



WELLINGTON EASTERN SUBURBS PROBUS CLUB

15th April 2025

NEWSLETTER 273

Report on meeting held on 9th April 2025

Membership	59	Attendance	42
Apologies	10	Visitors	3

President Annette welcomed members and visitors Beryl Smyth, Joyce McKay and Jeff Stedman to the meeting.

Jenny Young reminded the meeting that it was the anniversary of the 'Wahine' disaster on 10th April.

June read some of the very entertaining rhymes by Dorothy Maiden, usually written at night when sleep will not come.



Congratulations

Barbara and Ted Sheehan. Ted celebrated his 100th birthday on 4th April – our hearty congratulations from club.

Bank Account

Wellington Eastern Suburbs Probuss Club – BNZ 02-0520-0153465-0

Club Micro Website:

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



Click the above to access the website.

Club Email Address: wellingtoneasternsuburbsm@probussclubs.com.au

PRESIDENT

Annette Barnes

VICE PRESIDENT

Vacant

COMMITTEE

Shirley Blackie

Brian Cattermole

Newsletter Editor

Elaine Chang

Peter Chik

Finance

Chrissy Gall

Morning Tea

June Inkpen

Deryk McNamara

Guest Speakers

Val Norrish

Secretary

Marie Pearce

Immediate Past
President

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

Guest speaker **Vicki Thirkell** is the Senior Vestibular and Neurological Physiotherapist at **Vertigo Balance Clinic** in the Wellington Sports Centre, Kilbirnie where she works 3 days a week plus working with Wellington Hospital patients. The title of her talk was "Head over Heels".

She previously worked for 25 years in various roles in Wellington Hospital and now works with outpatients from the hospital who have suffered strokes, Parkinsons and other illnesses causing dizziness and loss of balance. Treating patients in their homes, she also advises on hazards such as loose mats overcrowded rooms, slippery floors etc which could lead to falls.

She explained how aging, hearing, vision and losing sensation of the soles of the feet all affect balance. In particular the vestibular system of the ear. The vestibular system is a thumb size system in the ear, important for balance and many other functions we take for granted such as knowing which way is up. Damage to the system by aging or illness can have a major effect on balance and cause dizziness, headaches, vertigo, nausea, etc. The good news is that this is treatable. The Vertigo Balance Clinic can identify the problem with the vestibular system and devise a specific exercise regime to reverse the symptoms.

Vicki then gave tips on how to keep and improve balance. She emphasised that balance problems can be improved. It is important to maximise vision (with correct glasses etc), maximise hearing (with hearing aids if necessary), good nutrition to maintain muscle mass and bone mass, manage pain, and keep active. She recommended specific exercise regimes such as Tai Chi, dance classes, etc. ACC have a balance AP for senior citizens called nymb1 which can be downloaded from their website at www.acc.co.nz This AP can be tailored to individual needs.

Vertigo Balance Clinic www.vbclinic.co.nz 909 7608

Wellington Sports Medicine Akau Tangi Sports Centre 72 Kemp St, Kilbirnie

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.

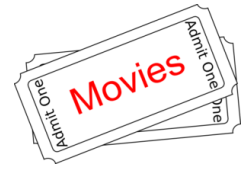
Contact Simon Reynolds 0278136950 simonofporirua@yahoo.co.nz

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 and technology group.



Cinema Group

The cinema group meet every 1st Tuesday in the month. The next film is Tuesday 1st April. The April film was 'The Last Journey' at the Penthouse..

Contact: **Anne Morris**

anneimelda.morris@gmail.com

0272213901

Anne gave a brief talk on the cinema group meetings and operation.

Lunch Group

The lunch group meet every month. The next lunch is on Wednesday 23rd

April at 12 noon Mathus, 504 Broadway, Strathmore Park.

Bookings essential

Please contact: Chrissy Gall 388 6786

chrissyolgagall@gmail.com



shutterstock: 161123954



NOTES FOR YOUR DIARY

2025 Subs are now due \$40

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 May to:

Peter Chik	13 th	Jeanene Barnard	17 th
Hilda Steadman	19 th	Brian Cattermole	28 th



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 14th May at 10am Seatoun Bowling Club, Dundas St, Seatoun.

Annual Subs

The subs for 2025 remain the same at \$40. Subs are now overdue and can be paid by cash at our meeting or by internet banking to the club bank account above.

Guest Speaker for May

Jane Keller well known singer and entertainer, will bring her talents to our meeting along with some of her songs.

Thought for April

The early bird may get the worm, but it is the second mouse that gets the cheese.

Legal Stuff

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



