



PROBUS CLUB OF MALVERN INC

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Supported by the Rotary Club of Malvern and sponsored by the City of Stonnington. The club meets 10am, 4th Tuesday each month, Presbyterian Church House, 163 Wattletree Rd, Malvern and via Zoom video-conference

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FRIENDSHIP, FELLOWSHIP & FUN

Copies of the Bulletin will be available at the Church House Meeting and will be emailed to members. The Zoom link is <https://us02web.zoom.us/j/5170019102>. The Meeting ID is 517 001 9102. By phone - (03) 7018 2005 or attend in person at the Presbyterian Church House, 163 Wattletree Road at 10.00am.

JUNE MONTHLY MEETING, 10.00 am TUESDAY 24th JUNE 2025

Presidents Report:



What a treat our May Guest Speaker, “the SPRINGBOARDS OF POSITIVITY” presented by Jhonnie Blampied, Bob Kingsman’s Son in Law, turned out to be and great to see Bob has met his match with an outstanding son in law.

Growing numbers of walkers on Thursday mornings are responding to excellent planning by Alan Bayliss and promoted by Leigh Machin. Alan and Leigh are like Kelpies bringing in the sheep. Each walk has been quite different and interesting. Thanks guys.

The prospect of a Malvern Probussouthpacific Golf group is emerging. I gave my clubs away; I wonder who I gave them to, trying to remember. Keep the interest developing Brian. It’s shaping up to be on Wednesdays?

Membership: We receive promotional material from PSPL seeking further new clubs to share the PROBUS good spirit and cheer. We need to be careful not to jeopardise the Malvern clubs’ member resource; the proximity of local members enhances the attraction of our members to one another. Being an ‘all male’ club needs promoting by PSPL. In May we welcomed Bruce Moore whose enthusiasm was appreciated during his induction. At least one new member every month is required to maintain our numbers.

Get Well: We need to keep an eye out for members not feeling so well. This month Michael Bragg has been booked in for another OP on 16th June on the UNOWHAT. Keep in touch with Michael and any other members you know are a bit down. And keep our welfare officer, Don Jones, posted as there maybe others with whom the prostate experience can be shared.

Looking forward to another fabulous month in July.

Your President,

Dave

MEMBERSHIP

Vale, A very recent member, Paul Mulvany passed away 15th June. Our sincere condolences to his family and friends.

The membership as at 23rd June is 85 (less three Life Members) thus leaving vacancies at 18.

Guest Speaker:

Cam Stirling

Topic:

On-line security, reducing the risks of scams and hackers



Cam was born in Melbourne in 1970. He has a wife and two sons, an 18yo and 16yo. His main hobby is playing guitar and singing, sometimes in pubs, cafes, golf courses and wineries.

Cam started helping ladies and gentlemen "of a certain age" with their computers, phones, iPads etc in 2022 after spending 32 years working in technology for businesses including ANZ Bank, Vodafone and Deloitte. He has a Bachelor of Technology and is passionate about helping retirees to safely use technology to connect to the people and things that are important to them.

During the Covid "lockdowns" his 96yo Grandfather was "locked up" (as he called it) in Aged Care in Brisbane and found himself becoming bored and even a little depressed. Cam posted him an old iPad and over the course of many, lengthy phone calls, Cam taught him how to use it. He played 500 (the card game) online with Cam's brother, Mother, and sons and Cam. As well as keeping abreast of news, his beloved sports, and researching former sports club teammates, he loved finding old music video clips on YouTube. One day he asked Cam "who helps people my age with technology if they don't have a grandson who studied and worked in technology?"

When Cam reached out to a former boss who lives in an independent retirement village near his home, he suggested that the "hottest topic" amongst his peers would be "how to use the internet safely and avoid scams. Cam quit his job and set up Technology Connections for this purpose. Areas Cam will cover include:

Notable hacks - Optus, Medibank, Ticketmaster and The Big 4 Banks.

Hackers, Scammers and Social Engineering.

What is the Internet anyway?

The Security vs Convenience Spectrum.

Reducing risk against Hackers.

Reducing risk against Scammers and Social Engineering

What does Technology Connections help with?

For those interested, you can download "The little Black Book of Scams" from the National Anti-Scam Centre, <https://www.nasc.gov.au/> and sign up for alerts and updates. Well worth the effort. (Editor)

Spotlight Speaker:

Geoff Hindle

Birthdays in June:

Bob Cooper 12th Tony Scarff 19th Bob Kingman 26th Mather Mason 29th

Please let Leigh Machin know on leighmachin@bigpond.com, if you change your contact details.

Executive Committee Meetings: 5th Aug, 5th Nov, 3rd Feb 2026

SPECIAL EVENT

15th July: Gentlemen, your club is hosting a special presentation on health whilst ageing.

Professor Robin Daly holds the position of the Chair in Exercise and Ageing and leads the Musculoskeletal Health and Mobility Research Group at Deakin University. Rob will address health and longevity specifically for our age group. His messages may surprise you.

This presentation is something that can impact your life; for the better. Given our average age is 82 years, you will hear how to extend your quality of life, have better health, and more time with your grandchildren. Partners and friends are most welcome.

ACTIVITIES

Every Friday morning, Probus Morning Coffee, (except Good Friday and Christmas Day) from 10.00am – 12.00 noon, at Giorgio's in Malvern (opposite the Malvern Town Hall).

Monthly Bike Ride. The weather this time of year is not very conducive to riding. The cold and rain can easily spoil a good ride. So, the monthly bike ride is suspended until the weather improves. Stay tuned.

Every Thursday morning, The Walking Group meets at 10.00am. Here is your chance to get some *gentle* exercise while solving the world's problems with other Proberians. It's usually a flat route, no steep hills, at a pace that is comfortable. All are welcome. The group meets locally and walks for 45 minutes or so. Please contact Alan Bayliss, Ph. 0418 233 414, email gabayliss@hotmail.com or Greg Thompson email gregfthompson@gmail.com on 0438 826511

1st July: The first Tuesday Lunch in July is at Nicosia, a Turkish restaurant, 250 Glenferrie road, Malvern. Nicosia offers modern Turkish cuisine with generous servings in a friendly atmosphere. Please confirm with Richard Middleton on 0408 328 465, or email sunbeam@bigpond.net.au

2nd July: Theatre Night. Macbeth. Shakespeare's most thrilling story. One of unchecked ambition, witches and ghosts, castles and sword fights. It is a harrowing exploration of crime and guilt, power and corruption. Don't miss this, tickets are limited. Theatre Tickets Cost \$25 pp. Please Pay by Bank Transfer, see details below. Remember to add your name and "Theatre". Bookings are essential. Please contact Jeffery Blight on 0437 665 234 or jeffery.a.blight@gmail.com. As usual, there is an optional dinner from 6pm at the Racecourse Hotel 895 Princes Hwy, (Service Rd. Malvern East), a short 5-minute walk from the theatre.

8th July: Investment Special Interest Group. Held on the second Tuesday of the month at 10.00am in the Church House, 161-163 Wattletree Road Malvern, and on Zoom (Meeting ID=804369746). Discussion topics: Economic trends, Monetary and Fiscal policy, and investment issues generally. Come along and contribute to managing our virtual investment portfolio and the consumption of Tim Tams. Contact Richard Uglow on 0408 574453.

10th July: Music Appreciation Group. The July meeting theme will feature selections from the ABC Classic Top 100 for the Piano. Please contact Chris Begg by phone on 0419 105586, or on ckpjbegg@optusnet.com.au. Chris's address is Apt 208, Toorak Place, 28-30 Jackson St Toorak, 3142. Key #208 at the front door and Chris will let you in.

29th July: Fifth Tuesday lunch: This entertaining lunch is our infamous Kelvin Club Lunch, known for the discussion and resolution of every important event in the world. A 12.00 noon start at the Kelvin Club for pre-lunch drinks, followed by lunch when everyone has arrived. It is held at the Kelvin Club, 14-30 Melbourne Place in the CBD (it's down an alleyway). This lunch is a classic! Please phone Richard Middleton on 0408 328 465 or email sunbeam@bigpond.net.au

Activity Payments. When paying via bank transfer for Probus activities, please ensure that you enter your name under "Remitter" and indicate for which activity or purpose.

Account Name: Probus Club of Malvern Inc. BSB: 633000 Account Number: 158555409
Alternatively, you can tender cash to our Treasurer, Mr Stuart Nicol.

March Guest Speaker - Jhonnie Blampied talked to us about having a positive approach to life. He shared five positive approaches from a difficult time in his own life. 20 years ago, at the age of 40, he was running the second largest advertising agency in Australia. At that time the Business Review Weekly voted him to be the best CEO and Chairman in Australia. Pressure in the business caused him to quit to save his marriage. The retirement gift from the agency was a bicycle. A friend convinced him to ride in the 93 Km Sydney – Wollongong Charity ride. While training, Jhonnie had an accident at 67Kmh on a hidden corner and was badly injured. He had a broken arm, hands, a rotated neck and shoulder, a football sized hematoma on his head and broken ribs that had sheared into his lungs – potentially drowning in his own blood. Also damage to his right eye and a brain hemorrhage. An immediate triple '0' call brought 4 ambulances in 15 minutes; one took him to a "Care Flight

Helicopter” which lifted him to hospital where he was operated on only 45 min after his accident. It was a miracle rescue, and he survived – the hospital called him ‘Miracle Man’.

After his operations he was in some sort of coma and in his dreams was confronted by the choice of live or die? This was the first key – over the next 3 days he followed a beacon for life and ultimately woke up from coma.

The First choice is – don’t be a victim, be a manager of your situation.

Second choice is – Get support. Jhonnie’s wife needed to nurture their infant baby at home – a necessity. A good friend spent 7 hours a day talking, cajoling etc by Jhonnie’s bedside.

Third choice is, you can’t change what has happened, but you can adapt your own attitude to one of positivity – what is next, what can I do in this new situation – and proceed, no matter how minor.

Fourth choice is – get professional help. In this case 6 weeks from the accident, and in rehabilitation, still sleeping over 20 hours/day, he was still feeling ‘Arthur or Martha’. This lasted for months even after he was home. His wife was traumatized and very angry about the situation. So, they saw a therapist, and one recommendation was for Jhonnie to see a different therapist on his own, which he did. Unrealised issues became exposed. His mother had died from illness when he was 4-1/2 yo. No, she didn’t – Johnnie found at the age of 42 that she had suicided due to a complex situation, and the father somehow had taken away the child’s ability to grieve. Professional help dealt with the trauma.

Fifth choice is– Get running with a smile. Exercise of all kinds, together with laughter and enjoyment are amazing springboards for positivity and a good life. (Summary by WL (John) Johnson)

March Spotlight Speaker - Speaker Matthew Damman has been member of the Malvern Rotary Club since 1999. Their member, Peter Milburn, held a position in their Malvern district of promoting and chartering Probus Clubs across a large chunk of Victoria which he did this for many decades, his last being Armadale, before retiring. Malvern Rotary’s President currently is Cheryl Cohen, who set up her business ‘Health in the Home’ in the early 2000’s. She later became blind, but carried on her business, and has just taken on a second year as President. There are 30 members who meet weekly on Wednesday at The Gables in Finch St. and visitors are always welcome. A recent speaker was the Stonnington mayor. The club is involved in various programmes such as one which provides Welcome Packs for patients admitted to the mental health wards of the Alfred and Box Hill Hospitals. Some of these arrive with very little, sometimes nothing. Packs contain underwear, beanies, socks, toiletries and so on. They also support Avalon, which is based in East Malvern at the home of Debbie, who has dedicated her life to the homeless for decades. They provide clothes and bedding and basic support. In the last dozen years, they have bought 10 apartments which are used for homeless people. For the fire ravaged town of Pomonal (pop 350) in the Grampians. Ten exhausted residents were given a free visit to the Australian Open Tennis. This is being done again to the Caulfield Races as guests of the Victorian Racing Club. Rotary also provides disaster relief around the world. One way is by providing boxes containing relief and recovery items such as tents, water purifiers, sundry tools and equipment, clothes, bedding etc. A stockpile is held, ready for immediate supply when a disaster hits. The Malvern Club donates to maintain this stock. Another programme, in which all can help, is the Malvern Emergency Food programme. They do a food collection once a month, and this is volunteer collected from many sources and sorted, packaged and provided to the Malvern Police who provide it without question to people asking for help. Malvern’s major single fundraising project through the year is an Open Day at Government House on Australia Day where they feed about 400 servicemen for breakfast, and about 700 snags for the public who come for the snags – volunteers to help are welcome. (Summary by WL (John) Johnson)

NEXT GENERAL MEETING.

Malvern Probus Meeting, 10.00am Tuesday 22nd July, 2025

Guest Speaker

Richard Middleton

Topic

Regenerative agriculture for the climate.

I didn’t say it was your fault, I said I was blaming you.