



PROBE

Bulletin of the Probus Club of Bendigo Inc.



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

Today's Guest Speaker is Cynthia Gardner of the Niagra Co Title "The River of Life"

Guest speaker last meeting was Mr Owen Howlett, an occupational therapist with Vision Australia Foundation. He was introduced by President Bryan. Owen's address was to increase the awareness of the factors that contribute to people falling. It was titled "Stay on your feet", and looked at the potential hazards, and risks that are around us.

Every year hundreds of Victorians are affected by falls, many being injured as a result. For older people this can mean a permanent reduction in quality of life and independence. Most falls happen in people's homes as they go about their everyday tasks. Falls are not a normal part of growing older. Just a few simple changes in your home, and the way you do things is all it takes to greatly lower your chances of suffering the consequences of a fall.

Alarming statistics are that 1 in 3 people over 65 years of age will fall every year. One in 2 people over 80 years will fall every year. Seven out of 10 people will injure themselves. Major causes of falls are hazards, in and around the home; lack of physical activity; changes in sight or eye disorders; poor balance and walking patterns; inappropriate use of medications; hazards in public places, like overhanging branches, uneven surfaces.

By looking at the potential hazards and risks around us, we can consider ways to improve both our own personal and other's safety. Review the need for rails in bathrooms, toilets, and near stairs, and steps, both indoor and outdoor. Remove loose or damaged mats. Replace or repair damaged floor coverings. Keep floors clean and dry. Eliminate obstacles, including low furniture, cords, telephone leads, dangling bed

clothes that could cause you to trip.

Watch out for pets that can move quickly, and run under your feet. Have your eyes tested every year. Keep your spectacles within reach at all times, and keep them clean. Stay active. Exercise is good for your heart, bones, muscles and balance coupled with good nutrition. A balanced diet is essential for a healthy body. Not eating well can lead to tiredness, and reduced muscle strength.

At the conclusion of his address and presentation by Herb Hesse, Owen revealed that this was his very first public speech. His talk was informative and provided many safety checks for his audience to follow. He acquitted himself very well.

SECRETARY'S ANNOUNCEMENT

The Hon. Secretary is preparing the next Membership booklet and needs to be informed of any additions, deletions or address changes.

The motion to adopt changes to the Club's constitution, explained in the Probe for May, will be moved by the Secretary and put to the vote.

PRESIDENT'S COMMENTS

The May meeting was pleased to have guest Rotarian, Ken Biggs present. Ken was the foundation Chairman responsible for forming our club in 1985. Thank you Cliff Binks for inviting Ken to our meeting.

Pleased to see Ted Driscoll and John Petrusma return after respective hospitalisation.

MEMBERS ATTENDANCE: The May meeting attendance was 54 present with 29 absent. This time of the year the cold weather is responsible for a number of absentees, whilst a number head north for holidays and warmer weather. On the subject of members, again I refer to the continuing concern our membership is at present. We must all do what we can to restore membership to its correct level. So, Please! Please! Please! continue to enquire from your friends and relations if they could like to join our club. Nomination forms are available from Secretary Bob.

JOCKEY CLUB OUTING: May the 19th was a very successful and enjoyable day at the Bendigo Jockey Club in the "Silks" members lounge/dining room with 33 attending, including guests, a lovely sunny day at the picturesque Jockey Club, but not a lot of winners. Thank you Arthur Eaton for another enjoyable outing.

FOUNDATION MEMBERS LUNCHEON: The 2nd Luncheon was at the Brougham Arms Hotel with 8 members present along with partners. Denise and I did appreciate the invitation to attend, which we both enjoyed. It was a nice gesture to have Rotarian Ken Biggs present as well.

SUBSCRIPTIONS: It appears there are still a small number of members who have not paid their subscription fee. To help make Treasurer Ken's job easier, it would be appreciated if those outstanding dues could be finalised at the June meeting. Thank you.

CHRISTMAS DINNER IN JULY: Tuesday, July 26. Currently 43 acceptances, more members/wives and friends are required to make this night a memorable and enjoyable occasion. Please do not hesitate, help make it a success and be present to enjoy fellowship and friendship.

MAMMA-MIA: The stage show was an outstanding success, another Arthur Eaton spectacular, a total of 33 attended, together with partners. The choreography - excellent; the music - fantastic (if you like it LOUD). All present were high in their praise for its success. We now look forward to "The Lion King" in August.

NOTICE OF MOTION - CONSTITUTION: Don't forget Secretary Bob's notice of motion to adopt changes to the clubs constitution will be put forward at the June meeting. There are 3 items seeking changes (refer the May Probe).

Look forward to seeing more faces at the 15th June meeting, until then, take care, keep well.

BRYAN ARMSTRONG.

FOUNDATION MEMBERS LUNCHEON

The second F.M.L. was another success, attended by 13 members and wives, also President Bryan with Denise, and Ken Briggs, Foundation visitor.

The passing of recently deceased foundation member Bill Cowling was marked by a minute's silence.

Ken Briggs of Rotary, who was at the founding meeting, was impressed by the idea of monthly luncheons with the fellowship involved. He suggested enlarging the idea to an Annual Luncheon for foundation members of all Probus clubs in the Bendigo region.

This might be rather unwieldy!

Ken Gloster brought some of his Probus memorabilia. He has recorded on his computer an account of every club meeting. Speakers and their subjects, and every club trip are there.

President Bryan thanked all attending and expressed his appreciation of the invitation to attend.

Cliff thanked all for their attending. He announced that the June luncheon will be at the Belmont Hotel at 12.30 pm on 15 June, and suggested the Newmarket Hotel for July.

The Club Secretary had advised that a Probus Club Foundation pin is available at around \$8. These can be ordered through the Secretary.



PROBUS CLUB OF BENDIGO

***TUESDAY 26th JULY. DINNER - XMAS IN
JULY AT THE LEADLIGHT CAFE***

6.30pm for 7.00pm Meal. Maximum (90),Cost based on minimum of (35) persons. Current: (43)**

COST: \$25.00 per Person. Includes: A high quality (3) Course Xmas Dinner, Tea/Coffee. **Entertainment** - by two Artists, and even some **Prize Draws**. **Drinks:** Purchase your own at the bar.

The Leadlight Cafe is situated in the C.B.D. at 25 Queen Street (a couple of doors from Mitchell St.) The decor of the Cafe provides for a pleasant and restful atmosphere, the staff caring and considerate, and from experience, *the meal will prove*

to be most enjoyable. Just the venue for a Probus Group like ours. Every effort is being made to ensure all have a pleasant, sociable and enjoyable evening.

Cliff Binks who has previously provided some excellent Dinner Evenings is organising the program.

Bookings rec'd to date: B.Armstrong (2), C.Binks (2), G.Bloomfield (1), A.Cowling (2), A.Crothers (2), A.Dingle (2), G.Glover (2), A.Eaton (2), P.Goodrich (2), J.Hardy (2), F.Himsworth (2), L.Hodren (2), R.Michell (1), L.Nankivell (2), B.O'Brien (4), P.Randall (2), A.Ryall (2), W.Spicer (2), C.Thompson (1), I.Truscott (1), W.Truscott (1), J.White (2), M.Mayo (1), W.Winzar (1)

**** More bookings are required. - I seek the support of members - bring a friend !!**

**** Payments required: At Meeting Wed 15th June please.**

STAGE LIVE SHOW - THE LION KING

- IN MELBOURNE - AT REGENT THEATRE.

Travel by Bendigo Coachlines. Wed. 24th August.- 1.00pm Matinee

COST: Includes: Coach Fare & Entry to Theatre (Min. 35), Max: (46) Current: (46).

\$85.00 per person: * For holders of (Pensioner Concession Cards only.)**

\$95.00 per person: For those who do not hold Pensioner Concession Cards.

Payments have been received from and Tickets have been secured for: (46)

J.Aitken (2), B.Armstrong (2), Pat Bath (1), C.Binks (1), B. Bruhn (1) W. Clemens (2), J.Cole (1), A.Cowling (2), A Court (2), J.Davies (2), A.Dingle (2), A.Eaton (2), M.Hallett (2), F.Himsworth (2), J.Hardy (2), W.Jacka (2), E. Jenkins (1), C.McLean (1), L.Nankivell (2), I Nixon (2), K.Proud (2), P.Randall (2), W.Spicer (2), J. Summers (1), P.Thornton (2), J.White (2) W.Winzar (1)

**** Lost tickets non-refundable, to avoid problems tickets will be issued on the Coach on day of travel.**

**** Emergencies are required, if interested please advise Arthur**

**** The Collectors would greatly appreciate your assistance by having the correct change when making your trip payments.**

Tours Organiser Arthur Eaton. For inquiries telephone Arthur: 5443 9162

Report on "A Day at the Races" on

Thursday 19th May at the Bendigo Jockey Club.

A total of 34 persons comprising Members of the Probus Club of Bendigo & their Partners together with

some from other Probus Clubs & friends of Probus participated in this outing.

Approximately 24 members of the Bendigo Ladies Probus Club were also in attendance

The weather was kind to us, it being a warm sunny day. The surrounding lawn areas were lush green as was the racetrack itself, the ingredients for a very pleasant day.

During the course of our stay we had the use of the Silkes Members Lounge with its panoramic view of the racetrack from which we were able to watch the races in comfort whilst we were being served a two-course lunch and afterwards during afternoon tea.

Some "took on the bookies" with varying results, whilst others chatted and mixed socially and enjoyed the fellowship of Probus.

Report prepared by: Arthur Eaton Trips Organiser.

The Report on the Gippsland Trip is held over until next month.