



COMMUNICATOR

PROBUS CLUB OF GLENROY INC.

Meets at 9:45 am on the second Tuesday of each Month
at the Glenroy RSL, 186 Glenroy Road, Glenroy.

Next Monthly Meeting - Tuesday OCTOBER 11, 2022.
at Glenroy RSL

ELECTED COMMITTEE FOR 2022/23

President:- Liliana Ward
9306 8153

Vice President: Ken Pryor
9338 4394

Treasurer:- Barry O'Connor
425 867 948

Communicator:-

Editor:- John Elletson
9306 7492

Distributor:- Geoff Woods

Attendance Records & Nametags:-

Les Hooke
9309 3212

Speakers:- Max Smedley
9306 7987

Secretary & Public Officer - Peter Dimsey
9374 2107

PO Box 604, Glenroy 3046

Past President: Barry O'Connor
0425 867 948

Functions Officer:- Bea Hammond
0419 581 463

Stroll Co-ordinator:- Wal Jarvis
0438 057 194

I.T. Consultant: Tony Bajaros
0431 249 087

Catering Officer: Joe Milanese
9306 6820

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

SEPTEMBER SPEAKER

The speaker was Jennifer Huxley, a Diversional Therapist from Merri Health, was supported by a colleague, Stefanie Pelligrino. Her subject was suggestions in writing a "Lifebook" which is apparently the modern buzzword for autobiography. However before she commenced she gave a hint on chronic pain control which many old patients experience:

"Chronic pain is like 'cold' in that it can be put into the background, and perhaps concentrating on writing may help with this"



On writing she suggested several thoughts as a guide:

Life experiences should be written down for the interest of family and friends;

Confidence will come when the project is started;

Stimulation can come from writing the first trial sentences;

You will gain benefits in writing your life experiences by gaining confidence; building relationships, finding that some siblings may share experiences but have different results.

Start with one part of your life, then other parts will follow;

Always have a pen and notebook handy to record your thoughts when the memory occurs, the sequence can be sorted later. Computers make this much easier in transferring passages from one part to another, but it can be done the old-fashioned-pen-and-ink method.

Not owning a computer is not an excuse for putting off starting your project;

Previous events in memory are now seen with 'older' eyes.

Suggested topics

These can cover birth; parents; siblings; education; childhood; cars; boats; pets; hobbies; and sports. (You will certainly think of more!)

Your favourite things can provide topics, eg flowers, colour, books, your one wish. How you wish to be remembered can also create suitable subjects.

Photos can provide stimulation for thoughts and can be included in your project.

Your writing can be handwritten; typed; computer generated; or even professionally copied and bound.

The number printed is probably frequently underestimated, but if only a small number is required it is still well worthwhile.

Finally Jenny noted that many personal writings are done by aged care residents as

regrettably so many stories are not shared with families earlier.

This is really a compelling reason for starting yours now.

OCTOBER ACTIVITIES

Tuesday 4th- Book Club.

Thursday 6th- Glenroy RSL Morning Melodies & Lunch. Paul Hogan - Bobby Darin.

Tuesday 11th- Monthly Meeting - Glenroy RSL at 9:45am. Club's 34th Birthday

Tuesday 18th- Technology - Glenroy RSL at 10:30am.

Monday 24th- Stroll - Royal Park Wetlands, Parkville.

Tuesday 25th- Sip n'chat - Glenroy RSL at 10:30am.

Friday 28th- MCC Senior's Movies. Merlynston Hall. 9.45am. For 10.00am start.

NOVEMBER ACTIVITIES

Tuesday 1st- Book Club.

Thursday 3rd- Glenroy RSL Morning Melodies, Lunch. Ron Kingston - Buddy Holly.

Tuesday 8th- Monthly Meeting - Glenroy RSL at 9:45am.

Tuesday 15th- Technology - Glenroy RSL at 10:30am.

Tuesday 22nd- Sip n'chat - Glenroy RSL at 10:30am.

Friday 25th- MCC Senior's Movies. Merlynston Hall. 9.45am. For 10.00am start.

Monday 28th- Stroll - TBA

Tuesday 29th- Committee Meeting - Glenroy RSL at 10:30am.

OUTINGS Bea Hammond

Bea reports that unfortunately the Devonshire Morning Tea had to be cancelled due to low numbers, but the movie outing to Hoyts to see "Ticket to Paradise" was enjoyable.

Numbers for the Combined Glenroy Probus Club Christmas Luncheon are down on previous years, and the Pascoe Vale Ladies Club event currently has only nine on the list.

To remind you the Combined Glenroy Probus Clubs Christmas Luncheon will be held at Overnewton College, East Keilor on Monday December 5th, includes a three course meal. \$60 pp (travel by car).

Pascoe Vale Ladies Christmas lunch outing to Taylors Lakes Hotel is on Thursday 15th December, which includes bus transport leaving from Cnr Kent and Cumberland Roads. Two course meal, \$55 pp. Get your name on the list(s) for these Functions.

The proposed monthly luncheon will be at Windy Hill, details at the October meeting.

As you know on the last Friday of the month the Moreland City Council sponsor Senior's Movies in the Merlynston Hall, 1 Novian St. Coburg North 3058. 9.45 for a 10.30 start.

This month the movie is "We're No Angels" with Humphrey Bogart, Peter Ustinov and Aldo Ray. This event was advertised in the Victorian Seniors Festival Programme Booklet

VALE DUDLEY RAYMOND TWIGG

It is with deep regret that we mourn the passing of one of our members, Dudley Twigg, and we offer our deepest sympathy to his family and friends. Dudley joined the Club 13th April 1993.

Dudley took the roll of Attendance Officer in 1995 and in 1996 set up and kept the Membership Records, these two positions he diligently served until 2016. The only break he had from meeting members at the door was in 2010-2011 while he was Club President.

Dudley requested transfer to the Non-Active List in April 2019.

Dudley passed away on at Monterey BlueCross, Glenroy on Wednesday 7th September 2022. He was aged 94 years.

BOOK CLUB - First Tuesday in the Month

Book Club members were asked to bring a favourite Childhood book along to the October meeting. Tony will tell how this went at our Birthday meeting,

STROLLERS - Fourth Monday in the Month

Monday 26th September - Report

Stroll from Woodlands Park, Essendon. On a cool spring morning a small group of nine strollers meandered around through the treed drainage easements and parks in Essendon North whilst viewing the house gardens with their spring flowers. Lunch and chat took place beside the lake.

Monday 24th October - Stroll at Royal Park Wetlands, Parkville.

Meet in the Oak Street car park at 10.00am . Melway Map Reference 29/C11.

Do not forget your chair, lunch and thermos and hopefully a sun hat.

All are welcome.

TECHNOLOGY- Third Tuesday in the Month

The next meeting is at the Glenroy RSL on Tuesday 18th October at 10.30am.

Please come along if you have any questions or issues regarding not just computers

BIRTHDAYS

Lyn Elletson & Cath Forbes ... John Elletson & Charles Fyfe

SIP "N" CHAT GROUP -Fourth Tuesday in the Month

The next get together will be on Tuesday 25th October at the Glenroy RSL 10:30am.

Come along and enjoy. This is not just a male thing so ladies come along, and if you want to make a table on your own that's fine, just take the opportunity to get out and around.