



# WELLINGTON EASTERN SUBURBS PROBUS CLUB

18<sup>th</sup> June 2024

NEWSLETTER 264

## Report on Meeting held on 12<sup>th</sup> June 2024

Membership	68	Attendance	38
Apologies	10	Visitors	1

President Marie chaired the meeting and welcomed members and visitors.

### Profile Speaker

Peter Chik gave his profile talk with photos. He was born in North Borneo (now Sabah), gained a scholarship and came to NZ in 1969 to attend Victoria University for 3 years. He worked for Audit NZ for 3 years and then for the Wool Board which later became Meat & Wool. While working for the Wool Board he travelled extensively throughout NZ. He now works at Senior net and spends time with his grandchildren.

### Outings

Annette reported on the outing booked at Government House on Wednesday July 31<sup>st</sup> at 10am – 12 noon. This outing is free and members must find their own way to the hospital end entrance. We currently have 16 people on the list but it is not too late if you wish to attend. Contact:

Annette [annettenbarnes@gmail.com](mailto:annettenbarnes@gmail.com) 381 2955

Security at Government House requires us to provide a list of names and details of those attending the day before.

### 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](mailto:wellingtoneasternsuburbsm@probusclubs.com.au)

#### PRESIDENT

Marie Pearce

#### VICE PRESIDENT

Vacant

#### COMMITTEE

Annette Barnes

Secretary

Brian Cattermole

Newsletter Editor

Elaine Chang

Peter Chik

Finance

Chrissy Gall

Morning Tea

June Inkpen

Deryk McNamara

Guest Speakers

Val Norrish

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

**Anne Schumacher** Dementia Wellington Chief Executive spoke of what is and what is not dementia, what we can do to minimise risk and the role of Dementia Wellington. Dementia is a progressive disorder where there is a decline in a variety of mental functions. Types of dementia include Alzheimer's Disease, Vascular Dementia, Lewy Body Dementia (LBD), and Frontotemporal Dementia. Dementia is progressive, symptoms may appear 20 or 30 years later. There has been much research but there is still no known cause or cure. If diagnosed early enough, drugs can delay progression but not cure dementia.

Early signs of dementia include changes in mood and behaviour, recent memory loss that affects daily life, problems with language, relating to others (perhaps less considerate or more outspoken or withdrawn), decreased or poor judgement, difficulty performing regular tasks, disorientation of time and place, loss of initiative, problems with complex tasks, misplacing things, such as repeatedly putting things in unusual or inappropriate places.

Ann explained that as we age our brain slows and we all forget things, are slower at learning etc but this is normal and not signs of dementia.

The key to minimising the risk of dementia, is cardiovascular health, healthy diet, challenge your brain (try something new), stay connected and enjoy social activity, get enough sleep and be physically active.

In answer to a question, Ann explained that mild cognitive impairment may progress to dementia but not necessarily.

Dementia NZ is a volunteer organization which helps and supports people with dementia. With a timely diagnosis, and the right support and care those with dementia can enjoy life in the community for many years. Dementia NZ has an information leaflet on how friends and family can support people with the problem.

More information is available on the Dementia NZ website at [www.dementia.nz](http://www.dementia.nz)

## Email from Anne Schumacher

'Kia ora Deryk, Just a quick note to thank you very much for inviting me to speak to the Probus Club, it was a great audience and I enjoyed it immensely. Also, please pass on to the club my appreciation for the generous Z voucher, thank you. Deryk, thank you for making me feel so welcome. Nga mihi, Anne'

## 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.

Contact Brian Cattermole 386 2055 [cattermole.brian@xtra.co.nz](mailto:cattermole.brian@xtra.co.nz)

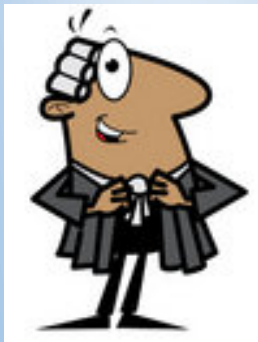


## NOTES FOR YOUR DIARY

Visit to Government House Wednesday July 31<sup>st</sup> at 10am.

### Legal Stuff

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



## 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.

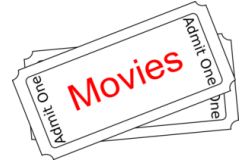
## Cinema Group

The cinema group meet every 1<sup>st</sup> Tuesday in the month. The June film was 'Copa 71' at the Lighthouse, Cuba St. The next cinema outing will be Tuesday 2<sup>nd</sup> July.

Contact: **Anne Morris**

**anneimelda.morris@gmail.com**

**0272213901**



## Lunch Group

The lunch group meet every month. The next lunch will be held on Wednesday 26<sup>th</sup> June at Arcimboldi, 24 Dundas St, Seatoun.



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Bookings essential

**Please contact: Chrissy Gall 388 6786**

**[chrissyolgagall@gmail.com](mailto: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 July to:

Sita Bandaranayake	4 <sup>th</sup>	Lyn Miles	5 <sup>th</sup>
Bridget Page	9 <sup>th</sup>	Jean Henry	11 <sup>th</sup>
Dorothy Bingham	15 <sup>th</sup>	Tereska Knap	18 <sup>th</sup>



## Almoner

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

## Next Meeting

The next meeting will be held on Wednesday 10<sup>th</sup> July at 10am.

## Guest Speaker for July

Sir Ron Young, retired judge and chairman of the Parole Board will speak about crime, punishment and parole.

## Thought for June

Public opinion is what people think, other people think.

