



PROBE

Bulletin of the Probud Club of Bendigo Inc.



Published Monthly

Issue No. 142

18 March, 1998

Editor: ALEX WILSON (Phone 5443 9994)

Annual Subscription \$15 Print Post Publication No PP 3491 06/00007

President: Bill Jacka

Phone : 5443 2365

Secretary: Arthur Cowling

Phone : 5443 3788

A Special General Meeting is held every 3rd Wednesday of each month at 10.00 a.m. at the Masonic Centre, Melvor Road, Bendigo.

All correspondence to the Secretary, P.O. Box 1217, Bendigo, 3552.

—◆—

Today's meeting is the 12th Annual General Meeting with the election of Office Bearers for 1998-99. There will be no Invitation Speaker, instead, we will have an A.G.M. with a difference.

—◆—

For our February meeting the guest speaker was the Reverend Glen Bevern, Chaplain of the Bendigo Base Hospital who spoke on "What Does A Hospital Chaplain Do?". Rev. Bev., as he has been known to be called, gave a very interesting, informative and, at times, humorous talk on the psychiatric aspect of illness. His qualifications include a Diploma of Theology, a registered Psychopathologist and registered Clinical Hypnotherapist. Introduction was by Bob Chenery.

A great proportion of a chaplain's time is taken up in listening. Listening to the problems of both patient and staff, listening to the last words of the dying and giving consolation and to just be there at a very crucial time of people's lives.

When entering hospital about 75% of people record a religion, but there are a number who will put down for religion - none, and yet, when the chaplain is called at two or three in the morning, it is usually to attend a person who has recorded for religion - none. So, even by recording nil for religion, people still seek out some sort of spiritually, as defined in their terms.

Hypnotherapy is a very misunderstood therapy. It tends to be lumped together with the stage and regarded as an entertainment or, even worse, witchcraft. However, it can be used in a clinical way to be able to help people in pain. The mind controls the body in an amazing way and hypnosis can be used to anaesthetize an arm so that a person does not feel the pain when a needle is inserted. This is one area where hypnosis really works. Self-hypnosis is also a very valuable aid in relaxation.

Rev. Glen also works in palliative care and praises the Bendigo Palliative Care nurses at facilities in alleviating pain. He even exploded a myth that a person can become hooked on morphine when taken at the end of their life.

Stress management is another area in which Rev. Glen is active. Again, it is based on listening to people to ascertain the causes of stress. He then went on to describe the ways that stress can be created in a persons mind and how it can be relieved. Massage and walking are very good means of relaxing.

Alex Crothers thanked the Reverend Glen Bevern for his talk and made the usual presentation.



RECREATION AND LEISURE EXPO

Prior to our last meeting Mr. Noel Thomas, a voluntary Promotions Officer with the City Greater Bendigo spoke to us about the Recreation and Leisure Expo to be held at the White Hills Secondary College on the 14th and 15th of March during Senior Citizens Week. This Expo is designed to introduce the Senior Citizen to the many ways of using up his/her spare time. There will be both static and working displays including V.Line Travel, Bendigo Film Society, the over 40's motorcycle club, Boche, crafts and hobbies to name but a few. There is no entry fee.

VISIT TO JEWISH MUSEUM AND SYNAGOGUE AND BOTANICAL GARDENS

Arthur Eaton once again proved his uncanny powers in being able to produce perfect weather conditions for the above trip, particularly as we were to picnic in the gardens.

The bus trip to Melbourne was different for many of us as we went to St Kilda via the Western Ring Road. This meant turning off the Calder Highway at Keilor Park Drive and progressing, sometimes apparently in the wrong direction, through St. Albans, Ardeer and Laverton North before swinging west through Spotswood, across the West Gate Bridge, around Albert Park Lake and on to St. Kilda Junction where our very skillful driver, Kevin Orion, deposited us right outside the Jewish Museum of Australia at 26 Alma Road, St. Kilda.

We started our visit by enjoying a welcome cuppa with chocolate cake in the entrance lounge after which we were split into three groups of seventeen, each group being taken through the museum with individual guides.

Our group, with guide Louise Dysken, started in the exhibit "The Jews In Shanghai" depicting the lives and histories of Jewish refugees from Europe into Shanghai from 1939 until 1941 to escape persecution. By December of that year there were 25000 members of this Jewish community in Shanghai. Today there are none.

The next exhibition was titled "The Jewish Year" which celebrates the cycles of festivals which give rhythm and form to Jews' lives. All items in this section were beautifully and clearly presented, giving the differences between the Jewish and non-Jewish calendars of events.

The final exhibit dealt with the beliefs and religious foundations of Judaism, the basic religious and ethical beliefs, common origins and ritual observances.

We then moved as a group to the Synagogue opposite the museum where we were introduced to the rituals and practices of Judaism by our guide, Louise Dysken. In Orthodox Synagogues males and females sit separately whereas in Liberal Synagogues the sexes are not separated. We were told how the Jewish Holy Book, the Torah, contains the first five books of the old testament traditionally attributed to Moses and continues in unaltered form today. We were privileged to have the curtain to the tabernacle drawn aside to see the scrolls of the Torah in all their protective and spectacular silver covers.

We were then bussed to the Botanical Gardens to enjoy our picnic lunches in the serenity of beautiful trees, shrubs and lush green lawns. Then Kevin safely and comfortably returned us to Bendigo on time.

This trip was one that introduced us to a very sincere exposition of Judaism, giving a basic understanding of this widespread religion.

Our thanks again go to Arthur for his dedication to giving us opportunities to enjoy a great variety of activities. Our thanks also go to Kevin for his expertise.

ACTIVITIES

BOWLS NOTES

On Wed, 25th February, our bowls members played at North Bendigo and were narrowly defeated 54-52.

The winning rink for Bendigo was skippered by H. Hesse and consisted of C. Weeks, A. Wilson and P. Goodrich.

The teams to play in the Combined Probus Carnival at Bendigo East on Tuesday, 24th March, 1998.

A. Court	R. Fitzgerald	E. Hogan	H. Hesse	(s)
L. Roy	A. Eaton	F. O'Connell	V. Canobie	(s)
E. Driscoll	G. Rayson	K. Gloster	A. Clough	(s)
J. Kelly	W. Winzar	W. Clemens	A. Stevens	(s)

Assemble at 9.30 am for 10.15 am start.

Clubs will compete for the Probus Championship Shield to be held for one year. Sectional winners will receive trophies.

COST--\$10 per player includes lunch and afternoon tea.

Sectional Play--First game of 12 ends with two games of 10 ends after lunch.

REGULATION DRESS.

If not available as selected contact Bill Clemens on 'phone 54470562.

The final game to be contested for this season is the grudge match against Sandhurst Probus on 15th April '98 at Woodbury. We are the present holders of this trophy and hope to repeat this result. Teams will be published in Bendigo Advertiser the week prior to the event.

Good Bowling - and stay down to be up.

Bill Clemens



ANNUAL DISTRICT PROBUS CLUB COMBINED PICNIC

This picnic is being organized by the Bendigo Probus Club and is to be held on Friday, 20th March, 1998 in Rosalind Park. Registration is at 11.00 am at the tower. We would like to make this the best and friendliest Probus picnic ever and depend, and rely, on as many of our members as possible attending.



FOOD

The Blacksteer Restaurant in McIvor Rd. (near our trip termination point) has made a concessional offer on meals for Bendigo Probians, particularly after a trip. Partners will receive the same concession.

An interesting aside to this trip was the sighting of a photograph of the Tongshan Restaurant in Shanghai owned by Fred Glogaeur (Glover) who sold Ice Cold Drinking Water (Cordial). It may have an association with one of our esteemed members.

Jock Crook

MEMBERSHIP BOOK

FORSYTH - Change Christian name to Jim and include name of wife - Marie

TRIPS INFORMATION

THUR. APR 2ND, 1998. TRIP TO MELBOURNE - INTERNATIONAL FLOWER AND GARDEN SHOW.

"The Show Of The Year" Maximum (53), Current (69).

Depart: 7.45 am, Home: approx. 5.45 pm.

COST: \$25/person. Includes coach and entry to show. The Show is at the Royal Exhibition Centre. Food stalls, snacks and lunches available or take your own picnic lunch.

TICKETS: Have been purchased and will be issued at March 18th meeting. For cancellation owner onus applies. (Arthur has list of emergencies).

MON. SEPT. 28TH TO FRI. OCT. 2ND. Incl. **TRIP OF THE YEAR**.

5day/4night staying at PINNACLE VALLEY RESORT. (Mansfield area).

Maximum (48) Current (65).

"A first class trip" - you will enjoy this one, I recommend it.

(AE)

COST: \$420/person. Include: Coach (5 star), Accommodation (4 star) twin share, all meals, morning and afternoon teas, tours, entry fees.

NOTE: M/tea, lunch commence from day 1 and cease after lunch on day 5.

PAYMENT OF: \$50.00/person deposit due at March 18th meeting.

WED. MAY 6TH, 1998. WETLANDER CRUISE AND COHUNA EXPERIENCE.

Maximum (49) Depart 8.15 am, Home: approx. 6.00 pm.

First we travel to Cohuna to visit their unique Historical Centre consisting of four departments which will interest all. At conclusion of tour the Centre ladies will provide a light lunch. After lunch, we join the "Wetlander", a cruise ship with comfortable air conditioned cabin and covered top viewing area. We have a two hour cruise of the Gunbower Creek and Gunawarra Wetlands, seeing birds, wildlife and spectacular scenery.

COST: \$27.00/person. Includes: Coach fare, light lunch, entrance fees and cruise. Listing will be tabled at March 18th meeting.

TUES. JUNE 26TH, 1998. 7.00 pm to 10.30.pm "CHRISTMAS DINNER OUTING IN JUNE" at B.R.I.T. Hospitality Centre, McRae St. Bendigo. Cliff Binks has been fortunate to obtain a booking at BRIT Hospitality Restaurant. A traditional Christmas dinner will be served. Entertainment has been arranged. An opportunity for a first class night out at a reasonable cost. "Watch out for it".

** Full details and listing at April meeting, payments at May meeting.

THUR. JULY 16TH, 1998. 7.00 pm to 10.45 pm. "DINNER AND CONCERT" (C.Binks)
Max. (80).

The venue will be the Uniting Church Hall, Forest Street. A caterer has been engaged to provide the dinner.

CONCERT: Caledonian Society has arranged for twenty artists.

FORMAT: Sit at tables - buffet. Nibbles/fruit punch on tables. Part concert - main course concert - sweets - coffee and after dinner mints. COST: \$17.00/person. LIST: Apri. meeting.

SUN. AUG. 23RD, 1998. 2.00 pm to 6.00 pm. Maximum (156) (C.Binks)
"FILM AFTERNOON AT CAMPBELL THEATRETTE".

Due to the popularity of the previous film night at the Campbell Theatre, another excellent program is being prepared for this Film Afternoon. A maximum of 156 can be accommodated. Other Probus Clubs will be offered specific ticket allocations. Nibbles, etc will be provided at interval.

COST: Estimated at \$7.00/person. LISTING and full details at May meeting.

To assist collectors, please tender correct money. If payment by cheque, please ensure details are written on back of cheque.

Arthur Eaton
Tours Organizer

In an effort to further complicate the English language we are no longer O.A.P.'s, Senior Citizens or Aged Persons but can be collectively called -

CHRONOLOGICALLY CHALLENGED.
