

# MUNDARING PROBUS BULLETIN

No. 472



June 2025

## GUEST SPEAKER

**Kath Vickery-Howe - May 12<sup>th</sup>**

*Another inspiring speaker and a full house of 26 members, several guests and three new members inducted!*

Kath is a trained volunteer Community Speaker for the non-profit association ARTHRITIS & OSTEOPOROSIS WA, based at the Wylie Arthritis Centre in Shenton Park. Its aim is to

### **PREVENT IT – MANAGE IT – CURE IT**

At Shenton Park they have a Hydrotherapy Pool, exercise classes and run an Arthritis KEYS Program to help people acquire the skills and confidence to manage their arthritis.

Kath, as an rheumatoid arthritis sufferer since in her twenties, explained that arthritis can affect all age groups, from young children to seniors. Arthritis can be life changing, disabling and depressing as simple daily tasks can cause pain. For many, managing family life and juggling work can be exhausting and that attending seminars and workshops can be so beneficial helping sufferers to minimise these effects.

Kath explained with diagrams about inflamed joints and Osteoarthritis (OA) and Rheumatoid Arthritis (RA) which can be a pain-inducing, joint deforming autoimmune disease. She showed her own fingers to demonstrate their deformity and explained that she herself had researched her ancestry and discovered that she had inherited this disease.

Many thanks to Kath for answering all our questions—she certainly is an inspiration!

Kath also showed us several free booklets that are available from Arthritis and Osteoporosis WA.

If you would like a copy of any of these, please ask me and I will arrange to get you copies.

- \* 10 Steps for Living Well with Arthritis
- \* At Home with Arthritis
- \* Taking Control of Your Back Pain
- \* And many others

*Helen White*



### FROM THE PRESIDENT



On Friday, 23<sup>rd</sup> May, Pat Moxon and I travelled to Noranda to attend the PAWA *Building Better Clubs* Workshop. The President, Ralph Sirmulis, gave a very impressive and informative view of the history of Probus and the roles of PAWA and Probus South Pacific.

It was a very different Workshop to the one we held at our Club last year – instead of small groups we all sat together as most of the topics discussed were relevant to all. Following a wonderful morning tea, the meeting resumed with Ralph answering any questions we might have had.

During the morning tea break it was lovely catching up with members we had met in the past and meeting new ones. We both left feeling very inspired to do our very best.

*Helen White*



## 41st Birthday Celebration

### 12.00 noon

### Monday 9th June

Our birthday lunch at the Chidlow Tavern is getting nearer! Please remember to contact Sue if you would need assistance getting to and from the Tavern. Also, all Raffle money (\$5 per ticket) is going towards our proposed day-out bus trip in October. More details will be given later.

There will be several hampers to win, including vouchers to local cafes and businesses.



### NEW MEMBERS

We would like to welcome the following members who have recently joined our Club :

- Lorraine Deacon
- Denise Makley
- Jeanie Rose
- Paul Turton

*Pat Moxon*

*Membership Officer*



**PLEASE REMEMBER TO WEAR  
YOUR BADGE  
TO ALL MEETINGS  
AND OUTINGS.**

## CALENDAR OF EVENTS 2025

**May 31st**

**10.00am Saturday**

Coffee morning at The Hive, Darlington.

**June 9th**

**12.00 noon Monday**

**41st Birthday Celebration**

**Chidlow Tavern**



**June 28th**

**10.00am Saturday**

Coffee morning at The Hive, Darlington.

**July 14th**

**10.00am Monday**

Probus Meeting at Glen Forrest Sports Club (tea/coffee 9.45am).

**Peter Kennedy** will be returning to complete his reminiscences of previous WA Premiers to 2024.

**July 26th**

**10.00am Saturday**

Coffee morning at The Hive, Darlington.

**August 11th**

**10.00am Monday**

Probus Meeting at Glen Forrest Sports Club (tea/coffee 9.45am).

## **FUTURE EVENT**

***We will be visiting a local Open Garden (Romancing the Stone) when the flowers and shrubs are in full bloom, probably July/August. Details tba.***



## **MORNING TEA ROSTER FOR JULY**

Please let Elaine know if you are able to provide morning tea for the July meeting,

Kitchen help required for  
**July and August** as Eileen will be overseas.

***We need at least six members volunteering to supply food at each meeting.***



## **COMMITTEE MEMBERS**

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