

COMBINED PROBUS CLUB OF BLACKBURN SOUTH INC.

Club Bulletin

No. 388

June 2024

Registration No. A0029946T

The Club meets at 10.00 am on the first Wednesday of every month (except Dec and Jan.)
at the City of Whitehorse Horticultural Centre, 82 Jolimont Road, Forest Hill.



All correspondence to: The Secretary, P.O. Box 620, Brentford Square, 3131.

Web address: www.probusblackburnsouth.org.au/

Club Bank A/C BSB 633 108 - A/C No 151023272 (Bendigo Bank)

Committee Members

| | | |
|---------------------|----------------|--------------|
| President | Harish Shah | 0430 380 806 |
| Vice President | Sandra Knight | 0409 551 029 |
| Past President | Mary Burton | 0458 866 991 |
| Secretary | Gilly George | 0408 801 624 |
| Treasurer | Bob Grierson | 0409 553 414 |
| Editor | Nelsa Counsell | 0420 802 526 |
| Services | Kath Thompson | 0418 390 875 |
| Events Co-Ordinator | Sandra Knight | 0409 551 029 |
| Guest Speakers | Beryl Pakes | 9897 3454 |
| Welfare | Ree Dowling | 0410 478 304 |
| Outings | | |

Diary Dates

| | |
|----------------------|---------------------------------|
| Next Meeting | Wednesday 5 th June |
| Discussion Group | To be advised |
| Coffee Club | Friday 3:00 pm weekly |
| Men's & Ladies Lunch | Wednesday 26 th June |
| Yarrowood Winery | Wednesday 19 th June |

Bulletin Deadline Friday 21st June



Presidents Message: -

1. Be mindful of others' hearing handicaps.
We are at an age when most of us suffer from some degree of hearing loss. While at the meeting, please turn off your mobile phone OR set it to Silent Mode. Please also refrain from personal conversations during the meeting. Remember, your chatting can interfere with someone's hearing.
2. Membership Subscription.
The current Annual subscription is \$50 per member. If you have not yet paid, it is now overdue.
3. Member's Contact Details - Mandatory Update.
A few members have not submitted their forms. I request that they submit their details ASAP. The Club needs up-to-date contact details to communicate with you.
4. New Activities.
During the 'General Business' item discussion at today's meeting, I shall call upon potential leaders to outline their activity proposal for member feedback.

Please keep warm and be active. Have a great day!

Harish Shah

AFTER MEETING LUNCH



SOFIA BURWOOD ITALIAN PIZZA RESTAURANT
299 Burwood Highway
Burwood East 3151

BIRTHDAYS - JUNE

Best wishes to the following members

Lorraine Low-Shang 5th

Mike Bampfield 13th

Ken George 19th

Bob Grierson 20th

Nelson Knight 20th

Glen Knight 23rd

Gilly George 24th

Kath Hawthorne 26th

Stephen Clifton 30th



SECRETARY'S REPORT - gill.george@hotmail.com 0408 801 624

MONTHLY GENERAL MEETING: Our next Monthly General Meeting will be held on Wednesday 5th June 2024, at the Whitehorse Horticultural Centre 82 Jolimont Road, Forest Hill, commencing at 10.00 am.

CORRESPONDENCE: Nil.

TREASURER - Bob Grierson 040 955 3414

Club Bank Account: BSB 633-108 Account No 151023272

Make sure that your name is registered with the deposit.

MEETING VOLUNTEER ROSTER: June – August 2024

Would all volunteers please read their copy of the 'Monthly Meeting Volunteer Procedures' and bring it to the meeting.

Before the Meeting, Set Up, and After the Meeting, Pack Up & Lock Up

| | | |
|--------|-------------|---------------|
| June | Col Sando | Gerry Burton |
| July | Terry Roche | Rod Needham |
| August | Ken George | Nelson Knight |

Welcome and Directing to Sign-in Desk

| | | |
|--------|---------------|---------------|
| June | Sandra Knight | Ron Henderson |
| July | Denis Birt | Jan Roche |
| August | Sandra Knight | Jennifer Birt |

Attendance Recording

| | | |
|--------|----------------|------------------|
| June | Keith Wickins | Glen Knight |
| July | Sue Needham | Christina Hunter |
| August | Cushla Appleby | Nancy Greenslade |

Mentor to Visitors

| | | |
|--------|---------------|-------------|
| June | Joyce Wickens | Ken Pakes |
| July | Beryl Pakes | Ree Dowling |
| August | Dot Browne | Val Nixon |

Morning Tea Team

| | | |
|--------|-----------------|-----------------|
| June | Dot Thomson | John Hally |
| July | Vic McNamara | Col Rogers |
| August | Catherine Pratt | Denis Hawthorne |

Please arrive for duty by 9:15 am.

If you are unable to attend Roster Duty, please initially try to exchange with another member.

DISCUSSION GROUP - Mike Bampfield 0413 007 528

Next Meeting – Possible new date and venue to be advised at next Club Meeting

We had an enjoyable, well attended meeting on 20th May and a lively discussion covering a wide range of topics including the State/Federal Budgets, immigration numbers, crying babies in theatres, and the future of the cruise industry in Australia. For the next meeting everyone was invited to share any amusing/interesting stories from their past holidays. The meeting concluded with an enjoyable afternoon tea provided by host Colin Sando.

To assist with seating and catering arrangements, it is asked that those wishing to attend Monthly discussion group meetings (even if undecided), please enter your names on the list at each Club meeting or call/text Mike Bampfield.

GUEST SPEAKERS - Beryl Pakes 9897 3454

JUNE - Our speaker will be Alain from Equip4life, speaking on habits to secure a longer and healthier life.

JULY - Our member Terry Roche will talk about Classic Cars.

WELFARE - Ree Dowling 0410 478 304

Lois Cheevers: Lois is recovering well now at home and is looking forward to being back at club events

With the new variant of Covid in our midst more care in closed spaces is necessary. Please check the use-by date for RATs. GPs are finding patients have false readings as they are shown to be positive when given the PCR test.

MEN'S & LADIES LUNCH

CLUB RINGWOOD - Contact: Kath Thompson 0418 390 875

Date: Wednesday, June 26th at 12.30 pm

Address: 523 - 535 Maroondah Highway, Ringwood

Menu: A La Carte

Table service, but each member pays as they leave

Access: Entrance ramp. Spacious Venue:

Parking: Ample. Some parking spaces at the rear - off Oban Rd and

more spaces are available out the front at the Oban Rd intersection lights – bear left

WE HAVE BEEN INVITED - Ree Dowling 0410 478 304

Come and join this program open to retirees focusing on accessible activities, wellness & socialisation.

Format of 'ROLL BACK THE CLOCK'



Weekly Sessions: 1 hour

Part A. 30-minute presentation on engaging interactive topics related to good physical and mental health for older adults.

Part B. 30 minutes of movement activities benefitting flexibility, muscular endurance and strength.

Lead by a qualified and experienced Instructor with plenty of tips to share.

Venue: Vermont South Club

Address: 30A Livingstone Rd. Vermont South

When: Fridays at 11:30 am [In 8-week blocks

After the session enjoy a cuppa available on the house.

Cost: \$10.00 per session (Subsidised by Bowls Australia). Pay weekly at the club or \$80.00 for the block of 8 weeks.

Starting Date: Friday 10th May



OUTINGS

YARRAWOOD ESTATE WINERY - Ree Dowling 0410 478 304



Date: Wednesday, June 19th at 11 am

Address: 1275 Melba Highway, Yarra Glen

Enjoy a guided wine tasting.

Learn about the heritage of the estate and vine-growing techniques, surrounded by beautiful rolling countryside.

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Format of the day:

1. Wine tasting - cost \$9.00 (Beer of course available instead)
2. Lunch – at own cost. (The menu on display at monthly meeting)
3. Purchase wines of your choice if you wish
4. Wander around the estate.

Parking: Plenty available with ease of access

PS. The Yarra Valley Chocolatarie is only 5 minutes away for sweet indulgences on your way home!!

5 DAY COACH TOUR TO APOLLO BAY - Mary Rasmussen 0427 057 638



Dates: March 24th - 29th 2025 staying at Skenes Creek

Day 1 to Apollo Bay

Days 2,3,4 off-road travel in the Otway's

Day 5 travel home with several stops

Cost: \$1,215.00 per person twin share- single supplement \$240.00 extra.

Meals included a continental breakfast (porridge, cereal, yoghurt, toast, tea & coffee.)

2-course meal at night – choice of 2 mains & desserts.

Pub lunch at Winchelsea on the way home.

Lunches are not included; choose your own from bakeries, etc. at your own expense.

A minimum of 20 people is required. (no walkers).

DEPOSIT \$500.00 payable by the September meeting

The balance is \$715 (plus a single supplement if applicable) and payable by 5th February 2025.

There is more on our web pages: <https://probusblackburnsouth.org.au>. Thanks to the Bendigo Bank Backburn South for sponsoring our website.

The password for the members-only pages is "██████"

The contents of this Bulletin are Private & Confidential, are for Probus use only and are not to be used for any other purpose

The Probus Club gratefully acknowledges the community grant provided by the Whitehorse Council.