



WELLINGTON EASTERN SUBURBS PROBUS CLUB

17th October 2023

NEWSLETTER 256

Report on Meeting held on 11th October

Membership	70	Attendance	39
Apologies	13		

President Marie chaired the meeting and welcomed members. Morning tea was taken early to allow 1 ½ hours for our guest speaker.

Outings

A group of our members attended a rehearsal and a tour of the School of Dance.



Annette advised that the School of Dance requested permission to use the photo of our group for advertising. None of the members who attended objected.

Xmas Party

Margaret reminded members of our Xmas party at The Pines on Wednesday 13th December at 6pm. A list was circulated. If you have not added your name to the list and wish to attend, please contact **Margaret Davis 021655011** davisnz@globe.net.nz The cost is \$50 plus \$5 for those wishing to use the shuttle buses provided. We need a minimum of 50 people to cover the cost of the evening. Names and payment required by the next meeting on Wednesday 8th November.

Bank Account

Wellington Eastern Suburbs Probus Club – BNZ 02-0520-0153465-00

Club Micro Website:

<http://probussouthpacific.org/microsites/wellingtoneasternsuburbs>



Click the above to access the website.

Club Email Address:

wellingtoneasternsuburbsm@probusclubs.com.au

PRESIDENT

Marie Pearce

VICE PRESIDENT

Vacant

COMMITTEE

Annette Barnes

Secretary

Brian Cattermole

Newsletter Editor

Peter Chik

Finance

Chrissy Gall

Morning Tea

June Inkpen

Margaret
Macpherson

Deryk McNamara

Guest Speakers

Simon Reynolds

Almoner

Jean Glen

THE CLUB MEETS

2nd WEDNESDAY OF
EACH MONTH
10:00AM

SEATOUN BOWLING
CLUB

DUNDAS ST
SEATOUN

Guests Welcome

Annual fees \$40

Monthly morning
tea fee \$5

SPECIAL INTEREST GROUPS

Walking Group

Lunch Group

Cinema Group

Apple & iPad Group

Coffee Group

GUEST SPEAKER

Nick Swan a manager in the communications centre of Wellington Free Ambulance gave a very informative talk and demonstration funded by the Lloyd Morrison 'Heartbeat' Community CPR training programme. Wellington Free Ambulance operates up as far as Peka Peka and across to Masterton. Nick explained the difference between a cardiac arrest and heart attack. In these events every second matters for survival of the victim. He demonstrated CPR on dummies and gave our members the opportunity to try their hand at CPR.

Members were provided with a card 'Remember your DRS ABCD' If someone is unresponsive to a shout or a shake, and they are not breathing or moving, they are in cardiac arrest.

D. Check the area for dangers – are you safe?

R. Check for a response – can you wake them?

S. Send for help – call 111 immediately

A. Tilt their head to open the airway.

B. Check for breathing – look, listen and feel.

C. Start CPR chest compressions only.

C. Use a defibrillator if there is one available.

Nick pointed out that most cardiac arrests occur in the home. CPR must be carried out on a firm surface such as the floor. CPR will not work on soft surfaces such as a bed. Mouth to mouth is no longer used apart from a very limited number of cases. The Wn Free Ambulance attends, on average, about 5 cardiac arrests per week.

Nick gave statistics of 234 cardiac arrests, 77% of whom received CPR. Of those 77%, 25% survived. When a defibrillator is used the survival rate improved to 80 – 85%. He demonstrated how easy it is to use a defibrillator. The machine gives step by step verbal instructions on its use. There is an AP called AED Locations which gives the locations of defibrillators in NZ and can be downloaded to your phone.

Public defibrillators are locked but in the event of an emergency the code for the lock can be obtained by calling 111.

Walking Group



The walking group meet each Monday at 10:30am weather permitting. The walk is approximately 1 hour followed by coffee and a chat at a convenient café. Starting venue advised by email on Saturday evening prior to the Monday walk.

Recent walks included walk from Kilbirnie to Miramar.

Contact Brian Cattermole 386 2055 cattermole.brian@xtra.co.nz

Apple Computer & iPad Group



Meet after monthly Probus meetings second Wednesday of each month at Deryk's place. Contact Deryk McNamara 388 8805

The group started as an iPad group but has evolved into an iPhone/Apple Macintosh/General technology group.



NOTES FOR YOUR DIARY

Xmas Party at The pines Wednesday 13th December at 6pm.

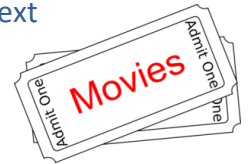
Legal Stuff

This newsletter is for the Probus Club members only and is not to be used for any other purpose



Cinema Group

The cinema group meet every 1st Tuesday in the month. The next cinema outing will be Tuesday 7th November



Contact: **Jennifer Jenner**

jenniferjenner@xtra.co.nz 473 2857

Lunch Group

The lunch group meet every month. The next lunch will be held on Wednesday 25th October at 12 noon the Strathmore Local, 3/5 Strathmore Ave.



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Bookings essential

Please contact: **Chrissy Gall 388 6786**

chrissyolgagall@gmail.com

Coffee Group

The coffee group meet every Friday and Sunday at 2:30pm at The Park Kitchen, Park Road, Miramar. All members are welcome – just turn up.

Birthday Wishes

Happy birthday in November to:

Sharyn Gallagher	3 rd	Adrienne Sisson	6 th
Ana Knap	9 th	Lorna Berwick	11 th
Jennifer Jenner	14 th	Jim McGuinness	14 th



Apologies to Elaine Chang and Chrissie Gall for last months birthday wishes. Gremlins invaded the system and changed their names.

Almoner

If you are aware of any members who are suffering ill-health, please contact our almoner. **Jean Glen 934 8107** johnjean4425@gmail.com

Next Meeting

The next meeting will be held on Wednesday 8th November.

Guest Speaker for November

Guest speakers for November will be two percussion players from the NZ Symphony Orchestra who will talk to us and demonstrate their musical skills.

Thought for October

Money doesn't talk anymore – it goes without saying.

