

SEPTEMBER SPEAKER

Our September speaker was Madeline Severini from St John Ambulance. She informed us that St John Ambulance was more than First Aid Courses and First Aid Kits although these two items are an important part of their business.

In Victoria they have 50+ trainers operating at twenty public venues, for groups of eight or more they will come to you. In addition there is also on-line training.

St John Kits and products such as Defibrillators and Sanitizers can be purchased from Bunning's, Price Line, Total Tools, Autobarn and Office Works.

For work places they can supply, check and update the First Aid Kits.

In 2022 as a trial they placed twenty-nine Defibrillators in public areas in Reservoir, free training was offered with the aim of having 90% of the residents within 400 metres. The next suburb planned to be Post Code 3021.

In 2013 a program of training school students in First Aid was commenced and aimed at 1,200,000 children.

In 2022 five hour sessions for students Year 9 and above were taught how to be safe at parties. The Youth Program (previously called Cadets) ages 12 years to 17 years has 535 members in 25 Divisions.

St John provides First Aid at major events, one of their largest being the Grand Prix. Other venues serviced are Marvel Stadium, Melbourne and Olympic Parks, GMHBA Stadium, Sidney Myer Music Bowl, Flemington and Moonee Valley Racecourses.

Community Transport Division has a variety of vehicles for community transport, the drivers are all volunteers and are fully trained in first aid and the vehicles all have First Aid Kits and a Defibrillators to cater for various medical emergencies. Costs start at a low \$17 for 10 kms. This gives the elderly and vulnerable a safe, reliable and affordable transportation. These services include visit to doctor, friends and loved ones, family gatherings and celebrations. They also can be used for transport to and from events and functions, social clubs and community groups even shopping trips.

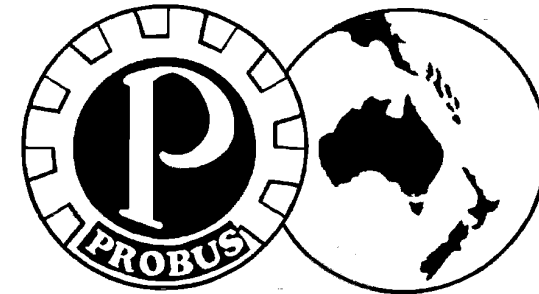
The Mobile CPR Learning Lab, is St. John's latest community focused lifesaving initiative in training more people in life-saving CPR. The mobile CPR Lab travels around the state to teach Victorians CPR **in just 10 minutes**.

The six wifi connected mannequins show live-on-screen vital CPR performance statistics including rate and depth of compressions. Participants under instruction can immediately see and feel the results of their actions and "know" when they are correctly doing the CPR.

While 10 minutes is no substitute for longer fully-accredited courses, the session does provide participants with enough knowledge, skills and confidence to provide CPR in an emergency. And in any medical emergency, an attempt to save a life is always better than no attempt at all.



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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 Meeting Tuesday 10th October 2023 at 9:45am.

Elected Committee 2023/24 :-

President:-	Ken Pryor 9338 4394	Secretary & Public Officer:- Noel Walsh 0400 566 944
Vice President:-	Liliana Ward 9306 8153	Mail to PO Box 2083, Oak Park 3046
Treasurer:-	Barry O'Connor 0425 867 948	Past President:- Liliana Ward 9306 8153
Communicator Editor:-	John Elletson 9306 7492	Functions Officer:- Bea Hammond 0419 581 463
Distributor:-	Geoff Woods 9306 9108	Stroll Co-ord:- Wal Jarvis 0438 057 194
Attendance, Records & Nametags:-	Les Hooke 9309 3212	IT Consultant Tony Bajoras 0431 249 087
Welfare Officer:-	Vacant	Catering Officer:- Joe Milanese 9306 6820
Speakers:-	Max Smedley 9306 7987	

Website:- www.glenroyprobus.org.au

Email:- glenroyprobus@gmail.com

OCTOBER ACTIVITIES

Tuesday 3rd - Book Club.
Tuesday 10th - Monthly Meeting - Club's 35th Birthday at Glenroy RSL at 9:45am.
Tuesday 17th - Technology - Glenroy RSL at 10:30am.
Monday 23rd - Stroll - Gavin Park, Pascoe Vale.
Tuesday 24th - Sip n'chat Group - Glenroy RSL at 10:30am.

NOVEMBER ACTIVITIES

Tuesday 7th - Book Club. (Cup Day)
Tuesday 14th - Monthly Meeting - Glenroy RSL at 9:45am.
Tuesday 21st - Technology - Glenroy RSL at 10:30am.
Monday 27th - Stroll -
Tuesday 28th - Sip n'chat - Glenroy RSL at 10:30am
Thursday 30th - Combined Christmas Breakup with Pascoe Vale Probus Club..

OCTOBER BIRTHDAYS

Our Congratulations and Best Wishes go to:-
Bev Bellchambers, Lyn Elletson & Cath Forbes ... John Elletson (85) & Charles Fyfe.
(Our Club's Birthday 35 years - 2023)

CLUB NEWS

At the September Meeting Treasurer Barry O'Connor reported that we currently have available funds of \$4,992.43.

This includes \$2,500 Grant monies from Merri-bek Council.

Max Smedley reported that he has speakers arranged for the next months through to November. There will not be a speaker in December but Bea will organise a trivia quiz.

Bea Hammond advised that she will no longer remain as the Club's Function Officer, due to lack of support or interest in functions that have been organised. Bea is happy to remain as the Liaison person for the Glenroy Ladies Club and the Pascoe Vale Club.

Bea Hammond reports that the Pascoe Vale Probus Club have again invited the Glenroy Probus Club to their Christmas Breakup. This is to be held at Sanctuary House, Healesville, on Thursday 30th November. Bus leaves at 9:30 from the same location as last year, Cole Reserve, corner Cumberland and Kent Roads, Pascoe Vale.

Cost is \$50 per person and money to be paid at our October Meeting.
For further details please contact Bea 0419 581 463.

President Ken announced that this year to celebrate the Club's Birthday in addition to the Birthday Cake there will be Sandwiches and Cakes at the RSL thanks to the Merri-bek Council Grant.

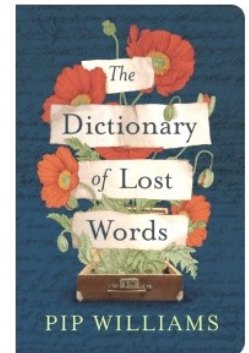
BOOK CLUB First Tuesday in the Month

Tony reported on the book read last month, "Everyone in my family has killed someone" by Benjamin Stevenson. This was a good read and an enjoyable book.

The book for this month is "The Dictionary of Lost Words" by Pip Williams.

In 1901, the word 'Bondmaid' was discovered missing from the *Oxford English Dictionary*. This is the story of the girl who stole it.

If you would like to join the Book Club, call Bea 0419 581 463 or Tony 0431 249 087.



TECHNOLOGY Third Tuesday in the Month

Tony Our thanks go to Tony for continuing to provide this service even though the numbers attending have been falling. This is open to all, if you have any questions or need help with any aspects of computers or any other devices, please come along. You don't have to commit to each month, just come as you require.

Also on the Technology theme, the Glenroy Library in conjunction with the Whittlesea U3A have commenced sessions to increase your skills in digital technology. Just go to the Glenroy Library on Wednesdays 2pm to 5pm, bring your mobile or device for one on one assistance. Attend for the whole three hours or just pop in anytime. It is up to you.

SIP N' CHAT GROUP Fourth Tuesday in the Month

This group is open to all, the numbers vary from month to month, but that is OK. What gets discussed is up to you, or you can just sip and listen.

STROLLERS Fourth Monday in the Month

Monday 23rd October - Stroll Gavin Park, Pascoe Vale

Meet in the car park on the east side of Northumberland Rd at **10am**.
Come along and enjoy the company, do not forget your picnic lunch, chair and thermos. All are welcome.

Monday 25th September - Stroll Coulson Gardens, Maribyrnong River.

On a lovely spring morning ten strollers set off around the Maribyrnong River. Three of the ladies walked the 6km right around the river whilst the others went as far as they could. Lunch under a large oak tree near the playground was enjoyed by all.

