



PROBE

Bulletin of the Probus Club of Bendigo Inc.



Published Monthly

Issue No. 192

18th September, 2002

Incorporation No. A0011248L

Annual subscription \$20. Print Post Publication No. PP 3491 06/00007

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A Special General Meeting is held every 3rd Wednesday of each month at 10.00am at the Masonic Centre, McIvor Road, 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.

Our guest speaker today will be Felix Cappy who will talk about Lake Titicaca which is located in Bolivia.

For the October meeting the President requests that an all out effort to attend this meeting, with your Partner, as our speaker is the Mayor of the City of Greater Bendigo. Numbers in attendance will highlight the strength of the club.

HEALTH CARE: As an ongoing fellowship of our club the Committee urges members to arrange for their partner to phone Barry O'Brien on 5444 1625 or John Hardy on 5441 6657 to inform us of illness at home, or in hospital. We can then offer any assistance or arrange for members to visit in hospital when visitors are permitted.

PERSONAL: At our next meeting Alf or Maurice will ask for each member's Birthdate and Wedding Anniversary. We wish to acknowledge these events at our meetings and record the occasion in the "Probe".

FEET

At our last meeting we were entertained and edified by Bronwyn Poole from the Department of Health who spoke on "How to have Happy Feet". Bronwyn was introduced by Bob Chenery who gave an insight into her background and wished her all the best for her forthcoming marriage.

Bronwyn's first message was that getting older does not mean that you have to have pain in your feet. A common thought is that pain is arthritic in origin but is not necessarily the case. It is usually caused by improper foot care, including poorly fitting shoes.

Mirrors of Health. Feet can have problems directly related to a health problem. The most common being diabetes which causes a decrease in blood circulation and can lead to numbness in the feet. Rheumatoid arthritis can also affect the feet.

Why do we want our feet to be in good condition. Walking is the most accessible exercise for humans as it helps to control blood pressure and is good for heart health. Regular walking combined with strength training can result in a much better chance of a healthier lifestyle.

Falls. Good foot health combined with good footwear is a major way of preventing a fall. One in three people over 60 years of age will have a fall and seven out of ten people who fall will suffer an injury, sometimes life threatening. If any person suffers a fall their G.P. must be notified as it can be indicative of some other problem. The Anne Caudle actually has a Balance Clinic.

The Foot. Over a lifetime we walk about four times around the world and every day about eight thousand steps but one quarter of the bones in the body are located in the feet, twenty-six bones in each foot. We lose about a cup of sweat from the feet each day. Socks are much better if they are wool or cotton as these can absorb sweat whereas rayon traps it causing problems, particularly between the toes.

Skin Care. Water alone does not effectively clean between the toes as it does not remove old skin or other foreign objects, use a washer or sponge and make sure that all moisture is removed even to the extent of using a wipe of methylated spirits. For general skin care use Sorbolene cream which keeps the moisture up to the feet.

Nail Care. Don't cut them too short and if you can't cut them then file them with an emery board working straight down the nail. Regular filing can prevent the nails growing to the point where they need cutting. Always cut across the nail, don't cut too short and don't cut the corners as this can lead to ingrowing toenails.

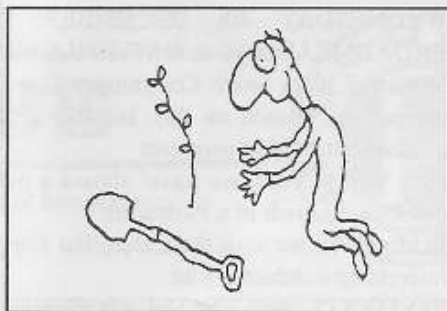
Footwear. The everyday shoe makes a big difference to foot health, lower back, knees and hips. A shoe should have a firm back, an adjustable fastener with room for the toes and a shock-absorbing sole that flexes only at the toes. Thongs should only be considered for wet areas, e.g. pool surrounds. It is much better to wear a walker or runner around the house than a slipper. Slippers should only be used on rising or before going to bed.

Corns and Callouses are always caused by pressure, a wart, on the other hand is a virus. Corns are caused by ill-fitting shoes while callouses and corns under the foot are caused by the way we walk.

Maurice Pease thanked Bronwyn for her talk and presented her with our Probus coffee mug.



TREE PROJECT: At our July meeting a number of members indicated that they would be interested in participating in the growing of native plants. Five members confirmed their interest at our August meeting. This is a further invitation for any other member, or Partner, who would wish to assist in this great project to help the environment. Please ring Barry O'Brien on 5444 1625 or leave your name at our next meeting.



PROBUS CLUB OF BENDIGO - TRIPS INFORMATION

TUESDAY 8th OCTOBER: VISITS TO LOCAL BENDIGO INDUSTRIES: Max. (32)
TRANSPORT: "by use of own Cars." COST: Free of Cost. Current (40)

First: **BENDIGO ADVERTISER PRINTING SHOP: 81-83 Beischer St.**

** 1.45pm. Assemble in Print Shop Car Park. 2.00pm Tour Commences. Witness printing of newspapers with latest equipment & technology

** Numbers to visit A.D.Apparel & Rositas is limited to (16) only to visit each, hence at conclusion of Advertiser visit we break up into two groups of 16 persons.

AUSTRALIAN DEFENCE INDUSTRY APPAREL FACTORY. (Mc.Goldrick Court) Manufactures special clothing for Defence & Emergency Services. **ROSITA'S: At Mayfair Park. ** (Entry from Piper Road - Gate 3)** Rosita's manufactures and supplies a variety of items including Corn Chips, Taco's, Flatbread, Mexican Tortilla for food outlets.



WEDNESDAY 4th DECEMBER: TRIP TO THE FORD FACTORY AT BROADMEADOWS & CATERPILLAR FACTORY AT TULLAMARINE.

Depart: 7.30am Strath Community Ctre Crook St. Home approx 5.30pm COST: \$16.00 per person. (Based on 40). Includes Coach /entries. Bring own Picnic Lunch, M/Tea available at Ford at own cost

First Visit to Ford, we travel aboard a people "Transporter" After visit to Ford, we have our Picnic Lunch in a Park area.

In afternoon we visit the Caterpillar Factory, where we will again be treated to another interesting conducted tour.

PAYMENTS: Wed ~~2nd~~¹⁶ October meeting. Maximum: (49) Current (53)

* *NOTE: Necessary to change the date as Ford Factory not available on 6th November. Check list at meeting on September 18th for your availability for December 4th.*

WEDNESDAY 27th to FRIDAY 29th NOVEMBER 2002 (3 DAY/2 NIGHT TRIP) "XMAS IN NOVEMBER TOUR" - DREAMTIME TOURS.

GLENROWAN, RUTHERGLEN, COROWA, MYRTLEFORD, BRIGHT, MILAWA, YARRAWONGA COST: \$210 per person (Based Minimum 40).

5 Star Coach Travel, Corowa - Quality Accommodation (Twin Share)

2 Continental Breakfasts, 2 Lunches (Luncheon Cruise on Day 3) Morning Tea Day 2

"All entrance & sightseeing as per itinerary.

Accommodation: (In Corowa at Greenacres Motel).

Full PAYMENTS: By no later than ~~2nd~~¹⁶ Oct. Meeting.

By Cheque: made payable to: "Dreamtime Tours Pty.Ltd."

(Itineraries available) Maximum: (48) Current Bookings: (50)

FILM SHOWING AT LAITROBE UNIVERSITY LECTURE THEATRE - Max: (168)

FRIDAY 24th JANUARY 2003- 5.00pm to 8.00pm.

"A Spectacular Film Showing" by Rob & Cynthia Watkins on their Tour of Europe/Scandinavia. Film: 5.00pm-6.00pm; Own Picnic Tea: 6.00pm-7.00pm, Film 7.00pm to 8.00pm. In Air Conditioned comfort. COST: \$2.00/person. LIST: Sept meeting.

PAY: At Nov. Meeting

THURSDAY FEBRUARY 20th. 2003 TRIP TO TOOLANGI & KING LAKE AREA.

** Advance advice: Full details in October Probe. Maximum: (49)

** A very interesting day with variety has been planned for our visit to this Scenic Rainforest Area.

COST Estimate: \$25.00 per person. Includes: Coach Fare, Morning Tea, Entrance Fees.

LIST: October ~~2nd~~¹⁶ meeting. PAYMENTS: Wed. 15th Jan, 2003 meeting.

Maximum (50) Current Bookings: (41). VACANCIES: Enquiries welcome

**** For further information please contact Arthur on 4335 9162.

** In order to assist our "Collectors", please tender actual amounts due when making payments for trips.

