPTEMBER BIRTHDAYS

September Moira Smedley ... Les Hooke, & Neil Thomas

TEA ROSTER

SEPTEMBER - Noel Wenlock, Diane and Noel Walsh.

OCTOBER - Charles Fyfe, Cath and Duncan Forbes.

If you cannot attend on your rostered day swap with a mate or contact Catering Officer, Gordon Scott

JULY MONDAY 24TH GOLDEN SUN MOTH PARK,

Photo of the Strollers at Malcolm Creek, Craigieburn, it could not be fitted in last month.



OUTING REPORT

AUGUST WEDNESDAY 16TH - ARTVO GALLERY at DOCKLANDS

Three of our men joined their wives on the Ladies Club's August coach trip.

After an enjoyable morning tea at McDonalds we arrived at the ARTVO Gallery at Docklands for an exciting morning with many different visual experiences.

Some of the ladies even imagined themselves at Rome's Trevi Fountain.

We then travelled to the Yarraville Club for lunch followed by a tour around Williamstown before heading back to Glenroy.



STROLLERS

AUGUST MONDAY 28TH BOEING RESERVE STRATHMORE HEIGHTS

There will be a report on this stroll at the September meeting.

SEPTEMBER MONDAY 25TH - MOONEE PONDS CREEK, WESTMEADOWS at 10am.

Melways Map 6 A6 (right on the join of the page) Turn from Ardlie St. into park entrance opposite Westmeadows Tavern. We will have a Senior's lunch at the Tavern after the stroll.

ACTIVITIES

SEPTEMBER TUESDAY 26TH - COMPUTERS - GLENROY R.S.L.'s FUNCTION ROOM 10:30am. Come along this month with your problems and ideas, eleven members did in August.

SEPTEMBER THURSDAY 28TH - SIP N' CHAT - GLENROY R.S.L. In August, 14 members met and enjoyed the chat at this event. Any members wishing to join us in September at 10.30am will be most welcome.

OUTING

AUGUST TUESDAY 29TH - "THE KINGS OF CROON"

Report on this Outing at September meeting.