



Deepdene Combined Probussouthpacific Club

Volume 12 Issue 5

For Events please deposit amount into Probussouthpacific Account with reference: 'yournameEvent' (Space for 18 letters available.)

Payments for events may be made through

Probussouthpacific Secretary:
Janet

Probussouthpacific Treasurer:
Angela

Welfare Officer:
Maureen

Anything you would like to put into the newsletter? Please send to editor:
Marian

I think our warm Autumn days are now behind us and we need to pull out our winter woollies. I hope you were inspired by our speaker this month from Bolton Clarke. I thought her presentation was very relevant and demonstrated very practical actions we can take to prevent falls resulting in major injuries. The simple exercises to increase our strength and balance can be included in our daily living. Have you tried this while waiting for the kettle to boil or the coffee machine to pour your coffee??



Winter can be a lonely time for some people as they don't socialise as much. Why not take the opportunity to invite a friend or relative to come along as a guest, to a Probussouthpacific meeting, in a comfortable environment, meet new people, listen to an interesting speaker and enjoy a cuppa with us.

The colder weather is a good opportunity to pull out the knitting needles and wool to make squares which are passed onto KOGO a charity that makes them into blankets for the underprivileged. Scarves and beanies are also sought after items. For those of you who would like to learn to knit you are most welcome to join the group on the fourth Monday of the month.

If you have any ideas or suggestions for the club to participate in, please mention them to a committee member.

In the meantime stay healthy, warm and safe. Until next month.

Cheers,

Wendy



Please look up our expanded Webpage!

Guest Speaker:

Monday 16th June:

Richard Broome.
President of RHSV.

Topic: The Laneways of Melbourne.

The URL of The Deepdene Combined Probussouthpacific Club website is:

<https://www.probussouthpacific.org/microsites/deepdenecombined>

Our website is run by the Web Master Michael He has taken on the task of maintaining our website and ensuring it is kept current.

If you have a query or a suggestion to make, please let Michael know at [xxxxxxx](#)
Feed back is very welcome. It's your web site not the committee's.

Michael



Deepdene Combined Probud Club

GUEST SPEAKER

May Meeting, 19th May 2025: "Falls Prevention".



Edwina Spencer, from Bolton Clarke, was our very welcome speaker this month and she brought a very important topic to our attention in her discussion on Falls Prevention.

Edwina has been a registered nurse for 50 years and once tried to retire. Her services were still required, though, so now she is part of an "active ageing" program, which includes giving free talks like today's. Bolton Clarke is an independent not-for-profit aged care provider. It operates Australia-wide and offers "independent living services through at-home care, retirement living and residential aged care". The company's roots were established in 1885, when the Melbourne District Nursing Service began.

After serving the community for many years, the company recently saw the merger of several different organisations, and in 2017 was renamed "Bolton Clarke", in honour of Brigadier William Bolton, founder of the RSL and Lady Janet Clarke, philanthropist and President of the Melbourne District Nursing Society, who we both active in the early 1900s. Bolton Clarke presently offers their services to more than 130,000 clients. "Falls Prevention" is a very important part of those services.

Falls Prevention. It is a sobering thought that 1 in 3 people over the age of 65 fall at least once a year. If you do have a fall, there is the risk of injuries, hospitalisation, and perhaps loss of confidence and/or independence and a fear of falling. It's not just your age – people who have had a previous fall are more likely to be at risk of further falls. So, we should try our best not to become a statistic and be alert to the possibility that may await us and get to it before it gets to us!

But all is not lost! The good news is that falls can be prevented or alleviated. Identifying the risk factors is an important first step. These are largely related to health problems, eyesight, footwear and the environment, whether indoor or outdoor.

Health problems which may exacerbate the potential for falls include depression, dementia (including loss of spatial awareness), stroke, Parkinson's disease, arthritis, diabetes, depression, dizziness and incontinence (more haste than care!). Certain types of medicine, especially for blood pressure and changes in regimes can affect your balance. Taking more than 4 medications may also create problems. Edwina suggested asking your doctor for a "review" in that case.

Eyesight. Get your eyes checked every 2 years. Take time to adjust from light to dark situations, and vice versa. Wear sunglasses and a hat to reduce glare outside. Some people find bifocals make it harder to judge distance and depth. Practise in using them or an alternative may be required.

Feet and footwear. Choose shoes with a low, wide heel and a thinnish (not chunky) sole. Ladies (and maybe presidents?), consign your high heels to your "memories shelf"! Shoes need to be firmly done up, with laces, zips or Velcro. Be aware that some elastic inserts may weaken over time. Wear good fitting and supportive slippers in the home. Sloppy slippers can be dangerous.

Indoor environment. Your bath needs a handrail. Plan how you will get in and (especially) out of the bath. Maybe take a bath only when someone else is in the house. Showers over the bath need a good non-slip mat. Polished board floors with rugs can be dangerous. Even a flat rug edge may be a tripping hazard. Try not to accumulate too much furniture (from parents, grannies, aunties, etc). A build-up of items reduces your easy walking space.

Outdoor (and indoor) environment. Footpaths can be at home or in the street. Fix tripping hazards at home, and report public ones to the council. Use handrails for steps. (Keep wipes in your bag to clean your hands afterwards if you wish).

On top of all that, **Worries and fears about falling** can also be addressed. See your doctor – they may suggest occupational therapy (to help make your home and environment safer), mobility aids and/or falls and balance programs to improve your strength and balance. Have a plan for getting help if you DO fall. This may include having your phone somewhere low if you are alone. See a counsellor if you are becoming agoraphobic and don't want to go out "in case you fall".

Check your **healthy eating** plan, especially for calcium-rich foods, vitamin D, including judicious exposure to sunlight and keeping up the water (six glasses of fluid per day).

Calcium: dairy foods: Milk (cow, soy or almond), yoghurt, orange juice, sesame seeds, chia seeds, almond butter, spinach, kale, broccoli and tofu.

Vitamin D: Oily fish (salmon, mackerel or sardines, egg yolks, red meat, liver and sunlight).

Stay active: include 30 minutes a day of some form of activity. E.g. Strength and balance exercises or classes, walking, dancing, T'ai chi, bowling, etc. Practise getting up out of your chair, as per Edwina's leaflet. Use a bench or chair for support and gradually increase the repetitions. Other very



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important exercises are heel to toe walking, knee, heel and side leg raises, 1-step step-ups and sit-to-stand.

How to fall is also important. Firstly, **protect your head** (especially if you are on blood thinners). Because it is better to have a broken arm than a broken head, you should then: 1. Bend (your knees – lowers you to the ground); 2. Twist or Turn (to the side) ; and 3. Roll (onto your side to see if you can get up).

If you have a fall. Calm down. Do a body check. Roll onto your side. Crawl or drag yourself to something that's not moveable. Face it and try to get onto your knees. Use your prop to push yourself up with your arms until you are upright enough to sit on that chair (or a second one that a companion may shove under you if you are not alone). Rest before moving. If you can't get up, don't panic. Think of a plan, keep warm, call an ambulance, keep moving a bit to prevent pressure on one point. After your fall, review with a doctor, friend, or family member to see what happened, and why, etc.

To help someone else who has had a fall, don't get them up straightaway. Calm everyone down (deep breaths!). Check for injuries. Seek assistance.

Edwina's **suggestions for the future:** Have a plan in place for emergencies, especially if you live alone. Have your phone down lower so it is reachable. Review where you have personal alarms and other alarm systems, including watch alarms when away from home. Organise a daily phone call (or 'morning blind check system') with a friend, relative or neighbour. Work how emergency workers can get in if you can't let them in, perhaps using a keypad lock.

As you can see, Edwina packed a great deal of information into her very valuable talk. Many thanks for talking to us, Edwina. I trust none of us will appear in the statistics this year!!

Edwina left leaflets for us all and I have several spare copies, which I will bring to the June meeting, if you would like one. FYI, Bolton Clarke's website is: <https://www.boltonclarke.com.au/about-us/>

Janet

POST MEETING LUNCHEON

After our very interesting speaker, Edwina, seven members gathered at the *Jolly Miller Café* in North Balwyn for a bite to eat.

Good food, great conversation and an enjoyable time was had. Thanks Ladies.

Marian

MONTHLY MEETINGS, GROUPS, OUTINGS & WALKS

What we have done....

MOVIES

Five members attended our April (23rd) movie, ***The Count of Monte Cristo***. At a smidge under three hours running time, the pace of the movie was pretty fast.

The movie is a French historical action adventure film based on the 1844 novel by Alexandre Dumas and is considered the 'original masked avenger story'.

The story revolves around Edmond Dantès, a young sailor who was falsely accused of treason and was imprisoned without trial in the Château d'If, a grim island fortress near Marseille. After many years of captivity (14 years), he finally escapes and, under the identity of the *Count of Monte Cristo* (with amazing face masks), plans to take his revenge on those who have wrongly accused him.

The courtship, costumes, the mask and especially the architecture, were all stunning. A visual feast. It is a story of treason and of an impossible redemption. But also of the destructive nature of much hatred and the price one pays for holding on to that for far too long.

The story is best summed in one sentence by Dumas himself: *'Hate is blind, anger thoughtless, and he who pours himself a cup of vengeance may drink a very bitter brew.'*

Marian



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MONTHLY MEETINGS, GROUPS, OUTINGS & WALKS What we have done....

WALKING GROUP

Thursday 24th April

ANNIVERSARY TRAIL TO RIVERSDALE STATION

It was a jolly crowd of thirteen that met to walk the Anniversary Trail, through Boroondarah Park and on to our lunch venue, the Riversdale Station Café. Eleven members and two guests completed the walk, accompanied by a couple of our doggy mascots. The day was perfect for walking. It was sunny and the paths were relatively free of cyclists and joggers. It was great to spend time chatting with other members as we usually have little time for long conversation.

The Riversdale Station Café had set up an outside area for us so we enjoyed a leisurely lunch. A lovely day, spent with great friends!

Wednesday 7th May

GARDINERS CREEK TRAIL WALK & BOX HILL GOLF COURSE LUNCH

Today's walk took the four of us around the walking paths surrounding both sides of Gardiner's Creek. Even though the water level was quite low, exposing many of the rocks along the banks, we spotted ducks paddling along, enjoying themselves. The walks were graded with fresh gravel and the gardens looked beautiful, resembling the Australian bush. We were lucky that the noise, from the works on Burwood Highway for the new railway line from Frankston to Box Hill was difficult to hear.

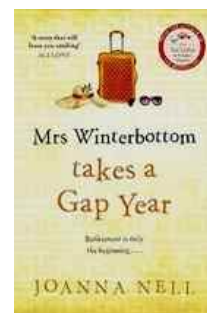
We arrived at the Box Hill Golf Course just before the forecast rain commenced and our small group was joined by two further members for lunch. We all enjoyed a delicious meal in dry comfort. Another great walk!

Julie

BOOK CLUB

Book Club, April 2025: ***Mrs Winterbottom Takes a Gap Year***, by Joanna Nell. Pub. 2023.

Eleven members enjoyed discussing this funny and thought-provoking book on 28th April 2025.



The author, Joanna Nell is a British-Australian writer and GP who “advocates for positive ageing”. The book is set in a village in England. The main characters are doctors and as Mrs W. starts to leave the profession, she is still using medical terminology, although that fades out in her new life.

Synopsis: Dr Alan and Mrs Dr Heather Winterbottom both in their late 60s, retire at the same time so they can spend their retirement together. But they find that their thoughts on how to do so don't coincide. They have never really had interests in common, other than their work and have never discussed what they would each like to do in retirement. Now, Alan has a special gardening project (and a new gardening partner (a NOGGIN!), while Heather longs to travel.

So, he gardens, and she heads off by herself, to Greece, for what might be a long sojourn.

Being a solo traveller initially seems a bit odd in the circumstances, but Heather does not in effect travel alone. She has her friend Esme Clark with her. Unfortunately, Esme has died and only her ashes go to Greece, but she has provided the catalyst for Heather's trip by introducing her to Homer's story of *the Odyssey* and continues to be a companion for Heather even in death as she goes on what almost becomes a pilgrimage. Some of the things those ashes get up to are quite bolshy!

The writing style is quirky and often amusing. Some turns of phrases are wonderful, such as, “His body language was deafening”. The narrative is light-hearted but covers some serious topics: worker burnout; growing distance between spouses, and limited family time, because of working requirements and/or different interests. Each quite short chapter (of 35) has its own heading, e.g. Tibia, or not tibia?; Return of the prodigal daughter; Where the wild thing is; Chicken or beef (a case of anaphylaxis on a plane); Keep calm and carry on.

One of the most entertaining passages involves Heather riding a strong-willed horse, who almost drowns her in the sea. Another is of her buying illicit drugs as a present for Esme, from a former patient, in a churchyard!

By the end, after initial adjustments to retired life, both our heroine and her husband still have an altruistic approach to others and to helping them.

Alan's garden project, based on his father's ideals, is designed to help his neighbours and others in the community and Heather ultimately understands it helps him overcome a previously unshared childhood trauma.

Heather, after travelling for a year in a yacht with Alan, plans to offer her medical and psychological skills to support frontline medical staff helping refugees.



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Her Greek mentor from her initial trip, Dennis, despite earlier traumas from which he was “escaping”, goes back to helping refugees, too.

It is very satisfying that after finally “talking” to each other, Heather and Alan are reconciled after a few weeks and spend the Gap Year together.

Praise for one of the author’s earlier books says it was, “The perfect blend of funny and moving”, a sentiment which applies to this book, too. Our readers thought the story was very true to life and pointed out salient issues on ageing and retirement in an amusing way. The end was a bit predictable, but there were some surprises along the way. Points given were from 8 to 9.5.

Mays Novel is ***Muster Dogs – From Pups to Pros***

by Lisa Millar

See p. 11



Janet

KOGO

Three of our dedicated knitters met for our first 2025 gathering on the 28th April to complete our 2024 contribution to KOGO.

A very clever member, Marian, devised a quick and effective method to finish off left over threads. This meant that three members completed 80 squares in record time!

We partook of a well deserved cup of tea at the end to celebrate a remarkable achievement.

Editor: Julie then delivered our parcel of 80 squares and a cot blanket to KOGO’s new drop-off point; I-Med Radiology in Box Hill.

Julie

PLAY

A Happy and Holy Occasion, by John O'Donoghue.

Numbers were down at the 3rd May matinee performance of this play at the Malvern Theatre, perhaps because it coincided with Election Day, but our 5-member Deepdene Probus group enjoyed our day out, as we had a trip down memory lane (and beyond for some of us) to another era.

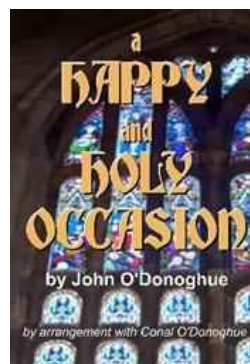
Program notes for this play opine that the play is “*a portrait of family interdependence and the Irish-Australian heritage of romanticism, ebullient humour, guilt and vulnerability*”.

A “happy and holy occasion” is envisaged by the Irish-Australian Catholic family, the O'Mahons, as they host a small party in their Newcastle, NSW home to send their 12-year-old and eldest son on his way to the seminary for his 12-year training for the priesthood. However, despite the professed happiness of the event, some of the guests are not as welcome as others, and all seem to carry prejudices or worries of one sort or another – even towards each other. As well, sinisterly, it is Friday 13th 1942, during the period of WWII which became known as the Fall of Singapore, (8th – 15th February) when Japan overcame Britain and its allies there. The war is getting closer and one of the guests is facing a military call-up. Life will never be the same for any of them again. An interesting tableau before the end of the play shows a line-up of all the characters and their fates in the relatively near future. Most of them do not survive. Then the story resumes

As usual, the cast all played wonderful parts, from the youngest to the oldest. Irish accents abounded and at least one of the parts (“Tocky Keating”) was played by a “real” Irishman. Once again, the stage setting – a cosy 40s-style lounge room – was exemplary.

This play was first performed in the playwright’s hometown of Newcastle, NSW in 1976.

Our next play was written a bit earlier: *Macbeth, by William Shakespeare*, which we will see on 21st June. Do join us!



Janet

OUTING

On a sunny May 12th Day, 15 members of Probus enjoyed a lunch of generous servings of Lebanese barbecue, felafel and assorted salads at *Oasis Fairfield Cafe & Grocer*.

So generous were the servings, that most people took home ‘doggie bags’

We were given complimentary biscuits and baklava.

After lunch, some people explored the products in the Oasis supermarket and then walked around the corner to *Nikos* where surrounded by iced cake creations we had coffee, tea and cakes.

Vivienne



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MONTHLY MEETINGS, GROUPS, OUTINGS & WALKS Coming up.....

WALKS

THURSDAY 22ND MAY (MEDIUM WALK, asphalt surface)

Start: 10.30 a.m.

Meet: *Red Brick Café* (corner Wells St and 219 Mont Albert Rd)

ROUTE

We will take three local lanes and streets to Union Road. After crossing at the Surrey Hills Community Centre we will proceed along Union Road to the Surrey Hills Station carpark. We will use the station underground walkway, walk along local streets, passing Surrey Hills Primary School, to *Acorn Nursery* for our pit-stop.

After a late morning tea or lunch we will return along the same route.

MONDAY 2ND JUNE

Start: 10.30 a.m.

Meet: *Balwyn Library* (336 Whitehorse Rd, Balwyn. VIC. 3103)

*Unlimited parking in Northcote Avenue and Conway Streets.

ROUTE

We will walk along Talbot Avenue to the laneway leading to Northcote Avenue. We will proceed along Northcote Avenue, turning left into Como Avenue and then right into Thornton Avenue and proceed to Weybridge Street. We will follow Weybridge Street to Union Road and turn right and proceed to Mont Albert Road. We will cross at the lights and take a brief walk along Mont Albert Road to the *Boulavarde Café* for our pit-stop.

We will return along Mont Albert Road to Union Road and after crossing at the lights turn right and proceed to Wandsworth Road on our left. Taking Wandsworth Road we continue to Benson Street and turn right back to Weybridge Street, Thornton Road and then Northcote Avenue and back to Balwyn Library.

Co-ordinator: Julie

BOOK CLUB



Book for May (Lucy)

Muster Dogs – From Pups to Pros

by Lisa Millar

Date-26th May @ 11.00 a.m.

Book for June (Noela)

Empress of the Nile

by Lynne Olson

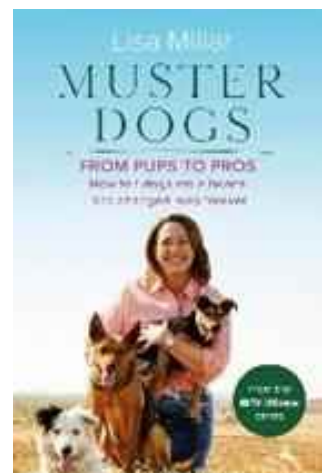
Date– 23rd June @ 11.00 a.m.

Book for July (Neva)

Girl Falling

by Hayley Scrivenor

Date- 28th April @ 11.00 a.m.



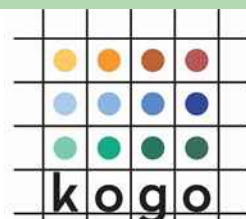
Co-ordinator: Neva

KOGO

KOGO Square-a-thon

On Monday 26th May, after our Book Club meeting and lunch, we will meet at Julie Vango's house for a knitting afternoon to support KOGO (Knit-One-Give-One).

If you are interested in joining this afternoon knit-up, you will be required to bring a ball or lengthy pieces of 8 ply wool plus a pair of 4mm (Size 8) knitting needles.



knit•one•give•one

Please email or tell Julie and if you plan to attend.

If you are unable to join the group but would like to participate by making knitted items at home, KOGO are seeking scarves, beanies, socks, gloves (including fingerless), children's jumpers and cardigans,



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knitted toys, cot and pram blankets, baby cardigans (not Jumpers) as well as baby beanies and booties. For more information about KOGO and how you might support this organization please visit:

<https://www.kogo.org.au>

Co-ordinator: Julie

MOVIES

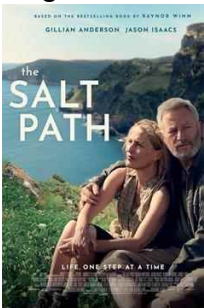
Wednesday 28th May @ 11.00 a.m.

Our May movie selection is ***The Salt Path***, a 2024 British biographical drama film , based on the 2018 memoir of the same name by Raynor Winn.

A married couple receive a bad health diagnosis and are left homeless after legal trouble, so they embark on the 630-mile (1,010 km) South West Coast Path, the longest uninterrupted path in England, from Minehead to Poole around the coast of Somerset, Devon, Cornwall, and Dorset.

Is it a desperate attempt to outrun their problems, or a final adventure?

Running time: 1hr 55mins.



Diary dates for 2025 are: May 28th; June 25th; July 23rd; August 27th; September 24th; October 22nd; & November 26th.

These Outings to the *Golden Years* screenings on the 4th Wednesday of the month. **Meet** at Ticket Office @ 10.45 a.m. and buy your own ticket. We may arrange lunch afterwards among yourselves.

Co-ordinator: Marian

OUTINGS

Thursday 12th June, 2025

Martin Grant Exhibition

A trip to the NGV *Ian Potter Gallery* (Level 3) is planned for **Thursday 12th June**.

Meet: *Ian Potter Building*, ground floor in foyer in Federation Square.

Time: 11.45 a.m. in the downstairs foyer. We shall hopefully be collected @ 12.00 p.m. from here to join in on the free guided tour of the exhibition @ 12.30 p.m.

Tickets: NGV Members \$18.00, Adults \$25.00 (no concession tickets on Thursday). You can but tickets on the day, or pre-book your tickets at the NGV website: <https://connect.ngv.vic.gov.au/64862/65494> for the 12.00 p.m. entry time.



The exhibition is celebrating the work of the Australian-born Paris-based fashion designer, this major new exhibition is the largest of Martin Grant's career. Drawn from the NGV collection, including many works donated by the designer from his own personal archive as well as loans from his family and friends, *Martin Grant* encompasses more than four decades of the designer's career. Beginning in the mid-1980s in Melbourne, the exhibition continues through the early 1990s when Grant re-established his eponymous label in Paris, and extends to his most recent collections.

Throughout his illustrious career, Martin Grant's clients have included his muses Cate Blanchett and Lee Radziwill, as well as Naomi Campbell, Juliette Binoche, Rebel Wilson, and Lady Gaga. Conceived in close collaboration with the designer, the exhibition reflects Grant's design sensibility and aesthetic through fashion, photography, sketches, press clippings and runway footage.



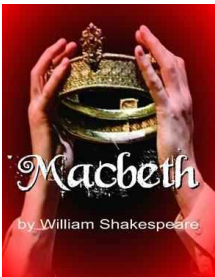
Co-ordinator: Marian



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PLAYS

Saturday 21st June



Our third play for 2025 is **Macbeth**. As one of the most well-known plays by William Shakespeare Macbeth embarks on a ruthless quest to become King of Scotland. Many will probably be well acquainted with this play given its prominence in upper secondary English classes over many years.

For those of you who don't know much about Macbeth (I'm one of them) it's a story, of unchecked ambition, witches and ghosts, castles and swordfights and harrowing exploration of crime and guilt, power and corruption. Come along and find out how much or how little things have changed over some hundreds of years.

IF YOU WOULD LIKE TO ATTEND, PLEASE LET ME KNOW AS SOON AS POSSIBLE BY EMAILING ME AT [xxxxxxx](#) NO LATER THAN MONDAY 16th JUNE 2025. FAMILY AND FRIENDS ARE VERY WELCOME.

Our remaining 2 plays for 2025 are:
6 September 2025: THE HUMANS
8 November 2025: PERFECT WEDDING

If you think you might like to attend any of these other plays, just let me know as per my contact details and I'll put you down on our booking lists. There's no obligation if you change your mind as I'll verify your booking BEFORE I finalise our block booking with the theatre.

Michael

NEXT MEETING

Monday 16th JUNE 2025, meeting commencing at 10.00 a.m.
Venue: St Aidan's Church, 17-21 Duggan Rd, Balwyn North.3104
Guest: Richard Broome. AM, Emeritus Professor of History, La Trobe University. President of: Royal Historical Society of Victoria.
Topic: The Laneways of Melbourne



MORNING TEA ROSTER

DATE	NAME
16-06-2025	Julie
21-07-2025	Heather
18-08-2025	Lucy
15-09-2025	
20-10-2025	Janet
17-11-2025	

We really need some people to sign up for Morning Tea Volunteers please.

Co-Ordinator: Neva