

PROBUS CLUB OF MOUNT ELIZA INC

PO Box 667 Mt Eliza 3930 – www.probusmteliza.club
Founded 1985 Registration No. A0011403Y
Meetings commence 9.45am second Monday of the month.
If Public Holiday, then third Monday.



Bulletin No. 410

17th June 2019

Committee Members 2019 – 2020

President: Neil Gold 9787 3682
Secretary: John Connan 9781 2636
Tours/Ent: Catherine Johnson 0413 928 312
Membership: John Roberts 9787 1322
Bulletin: Bill Spencer 9589 4408

V/President: Mardi Malone 9775 3546
Treasurer: Andy Troy 9787 2146
Speakers: James Malone 9775 3546
House: Bev Moloney 9787 6358
Welfare: Sonia Troy 9787 2146

PRESIDENT'S MESSAGE

Dear Members,

It has been decided that we should hold a membership drive. I have contacted Ritchies IGA who have given us approval to set up our stall inside their supermarket. The most likely dates at this stage are Thursday/Friday July 18/19th. With two members manning the stall for two-hour stints over an 8-hour day, that means we need 8 volunteers. The aim is to be there at the time when retired people are likely to be shopping.

Additionally, we need to find more methods of reaching out to the retired public, suggestions, please.

Neil Gold.



OUR MAY MEETING

Attendance: Present: 53 – Apologies: 13 – AWOL: 76– Visitors: 1

Apologies: Graham Buckley, Brian Coughlan, Henry Hammond, Shirley Ingram.

Election of Deputy Vice-President and Secretary. James Malone moved, seconded that Bill Spencer be elected Deputy Vice-President and John Connan Secretary. Agreed without dissent.

Secretary: John Connan:

The acceptance of Minutes of Meeting N^o 409 held on 8th April, 2019 was agreed without dissent.

Correspondence In:

Item	Action
Big 4 Holiday Park, Bright	Catherine Johnson
The Village Church	Andy Troy
Frankston Musical Society	Catherine Johnson
Peninsula Health	John Connan
Frankston Arts Centre	Catherine Johnson
National Pen	Andy Troy

Correspondence Out: Andy Troy to PSPL with Capitation Fee payment.

Treasurer: Andy Troy Financial Report March 31st – 30th April, 2019:

Net Cash Flow	\$ 1,625.20	
Cheque Account 31 st March	\$ 2,160.93	
On Line Savings Account	\$ <u>3,229.06</u>	
Receipts – Subs & Joining Fees	\$ 1,683	
Payments – Consumer Affairs	\$ <u>52.80</u>	
Subtotal	\$ <u>5,389.99</u>	
Net Cash Flow	\$ <u>1,625.20</u>	
Total		\$ 7,015.20
Cheque Account 30 th May	\$ 3,786.13	
On Line Savings Account	\$ <u>3,229.06</u>	
Total		\$ 7,015.20
May Payments to 13 th May		
PSPL	\$ 980.00	
Village Church	\$ 365.00	
Total Funds Available		\$ 5,670.20

Andy reported most members had paid their Subs.

Tours and Entertainment: Catherine Johnson thanked Max Moloney for the good work done during her recent holiday, particularly in organising the car rally.



PLANNED ACTIVITIES AS AT 13th. MAY, 2019

Friday, 17th May at 6.30pm

Banquet at "Wok on the Bay" 2 Watson Road, Mount Martha.
Licence, BYO (\$3.50 corkage) Banquet 3 course dinner. \$37.00
(See later report).

Monday, 20th May, 12.30-5.00pm

Probus Friendship Day at Mornington Racecourse (see later report).
Table booked, please pay (\$43.00) at Gate.
Seniors meal. Best dressed prizes!!

Wednesday, 29th May at 12 midday

Lunch at Montalto Winery, 33 Shoreham Road, Red Hill South.
Postponed until the warmer months.

Tuesday, 11th.June (TBC)

Visit to Dandenong Market and Fountain Gate Shopping Centre.

Thursday, 20th June

Day trip to Yarragon township-arranged by Lyn. Car pool (lifts arranged,)

Wednesday, 24th July at 12 midday

Our Club's "Christmas in July" at 'Norwood House' - arranged by Estelle.
Now only \$42.00 full Christmas dinner includes wine on table. Club subsidised.

Monday, 15th July "Day Tripper" bus trip to the Shrine with lunch afterwards at Caulfield
RSL (one course) \$60 inclusive. Enquiries to Max (9787 6358).

Friday, 26th July at 8p.m.

"Yes, Prime Minister"- Frankston Theatre Group at Mt Eliza Community
Centre. \$15.00 Please pay through our Club's Bank/BSB/Account

Monday 9th to Thursday 12th September.

4-day Trip to King Island \$1,897 p/p.

In the planning stage:

- NGV Terracotta Warriors
- Visit to hear the Cerberus Brass Band
- Day trip to Queen Victoria Market.
- Lunch at St. Andrew's Brewery.
- High Tea on the High Seas (warmer weather activity).

Lunch at Canadian Bay Hotel: All Members are invited to join Keith and Carol for lunch at the Canadian Bay Hotel after the Monthly General Meetings.

There is a specials menu that includes a glass of wine for \$24.50. Please let Carol know by Morning Tea if you would like to attend, so that she can make the booking.

Coffee and Chat @ Degani's: Tuesday 25th June 2019. Meet up with friends for half an hour or more and enjoy a relaxing tea or coffee and a chat. No need to book, just come along. John Chambers 9775 4498

Speakers: The speakers were Christine Hallam (10 minute spot) and Dr Andrew Welsh.
Scheduled are: June, Sophia Moczulski, Librarian at Mornington library,
July, Eileen Murray, President, Southern Peninsula Rescue Service
July, Estelle Gold (10 minute speaker)

Welfare: Sonia Troy welcomed back Bette Wilson and Lindsay Gordon. Brian Coughlan is still exercising and will see his surgeon soon. Keith Spencer is no longer wearing the “Moon Boot”. Alan Moore has an ulcerated leg and hopes to be back soon.

Bulletin: Bill Spencer completed production of the Bulletin this month with a lot of help from Brian Mellady and others. Sixty copies were emailed and ten printed and made available at the door. The Bulletin is now being emailed from bulletin@probusmteliza.club. Please add this address to your Contacts/address book to ensure that the mailing will not be treated as “Spam” and consigned to your “Junk” folder. Please email contributions to this address also.

House: Bev thanked all those who had provided cakes, biscuits etc for morning tea, and also those who prepared and served the tea and coffee.

Book Club: Wendy Griffiths; This month’s book is “Sisters of Spicefield” by Frances Cusworth. The story highlights the modern-day dilemma of IVF and human intervention into the life cycle. A couple have three children via IVF and then have to decide what to do with four leftover embryos. They donate one, and seven years later they come face-to-face with the child that results from that embryo. The book generated a great deal of discussion.

Golf: Peter Long: the annual competition between Melbourne and Mt Eliza Probus resulted in Melbourne retaining the Ken McArthur Trophy, with David Woodlock being the best performed player for Mt Eliza.

The day finished with a BBQ lunch, a few drinks, and much enjoyment was had by all.

Graeme Buckley will update us on further competitions at the next meeting.



Investment: After a month away, Max Batchelor was back. He thanked Lindsay for filling in and suggested that the members of the group should be happy; The ASX is up 12% but the group is up 19%. Paul was the best performer at +49%, followed by; Laurie +36%; John Fleiner +29%; Bette +28%.

Ten Minute Speaker: Christine Hallam gave a very amusing and informative talk entitled “The day I shook hands with the Queen”, husband Chris was in charge of the projector. In 1956 the young Christine lived with her family in Croydon and along with her father and brother was a member of St John’s ambulance brigade. On the day in question, she had no idea that a Royal Visit was scheduled for Croydon. Dropped off (in uniform) at the Town Hall by her father, she found herself, whether by accident or design she was not quite sure, at the front of the gathered crowd. Knowing nothing of the Royal Visit she was quite surprised by the sudden appearance of Queen Elizabeth and Prince Phillip but happily shook hands with both.



Christine gave an excellent presentation, much appreciated by the members present. Thank you, Christine.

**Guest Speaker – Dr Andrew Welsh, B.Sc. (Clinical Science)
M.H.S.C (osteopathy).**

Dr Welsh is a member of Osteopathy Australia, and Sports Medicine Australia. He is also a clinical educator working at Victoria University. Andrew established his first clinic in Mt Eliza over 13 years ago, and has wide experience, working with athletes on performance issues and on balance and mobility issues with seniors.

Andrew continues to study new assessment and treatment options, and has worked with companies in Germany and Switzerland on electronic devices for measuring degrees of mobility.





In a wide-ranging talk, Andrew talked about his background and spent some minutes describing the similarities and differences between the various specialists involved in physical medicine, chiropractors, physiotherapists, Osteopaths etc. In discussing exercise, he emphasised the importance of an appropriate warm-up, ie relevant to the exercise being undertaken. He also considered a “cool down” period with static stretching to be important. In describing his approach to clinical treatment, Andrew outlined a logical approach:

- Define what the aim of the treatment will be eg “Improve flexibility”.
- Measure the degree of flexibility pre-treatment.
- Carry out the appropriate treatment.
- Re-measure and repeat to achieve the desired result.

Andrew then gave a demonstration of the use of an electronic device to measure the degree of flexibility, using President Neil Gold (who he has treated in the past) as a model.

Andrew invited questions from the floor, and there were several – this is obviously an area where many members have a personal interest. A stimulating and interesting talk. Thank you, Dr Welsh!

Peter Long won the final of the photo competition



with this beautiful picture of Venice.

Car Rally: On the 24th. April, we had our 2019 Mt Eliza Probus Car Rally. Twenty members took part in the rally and we had a total of twenty-eight for lunch at the Flinders Hotel.

The actual starting point for the rally was the original post office on the corner of Main Street and the Esplanade, Mornington. We then set off for the McCrae lighthouse, identifying and photographing historic points along the way, and pausing at Sea Winds at 10am for morning tea, which was provided by Bev and her helpers



After morning tea, we took the scenic route to the Flinders foreshore where once again there were questions to complete, with the answers to be found on the history notice boards on the foreshore. Lunch at the Flinders Hotel rounded off a great day, enjoyed by all who took part.

Dinner at "WOK ON THE BAY".

The club had two tables for a banquet dinner arranged by Cathy Toft. Cathy had selected the dishes to provide something that everyone could enjoy and no-one left hungry.



A Day at the Races

The club had a table of eight members for the Probus Friendship Day at Mornington Racecourse. Despite a wet and windy start to the day, the weather improved as the day went on, the sun breaking through about the time we were all finishing a very pleasant lunch. Those who were there may not have won a lot on the actual races but did well anyway, with Chris Hallam and Bill Spencer drawing prizes in the raffle and Hannalore Sommerville winning the “Best Dressed Lady” prize.



Recommended and Reliable Trades People.

If you know of a reliable tradesperson and can recommend them, then let the committee know and they can be added to the list. (With the permission of the tradesperson of course).

First Name	Surname	Company Name	Phone	Email	Category
Evan	Dowsett	JMP Home Services	0412 444 710	jmpservices@westnet.com.au	Small jobs
Steven	Jones	Twin Peak Tire Services	0421 784 455	twinpeak222@yahoo.com	Tree/Stump re
Dave		Simplicity Air	0452 622 530		Aircon/ Electrics
John		Royal Flush	0419 344 997		Plumber
Jason		Focus	0407 395872		Prop. Maint.
			0418 333 576		Garage dr reps
Nicho	Salvatore	Conic Electrical	0409 422 198		Electrician
Martin	Maloney		0418 743 901		Electrician
Peter	Butterworth	Butterworth Decorating	0414 670 528	peternilly@primus.com.au	Master Painter
Ivan		Ivan's Carpentry	0408 535 710	ivansbuddy@hotmail.com	All Carpentry
Andrew	Jennings	Jennings Tree Care	0407 356 127	jenningsstrecare@outlook.com	Arborist
Dave & Jemma		Perfection Reflection	0488 800 252		Window clean'g



May & June Birthdays!

23rd May Debbie Fleiner

24th May Mike Newman

26th May John Fleiner

16th June Bill Lumley

17th June Estelle Gold



Payments can now be paid online. Please ensure that you complete the details in the reference box with your name and what it is for so that the Treasurer can reconcile it. As there are only 18 characters you may have to abbreviate eg Subs Flein, something that is easy to decipher.

Send Andy an email detailing your transaction.

Should there be any problems please contact Andy Troy by email - brianptroy@gmail.com or by phone 9787 2146

Bank Account Details

BSB: 013 396

A/C: 308 637 999

Next General Meeting:

Monday 9.45am on Monday 17th June 2019 at the Uniting Church, Canadian Bay Rd, Mount Eliza.

Next Committee Meeting:

9.30am on Monday 24th June 2019 at the home of Catherine Johnson, 35 Brighton Street, South Frankston.

Our mailing address is:
Probus Club of Mt Eliza INC.
PO Box 667
Mt Eliza, VIC 3930
Australia

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