



Ellenbrook Combined Probus Club Inc.

Bulletin October 2021



In "The Chair"

Greetings and Salutations to all Members

Rather a quiet month however to me the highlight was our club's inaugural Probus Day Sausage Sizzle / Picnic at Whiteman Park.

We had 47 members and 6 VIP's attend. All seemed to have a day of fun and friendship. Thank you to all involved in helping to make the day a success.

I do hope that we will continue to place this event on our yearly social calendar.

Don't forget our "Melbourne Cup Day" at our November meeting.

For the newer members it is a fun day where you are encouraged to "Dress Up" for the occasion, and prizes to be won.

Our November meeting will be the last formal meeting for this year.

Once again, March will see us having our A.G.M. I invite you all to consider putting your name forward to form next year's committee.

Remember ALL POSITIONS WILL BE DECLARED VACANT.

Remember WITHOUT A COMMITTEE THERE IS NO CLUB.

Unfortunately, many clubs have failed and had to close because whilst they had plenty of numbers nobody was prepared to agree to accept committee roles


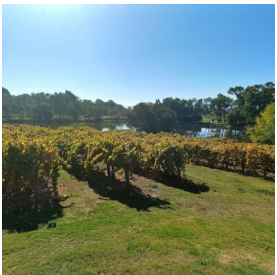


Failing to Plan = Planning to Fail.

Spread the word about



Outings — Jenny

DATE	EVENT	DETAILS
1st November 	Melbourne Cup Meeting	Race Calling, Dice throwing—Dress up day Cup Sweep
23 November Tuesday 	Lavender Bistro 6 Cranleigh Street West Swan (behind Choc Factory)	Morning Tea
6th December 	Traditional Christmas Breakfast Edgecombe's Winery 1733 Gnangara Road Henley Brook	Great Yummy Breakfast and more FOOD . Results of the Melbourne Cup Sweep announced
18 January 	Woodbridge Hotel 50 East Street Guildford	Lunch 12 Noon

Never lose your nerve, your temper or your car keys

Remember what's right isn't always popular, and what's popular isn't always right

Trust in God but lock your car

REMINDER

Time Now to get donations ready for Xmas Raffle Ring Bev Clark

Bev's Number is 0411 045198

Guest Speaking — Vivien

No Speakers have been arranged for the remainder of 2021.

Donna Faragher MLC is planned to be our Guest Speaker at our February 2022 meeting.

Liaison — John

John is planning the Liaison Program for next year.

CARING — Carol

We understand that Stan Strahan is now located at Aegis in the Pines.

Please let Carol know if any member is sick

Kitchen Roster — Rhoda

November

Maureen Scorer

Barbara Kennedy

Wes Papenfus

February

Vicky Lloyd

Pat Serjeant

Jean Ormsby

March

Lorraine Reed

Dave Gibb

Pam Hall

Photography Competition — Hilton

- ◇ The Photo competition is now closed—topic Clouds.
- ◇ Expect the results soon

Membership - Jilly

We now have 86 members. have a number of guests and prospective members coming for Monday's meeting I know you will all make them welcome.

There will be 4 new Induction at our November Meeting

Imee Long Justin Coombes Dorothy Oliver Monica West.

There will be one new induction at our February Meeting—Bill Hanson.

A BIG SHOUT OUT

Thanks to all Members that help with the setting up and pack up of chairs tables etc at Meetings

Walking Group—Rhoda and Edna

Walk Thursday 14th October 2021

Our October walk was a surprise. Walkers were treated to a guided tour of Guildford Grammar College.

Next Walk Thursday 11th November 2021

MEETING PLACE: - WOODLAKE SHOPPING CENTRE NEAR LIQUOR BARONS. PLEASE BE AT MEETING PLACE AND READY TO LEAVE BY 8 30AM.—BRING A THERMOS COFFEE/TEA FOR A QUICK MORNING TEA STOP.

The destination for the walk will be made closer to the day when we know what the weather conditions are likely to be.

We will need to car pool as the walk will be a few km's from Ellenbrook.

We will look forward to seeing you on the day and we would welcome any new walkers .

For more information ring Edna 0400 085 595 or Rhoda 0408 127 019.

Our December walk will be on Thursday the 9th December 2021.

Probus Day—Whiteman Park—13th October 2021

We celebrated Probus Day at Whiteman Park—We had a good turn out with 47 members and 6 VIP's attending on the day.

Members may have seen the excellent video produced By our President John

For those that haven't seen it,- We will show it at our meeting.



L_R Mayor Kevin Bailey- City of Swan, Graeme Brown- Representative Member WA -PSPL ,Cr Patti Jones - City Of Swan
President John Greenwood, Hilton Linklater Treasurer -Hon Donna Faragher MLC Shadow Minister for Seniors and Aging
Peter Olney President Probus Association WA (yes it's a cup of Coffee I am holding)

Walking Stick (This article was Emailed direct to our Secretary)

AFTER FALLING IN THE DARK AND SUFFERING A BROKEN NECK, STARTING A NEW BUSINESS AT THE AGE OF 86 WAS AN INSPIRATION. I STARTED PRODUCING A WALKING STICK WITH A BUILT-IN FLASHLIGHT THAT WOULD HAVE SAVED ME A YEAR OF AGONY.



The Telescopic Model of the LightWalker Walking Stick



The Folding Model of the LightWalker Walking Stick

Most members retire much earlier and enjoy their retirement. But every now and then a major event in one's life changes perceptions and goals.

This is the story of one member, Walter Glaser of the Kew Probus club, who tripped in the dark, fell, and broke his neck. After recovery that involved having his head immobilised in a brace for months, Walter made a decision to start a little business producing what is arguably the best walking stick available in Australia – fitted with a torch built right into the handle. --- Here is his story.

"When I had my accident and came very close to pushing up daisies, I naturally got a very substantial fright. And, after leaving the trauma ward at the Alfred Hospital, spending three months staying with my upper body and head in a brace was certainly quite a challenge and no fun at my age. All of us walk around in the dark at times, whether going to the toilet at night, or being out of the house and walking on uneven, badly lit footpaths, or trying to cross the road on a dark night. Oncoming cars whizzing past puts us at substantial risk. Think back to the times when you were driving, and suddenly a darkly dressed pedestrian appeared out of nowhere to the point where you had to slam the brakes on in order not to hit him/her. It's happened to all of us! While I was in my brace I often thought about these things.

It took me about a year to recover and for my neck to heal properly. Subsequently I was on a trip to the United States, and on the way home I transited in San Francisco. Late one afternoon, when in Union Square, I saw a man with a walking stick that had a torch built into the handle. I immediately realised that, had I had such a product when I tripped in the dark, it would have saved a whole year of my life, lots of pain and family stress, and huge expenses.

I was due to fly to Melbourne within days, but decided to hunt around to find where I could buy these sticks. The day before my departure I found a shop that had them, but on close inspection the quality of the product was awful. The sticks were poorly made and had a swivel head that was already a little loose and kept drooping down. Nevertheless, I purchased two of these and brought them to Australia, stopping the torch head from drooping with Scotch tape. That said, the idea of the torch in the handle was brilliant and I persevered using the sticks whenever I went out in substandard light conditions.

Fast forward six months, and I had an appointment with my cardiologist for a regular checkup. But this time, after the checkup he was not smiling. My heart valve, which had been slightly leaking for some time without serious consequences had deteriorated substantially and was now putting me at great risk.

"The news is not good", he said. "Your heart valve is so badly affected that if it is not replaced, you are not likely to make it past another six months. If you were younger, you could have open heart surgery, but at your age and stage of health, no surgeon would touch you because open-heart surgery for people of your age and stage can be a death sentence. And doing nothing will lead to the same result.

But there is some good news. A new heart valve implantation technique called TAVI (Transcatheter aortic valve implantation) has been developed and seems to be effective on younger people. We haven't yet tried it too often on people of your age, but the chances of your survival seem very much better. I think this is your best option. While there is still a serious risk involved, I believe it should work on you very successfully."

Of course I opted for the TAVI operation. It was the only sensible decision to make. But was I scared? Yes! Was I worried? Yes! Was it hard to stop thinking about the risks? Yes! So, having been a practising psychotherapist for part of my life, I knew that the best medicine would be to do something that would take my mind completely off the operation. My American walking sticks were just about at the end of their useful life and were starting to fall apart. Why not design a greatly superior and perfectly engineered walking stick that would not have any of the bad points of my American purchases? I would have these made to close tolerance quality engineering, and help people avoid my earlier fate! I would make the best walking stick on the Australasian market, and start a little business producing these for Australia and New Zealand only.

I brought an engineering friend into the project, and between us we kept going from trial and error to more trials and less errors. We based our specifications on the best German walking sticks without torches, and then incorporated the torches into the handles. Eventually we finished up with the design that is, I believe, the best in the business. And so the LightWalker walking stick concept was born.

When we had created a walking stick which I felt happy with, and which was made to tight German-quality engineering standards, I looked around for factories who could produce reliable components to tight specifications. We found these, put the package together, and produced the first Australian-designed walking stick good enough to carry a warranty. The LightWalker had been invented.

We looked at marketing, and putting it through retailers would make the price prohibitive. As an old-timer who had for years been a member of the Moorabbin Rotary club, the Canterbury Probus club and a current member of the Kew Probus club, I knew that such a stick would be hugely useful to the average Probian. None of us are as fast crossing the road as we used to be, and every time we do this in bad light, it is like a game of Russian roulette, with traffic coming at us from all directions. With the LightWalker we can see and be seen on the road, and also – most importantly – see potholes, uneven footpaths, and other obstacles when walking in the evenings on badly lit roads or paths. Even going to the loo at night makes the LightWalker a blessing, since one does not have to wake others up with a blaze of light.

I had my TAVI operation, and it was a great success. I now have a new heart valve and feel like an old car with a new engine! But now to continue the LightWalker story – –At that stage I did not own the company but was an enthusiastic advisor. Since then, however, I have acquired the LightWalker business and decided to make the sticks available to members at a substantial discount. There are now two models, the folding model is for people of average height and folds away into a small carry bag which comes with the unit and fits into a bag or glovebox. Then there is a telescopic model with a much more variable height-range which is perfect for very short people, and also for those who are members of walking clubs, bushwalkers, et cetera. The sticks are a perfect Christmas/birthday gift and designed to last a lifetime. Please look at the details on the Probian website, www.lightwalker.net.au/probian/ "

Probus South Pacific has also pointed out the importance of the New Zealand clubs. We had originally planned to service Australia only, but in view of the fact that the Probian clubs in New Zealand are just as important, we have searched around and done a deal with a courier company that allows us to service New Zealand as well. We will have to substantially subsidise the New Zealand freight to hold price, but as I am convinced that our sticks will avoid a lot of accidents for New Zealand members also (and the fact that my wife was a Kiwi and my oldest daughter is CEO of the Auckland Philharmonia Orchestra) we are proud to service New Zealand on the same terms as Australia. Please take a minute to look at our website, lightwalker.net.au/probian/ and if like what you see, order a LightWalker and also show it to your friends when you get it. It will last you for the rest of your life, and could save you from a serious accident.

Looking forward to you hearing from you ASAP, and with best Probian wishes
Walter Glaser

Travel Insurance

Travel Insurance Policy for Probus Members

Probus South Pacific Limited (PSPL) and Allianz Global Assistance have made a range of travel insurance products available to Probus Club members across Australia.

Probus Travel Insurance provides a range of options for both domestic and international travel from Australia. Depending upon your age, where you are travelling to and the length of your trip, Probus Club members may be offered one, two or three different plans. Of course terms, conditions, limits and exclusions apply, and members should check the coverage details.

For our Club Members it is recommended they use the personal approach or are unable to access the internet, the Allianz Global Assistance Team can take travel insurance applications over the phone. For more information about Probus Travel Insurance, please visit PSPL website at

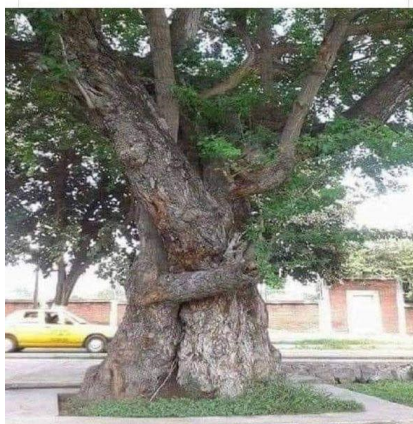
https://www.probusouthpacific.org/pages/travel_insurance_landing_au or call 1800125234.

After the uncertainty in recent months, it is so pleasing to be able to provide members with a range of travel insurance options for their consideration.

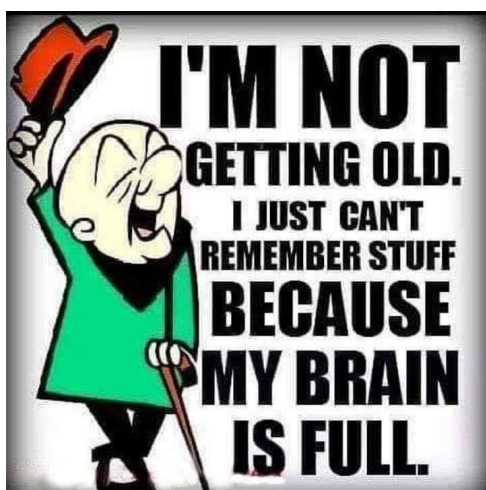
QUICK! First word you think of when you look at this pic 😊

We all know mirrors don't lie...

I'm just grateful that they don't laugh.



Who remembers this chair?

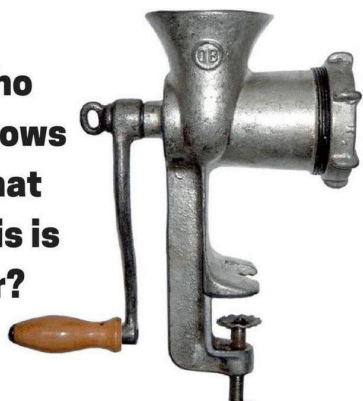


INSIDE EVERY OLDER PERSON IS A YOUNGER PERSON WONDERING WHAT THE HELL HAPPENED...

I found \$20 in a parking lot and thought to myself, What Would Jesus Do?

So, I turned it into wine.

Who knows what this is for?



"I've finally reached The Wonder Years"

Wonder where I parked the car?

Wonder where I left my phone?

Wonder where my glasses are?

Wonder what day it is?

Who remembers sample lipsticks from Avon?



The official sports drink when I was a kid..

THEY SHOULD MAKE AN ALARM CLOCK THAT SOUNDS LIKE A DOG ABOUT TO PUKE. NOTHING GETS YOU OUT OF BED FASTER.

wrong answers only.

what's this thing for?



Getting Management Committees a few Observations

So why do People Volunteer?

- ⇒ Give something back to the organisation that has impacted on a persons life, either directly or indirectly.
- ⇒ Make a difference to the lives of others
- ⇒ Help others less fortunate or without a voice
- ⇒ Feel valued and part of a team
- ⇒ Spend quality time away from a busy lifestyle
- ⇒ Gain confidence and self esteem
- ⇒ Gain new skills, knowledge and experience
- ⇒ Developing existing skills and knowledge
- ⇒ Using one's professional skills and knowledge to benefit others
- ⇒ Meeting new people and making new friends
- ⇒ Chance to socialise
- ⇒ Getting to know the local community

Management Committee 2021-2022 Contacts

President John Greenwood	Senior Vice President/ Caring Carol Toop	Junior Vice President Michael Gillespie
Phone 9297 2219	Phone 6296 7918	Phone 9297 4144
Mobile 0419 962 872	Mobile 0413 850 855	Mobile 0400 339 185
Email: jayveege@iinet.net.au	Email caroltoop@bigpond.com	Email michael.gillespie@bigpond.com
Secretary Diane Deppeler	Treasurer Hilton Linklater	Outings Officer Jenny Ward
Phone 6296 9263	Phone 6296 7029	Phone 9297 6230
Mobile 0427 797 042	Mobile 0419 949 018	Mobile 0409 107 380
Email elbsec@gmail.com	Email yolandapark@bigpond.com	Email jenny.ward262@bigpond.com
Guest Speaker Officer Vivien Greenwood	Liaison Officer John Gale	Membership Officer Gillian Gillespie
Phone 9297 2219	Phone	Phone 9297 4144
Mobile 0419 962 872	Mobile 0448 884 120	Mobile 0400 339 185
Email: vfeeg7@iinet.net.au	Email; john.e.gale@outlook.com	Email jilly.pinot@pinot.gmail.com
Bulletin Editor /Web Peter Olney	Safety Officer Keith Deppeler	Ex Officio Past President Peter Olney
Phone	Phone 6296 9236	Phone
Mobile 0424 243 503	Mobile 0427 797 042	Mobile 0424 243 503
Email; pete@gdaygday.com	Email kedi09@bigpond.com	Email pete@gdaygday.com

Bendigo Bank assist our Club with the printing of this Bulletin

Our Bank details are:-

Ellenbrook Combined Probus Club Inc

BSB 633000

Account Number: 174661876

Please ensure you include Name and activity on deposits as Reference

'Private and Confidential - for members use only and not to be used for any other purpose'