



Deepdene Combined Probussouthpacific.org Club

Volume 12 Issue 7

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

Payments for events may be made through

Probussouthpacific.org Secretary: Janet

Probussouthpacific.org Treasurer: Angela

Welfare Officer: Maureen

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

We have all heard the phrase "you are never too old to learn." This was demonstrated at our July meeting with the excellent presentation by Michelle and Kerry from Bolton Clark, on CPR and use of the defibrillator. Having the resus-anne model for members to practise CPR was enlightening for our members. Thank you Noella for organising this.

So encouraging to have two new faces welcomed to our meeting. Dianne and Kerrin. Dianne saw one of our posters in a cafe so followed it up with a phone call to Graeme. So please keep spreading the word about our club.

Our Christmas in July luncheon was well supported and enjoyed by many members. Thank you Lucy for organising the day. Keep an eye out in the diary and newsletter for upcoming outings.

Hoping to see you at our next meeting in August. In the meantime stay safe, healthy and warm.

Cheers,

Wendy

Skiing at Mt Baw Baw



Please look up our expanded Webpage!

The URL of The Deepdene Combined Probussouthpacific.org 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. Feedback is very welcome. It's your web site not the committee's.

Michael

Guest Speaker:
Monday 18th August:
Angela Cartedge
Topic: Volunteering
as a Puppy Carer for
Seeing Eye Dogs



Deepdene Combined Probud Club

GUEST SPEAKER

Today's guest speakers were Kerry Rendell and Michelle Cannon, both from Bolton and Clarke.

After a brief introduction to the services provided by Bolton Clarke as Australia's largest independent, not-for-profit aged care provider. Kerrie explained that the organisation was celebrating 140 years of caring for Australians.

Their beginnings started with one nurse working within the inner-city slums of Melbourne and has now grown to an organisation employing over 16,000 nurses and volunteers within 88 residential care homes. Historically, it is named after Brigadier William Bolton a serving soldier in WW1, a founding member of the Returned Sailors and Soldiers League, a forerunner of the RSL and Lady Janet Clarke, a well-known philanthropist, and President of the Melbourne District Nursing Association from 1889-1908.



Did you know: That performing CPR can double a person's chances of survival from a cardiac arrest and that 75% of cardiac arrests happen in the home?

Mastering CPR and Defibrillation basics will give you the confidence to act when it matters most. And feel empowered and confident to recognise the signs of a cardiac event and attempt resuscitation. Any attempt at resuscitation is better than none.

A video introduction to the comical behaviour of Mr. Bean alerted us to some of the signs to look for:

- a shortness of breath
- slurred speech sudden
- Sudden onset of pain in a specific region of the body
- change of skin colour (e.g. Pale, blue)
- lost consciousness
- seizure
- or unusual behaviour.

Types of cardiac events

It was also emphasised that we can all be proactive with a nutritional diet, regular exercise, control of diabetes risks and taking prescribed medications on a regular basis.

Types of cardiac events



Angina – Temporary reduction in heart's blood supply

Heart Attack – Complete loss of blood flow to part of the heart

Cardiac Arrest – Electrical malfunction in the heart causing the heart to stop beating or to beat irregularly

Michelle explained the DRSABCD Action plan and demonstrated on Kerry an easy way to roll a person into the unconscious recovery position and the pistol grip.

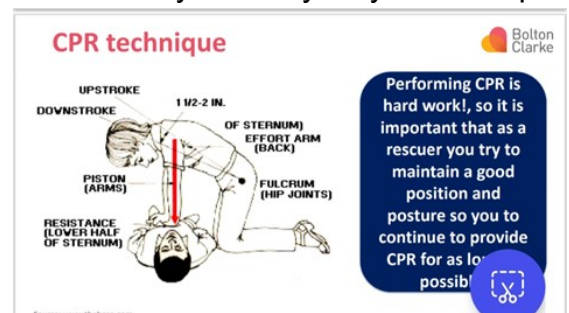
Responses: COWS

- C**an you hear me?
- O**pen your eyes
- W**hat's your name?
- S**queeze me hand

Survival outcomes depend on:

- Early Access to getting help
- Quickly commencing CPR
- Application of Defib Kit
- Arrival of Advanced Care

After assessing person: Call 000
Use phone or Emergency Plus App



Michelle emphasised that you must continue CPR until responsiveness returns or expert help arrives. Give 30 Compressions and 2 rescue breaths. She emphasised that your adrenalin usually kicks in to assist you to continue until help arrives or the person begins to show signs of improvement.

Continue CPR for as long as possible or/and until help arrives.

If you have access to a Automated External Defibrillation Kit (AED) follow instructions inside it.

Next, Michelle demonstrated the workings of a Defibrillator and pad placement in the 'seat belt' position. The Defibrillation once activated explains the necessary steps to take.



Deepdene Combined Probus Club

Follow any visual instruction (placement of chest pads). Placement of pads may include cutting persons clothing or shaving away chest hair for best skin contact with pads.

Follow audible instructions: keep performing CPR; stop for machine to assess if any cardiac output; clear from person (NO CONTACT with them what so ever); wait for machine to charge; press 'green' button when instructed to do so; wait further instruction; recommence CPR or place person in recovery position if the regain consciousness.

However, it is important that the Defibrillator is maintained regularly as expiry dates exist for the pads and batteries. A green light indicates it is in working order.

Members were very appreciative of the clear and succinct instructions provided by both Kerry and Michelle and now feel empowered to take the necessary steps to assist in saving a life. Allowing members to experiment of the dummy model also assisted with confidence.

Michelle and Kerry thank you for your very informative talk today.

Susan

POST MEETING LUNCHEON

Eleven members gathered, after our meeting, to have lunch at *Eno Garden* in Balwyn North. Great staff and good food.

Lots of chatter and good food. It was lovely to have a prospective member, Dianne, there to join in with us.

Susan, thanks for selecting another, unknown, great spot.

Marian

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

PLAY

Theatre Report: *Macbeth, by William Shakespeare*, Malvern Theatre Saturday 21st June, 2025

"Out, damned spot! out, I say!" To be clear, it wasn't the dog. Lady Macbeth herself was totally responsible for her guilty conscious, as part of the plot to replace King Duncan with her husband in the role.

Four Deepdene Probus members trotted off recently to see one of the umpteen performances of this play. It might be an oldie, but it is still a goodie and its central theme of people fighting for supremacy and territory are still as relevant today as they were in the 17th century. As the program, says, the play is about "Unchecked ambition, witches and ghosts, castles and swordfights [in a] harrowing exploration of crime and guilt, power and corruption."

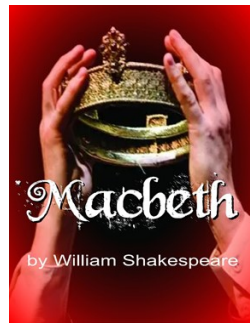
With a cast of 16 players, I imagined them in serried rows on Malvern Theatre's small stage. The play did start with a fight and (obligatory??) mass slaughter in the opening scenes, so that may have decimated their ranks, but thereafter, groups of players came on and went off stage as the story unfolded. Even though I studied the play at school, I still found it a bit difficult to keep up with who was who, except for the king in his crown. The period costumes probably indicated rank for those in the know.

The set was wonderful, as usual. A circular crown-shaped "piece" also represented the castle tower amid trees (Burnam Wood?). Mainly manipulated by some very sinister witches, it opened out in various ways to indicate where the action was taking place (trees, a seat, etc.). Speaking of the witches – they had a very small cauldron! It looked a bit like a fruit bowl, but pinches of powder the witches threw from it seemed to be enough for hexing.

It was very pleasing to see so many younger actors, although the sudden appearance in the audience of the Porter was very well played by a "veteran". All in all, a great production and an enjoyable afternoon spent by performers and audience members alike.

p.s. Our next play in early September is *"The Humans"*, by Stephen Karam. Do join us!

Janet





Deepdene Combined Proboscis Club

BOOK CLUB

The Empress of the Nile, author Lynne Olson

On Monday 23rd June we met to discuss our June book; *The Empress of the Nile*.

An Egyptian historic monument account, explained in detail by an author dedicated to factual research.

The novel begins by describing the early life of the central character, Christiane Desroches-Noblecourt in Paris, pre World War Two. An educated young woman determined to study Egyptian archaeology, participate in digs in Egypt and help curate the Egyptian collection at the Paris museum. With the encouragement and guidance of her parents, introductions by her father to influential people, she was able to follow her passion. Initially working at the Paris museum in the Egyptology department.

Her life is shown to be totally devoted to all things ancient Egypt. Her marriage and family life given few pages, while her archaeological endeavours and achievements complete most of the book. Christiane Desroches-Noblecourt, a woman completing a classical education, employed as a museum curator, member of the French Resistance during WW 11, archaeologist in Egypt during many changing political regimes. An expert negotiator to successfully activate interest in the salvation of the temple of Abu Simbel, about to be drowned by the Nile River upon the completion of the Upper Aswan Dam.

Details of the master plan to cut, lift, shift and reassemble the huge monuments is illustrated clearly. Her endeavours to motivate and involve political leaders in Egypt, the U.K. France and even President John Fitzgerald Kennedy, the President of the United States of America, at the instigation of his wife Jackie who was fascinated with Egyptian History.

The rivalry of the male and female archaeologists illustrates the efforts several men made to actively undermine Christiane. Her decisions to protest or compromise, makes for interesting comparisons to the male and female competition still existing in workplaces.

Though a wife and a mother, her sphere of interest, as depicted by the author, seemed to be totally to unearthing, saving and studying as many relics of ancient Egypt as possible. Through her care for the local people on the dig sites, she earned their respect and life-long friendships. These people seemed closer to her than her actual family.

Learning more of Egyptian history, the work and effort dedicated by Christiane Desroches-Noblecourt, *The Empress of the Nile*, engaged the Proboscis Reading Group and a stimulating discussion took place. Although a long and detailed book, nine of the twelve members present finished the book. The discussion was further enhanced as some group members had visited Egypt and also, the relocated temples at Abu Simbel. The sharing of additional information, reflections and knowledge gave us personal impressions from their travels in Egypt.

Score: 9.5, the general group opinion of this biography.

July's Novel is **Girl Falling** by Lynne Olson.

Noela

KOGO

Eight Deepdene Proboscis knitters met on Monday 23rd of June to continue the 2025 contribution to KOGO. Our knitting was accompanied by laughter mixed with knitting yarn and plenty of enthusiasm! Cups of tea and coffee, as well as biscuits helped to cheer everyone along.

What a great surprise, when a regular Proboscis guest, Clare, arrived with a plate of freshly baked mini muffins, filled with fresh apple and topped with cinnamon. Her contribution to KOGO, she said, as she wasn't a knitter!

A fun filled afternoon with friends and yummy food.

PLEASE NOTE...

If you are unable to knit but would like to help, contributions of 8 ply pure wool would be gratefully appreciated. The balls or hanks of wool do not have to be new. Any half used, left over balls or hanks, as well as any unraveled pure wool yarn can be re-worked by our knitters.

From: **Vicki Davis** <info@kogo.org.au>

Date: Sun, 29 Jun 2025 at 14:47

Subject: Thank you from KOGO

To: Crafters Julie

Dear Crafters,

We thank you from the bottom of our hearts for the lovely items you have sent us. At KOGO we recognise and deeply appreciate the effort and skill that has gone into making them. We know that the people who receive them will feel cared for and valued in turn.

In the 20 years since we began, we have built relationships with over 375 Community Partner Organisations. These agencies distribute our finished garments and blankets to a myriad of people undergoing hardship. The homeless, refugees, children at risk, remote indigenous communities, women in refuges and families who are struggling to make ends meet are all recipients of the wonderful items made by the KOGO community.



Deepdene Combined Probud Club

Again, we deeply appreciate your contribution and thank you for helping us to make the world a warmer place, one stitch at a time.

Kind Regards,

Vicki Davis

E: info@kogo.org.au

W: kogo.org.au

Julie

MOVIES



On Wednesday 25th June four members attended the Movie: *Jane Austen Wrecked My Life*.

A whimsical, warm, witty, well played French/English comedy. Camille Rutherford portrays Agathe, an endearing, but a little clumsy, writer who wins a place on a Jane Austen retreat. Agathe, the main protagonist is an aspiring novelist working in a famous bookshop in Paris: *Shakespeare & Co*. She can start a novel, several chapters, but can never finish them. She now has writers block.

Her best friend and co-worker Felix (Pablo Pauly) submits her writing, unbeknown to her, and she is offered a place on the retreat, in England, where she meets Austen's great-great-great-great nephew Oliver (Charlie Anton), a rather arrogant, judgemental professor of modern literature, a rather *Mr Darcy* like character.

Agathe finds she has a choice to make between Oliver and Felix. But her real discovery is her writing voice as she has always thought herself an impostor.

After the film we went to East & Co for a lovely lunch.

Vivienne

WALKS

Friday 4th July

FROG HOLLOW TO FORDHAM MILK BAR

What a marvelous day we experienced for our walk to the *Old Fordham Milk Bar*. No wind and bright sunshine made the 14 degree day almost summery!

Five of us met at Frog Hollow and were joined by two guests who are considering joining our Club.

The walk took us through the Golf Links Estate of Camberwell, an area comprising of beautiful vintage houses and picturesque gardens. Our guests commented on the ease of the walk and the joviality of the group.

The lunch at *Fordham Milk Bar* offered a plethora of choices. After a very chatty pit-stop, we made our way back along Fordham Street to our starting point.

A great way to explore the local area!

Julie

OUTINGS

Monday, 7th July 2025

MID WINTER LUNCHEON AT THE AUBURN HOTEL

Our group banished the winter chill on Monday, when we had our lunch at the pavilion, Auburn Hotel. It was a warm and convivial get together.

It was a great success with 19 people attending despite eight regulars missing for various reasons.

Conversation flowed and the meals were varied with something to suit everyone.

As an organiser it was very pleasing to hear so much chatter and laughter.

Editor: As was the excited chit-chat when the verdict for Erin Patterson was announced!

Lucy



Deepdene Combined Probud Club

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

MOVIES

Wednesday 23rd July @ 11.00 a.m.



The Divine Sarah Bernhardt

Sarah Bernhardt is at the height of her fame. An icon of her time and the world's first star, the actress is also a passionate, free-spirited and modern woman who defies conventions. Discover the woman behind the legend.

In French

Running time: 1 hr. 38 min

Wednesday 30th July @ 11.00 a.m. (Bonus)



Four Letters of Love

Nicholas and Isabel are made for each other, but as destiny pulls them together, family, passion and faith drives them apart. As they embark on journeys of heartache and misplaced love, fate soon contrives to pull the threads of their lives together.

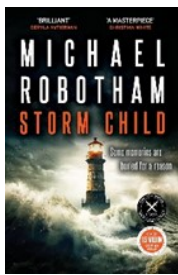
Running time: 1hr. 49min

Diary dates for 2025 are: 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

BOOK CLUB



Book for July (Neva)

Girl Falling

by Hayley Scrivenor

Date- 28th July @ 11.00 a.m.



Book for August (Marcia)

Storm Child

by Michael Robotham

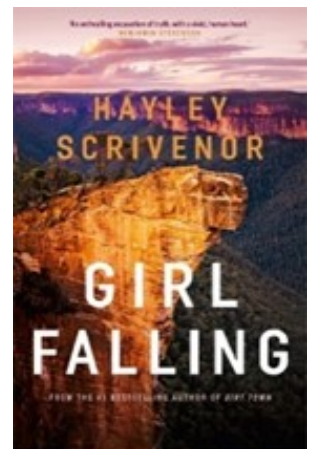
Date-25th August @ 11.00 a.m

Book for September (Leslie)

The Rose Code

by Kate Quinn

Date- 22nd September @ 11.00 a.m.



Co-ordinator: Neva

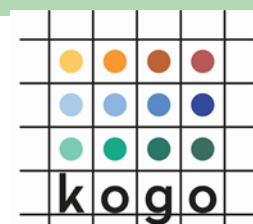


Deepdene Combined Probud Club

KOGO

KOGO Square-a-thon

On Monday 28th July, 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, 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

WALKS

MONDAY 4TH AUGUST (Long walk w asphalt and gravel)

Start: 10.30 a.m.

Meet: 39 Barnsbury near corner of Mont Albert Roads

ROUTE

The walk is along the Anniversary Trail towards Canterbury Road, and into Boroondara Park. Walk through the park, along the trail and pass under the railway bridge. Continue along the local streets of Canterbury to Mailing Road for our pit-stop.

Enjoy a late morning tea or lunch before returning along the same route.

Most of this walk is asphalt.

This walk takes approximately 50 mins each way.

Co-ordinator: Julie

OUTINGS

POSTPONED - 10 PIN BOWLING. FRIDAY, 29TH AUGUST 2025.

Our activity will be postponed until later in the year. See below for its August activity replacement.

Thursday 28th August

Time: 10.00 a.m.-12.30 p.m.

Cost: \$40-00

Where: RACV City Club

501 Bourke St

Melbourne. VIC. 3000



Diana, Princess of Wales- Jewels of a Modern Day Princess

Join us at the RACV City Club Melbourne for a talk by Adrian Dickens of Circa AD Jewels- "Diana, Princess of Wales- The Jewels of a Modern Day Princess"

Adrian is well known in jewellery circles for his expertise in gems and their presentation.

With an eye for style and fashion, this talk concentrates on many of the stunning jewels that Diana wore, which together with her clothes made her one of the most iconic, stylish and photographed Princesses of the 20th Century. Whether modern, antique or even costume jewellery; Diana had a knack for creating beautiful and trendsetting looks that even today no other member of a Royal Family have come even close to.

Doors will open at 10:00am and the talk will begin at 10:30am. Morning tea will be served. The event will finish by 12:30pm.

Please book yourself in if you are intending to come, using the Trybooking hyperlink included in this article. It is straightforward with basic info required plus payment by credit card. Cost is \$40-00 including morning tea. There should also be info on Princess Di included in the app.

To Book: <https://www.trybooking.com/events/1426076/sessions/5720918/sections/2735423/tickets>



Deepdene Combined Proboscis Club

Should this booking app be problematic, contact Kate, Adrian's personal assistant, directly at:
E: events@circaadjewels.com

Adrian also has additional info about his company on his website *Circa AD Jewels*.

As this is a formal event covered by Proboscis insurance, I'll need to know who is going and by what means of transport.

Details for lunch will be supplied closer to the date.

Co-ordinator: :Lucy

PLAYS

MALVERN THEATRE – 2.00 p.m. MATINEE SATURDAY 6th SEPTEMBER

Our 4th play for 2025 is *The Humans*. It tells the story of the quintessential family reunion: a group of people who love each other but still wrestle with basic human fears: old age, abandonment, poverty and death.
The entire play takes place during a single evening in a sparsely furnished, somewhat shabby basement duplex apartment in New York City's Chinatown. Brigid Blake, a young aspiring composer, and her boyfriend Richard Saad, who is completing his social work degree, have just moved in together and are hosting Thanksgiving dinner for Brigid's family.
IF YOU WOULD LIKE TO ATTEND, PLEASE LET ME KNOW AS SOON AS POSSIBLE BY EMAILING ME AT xxxxxxxx NO LATER THAN MONDAY 1st SEPTEMBER 2025.
FAMILY AND FRIENDS ARE VERY WELCOME.



Our last play for 2025 will be **PERFECT WEDDING** - 2.00 p.m. matinee on 8th November 2025.

Co-ordinator: Michael

NEXT MEETING

Monday 18th AUGUST 2025, meeting commencing at 10.00 a.m.
Venue: St Aidan's Church, 17-21 Duggan Rd, Balwyn North.3104
Guest: Angela Cartedge
Topic: Volunteering as a Puppy Carer for Seeing Eye Dogs



MORNING TEA ROSTER

DATE	NAME
18-08-2025	Lucy
15-09-2025	Vivienne
20-10-2025	Janet
17-11-2025	

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

Co-ordiantor: Neva