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A Special General meeting is held every 3rd Wednesday of each month at 10am at the Masonic Centre, Melvor Rd, Bendigo.

All correspondence to be addressed to The Secretary, Bob Chenery, 49 Emmett Street Golden Square 3555.

Tour organiser and Activities Co-ordinator Arthur Eaton, 4 Maxwell Crescent, Bendigo Phone: 5443 9162.

Privacy information - Information given is kept private and confidential and may only be used within the confines of Probus and shall not be used for any other purpose.

The Speaker for the July 15th Meeting will be from RACV, Subject mobility for Seniors, eg. mobile scooters, public transport, driving etc. These subjects should be of major benefit to members, so we invite you to bring your wife or partner, all guest will be welcome.

President Ern introduced Jan Novre from Diabetes Australia who gave a very informative talk on type 2 diabetes, illustrated with a DVD. Jan added that there is no cure and you can have no obvious symptoms, so visit your doctor for tests, the sooner you find out the better your chance of preventing serious health complications. Anyone wishing to attend a training course on Diabetes which is free for most people and held in our local area please contact President Ern on 5443 2421 or ring Diabetes Australia on 137 475. Arthur Eaton made the usual presentation on behalf of the members.



Can I prevent type 2 diabetes?

- You can not change your age or family history, but you can change:
 - your physical activity habits
 - your eating habits
 - your weight and abdominal obesity (If overweight or abdominally obese)

- Photo by Rupert R.

**WE NEED NEW MEMBERS AND WE NEED
YOUR HELP TO FIND THEM.**

President's Corner

Peace Quotes

Mankind must put an end to war, or war will put an end to mankind... War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today.

- *John F Kennedy*

I like to believe that people in the long run are going to do more to promote peace than our Governments. Indeed, I think that people want peace so much that one of these days Governments had better get out of the way and let them have it.

- *Dwight D Eisenhower*

Funny Quotes

Work is the curse of the drinking classes.

- *Oscar Wilde*

What would men be without women? Scarce, Sir, mighty scarce.

- *Mark Twain*

Luncheon Members and Friends

The July luncheon is to be at the Brougham Arms, Williamson St. Following the Probus meeting on Wednesday 15th July. If you are not a regular, please inform us of your intention to participate no later than Monday 13th July. Any regulars who are not available please ring also. Phone: 5443 2642. This helps to book for the correct number. There was 25 members at the June luncheon.

- *Alec C.*

XMAS FUNCTION

This was discussed prior to the morning tea break and the end result was a resounding yes; and will be held early December in the Platinum Room at the Foundry Hotel. Gifts of wine etc. would be appreciated. President Ern and the Committee seek the support of the members. Wives, partners and guests will be made very welcome. More details later.

- *Editor*

Snippets

VISITOR: Norman Gillies was introduced to the members and will be inducted as a member during the July Meeting.

CLUB VACANCIES: Dr Allyn Fisher put his hand up for a position on the Committee.

Thank you, this leaves us one member to be filled. Also we are still seeking a Guest Speaker Organiser.

SICK LIST: Our thoughts and prayers are with these members not feeling well and hope for better days ahead.

- *Editor*

Member Profile No: 4

James (Jim) Ray Aitken, Foundation Member and President in 1994.

Jim was born in Bendigo in 1925 and was raised on the family farm at Mologa Central, where he attended the local state school until he went to Bendigo High School. He commenced duty as a junior officer of the Courts Branch at the Geelong Court in 1942 where he was trained in the practice and procedure of all courts in the State's judicial system. He became a clerk of courts in various capacities, mainly in Geelong and the Melbourne City Court, and was appointed to the principal position in Geelong in 1967. He became a stipendiary magistrate in 1969 and sat in many courts throughout the State for the next 16 years, 11 years of which was in the Geelong and Western District



circuit. After residing in Geelong for 40 years, he transferred to Bendigo at the end of 1982 as the co-ordinating magistrate, until he retired in 1985. Since then he has been active as a volunteer, mostly for the Uniting Church, and was treasurer of the Bendigo Chaplaincy Committee for a decade. Jim married Jean Kelly of Geelong in 1952. She died in 1974, and they had one son, Richard. In 1979 Jim married Dorothy Clardge of Bendigo, whose husband Ron died in 1975. They had three sons - Bruce, Ian and Noel. All the four sons have professional positions. Jim and Dorothy have four grandchildren and two great grandchildren.

- Editor.

Useless Information

- The term cop cam from Constable on Patrol it is from England.
- John has a long moustache was the coded signal by the French resistance in WW2 to mobilise their forces once the allies had landed on the Normandy Beaches.
- New Zealand was the first country to give women the vote in 1890.
- The average person spends about 12 minutes in the shower.
- The cheetah can reach a speed of up to 45 mph in only 2 seconds.
- A rat can last longer without water than a camel.
- Carnivorous animals will not eat another animal that has been hit by a lightning strike.
- Drinking water after eating reduces the acid in your mouth by 61 per cent.
- About a third of people flush the toilet while they are still sitting on it.

- Editor.

Vale

Vic Canobie and Allan Dingle, two foundation members that will be sadly missed.

- Editor.

FILM SCREENINGS BY CYNTHIA & ROB WATKINS.

At R. L. CAMPBELL THEATRETTE - Hargreaves Street, SUNDAY 19th JULY, 2009 1.45pm.

Vacancies exist. Cost: \$5.00 per person includes: Film Show and A/Tea.

Entry: 1.30pm. Important to be seated by 1.45pm. Start: 2.00pm. Finish: 4.30pm.

Payment rec'd & Tickets issued for Probus Club of Bendigo. (As hereunder (45) C. Binks (2),

G. Bloomfield (1), Chenery (1), W. Clemens (2), A. Cowling (2) A. Crothers (2), Dingle, T.(1), N. Gillies (1),
A. Eaton (1), R. Fitzgerald (2), K. Gloster (2), Jean Goodrich (1), M. Hallett (2), G. Himsworth (3), E. Holland
(2), D. Laity (2), B., K. Proud (2), D. Ridge (2), R. Reynolds (2), A. Ryall (2), C. Slade (2) Y. Wallace (1),
H. Ward (1), R. & D. Grierson (2), C. & L Jones (2), C. Thomson (1), Fay Turner (1)

**TOUR FOR: THURSDAY 15th OCTOBER, 2009 Famous CRICKET WILLOW,
the CHOCOLATE MILL - SHEPHERDS FLAT & DAYLESFORD AREAS.**

Depart: 8.45am From: Strathdale Community Centre Crook Street – Home approx 5.00pm.

COST: \$35/person Based on (40). Includes: Coach, Tours, Entrance Fees: Light M/Tea & Basket Lunch. We will travel via Castlemaine & will stop for M/tea and a short visit to the Restorers Barn which has an amazing array of things from yesteryear. Next we travel via Daylesford to Shepherds Flat where we visit the famous "Cricket Willows" facility for a tour & talk and have a basket Lunch

LIST: At July 15th Meeting. PAYMENTS: At meeting Wednesday August 19th, 2009.

TRIP TO FAMOUS CRUDEN FARM GARDENS

(Of Dame Elisabeth Murdoch) AT LANGWARREN, SUNDAY 22nd NOVEMBER, 2009

Depart Bendigo: 8.30am Home: Approx: 5.30pm. Cost: Based on (40), Approx \$35.00/person, which would include: Coach Travel and Entry to Cruden Farm.

Cruden Farm is possibly one of the most famous gardens in Australia and the life achievement of National Treasure, Dame Elisabeth Murdoch. You will be free to meander through the gardens.

Participants could either take a Picnic Lunch or (purchase on day.) Sausage Sizzle available.

Free Entertainment: Tommy Carter & His Celebrated Jazz Band. "Don't miss this opportunity."

(25) EXPRESSIONS OF INTEREST were received at meeting on Wednesday 17th June. **

Please confirm. **LIST: Post: 15th July Meeting, PAYMENTS: September 16th Meeting.**

PROBUS CLUB OF BENDIGO - THURSDAY 3rd DECEMBER, 2009

CAPITAL THEATRE MORNING SHOW: – "The Spirit of Christmas."

Show starts 11.00am ** Report at 10.15am for a Cuppa, before start of show.

**** LUNCH: -12.30pm** Select from menu. AT RIFLE BRIGADE HOTEL. (Just walk across View Street.)

**** COST: \$ 12.00 per person for Theatre Entry. Lunch: if interested - purchase your own.**

LIST: At August 19th Meeting. PAYMENTS: At meeting Wednesday 21st October, 2009.

**** Much time and energy is expended in the organisation of forthcoming Probus Trips.**

For me to continue to do so, it is essential that I receive "positive responses" and support to the lists. We are not saving up for our old age, it is here. We must continue to Ski, (not on snow)

Good health depends upon each of us having something to look forward to and to socialising with our friends. These tours and outings can be of such a benefit to our wellbeing.

**PROBUS CLUB OF BENDIGO – ANNUAL XMAS LUNCH AT THE FOUNDRY HOTEL,
WEDNESDAY 2ND DECEMBER, 2009 – 11.30AM for 12 NOON.**

Details soon, "reserve the date." ** Our Club is in it's 25th year since foundation.

**** A full attendance would make it special."**

Trips Enquiries to: Arthur Eaton, Tours Organiser. Phone: 5443 9162