



Probud Club of Templestowe Valley Inc.

Monthly Newsletter - Issue No 17 – November 2004

President's Report (Kerry McInerney)

Thanks to the hospitality of Marion Cummins and her husband Terry, a good crowd of 22, recently enjoyed a fun evening of "Crazy Whist". All entered into the spirit of things, and while there may have been a provisional winner, (subject to an official recount) there were no losers. I reflected on how well all the club members have participated in the trips, outings, walks, theatre etc., that we have run to date. The members all seem to be quite contented with the way the various activities are being conducted, and it reminded me of what the Irish say about "Contentment"

"Firelight will not let you read fine stories, but its warm, and you won't see the dust on the floor" - Slainte *Kerry*.

Secretary's Report (Doug Hayne)

Probud Australia Rendezvous at Geelong

This year it was in Cairns, next year (2005) here in Victoria at Geelong. The Probud Australia Annual Rendezvous will be held on 30th October to 4th November 2005. A copy of the brochure will be at our meetings for your perusal as well as registration forms for any members who may wish to attend.

For more information, call 03 5243 6230 or 035223 1383 .

Payment and booking at meetings

An issue has arisen during our meetings that has caused the committee to remind members to get to the hall at 9am if you wish to book and pay for club events. Our hard working organisers are concerned that their activity is causing distraction to members during the meeting and so may need to suspend their activity until the meeting is over. This may cause problems in getting the work completed on the day. It would be helpful if payments were made by cheque to minimize the effort in reconciling funds.

Trip payments

A reminder to members that the committee decided last year that any events where there were price breaks for a certain number of bookings, that we would always ask members for the higher amount with any excess going into club funds for benefits back to members.

Meetings for 2005

We can confirm that for the two Monday holidays, Labor Day and Queens Birthday, when our meetings would normally be scheduled, the day will be changed to the Friday BEFORE the holidays the dates being March 11th and June 10th both of which are the second Friday of the month.

This Month's Meeting

This month's meeting, is on November 8th at the Bulleen & Templestowe Community Centre, Ted Ajani Reserve 284 Thompsons Rd., Lower Templestowe (Opposite Sunhill Road. Melway 32 K7).The hall will open at 9.00am for bookings for activities. And the meeting will commence at 9.45.

Please tender the correct amount of \$2.00 in cash for your monthly fee. We have booked lunch at the Manningham Club for this month's meeting.

Our sponsoring Rotary Club members will be at our meetings coming up to Christmas with the famous Rotary Christmas Puddings for sale at \$11.00.

Treasurer's Report (Lorraine Cooper)

We would ask that members keep all receipts for payment for club activities as there may be occasions where refunds need to be made and these can only be made on presentation of the original receipt. The financial report will be delivered at the meeting. Should any member wish to sight the detailed report please advise the Treasurer at the meeting.

This Month's Speaker

Ron McBain and John Mugridge have organised a member's hobbies display for this month in lieu of a speaker. See the Activities Section below for more information.

Next Month's Meeting

December meeting will be on the second Monday as usual which is 13th December. After a short fellowship meeting we will be adjourning for our Christmas lunch at Yarra ValleyClub.

Ellen Boyd, one of our Foundation Members will give a talk at the luncheon on "grandparenting"

Activity Groups

Contacts for Activities Bookings		
Theatre	Joan Planck	9846 4995
Tennis	Irene Baird	9850 4125
Major Activities	Elaine Hayne	9841 8645
Day Trips	Helen Armstrong	9816 4643
Day Walks	Margaret Campbell Lyn Hudgson	9431 1958 9844 0662
Golf	Leon Magree Lyn Crosbie	98503769 98501801
Exhibitions	Wendy Fishley	9848 3749
Games Group	Marion Cummins	98505852
Book Group-	Helga Braun -	98502144

Club Events and Trips(Elaine, Helen and Ema)

Upcoming Trips and Events

See the notice board for more information on all events- Any suggestions for outings and trips would be appreciated.

Walhalla historical town and railway. \$41.00

Wednesday 24th November

We have 35 booked for this trip and need 40 to make the lower price break. So please support this by booking and paying by cheque this month if you haven't already done so. Why not invite friends along to help make up the numbers. As this is the last trip for 2004, let's support it and have a great farewell to 2004 in Probud.

Thursday 2nd December Tramboat Fish and Chip Tour

Meet at 9 Victoria Harbour Docklands (Melway Ref 2E F5) at 6.45pm for a 7pm departure. Maps available at the November meeting. This night is booked out but you can still get on the February trip if you pay your \$26.00 by cheque at this meeting.

Sunday December 19th Carols at Crown \$22.00

Departs the hall at 4pm. Some seats still available on the two buses we have booked. **This trip does not include dinner as advertised previously.** Peter Sellers will be at the meeting to explain why and what he has on offer in lieu..

We need payment by cheque **NOW** for this popular outing.

Monday December 13th - Christmas Lunch \$12.00

Yarra Valley Country Club. This is our normal second Monday meeting day. Please pay by cheque at the November meeting

Next year**Thursday 20th January Picnic at Heidi**

Templestowe Road Bulleen 5pm BYO Food & Drinks

No entry fee, just meet there.

Wednesday 2nd February 7pm

Tramboat Cruise some seats still available - \$26.00 by cheque please. Pay this meeting to ensure your seat.

Wednesday 23rd February - Churchill Island \$34.00

Note change of date for this great historical trip.

Includes morning tea, lunch, admission to the homestead tour and bus.

Book and pay by cheque this month.

Wednesday 16th March -Valley View Vineyard \$33.00

Includes morning tea, lunch and bus. Our previous visit was very well received by our attendees. **Please book and pay by cheque at the November meeting to secure your place.**

Tuesday 19th April –Rescheduled**Geelong – Ford Factory and Wool Museum \$35.00**

Includes Bus, Morning Tea and Lunch

Please put your name down if interested.

Walking (Lyn Hudgson & Margaret Campbell)

Time and Dates –Meet at 9.30am for a 9.40am start on the 2nd and 4th Wednesday of the month. This months walk on the 10th November is on the Koonung Circuit. - From Leeds St. Doncaster to Boronia Grove Reserve (Melway 37K4). No Coffee shop en route so bring your own. See Lyn or Margaret at the meeting for an information sheet or get one on the day of the walk.

News Flash: For our December 22nd walk-at Heide we will have a Christmas BBQ lunch (small cost).

Exhibitions (Wendy Fishley)**Johnson Collection**

Christmas Collection Thursday 25th November is fully booked and will be the last visit for this year. Look for further exciting outings next year.

Theatre (Joan Planck)

A reminder that the starting time for “The Producers” on Wednesday 3rd November is at 2pm not 1pm as originally planned.

Balwyn Movies Friday 26th November.

Meet at the theatre for 4pm shows

Games Group - Marion Cummins

The next card group night is December 8th at 7.30pm.

Marion will tell more about the games and venues at the November meeting Contact Marion on 98505852 if you would like to be involved.

Golf

We have had two games of golf at Camberwell since the last report. The first was on 15th October and the winner with a score of 40 stableford points was **John Mugridge**. This score resulted in John breaking his handicap which always makes him very happy. Runner up on a countback was **John Wilson** with a score of 36 stableford points We are

consistently fielding 12 to 16 players each fortnight and it is great to see some beginners putting into practice, what they are learning at the golf clinics.

On 29th October we had another very successful day with 12 players completing 18 holes and 4 members choosing to play 9 holes. The course is getting better with each passing week and is playing beautifully at the moment. The winner on this occasion was **Denis Wheeler** with a stableford score of 41 points and a break of handicap. Runner up on a countback was **Jacob Kerseboom** with a score of 36 stableford points.

Our next game will once again be at Camberwell on Friday 12th November at 8.30am. unless otherwise notified. Another golf clinic has been arranged for Monday 29th November at Eastern Golf Club beginning at 9.00am. If you would like to participate in this please write your name on the form which will be on the noticeboard at the next meeting. This will be the last clinic for the year.

Contact Lyn Crosbie on 98501801 if you would like to join the group or participate in the clinics.

Tennis – Irene Baird

Contact **Irene** if you wish to participate in a tennis group.

Hobbies Exhibition (John Mugridge)

We have several volunteers for a hobbies exhibition as part of our November meeting. There will be six different hobbies represented. Please contact John if you have any or queries about the hobbies exhibition.

Our Member John Reid’s**Art Exhibition 5th to 14th November**

“Side Glances from a Magic Carpet” – an exhibition of drawings and paintings of Venice, Spain, Morocco and Turkey.

At the Daley Art Gallery, Trinity Grammar School, Charles St. Kew
Opening on Friday 5th November 6pm to 8pm. then Saturday and Sunday 1 to 4pm - Tuesday to Friday 3 to 6pm until 14th November.

Other Manningham Area Probus Club and Rotary**Events****Rotary Benefit Concert \$30.00 Sunday 14th November**

For voluntary Surgeons providing reconstructive surgery for developing nations.

A Sunday afternoon of well loved songs for everyone.

Jane O’Toole, Raymond Khong, Mary Gavin, Jason Dwyer

At Manningham Functions Centre 699 Doncaster Road.

Call Evangelo 9540111 or 98465189 or 0419 544111

email: concert@dodo.com.au

Rotary Variety Concert – 8pm Saturday 20th November

Doncaster Secondary College Performance Centre 123 Church Rd., Doncaster. -See last month’s Newsletter more for details.

Invitation to plan for Commonwealth Games in 2006

The Manningham Council have invited our members to participate in a workshop to share ideas for celebrating the Commonwealth Games. It is to be held at the Council Chambers on November 25th. Call Sharon Thomas on 98409171 for more information.

Member Welfare Reports (Terry Pearlgood)

If you are aware of any members who are unwell or require any assistance, please obtain permission from the member involved, and contact Terry Pearlgood with the details.

We would very much like to share good news as well, so if you have any special celebrations, such as anniversaries and birthdays, or new additions to families, please let Terry know.

Apologies: If you are unable to attend a meeting, please contact Marg Cornell or have someone pass your apologies to Marg or call her directly on 9846 2395.

Transport to meetings: If you have transport difficulties getting to the meetings please contact Terry Pearlgood who may be able to arrange a lift. Terry can be contacted on 98417168

Fellowship Tea Roster (Ema)

Please advise Ema if you are unable to take part in the roster. This does not obligate anyone; it is just a guide to help spread the load. Supplies are all arranged. You just need to be at the hall at 9.00 to set up and help serve at fellowship then clean up afterwards. Thanks to the members who have willingly taken on the job over the past months.

Tea Roster

November	Anne Doull and Maureen Dubock
January	Laurine Eames and Jennifer Eaton
February	Norma and Patricia Edwards

Your Committee

President Kerry McInerney Phone: 9850 4998 kmcinerney@vtown.com.au	Welfare Officer Terry Pearlgood Phone : 98417168 tpearlgo@bigpond.net.au
Vice President - Margaret Cornell Phone: 9846 2395 margcorn@hotmail.com	Secretary / Newsletter Doug Hayne Phone: 9841 8645 Mob: 04 07778635 dhayne@bigpond.net.au
Treasurer - Lorraine Cooper Phone 9850 4483 raylorr@bigpond.com	Assistant Secretary -Minutes Peter Fishley Phone: 9848 3749
Speaker Organiser Gwen Young Phone 9848 6523 gwen@bigpond.net.au	Hospitality Officer John Mugridge Phone: 9841 9005 weldmate@ozemail.com.au

Suggestions

Please use the suggestion box at the hall entrance for any suggestions you would like the committee or events organisers to consider putting in place.

How you can help your Probus friends

A suggestion arose at the committee meeting that we gather a list of volunteers who have knowledge or skills that would enable them to help other members who are not able to carry out some of the tasks needed to maintain a household. Trade skills such as, carpentry, plumbing, painting, electrical, electronic, and perhaps some gardening and general work around a house that it so easy for some and impossible for others. The help may be inspection and advice or recommendations as to who to get for large projects such as roof repairs or painting, or whether it is worthwhile having an appliance repaired, or actually completing minor tasks such as carpentry, light bulb changes or appliance repairs, or just simple tasks around the house.

If you have appropriate skills and resources would like to volunteer to be on a contact list, please reply to the Secretary and we will publish the list in the December Newsletter.

Editor's Note

Newsletter Deadline

Please be sure to email or mail contributions for newsletters at least one week prior to the meetings. The deadline for the December newsletter is midday Monday 6th December.

Profile

No member profile received this month so I have taken the liberty of presenting my essay on hearing impairment.- *Ed*

Notes from a hearing impaired person

My name is Doug Hayne and I am hearing impaired, although I don't believe this handicap has affected my intelligence, others may think so. I used to say that I have 100% hearing; 80% in the left side 20% right side. The right ear is now much worse than that. In medical terms my left side hearing mildly affected and my right side profoundly affected.

How deaf are you?

I can show by an example, of how profound this is. Rub the entrance to your ear with your finger. Is the noise this makes loud or soft in that ear? In my 80% ear it is quite loud, in my right profoundly deaf ear I can barely hear a sound when I do this.

The range of normal hearing for humans is about 120 decibels (db)¹ (See note below). This 120db is the difference between the sound you hear (with good hearing) when a leaf falls to the ground on a still day (Reference level of 0 dB), and the sound of jet airliner's engines from about 20 metres away (120db)². These two points are known as the lower and upper thresholds of hearing.(upper level is the start of feeling ear pain.). Normal speech is at about 60 dB and shouting about 80db from a metre away.

Hearing performance is measured as the difference in decibels, between the sensitivity of normal hearing and the hearing performance of the patient. My left ear operates at 80% of normal, this means that I hear normal speech at 48db instead of 60db – not too bad. My right ear operates at 90db below normal which means I would not hear the jet engine in that ear. Nor would I hear a car horn from that ear.

Its not just hearing but understanding as well

These impairments being in one ear however, should not be a problem, sound travels around us and the car horn is heard from the other ear, people can shout at us, we can wear hearing aids. But, as well as the sensitivity of our hearing being diminished, when the sounds coming to us are amplified, because of our impairment, they are distorted as well, and also, because our hearing is not symmetrical, sounds appear to come from a different direction. (One is better off being deaf in both ears, then at least we know the direction the sound we can't hear is coming from.)

So if someone were to shout at me at 80db from 1 metre behind me, I will; hear the noise but probably won't be able to understand them and may take a guess on the direction and look to the left for them if they are shouting from my right side. There is an optimum of loudness versus distortion, so too soft and you can't hear, too loud, the speech is distorted and you can't understand. Sometimes the optimum is very hard to achieve.

So, the problems we have are not fully solved by raising the sound level, shouting or amplifying sounds. **We are able to hear you but cannot understand you.** This is the basic problem with hearing impairment.

Effect of noise

Another element of normal hearing is that any background noise appears to be filtered by brain processes, For instance, in a noisy restaurant, as more people arrive and chat to one another, the noise level rises and so those in conversation raise their voices so they can be heard. This effect accumulates until the room becomes very noisy. Normally, our brain filters out this background noise to concentrate on conversation.

However, hearing impaired people, because of the distortion element due to the loudness of the noise present, cannot understand what people are saying. Speaking louder doesn't help them it only increases the distortion. Modern hearing aids are designed to lower the amplification of constant noise, and then when a sudden change such as a loud voice

enters the sound environment the amplification immediately increases and the voice is amplified over the background noise.. This is very effective and helps immensely, but the person speaking is still having to raise their voice level and so increases the distortion to the hearing impaired person. Hearing aids do not filter noise as well as our brain does ,or fix the distortion caused by the malfunction of our ear mechanism due to higher levels of sounds.

So to summarize the above, hearing impairment is not just being unable to hear, but causes one to have problems understanding speech. and detecting direction of sounds.

Hearing impairment and psychological effects

People who have hearing impairments handle situations in different ways, as do the people they are trying to communicate with. The way we do this has an effect on our moods, self esteem and perception to others. The usual remedy if we don't understand (hear) what someone said, is to ask people to repeat what they said. This causes all sorts of problems, it implies that you are not listening or are not interested. Even if we are not hearing impaired, sometimes we all ask for people to repeat something because we were not concentrating (listening??) – the noise filter is in place and this is what others think we are doing..(As a friend's wife once said "He is not deaf, he is heedless") The other person will nearly always repeat what they said more loudly and often more hastily and appear annoyed about it. Because of this they tend to distort their speech.

Having to repeat something all of the time and you having to ask them to do this does not facilitate smooth communication. Both parties should attempt to communicate in the best way. This means we need to state up front that we are hearing impaired and tell people how best to handle this. "Speak a bit louder and more slowly please" If you speak louder and slower yourself, this helps remind them of the way you need conversation to pass. This could lead to an interesting comedy scene but results in more effective communication.

Hiding in our comfort zone

I have come to notice that when alone I am more relaxed, feel less stressed, not moody, feel a higher self esteem, think more logically and clearly and carry on more intelligent conversations (with myself). This is obviously because my impairment is not relevant in the current situation. My poor hearing is not relevant to driving (I hear car horns OK but I don't ride bicycles in traffic it is dangerous to hearing impaired people) I am relieved of the stress of trying to understand what people are saying. Because of this, hearing impaired people may tend to gravitate to within themselves, become loners, isolate themselves from society. An effort needs to be made by their loved ones as well as themselves, to make sure their self esteem is maintained and stress levels reduced by making sure proper communication techniques are used so they willingly come out of this comfort zone when necessary..

Two Ways To Help Communicate.

1.Guesswork:

Sometimes we all pick up certain words and guess the remainder of the sentence. Even normal hearing people at times, miss parts of conversation when speaking in a noisy environment but know what the other person is saying. This guesswork is quite effective most of the time in general conversation. Most casual conversations contain material we already know about or have experienced to some extent and we can usually guess what they are telling us just by recognizing a few key words. This is especially useful when being told old jokes, you know what is to follow and just have to listen for that critical word in the punch line to trigger the manufactured laughter. We also quickly compose a reply to the question or a response to what the other person is telling us on the clue of a word or words we have guessed they have said.. The danger here is that our response is way off the mark or we laugh at the joke that wasn't a joke. This is perhaps why we hearing

impaired people are sometimes perceived as being of lesser intelligence or have a strange sense of humor.

2. Lip reading:

An older friend of mine who was hearing impaired, once said that he reckoned he could lip read despite the fact that he had never been taught. I didn't really believe that one could do this without training. I now realize that the lip reading is not replacing his hearing, but is used to assist in understanding what one is saying. I find myself now looking at peoples mouths during conversations because the formation of their lips can give clues to help identify the words I cannot understand.

Lip reading also allows you to find out who in a group is speaking or if it is someone else outside the group you are talking with.

In my TAFE teaching I had a lot of problems identifying who was speaking from the class because of my asymmetrical hearing. I looked for the moving lips to determine who was speaking to me. I am not saying here that lip reading will compensate for hearing impairment but with exercise it can help improve the accuracy of your responses.

Listening to music and drama

If your hearing impairment is due to physical damage to the ear mechanisms (conductive damage). The nerves that translate the sound into brain waves may not be as badly affected. My right hearing is down more than 80% from normal but in nerve functionality it is down much less. This nerve functionality is of benefit when using audio systems. Normally, because of the 20/80 asymmetric hearing, the stereo effect from the sound system is non existent to my ears. I don't actually perceive the sound to be coming from the right speaker, so I don't really get the effect of the stereo production of the sound. But if I use headphones without the hearing aid on, this can be remedied to quite an extent and the pleasure of the music and TV sound as well is much improved. The result is that the hearing in the right profoundly deaf side is improved significantly when the volume of that side turned up higher than the left side. I do get the stereo effect with less distortion. I believe these effects are due to bone transmission via my skull to the nerve system of the right ear. Bone transmission is evidently more effective than my conductive ear mechanism. I have noticed that with the right head phone volume set very loud, and the left phone off, the sound in the right ear is much less distorted than normal.. This is because bone transmission and the head set are also passing sound from the right earphone to the left ear but my brain appears to compensate and I sense the sound being from the right side but much less distorted. So, with both the right and left headphone volumes at a comfortable level for each ear, a fairly good stereo sound effect is present. .The phones you use need to be fairly tight on to the head and have separate volume controls.(It's not the same if you change the stereo balance control) If you decide to try this, experiment with different headphones before purchasing them.

Unfortunately, most aging hearing impairment is due to nerve damage rather than the conductive damage I have and the above advice may not apply. It's worth a try though.

Hearing Aids

As my Audiologist said to me "The hearing aid is just that; an aid; like crutches will not make cripples walk effectively, a hearing aid will not make your hearing perfect." But hearing aids do help a lot.

I got my first hearing aid for my right ear 14 years ago. It helped at work at meetings and in conversations at my desk. It helped in the TAFE classes to identify the direction the question or comment was coming from, but I found that in noisy environments such as restaurants or at the football, it was a distraction and didn't help at all. As my hearing in the right ear got worse, the hearing aid sensitivity was increased until it got to the stage where the amplification was such that I was getting feedback (whistle). This led to me getting an aid with a larger amplifier with the sensor (microphone) separate from the "speaker" in the ear. On

pure speculation, I asked the Audiologist if it would help me if the old aid were to be remolded for my left (good) ear. He said it would help and at a small cost this was done. This is now my main aid as the right aid is now at it's maximum and provides a minimal improvement to me. I must admit that I think I should wear both more often and perhaps I would adjust. These hearing aids are a marvel of engineering though and I am sure are of great benefit to many people.

People have all different levels of sensitivity at different parts of the sound spectrum and hearing aids can be adjusted accordingly. They have microcomputers in them that analyze the sound and modify the output to the wearer to compensate for background noise, increase loudness and modify the spectrum of the sound to suit the individual.

However, the problem of distortion is still the main issue with wearers of hearing aids and so the same principles of slow clear speech are relevant with or without hearing aids.

How do we become deaf?

No one really seems to be able to identify FOR CERTAIN why some people become deaf and others retain good hearing into old age. Hereditary carries the most evidence for conductive impairment but is not conclusive. In my case, my father was very deaf and required a hearing aid which was of limited benefit to him. His mother used an ear trumpet (1930's). And his sister was another victim in a family of 5 siblings. So hereditary is probably a valid reason. But, my brother, sisters, and other relatives on both my mother's and father's side as far as I am aware, do not have any significant hearing problems. And why just my right ear? My left ear is normal for my age with some diminished nerve function...

I started having hearing problems in my late twenties and had an operation to my right ear at 30. I was diagnosed with otosclerosis. One of the three tiny bones (stapes) that transmits sound from the ear drum to the nerve system has a joint in it which had stiffened up.(arthritis) An operation to replace this with a prosthetic stapes (stapedectomy) was suggested and given a good chance of success. with a 2% chance of total deafness. I had the operation and thought the results at the time were neutral, I don't think there was any improvement. However, as a hearing aid was not needed until twenty years later I guess there may have been some success in the operation in that it delayed the onset of profound deafness in that ear that I suffer today. A positive spin is that I got to learn how to handle the problems over a period of time and do not find the problem to be any great weight on my life at this time.

Summary

I hope this article has educated some hearing impaired and their friends and relatives in what is involved in communicating with the hearing impaired and to those affected some of the actions they can take to make communication better.

- ◆ Both parties speak slowly and clearly.
- ◆ It is distortion, not sound level that is the main issue
- ◆ Direction of sound is an issue.
- ◆ Try guesswork but be wary of the implications of mistakes.
- ◆ Try lip-reading, it helps.
- ◆ Psychological problems need to be addressed withdrawal, and temperament can be affected.
- ◆ Headphones may help for appreciation of music and drama.
- ◆ Hearing aids help a lot but are not a cure – they have their problems.

Notes

¹ Decibels is a **RELATIVE** power measurement used for sound volume. Each decibel louder means sound level 10 times greater. The range of your hearing is 120db which is a range of 1 to 1 billion. This in electrical power terms is the difference between a light globe and several large power stations.

² Most people won't hear the leaf hit the ground and more than 120db of sound will cause pain and permanent damage to the ear mechanism and thus reduced function (deafness). Perhaps not noticeable immediately but this is accumulative. Also, exposure to any more than a few seconds of sound at around 120db may cause the same permanent damage. Rock bands have been known to produce 120db and more at the average distance of the audience and thus caused a permanent but perhaps unnoticed diminishment of hearing in all those people in range.

Doug Hayne

Probus Club of Templestowe Valley Inc.

Reg No. A0045497C

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Accreditation No. 2219

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TO

Sender

IF UNDELIVERABLE

Please return to:
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