



Combined Probus Club of Blackburn South Inc. No.58109

Reg. No A0029946T

MINUTES: Minutes of Monthly Meeting 5TH June 2024

HELD: Whitehorse Horticultural Centre, 82 Jolimont Road, Forest Hill.

PRESIDENT: opened the meeting at 10:00 am and welcomed all present and reminded all members to please turn off their mobile phones. The President also reminded everyone that the yearly fee of \$50 is now due and to please pay the treasurer.

APOLOGIES: Mike McGorlick, Shirley McGorlick, Bruna Rosaia, Lois Cheevers, Lorraine Low-Shang, Kath Thompson, Keith Wickins, Jurgen Ahrens, Sibylle Aherns, Cushla Appelby, Ron Chidgey, John Hally, Denis Hawthorne, Kath Hawthorne, Alan Hunter, Christina Hunter, Glen Knight, Nelson Knight, Sandra Knight, Col Rodgers

VISITORS: President Harish welcomed our 3 visitors – Isobel Paton, Graham Bergin and Brenda

PRESENT: 41 Attendance, Apologies 20, Absentees 5

BIRTHDAYS JUNE: 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,

INDUCTION OF NEW MEMBERS, Lindsay Borgas, Lorelle Borgas, and Bernie Starling were presented with their welcome pack and were introduced to the members.

MINUTES PREVIOUS MEETING:

The secretary asked that the minutes of the monthly meeting held on 1st May 2024 be accepted.

Moved: by Gillian George, **Seconded:** by Mary Rasmussen **Carried:**

CORRESPONDENCE: IN: Tech Help Nunawading Library

REPORTS:

SECRETARY: – Reported on the new contact detail forms, which the committee would like all members to complete and return. The hard copy of the new contact details is now on the front desk, available for members. Digital copies are available please check with secretary. New Flyer on notice board advertising our Probus group. Report on meeting held by PSPL re new Combined Club of Vermont South opening and our dismay that we were not notified of this before the meeting was held.

TREASURER: – Reported that the current bank balance is \$3880.69, with \$500 of this amount comprising of an amount paid as a deposit for the Christmas Lunch, so the bank balance is \$3380.69. The Treasurer advised members to please pay your fees.

Moved: Bob Grierson **Seconded:** by Stephen Clifton **Carried:**

GUEST SPEAKER: – BERYL PAKES the speaker for today was Alain Young from Equip4Life speaking on habits to secure a longer and healthier life. Beryl also advised the meeting that the next meeting our guest speaker will be Terry Roche speaking on Classic cars.

WELFARE: REE DOWLING: Welcomed back Mary Burton and said how we had missed her, and it was great she was able to join us. Lois Cheevers hopes to join us soon. Chris Stott sent a letter of thanks for our card sent to her when Warwick passed away. Ron Chidgey is in hospital after an operation. Some of our members are ill with COVID, including Sandra and Glen Knight and Nelson Knight. Please check the dates of your RAT test kits, due to the expiry date they are giving incorrect readings.

BULLETIN: As published.

OUTINGS: REE DOWLING – Ree advised of an outing to the Yarrowood Estate winery on Wednesday 19th June. This winery is in Yarra Glen. Form on Bench.

LADIES & MENS LUNCH: Ree (In Kath's absence) advised next lunch will be at Club Ringwood 522-535 Maroondah Hwy, Ringwood on Wednesday 26th June at 12.30 pm, details as per newsletter. All welcome to attend.

APOLLO BAY TRIP: – Mary Rasmussen spoke on a trip being organised to Apollo Bay. Interest forms are on the bench as well as a flyer with all details. This is to be held 24th – 28th March 2025. Please see Mary if you require further information.

EXERCISE CLASSES: “Roll back the Clock” Ree and Ken spoke of the exercise classes being held at VSC in Livingstone Rd, classes are \$10 per class which includes morning tea. Gentle exercises and presentation on topics related to good physical and mental health for both men and women. Currently 4 of our members attending. Group size is about 15 with the other participants. All Welcome.

DISCUSSION GROUP: MIKE BAMPFIELD advised that all members are invited to attend the discussion group and give it a try, the discussion time is then followed by a short quiz, afternoon tea and social time. The venue is changing to the VSC club in Livingston Road, notice will be in Bulletin with further details. Mike then thanked Col Sando for his generosity in allowing the group to have met at his home.

BOOK EXCHANGE: There are books on the table in the foyer please take them to read. This month there are also some DVD's. Please take the books that are left home if you brought them as we do not have anywhere to store them.

WEBSITE: DOUG WESTCOTT: - All working well

FRIDAY COFFEE: – Moon & Spoon, Level 2, Forest Hill Shopping Centre, each Friday afternoon 3.15pm. All welcome to attend.

AFTER MEETING LUNCH: – will be at Sofia's Italian Pizza restaurant. President asked for show of hands on who is attending, with about 22 people showing their wish to attend.

GENERAL BUSINESS: Activities for members, Gilly is organising a book club on 2nd July at 1.30 pm, at her home, notice on bench for names if you wish to attend. They will discuss the current book they are reading, followed by afternoon tea. All welcome.

Ree then spoke on an activity for next month's meeting where we are invited to bring our favourite book from our childhood or one, we had read to our children or grandchildren. She asked we please bring a book with our name on it, and we can all look forward to seeing what special book you cherish.

Eric spoke on Ten Pin Bowling and asked if anyone is interested to please speak to him in the hope this can be re established once again. Eric spoke on the previous activity and how much this was enjoyed by members.

President Harish spoke on the benefits of Gym and exercise with the “if you don’t use it, you lose it theme”.

President then invited everyone to attend morning tea

The meeting reconvened for the guest speaker:

SPEAKER: Beryl introduced our speaker Alain Young, who spoke on the free Government initiative for all members to have a free health check. He handed out forms and asked if we were interested to fill them in. The response was very good and over 25 people attending filled these out. He will send further information on a follow-up for the program. He also left forms and flyers for those who could not attend today. He showed comparisons of different foods and drinks and showed how advertising can affect the data.

After the presentation, Beryl Pakes thanked the speaker and handed him a small gift.

President Harish then closed the meeting at 12.05 pm and thanked everyone for attending and invited everyone to lunch at Sofias

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President. 3rd July 2024