


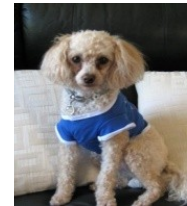


PROBUS CLUB OF GREENWAY INC.
Meet on the 3rd Tuesday of each month
Town Centre Sports Club,
Athllon Drive, Tuggeranong
10am start – Postal address: 5 Evan Place Gordon, ACT 2906

ACTIVITIES, OUTINGS & SPEAKERS	
Unless otherwise stated, all lunches are:- 12 for 12.30pm	
For Outings information call Linda – 6293 1113	
UNABLE TO ATTEND THE MEETING:- call Louise – 6231 4869	
July	No Outing for this Month
August 17 th Thur.	Visit to Legislative Assembly
September 15 th Fri.	Friendship Lunch
September 19 th Tue.	Birthday Lunch
December 7 th Thur.	Christmas Party, Chisholm Club
SPEAKERS	
July	Pauline Bryant –Linguistic School of Literature ACT How we talk in Australia
August	Nicole Overall – Queanbeyan historian.
September	T.B.A.

President: Elizabeth Phillips	6292 8024	Editor: 6294 7207
Secretary: Alan Parker	6294 7207	Issue: 18TH JULY 2017

 Hello Everyone, I know that some of you are ill, I want you to know that we are thinking of you. Please let us know if we can help you in any way. We send our best wishes for a speedy recovery.



Happy Birthday wishes to,
 Wendy Milne, Alan Parker
 Louise Samuel, Glenda Sullivan,
 Sue Thompson, Judy Scales



ELLA'S AMAZING FACTS



*Almost everyone who sees this will try to lick their own elbow

- *In 1976 Ronald Wayne sold his 10% stock in the IT Company Apple for \$800. It is now worth \$58 million.
- *There are more lifeforms living on your skin than there are people living on this planet.
- *A group of bats is called a cauldron and group of ferrets is called a business.
- *Birds have the right of way on all Utah highways.
- *The sign that represents infinity (like an 8 lying on its side) is called a lemniscate.
- *Since 1945 50 nuclear weapons have gone missing around the world.
- *During your lifetime you will eat about 60,000 lbs of food, which is the weight of an elephant.
- *Frowning burns more calories than smiling – keep smiling 😊
- *“Pygg” used to mean “clay” in olden days English. People kept coins in their clay jars that were called “pygg jars” which have evolved into what we now currently call piggy banks.
- *US Park Ranger Roy Sullivan survived an impressive 7 lightning strikes between 1942-7 which makes him either very lucky or unlucky.

GUEST SPEAKER: The Guest Speaker last month was Heather Hart. Heather has been a registered nurse for 45 years and has recently spent 21 years at the Canberra Hospital in the Neuroscience Unit. During that time she has cared for many stroke survivors. Heather said that about 30% of stroke victims are of working age and that strokes kill more women than breast cancer. There is however some good news more than 80% of strokes is preventable. Learn how to recognise the signs. Strokes affect the brain and the blood clots carrying blood to the brain. Heather went on to say that the impact of a stroke is that affects the left hand, speech, the face drops and there is an effect on blood pressure. She suggested ways in which you can help yourselves. Eat a balanced nutritional diet. Have 5 different vegetables over the week eat chicken and cut all the fat off any meat you eat, have less salt in your diet. Taking psyllium will help lower cholesterol. She went on to say the impact of a stroke is the left hand affects speech and comprehension and the right affect musical abilities. However there is some good news. More than 80% of strokes are preventable, go to your Doctor have your blood pressure checked., use less salt, there is a

need for a balanced nutritional diet in your diet, an activity for 30 minutes a day, for example, take your dog for a daily walk, if you don't have a dog you could either go for a walk by yourself or with a friend. See your Doctor and ask him or her to work out a strategy for you to help reduce the risk of a stroke.

Price Line or any pharmacy will check your blood pressure for free. Measure yourself around the waist, for ladies you need to be 80cm around the waist, men need to be 90cm around the waist. Unfortunately if you do have a stroke the signs are your face ill drop, speech will be slurred. Time is critical, call an ambulance straight away or have someone at home call one for you. You need to be at the hospital within 4-5 hrs. While you are waiting for the ambulance keep warm, wrap a blanket around yourself. The number for the Stroke Line is **1800 787653**. Heather was presented with a beautiful plant and a Certificate of thanks on behalf of all the members by Jane Taylor



KNIT-WITS: On the 24th June a happy group met in the home of Louise Samuel to talk about our favourite hobby, Knitting. There was a wonderful "show and Tell from Glenda Sullivan who had brought along an amazing amount of knitting Wool which had belonged to Glenda Sullivan's Mother-in-law, who died recently at the age of 102. We would like to say thank you Glenda for the wonderful donation. Other members of the group brought along a great selection of scarves and beanies for the under privileged. They were displayed for everyone to see. Lola our industrious "ideas Lady" brought samples of mittens along with other items she had knitted. She also gave us the pattern for the Garter Stich Bow Tie Scarf she was wearing. We are all looking forward to knitting one for ourselves. Other patterns given to us were for Operation Christmas Child Beanies for ages 2 years to 14 years and a page with two patterns for a family helmet and a Ladies beret we will be busy. Joan Stuckey had made a knee rug which will be taken to the Oncology Unit at the Canberra Hospital. Thank you to Lola, Karen, Joan M., Joan S., Pat, Rhoda and also a big thank you to Louise for having us in her home and for giving us such a delicious morning tea with yummy biscuits.

THE HAPPY BIRTHDAY PEOPLE

L-R: Lola Ensbey, Peter Howitt, Iris Dyball, Janette Wentworth And John Agius who had reached the age of 90 years, congratulations John.



Ella's Words of Wisdom



- *Life is all about give and take but some issues can't be compromised.
- *It is not easy, anything worth fighting for never is but the most noble thing you can do is stand up for what is right no matter the cost.
- * If you have friends you are blessed they are in your life.
- *If we want rainbows we have to have rain. So go out and look for puddles to play in. Train yourself to look for the good in every situation. By overcoming adversity you will find joy in everything.
- *In a perfect world everything would always go right. There would be no disappointments or trials. Life would be filled with only sweet, warm and fuzzy feelings.
- *Life is all about learning to give and take, some issues can't be compromised. Stand up for what is right.
- *Life is full of endless possibilities. Think of fun places to visit and things you do. Close your eyes and envision yourself sitting on a sandy beach with your toes curled up in the sand.
- *The potential is within everyone to do anything you set your mind to. Give it a try.

**WISH, HOPE, DREAM,
THEN MAKE IT HAPPEN**



