



President's Message – Helen Armstrong

We, myself, Ian Gault and Elaine Hayne attended the Combined Meeting of all Probus Clubs within the municipality of Manningham, some twenty three clubs were invited, sixteen participated at the council chambers the first one of two arranged each year to compare notes to see how we are faring!

I believe we are looking good! No other club had sixteen sociable activity groups, some activity groups not in our club profile are computer and investment groups. It appears that filling the buses for group activities is still a major problem for the majority of Probus clubs, car pooling seems to be the best answer where possible.

We, our club received a nice compliment from the combined Club of Lower Templestowe, "Your Club has a Good Reputation", I thought that was great, our hard work does not go unnoticed.

It seems it was only last week I did my first report and now here we go again, yes time flies when we are busy. I reflect back to our parent's time and ponder about our diversity and choices today, I think this makes you want to do more while you can, and it makes you appreciate life more.

I think we should be proud of ourselves at this age, so come on and join in the fun and fellowship before we go to the "Happy Valley Retirement Home" and finish up in the lost and bewildered ward.

Life is about choices, So join in and become a participant

Until this time next month.....have fun, fun, fun.

Helen

Secretary's Report

The "Ted Ajani Centre" – Our New Meeting Place

What a fantastic new venue we have for our Probus monthly meetings. A few minor teething problems did occur, namely the running out of hot water for our tea and coffee at our fellowship break. This has been brought to the attention of Manningham City Council and should be resolved by our next meeting. Thanks to all members that waited patiently for their morning cuppa, we hoped you all enjoyed the tasty cake provided for your morning tea.

Activities Approved at our Committee Meeting 16 April' 07

CUB Tour	23 July' 07
Gown of the Year	25 July' 07
East Link Project	14 August' 07
Pt Lonsdale Two Night Stay	13-15 February' 08

Trip to New Zealand has been cancelled.

May is BOWELSCAN Month - Rotary Club of Manningham

For your family's sake Beat Bowel cancer through early detection – May is BOWELSCAN MONTH, these kits are \$6 each and purchased from participating Pharmacies in Manningham and Warrandyte. Ian Coleman will have Kits for sale at our May meeting.

May Meeting

Our meeting is on Monday, 14 May in the Ajani Centre, Thompsons Road, Lower Templestowe, next to our previous home opposite Sunhill

Road, Melway 32K7. The hall will open at 9.00am for activity bookings. The meeting will commence at 9.45am. Use the same parking area as before and walk to the front entrance of the Ajani Centre.

This Month's Speaker

Ed Dickinson, a retired Professional Speaker and a Past President of Burwood Rotary Club, his topic will be "The Power of Telling Stories", his talk will contain anecdotes and jokes from his life.

Lunch

A Smorgasbord lunch will be held at the Templestowe Hotel, 23 Parker Street at 12 noon, at a cost of \$13.50 per person. If you would like to attend, please add your name to the list when you pay your \$2 to Jenny Morcom or Bob Anderson.

Judy

Message From John Mugridge

I should like to express my thanks in being able to have served the club in the roles of Hospitality and later Activities from its beginning and wish Ron all the best in his endeavors. As I have commented before, I believe activities to be the engine room of the club, so with sixteen groups and a very full events list we appear to be progressing pretty well.

In the mood of reflection however, I am prompted to ask why we wanted to join a probus club and what were our expectations. We are a club of 130 members and all of us would have had a desire to join, expecting a certain something to be added to the Autumn of our lives, so I beg the question. ARE YOU GETTING THE MOST OUT OF THE CLUB, and what it could offer. **The Suggestion Box would like to hear from you.**

Events - Elaine Hayne

Social Dance and Supper Saturday 19th May 7p-m \$20.00

BYO Supper and drinks. Same great band and singers as last year when a great night was enjoyed by a large attendance..

We need members to come along and give their support and have a good time. **Book and pay THIS meeting.**

Tour of Telstra Dome Tuesday May 29th \$8.00

Car pool from hall at 10am – Optional lunch at cost after the tour

Book and pay THIS meeting.

Tour of YAKULT Australia Factory Friday 22nd June – Dandenong \$ Free \$.- 1 – 2 hrs.

Car pool from hall at 10am We can arrange lunch at cost after if decided.

Book at **THIS** meeting to be sure of a place

NOTE: Wear closed shoes only – no toe poking.

CUB Brewery Abbotsford Tour \$14.00 Monday 23rd July

Car Pool from hall. Be at hall 9.45am.

Book at **THIS** meeting to be sure of a place.

NOTE: Wear closed shoes only – no toe poking

May include free beer but no promises.

Gown of the Year Rembrandts Burwood Wednesday 25th July - \$39.00- Book & Pay at THIS Meeting.

EastLink Project Overview \$Free\$ Tuesday 14th August

Free trips fill quick – put your name down soon.

Mt Gambier Bus Trip 4 days 23rd – 26th October

\$349.00 pp Twin Share \$80.00 Single Sup

25 Minimum for this to go ahead. BOOK NOW.

Five Star Coach, motel accommodation six meals, dinners and continental breakfasts. Evening Barbecue and dinner. Cruise on Glenelg river with entertainment.

See the notice board at the meeting for more information..

Astrotour- Swinburne University Hawthorn- Oct – Nov TBA

A tour to be conducted by Dr David Barnes – See board.

New Zealand Easter 2008

As there was insufficient interest in this trip it has been cancelled.

Walking Group Judy Chapman

Walking Group Overnight Stay Tue - Wed May 22nd - 23rd

Pallotti College, Millgrove (near Warburton)

Cost \$70 pp. includes accommodation & three meals.

EVERYONE welcome!

Just add your name to the list. Further details soon.

Please pay at THIS meeting. *Judy & Ann*

Two night stay over Point Lonsdale 2008.

Members who wrote their names on the expressions of interest board are asked to pay a deposit of \$50.00 per person if still interested to attend. Please pay deposit at the next meeting. Before the meeting, or during fellowship. Correct money in an envelope would be appreciated..

Wednesday 13th February -- Vacate Friday 15th February- Please note Most accommodation will be shared bathrooms.

The two-night cost will be **per person**.

\$ 55.00 Per night = \$110 per person 2 days

\$18.00 Excursion \$ 18 per person

Total = \$128.00 per person

These figures may vary slightly if numbers alter.

Full payments will be due at the November 2007 Meeting.

2 breakfasts ... 2 lunches ... 2 dinners drinks and nibbles.

Breakfasts can be catered for at the guesthouse at a cost if required.

Extras- All extras will be **b.y.o.**

More information will be available to members after deposits paid.

For all information contact. Marg.. 94311958 or Lynn.98440662.

Lynn & John Hudson / Marg & James Campbell.

Craft Group – June Duncan

Owing to craft meeting being on the same day as walkers overnight trip, May craft meeting has been cancelled. *June Duncan*

Garden Group – Faye Williams

Botanical Gardens Monday 4th June with lunch at lakeside cafe

Faye Williams

Theatre Group – Pat McInerney, Yvonne Boyall, Norma Green

"Educating Rita" a twilight show, on Sunday 22nd July, cost \$18.00 (no concessions). Sherries at the preshow at 4.45pm. Curtain up at 5.15pm.

Venue; The Doncaster Play house (next door to the Manningham municipal offices.)

Payment due at the June Meeting *Pat McInerney.*

Genealogy Group - Ray Lawley

Meetings third Monday except when Fellowship is moved back then meetings are on the 4th Monday. The May meeting will be held at Nunawading Library Whitehorse Rd Nunawading 10-00 am to 12-00 noon Monday 21st May. Genealogy magazines will be available to borrow at the fellowship meeting..

Please bring along any items of interest you may wish to add to our collection. *Ray Lawley .9850 4252*

Golf - Mike Bindon

On Sunday the 29th of April, thirty Probus members traveled to Tocumwal. There were twenty two golfers and eight walkers.

As usual there was much conviviality and social chitchat as members congregated on the Motel Veranda for the Happy Hour on Sunday and Monday nights.

After a quantity of wine and nibbles was consumed, we made our way across to the Golf Clubhouse to indulge in more food and dare I say wine, using the \$15 dollar vouchers which were part of the package. The food was good value, especially the roast of the day, and accommodation at the Golf Motel was quite comfortable.

Results of the golf tournament were as follows;

Monday's winner John Reid.35 points.

Runner up, Mike Bindon 35 points {count back}.

Tuesday's winner Mike Bindon 33 points.

Runner up, Jenny Kerseboom 30 points.

Winner of the Autumn Cup, Mike Bindon 68 points.

Runner up, Jenny Kerseboom 64 points.

A special thanks to John Mugridge for booking the event and using his persuasive talents to procure some additional prizes from the management. and thanks also to Jacob Kerseboom who assisted with the organisation and helped to total score cards and distribute the awards.

On Tuesday afternoon the awards were presented on the sunny, outdoor balcony of the Golf Clubhouse after and an enjoyable lunch.

Thanks to all for the enthusiasm and sportsmanship which marked this enjoyable event. *Mike Bindon.*

Golf Results – Lyn Crosbie

Friday 13th April - Freeway

Winner – Jacob Kerseboom – 43 Stableford points

Resulting in break of handicap

Runnerup – Denis Wheeler – 35 Stableford points

Friday 27th April - Freeway

Winner – Jim Douglas - 38 Stableford points

Runnerup – Wayne Eames - 37 Stableford points

A break in handicap for both players

Next game 11th May - Freeway Golf Course – Tee off 8.30am

Congratulation to MIKE BINDON on winning the Autumn Cup total 68 stableford points

Barham 30th Sep to 2d Oct

There are still 2 rooms available for the golf getaway to Barham 30th Sept – 2nd October 2007. If you would like to join us, please let me know. A deposit of \$50.00 per person is required and the cost is:

\$158.00 per person twin share – golfer

\$120.00 per person twin share – non golfer. *Lyn*

Book Exchange Pat Edwards

Pat will be away on holiday for the May meeting so the book exchange will not be available.

Book Reading Group Helga Braun

The book club is still up and running but Helga will be away for the next month so please contact Val Reid: 98503161.

Meetings are on the Third Tuesday of each Month

Scrapbook Group Verity Moore

Monday 27th May - contact Verity on 98416373

Fine Dining -Hugh Cornell

Fine Dining is a good way of members getting to know each other a little better. It is necessary for leaders to let Hugh have a note of where and when you attended and a comment on the food and service, so that this can be entered in the Events Register.

See Hugh if you wish your name to be added to our list of diners.

Group 1	Group 2
Anne & Craig Lukeman (Leaders)	Lyn & Ron McBain (Leaders)
Marion & Terry Cummins	Judy & Ross Chapman
Barbara & Ian Green	Faye & Len Williams

Your leader will be in touch

Games - Marion Cummins

Our first Crazy Whist night 2007 for was well attended. Thanks to all the willing helpers for setting and packing up the hall. It was great to have a few beginners joining us.

Lessons and regular card nights are held on the 2nd and 4th Tuesday of the month. Everyone welcome.

Trivia Night Tuesday, 26th June

Start organising your tables – Six per table is an advantage

Marion 98505852

Exhibitions--Wendy Fishley

Collingwood walk with Kenneth Park,

Thursday 10th May 9.45 am and morning tea is included

We will meet outside the Collingwood Town Hall

Wendy – 98483749..

Walking Group Lyn Hudgson

Point Lonsdale 2008. - Thank you to the people who paid your \$50 deposit at the April meeting. Those who did not pay could you please do so at the May meeting. Lyn & Margaret will be available during fellowship break.

Bike Riding John Hudgson

10AM First and Third Wednesday of the Month.

Ring John Hudgson for Information 98440662

April 18* Twelve members enjoyed this group's first outing.

After a check of bikes some adjustments and air in tyres, we set off around Birrarung Park for two laps, then moved on via the service road to Banksia Park.

After completing the two loops and returning to Birrarung at a steady pace with minimal damage to our bodies. Distance Traveled 12km.

May 2nd Five riders started at Lower Eltham Park headed for Diamond Creek. Bush along the creek gave some protection from the gusty wind. We did not quite make it to Diamond Creek Township, but will do so on a future ride. Our trip back along the bike path with a tail wind was easy. Distance Travelled 16km.

Next Ride May 16th Meet at Lower Eltham Park. We will ride to Beasleys and then to Tindals rd.

New Riders Welcome Join us for an enjoyable morning. *John Hudgson*

Fine Photography Group –Doug Hayne

Meet First Wednesday of the Month at 7.30pm

This month we looked at landscapes looking at some of the concepts that make a landscape pleasing to the eye. Members showed some of their landscape photos that they thought didn't go quite right and we discussed how the problems may have been overcome.. We also saw some excellent landscapes members brought along that were well worth printing and framing.. Denis Wheeler showed us an excellent vista of the Serengeti in Africa. Which would be well worth printing and framing. Mike Bindon showed a set of three panoramic photos of Uluru showing the different effects of light at different times of the day. These would be well worth framing as a set. Wayne Eames showed a stitched together panoramic of the Glasshouse Mountains in Queensland which also had potential.

We also looked at some of my New Zealand shots discussing the effect of dominant monochrome in colour prints and the effect of blue sky on snow scenes.

Our June meeting will be on Wednesday 6th June at my house 30 Pine Hill Drive Doncaster East. We will look at members photos from club events with a view to making a show for one of the club meetings. *Doug*

Fellowship Tea Roster -Alan & Judy Baker.

The tea roster does not obligate anyone; it is just a guide to help spread the load. Supplies are arranged. You need to be at the hall at around 9.30am to set up and help serve at fellowship then clean up afterwards, please bring two tea towels to dry the dishes. There is an A4 sheet headed "Tea Roster Duties" in the cupboard under the sink, explaining what has to be done. If you are physically unable to carry out the roster duties, please let us know and we will take your name off the list. If you are unable to attend on your rostered day, please phone Alan on 98505641 or Mary Gault on 98502881

May	John and Mary Wilson
Jun	Frances Baldassarre and Laurel Bishop
July	Michael and Heather Bindon

First Aid and CPR

Jim Douglas	Jill Dickason
Jo Danahay	Wendy Fishley
Ray Lawley	Ian Gault

Your Committee 2007

President - Helen Armstrong – 98164643 Email helenarmstrong@optusnet.com.au	
Vice President Ian Gault - 9850 7881 tluag@optusnet.com.au	Past President Peter Fishley-- 9848 3749 fishley03unipro@mel.quik.com.au
Secretary Judy Baker - 98505641 anjbaker@alphalink.com.au	Treasurer - Jake Kerseboom e: - 98576415 jkersebo@bigpond.net.au
Assistant Secretary – Publicity Doug Hayne 98418645 – dhayne @bigpond.net.au	Welfare & Membership Lorraine Cooper - 98504483 raylorr@bigpond.com.au
Activities Ron McBain – 98503919 qualcalserv@optusnet.com.au	Speakers Margaret McGregor – 98426200 ronmargmcgregor@optusnet.com.au

Membership & Welfare Lorraine Cooper

The Club has one vacancy on the membership list and we would like to know if any of the listed spouses are interested in joining the Club and becoming an active and involved member.

Barry PAICE -Edward PULIS - Alan MOORE - Michael SHINNERS
Rod SINCLAIR - Ken HARVIE - Noël DANAHAY - Dennis YOUNG
Malcolm DUBOCK- John HAMMOND - Neville BAIRD -
Graham MORCOM - Wayne BISHOP - Michael PLANK

If there are no spouses wishing to join the Club the opportunity will be given to the next applicant on our wait list. **The closing date will be May 21 2007.** Please contact Lorraine on 9850 4483 or raylorr@bigpond.com.au"

Please contact Lorraine concerning anyone who is not feeling well or who needs a ride to meetings

Apologies: If you are unable to attend a meeting, please contact me or have someone pass your apologies to me on 9850 4483.

Activity Groups

Leader	Ron McBain	98503919
Book Swap	Pat Edwards	9848 7389
Book Group	Helga Braun	9850 2144
Craft	Yvonne Boyall	9841 6295
Cycling	John Hodgson	9844 0662
Fine Dining	Hugh Cornell	9846 2395
Exhibitions	Wendy Fishley	9848 3749
Games	Marion Cummins	9850 5852
Garden	Faye Williams	9899 0640
Genealogy	Ray Lawley	9850 4252
Getaway	Lyb Hodgson	9844 0662
Golf	Lyn Crosbie	9850 1801
Photography	Doug Hayne	9841 8645
Scrapbook	Verity Moore	9841 6373
Theatre	Pat McInerney	9850 4998
Trips & Events	Elaine Hayne	9841 8645
Walks	Judy Chapman	9846 3286

Other Items

What day were you born?

Have you forgotten or perhaps never knew the DAY of the week in which you or your spouse or parents were born? To find out, all you need to do is tell me, email me, phone me or write to me and I will give you the day of the week you were born. The catch is that you will need to tell me the day, month and (here comes the catch) YEAR YOU were born. The information will remain confidential and you will get a birthday card with your newsletter unless you tell me you don't want it. *Doug.*

Suggestion Box

Please put your thoughts into the box for consideration at the next committee meeting.

Backup Newsletter Editor Required

Elaine and I will be away during late June and early July and so we will need someone to volunteer to publish the Newsletter for July. You will need to be familiar with the basics of MS Word. You will also need to spend perhaps half a day with me early in June to help publish the June issue to become familiar with the way the Newsletter is set up and posted out.

This backup role could be on going to share the load by alternating responsibility for issues perhaps with a view to taking over the Editor's role at some time in the future.

It isn't difficult now that the newsletter is set up, (you just cut out the old and replace with the new) and you may learn a bit more about using your PC for writing documents.

Please contact me if you would like to take this on.

Doug Hayne, Editor

Our Web Site

The PSP web site and email addresses are out of action at the moment. You can still access our own web site at

http://www.users.bigpond.com/doug_hayne.htm

and email direct to dhayne@bigpond.net.au

Our Postal Address is PO Box 518 Bulleen 3105

Please use this address for all other club correspondence.

Our Secretary will clear the PO Box regularly

Newsletter deadline for May issue: Sunday 6th May 12 Noon

Melbourne Sinfonia Concert No 2 for 2007 *John Wilson*

Friday 15th June at 8.15pm in Melba Hall, University of Melbourne, Royal Pde, Parkville

Programme:

- Mendelssohn String Symphony No 9
- Chopin Piano Concerto No 2
(Soloist - Timothy Young, resident pianist at The Australian National Academy of Music)
- Tchaikovsky Symphony No 5
- Conducted by Joannes Roose

Tickets at the discount price of \$20 may be ordered from John Wilson, orchestra member, at the Probus May Meeting or by phoning 98461625. Tickets may also be purchased at Melba Hall on the night of the concert at the full price of \$25. Children aged 15 and under admitted free.

The orchestra donates the proceeds from its concerts to the Music Therapy Department at the Royal Children's Hospital.

The date for Concert No 3 of the 2007 Series is 7th September.

Member Profile - Wendy Knight

I was born in Newcastle New South Wales in November 1941 the eldest of three girls. I grew up within a large extended family spending most weekends and school holidays at my grandparent's holiday home at Coal Point on Lake Macquarie some 20 km south of Newcastle.

My father worked in the office at the BHP and my parents owned a corner store which my mother managed for five years. We lived at the Coal Point House for the next 4½ years while my father built a home for us in town at weekends.

I went to primary school in Toronto near Coal Point and then to Newcastle Girls High School. For 15 months I travelled into Newcastle from Coal Point by way of bus, steam train and walking 2 km to school from the station. We always caught the 7.10am bus to connect with the train that left at 7.30am.

Girls in the front two carriages, adults in the middle carriages and boys in the last two carriage "Never the twain shall meet". The majority of girls did our homework on our school cases travelling to and from school.

As we lived on the waterfront on Lake Macquarie on numerous times when the tailor were running my dad and I were up at 5.00am to go fishing and back in time to have breakfast and catch the bus..

I left school at 15 and worked in the drawing office at the BHP as a tracer. I worked at the BHP for ten years and it was there that I met Daryl. At this stage we were working at the BHP Research Laboratories which had twenty researchers, 30 auxiliary staff and 50 trainees. It was commonly known as "The BHP marriage bureau". Twelve weddings took place whilst we were there.

Daryl and I worked in the same office with our boss and he had no idea that we were going out together until we got engaged, then they moved Daryl out to another office. Normally known as shutting the gate after the horse has bolted.

We married in 1964 and our daughter Katherine was born in 1967. We shifted to Melbourne when Daryl was transferred to the new research laboratories in Wellington Road Clayton.

In 1969 our son Craig was born followed by Cameron in 1974.

I belong to Inner Wheel; like Probus, an off shoot of Rotary and in addition I love reading, knitting, travelling and my grandchildren, Family and friends are most important to me.

Wendy

Fangs Ain't What They Used To Be

Even through adolescence, when every bump and blemish on my face and body were tended more carefully than Percy Thrower's rose garden, my teeth were just *there*. Strong, silent and long- suffering, they stood like crooked rows of hospital orderlies, ever ready to cut thread, grind grain or tear flesh off chops, demanding nothing but daily brushing and the occasional probing with a toothpick.

If you'd asked six months ago how many fillings were there or if I still had my wisdom teeth, I couldn't have told you because it was years since I'd looked. My ignorance and neglect of these sturdy but abused little soldiers ceased earlier this year when I found a new hobby. teeth- watching. Now, one of my favourite pastimes is to talk about the respective merits of waxed and unwaxed dental floss with other converts to dentology. We compare notes on the dramatic effect of disclosing tablets which turn your mouth blue to show up the bits you missed while cleaning, and shudder at the ghastly consequences of inept brushing (after a while the plaque calcifies and has to *be scraped off*)

In collecting tooth lore, you find that sins the skin doesn't always show can come to roost in your mouth. For example, it turns out that the teeth I've most admired in the past few years for their correct bite and pearly whiteness, are encased in gums that occasionally bleed with neglect: their owner can't floss when drunk.

You learn that the decision to stay on an NHS list instead of going to a private dentist is less often to do with money than it is to do with a Puritanism that

won't allow teeth the luxury of being tended like orchids. No doubt the 14,000 dentists who take NHS patients (out of 20,000 registered dentists) are as competent as their richer colleagues who take only private ones. But, since their charges are based on work done,- not many are likely to encourage patients to learn to prevent decay and thereby avoid so many visits.

It wasn't until I reached for my wallet and emptied it on my private dentist's richly polished desk that I learned how important my teeth are to me, and how close I came to losing them forever. When I saw the grisly x-rays of my mouth I could have wept for all those years when the words 'preventive dentistry held no more magic for me than the population count, of Botswana: the bone around my teeth was eroding more quickly than a chalk cliff.

After one filling, repairs to a cracked molar, de-scaling of calculus, polishing, and some homework with an arsenal of tablets, two kinds of brushes, floss and my favourite a little dental mirror that gives me hours of innocent pleasure inspecting the netherworld of my back teeth, I stepped out into the sunlight with a Daz-white smile and firm, pink gums.

If I keep up the good work, my dentist tells me, my teeth may not fall out after all. Now, instead of mumbling through zipped mouth, I take every opportunity to curl my lips outwards like rose petals and stab the air with a flash of sharp, clean bicuspid.

Rediscovering the geography of your mouth is to relive your personal history. I lost all four front milk teeth in one day when my older brother, made me pull them but to relieve the schoolboy boredom.

That's why the new ones grew crooked, and had to be straightened when I was eight. The device they used (some orthodontists still do) was not a tangle of silver scaffolding like Tracy Austin used to wear, but a pink plate with an array of hooks, wires and springs.

I was supposed to wear it day and night, but was always losing it and finding it hanging on a bedspread or curtain like a pink and chrome spider. I hated it because it never fitted properly and every time opened my mouth it clicked down.

To correct a protruding jaw, I had to wear a chin brace at night. This was a little skull cap, homemade (badly) from leg bandages and connected to rubber bands and tapes which were attached to an oval chin-cup (truly!). The evening bedtime ritual in our house went like this. 7.30pm: fix plate in mouth with grey powder fixative that goes gluey on contact with roof of mouth (otherwise the plate would fall out and I would wake in the morning with an imprint of my own palate on my forehead). 7.45pm: plait hair (or it would end up in an agonising tangle with the chin brace), don cap, attach rubber bands, howl when rubber bands snap and sting face 8pm: thread side straps through rubber bands and draw jaw back with chin mould. 8.30pm: boil with silent hatred at sister and brothers who by now are-doubled up with laughter at this badly tied package. 8.45pm: go to bed and quickly dismantle everything until early morning. 7.30am: reassemble equipment before parents wake up. They soon gave up trying to straighten me out and I travelled through early life with teeth like a train set assembled by drunks.

Even a reprieve from a life sentence of scraping apples. with back-to-front teeth didn't teach me to look after them properly. To do that, I now learn, takes time, commitment and the will to win the battle against a tooth's worst enemy the dreaded plaque. This lethal, furry, marital bed for bacteria is formed from a deposit left by carbohydrate debris. Unless you acquire a mental map of its path (it just loves the junction of your gums and teeth) and clean it off efficiently, the bacteria moves along to the root, eroding the enamel and eating away the bone. Plaque should be removed every twenty-four hours, and it is no good believing that a weak swipe inside your mouth with a tattered brush and an inch of paste will be enough.

MY own dentist recommends the following regime:

- Learn how to floss properly, taking the thread around each tooth and moving it up and down vertically (rather than backwards and forwards).

- Use more than one kind of brush if necessary (such as one with a hooked handle or only two rows of bristle, to get at awkward corners). Use a rotating motion, and be careful to take it right to the edge of your gum. Do this with a dry brush, then use toothpaste to polish.
- Bleeding gums are *not* a sign of healthy teeth -no more than a bleeding thumb would be. Rather, they're a sign that bacteria is camping there and ready to move along the root. If your teeth are properly and regularly cleaned of plaque, the bacteria can't breed, your gums stay firm, and the root of your tooth and the bone around it are protected. Left to rot, gums can't protect your teeth properly.
- Sugar and citric acid (found in lemons, grapefruit and oranges) are your teeth's enemy, but they won't harm them if your cleaning regime is regular and correct. Your gums can be flabby and puffy without you noticing, leaving a handy path for bacteria.

As I settle down for an evening of flossing in front of the TV, I often think of the days when looking after my teeth took only a minute or two, and I smile brightly. *Beverly Hayne Features Editor Company magazine 1984*

Living With an Unsure Heart Beverly Hayne

Because my heart goes *boom-diddy-shoosh-boom* instead of thumping like a bass drum, I am regularly on exhibit to medical students, itinerant cardiologists, and strangers who pass me by in Soho as I look for a decent shop window to stare into while I catch my breath.

Two years ago, freshly un-hooked from the electronic nanny which monitored my fascinating rhythm when it went from a bossa nova to Stravinski played at 78 rpm. I woke in a hospital bed to find a queue forming of white-faced students begging me to bare my breast to their freezing stethoscopes. They were about to take their finals and I was their one-woman crammer. Later, I was an exam question for a nervous clutch of tenderfoot diagnostician with sweaty palm and cloudy, puzzled eyes.

By now used to answering proudly, questions before they're asked ("No I don't go blue or swell at the ankles and I didn't have rheumatic fever as a child"), last week was to be my apotheosis - a command performance before a lecture theatre packed with more than 150 medical staff and students at the Royal Free Hospital in Hampstead.

My firm of heart men was presenting me as star patient, drawing me out, chat-show style, to talk about my ticker. I sat outside the theatre polishing my lines, while inside my fat file was discussed, then lights! camera! action!

With wit honed razor sharp and ready, I made my entrance - and fluffed my lines, like an amateur with a bad bout of flu instead of a professional, informed patient with an interesting affliction bravely borne.

The question that stumped me was "How do you see your future?" The quick answer is "Dim and short", but there are many variations, equally true;

My kind is literally dying out. Within a few years, our singular beat will rarely be heard outside a few third-world countries which modern medicine has yet to reach. The *shoosh* is the sound of a shoot of blood going the wrong way, back through an open valve that should have closed naturally at birth.

Nowadays such defects are easily corrected in babies' hearts and the owners can confidently plan for 70 or 80 years of good health. But I had the bad luck to be born in 1945 in a dusty Australian town misnamed Beulah, where the hospital was so tiny that my father heard my squalling through its open window as he walked towards it on the first morning of my life. He knew it was me, I was the only baby there.

Had I been born five or 10 years later, when heart-lung bypass machines made surgery possible, or 15 years later when babies' open valves could be closed with drugs, I would not have to face being *shooshed* into an early grave. How early, and

in what physical condition I'll be in when I go is a jigsaw puzzle with too many missing pieces to complete, but I probably have no more than another 15 years to plan - the last few perhaps spent with damaged liver, kidneys or lungs. From now on, it's downhill all the way ... or perhaps not. Hovering in the wings like a fairy godmother waiting to wave her wand and say "Thanks to the miracles of modern surgery you *shall* go to the ball" is a glimmer of hope for a heart-lung transplant one day.

But it was not the prospect of my probable early demise that concentrated my mind as the door of the lecture room closed behind me and I morosely trudged my way down the corridor alone, having blown my one chance to bore a captive audience of doctors to death.

Nor was it a suspicion that I'd somehow let down my firm of cardiologists. (Would their colleagues in other specialties turn to each other with raised eyebrows?) No, it was missing, the chance to collect some more pieces of the jigsaw by being able to listen to the before and after of the presentation. And I wanted to ask questions - how did the doctor who told me "Well, you won't reach three score years and 10" make her calculations? On what basis did she choose the apparently arbitrary age of 50 as my deadline? And how does anyone adjust to the emotional strain of only half believing you are a plucky little woman bravely confronting the grim reaper, while half believing that if you can still do all the things that enhance the quality of life - reading, writing-and talking to people - then it really doesn't matter if you can't walk more than a few hundred yards without hanging over the nearest railing to catch your breath? In my imagination, my heart is like a malevolent relative I have to look after - like an ailing, fluttery aunt who trembles with fear at the very notion of drink, tobacco or tea. Sometimes, I wake to find it thudding impatiently against my breastbone as if trying to escape. One bad night, I actually said out loud, "Stop it, you bastard". If it had, I realised later, I wouldn't be around to tell the tale, but I think of it when I hear the phrase, "Be still, my heart".

On the day I woke up in a cold sweat and was taken to hospital with atrial fibrillation's rippling through my heart muscle, thankfully to recover, countless others died in accidents or from crippling and disfiguring disease. I could go tomorrow, but then so could you- *Beverly Hayne*

Editor's Footnote:

Bev, who was my brave younger sister, was ready to go on a waiting list for a heart lung transplant when she wrote these articles in London in the early 1980's.

But she ran out of time, she died of a heart attack in 1986 at 40 due to a congenital heart valve fault that, as she mentioned in her article, at the time of her death could have been repaired by a simple operation if she had been in early childhood. But it was too late, time and smoking had taken their toll.

Bev left school at 14 and took a job as a typist, and over the ensuing years became a successful writer here in Melbourne and later in London where she was living when she wrote the above articles. They were two of many published in magazines such as Company Magazine, Cosmopolitan and Physiology Today, all of which she was an editor of some kind..

For some years after her death, Company Magazine had an annual competition and award for young writers which was named in Bev's honour.

I hope you don't mind me taking the liberty of using valuable newsletter space but I thought the two articles and my footnote would tell a story of a very brave woman. If you like her style, I have other articles of hers waiting in the wings. Let me know if you would like more of these published in our newsletter. *Doug Hayne*

Probus Club of Templestowe Valley - Events List - 2007

Date	Event	Time	Leader
MAY			
Wed May 2 nd	Photography Group at 30 Pine Hill Drive	7.30 pm	Doug Hayne
Tue May 8 th	Games Uniting Church Hall	7.30 pm	Marion Cummins
Wed May 9 th	Walking Group Clifton Hill to City Day Walk,	9.30 am	James & Margaret Campbell
Thu May 10 th	Collingwood with Kenneth Park Meet in front of the Town Hall	9.45 am	Wendy Fishley
Fri May 11 th	Golf at freeway	8.30 am	Lyn Crosbie
Mon May 14 th	Fellowship Meeting	9.45 am	The President
Tue May 15 th	Book Club Contact Val Reid this month		Val Reid
Sat May 19 th	Probus Social and Dance Evening at the hall	7.00 pm	Elaine Hayne
Sun May 20 th	Cirque Du Soleil – The Oval, Melbourne - Matinee \$84.00		Norma Green
Mon May 21 st	Genealogy Nunawading Library	10.00 am	Ray Lawley
Tue May 22 nd	Games - Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
May 22,23 rd	Walking Group - Warburton Overnight Stay \$70.00	9.30 am	Jusy, Anne & Adrian
Fri May 25 th	Golf at freeway	8.30 am	Lyn Crosbie
Mon May 28 th	Scrapbook Workshop	10 am	Verity Moore
Tue May 29 th	Tour of Telstra Dome – Car Pool at Hall 10.00am	10.am	Elaine Hayne
Thu May 31 st	Musical “Chorus Line”, Besen Theatre, Burwood		Pat McInerney
JUNE			
Mon Jun 4 th	Botanical gardens – Lunch Lakeside Cafe	TBA	Faye Williams
Wed Jun 6 th	Photography Group at 30 Pine Hill Drive	7.30 pm	Doug Hayne
Fri Jun 8 th	Golf at freeway	8.30 am	Lyn Crosbie
Tue Jun 12 th	Games - Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
Wed Jun 13 th	Walking Group – Yarra Flats	9.30 am	Judy Chapman
Mon Jun 18 th	Fellowship Meeting – NOTE This is the THIRD Monday of the month	9.45 am	The President
Tue Jun 19 th	Book Club Contact Val Reid this month		Val Reid
Wed Jun 20 th	Miss Saigon’ Cost: \$57.00		Norma Green
Thur Jun 21 st st	Melbourne cemetary with Kenneth Park	TBA	Wendy Fishley
Fri Jun 22 nd	Visit To Yakult Australia, Dandenong Car pool from the hall 10.00am	10.00 am	Elaine Hayne
Fri Jun 22 nd	Golf at freeway	8.30 am	Lyn Crosbie
Mon Jun 25 th	Genealogy Nunawading Library	10.00 am	Ray Lawley
Tue Jun 26 th	Craft Group	10 00 am	Yvonne Boyall
Tue Jun 26 th	Games Trivia Night Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
Wed Jun 27 th	Walking Group – Yarra Flats	9.30 am	Judy Chapman
JULY			
Wed Jul 4 th	Photography Group TBA (Doug away)	7.30 pm	Doug Hayne
Fri Jul 6 th	Golf at freeway	8.30 am	Lyn Crosbie
Mon Jul 9 th	Fellowship Meeting	9.45 am	The President
Tue Jul 10 th	Games - Uniting Church Hall Templestowe	7.30 pm	Marion Cummins
Wed Jul 11 th	Warrantyte half day walk, lunch at "The Retreat		John & Lyn Hudgson
Mon Jul 16 th	Genealogy Nunawading Library	10.00 am	Ray Lawley
Tue Jul 17 th	Book Club		Helga Braun
Fri Jul 20 th	Golf at freeway	8.30 am	Lyn Crosbie
Sun Jul 22 nd	“Educating Rita”, Play at Doncaster Playhouse	TBA	Pat Mc Inerney
Mon Jul 23 rd	CUB Brewery Tour Car Pool	9.15 am	Elaine Hayne
Tue Jul 24 th	Craft Group	10 00am	Yvonne Boyall
Tue Jul 24 th	Games Uniting Church Hall	7.30 pm	Marion Cummins
Wed Jul 25 th	Heidei Walk Leaders Jennifer Morecombe & Laurine Eames	9.30 am	Jusy Chapman
Wed Jul 25 th	Gown of The Year – Meet at Rembrandts in Burwood NOTE CHANGE OF DATE & TIME	11.45 am	Elaine Hayne
AUGUST			
Wed Aug 1 st	Photography Group	7.30 pm	Doug Hayne
Fri Aug 3 rd	Golf at freeway	8.30 am	Lyn Crosbie
Mon Aug 6 th	Garden Group - Cranbourne Native Gardens	TBA	Faye Williams
Wed Aug 8 th	Gardiners Creek - Leaders Peter & Wendy	9.30 am	Fishleys
Mon Aug 13 th	Fellowship Meeting	9.45 am	The President
Tue Aug 14 th	Eastlink Project Review Car Pool –Covered Shoes to be worn	9.30 am	Elaine Hayne
Mon Aug 20 th	Genealogy Nunawading Library	10.00 am	Ray Lawley
Tue Aug 21 st	Book Club		Helga Braun
Fri Aug 17 th	Golf at freeway	8.30 am	Lyn Crosbie
Wed Aug 22 nd	Gardiners Creek - Leaders Peter & Wendy	9.30 am	Judy Chapman
Fri Aug 31 st	Golf at freeway	8.30 am	Lyn Crosbie

Probus Club of Templestowe Valley - Events List - 2007			
Date	Event	Time	Leader
SEPTEMBER			
Wed Sep 5 th	Photography Group	7.30 pm	Doug Hayne
Wed Sep 12 th	Walk to Victoria Barracks Walk & lunch, Leaders James & Margaret	9.30 am	Marg campbell
Fri Sep 14 th	Golf at freeway	8.30 am	Lyn Crosbie
Tue Sep 18 th	Book Club		Helga Braun
Sun Sep 23 rd	Seniors \$FREE\$ trip to Ballarat	TBA	Elaine Hayne
Sun Sep 30 th	Golf Trip to Barham	TBA	Lyn Crosbie
Thur Sep 27 th	Australian Ballet - "The Nutcracker" Arts centre State Theatre	6.30 pm	Pat McInerney
Fri Sep 28 th	Golf at freeway	8.30 am	Lyn Crosbie
Sun Sep 30 th	Golf Spring Cup Barham - Sunday September 30th - Tuesday October 2nd	TBA	Lyn Crosbie
OCTOBER			
Mon Oct 1 st	Garden Group - Earlmil Gardens		Faye Williams
Wed Oct 10 th	Freeway Walk, Leaders: Alan & Judy B.aker	9.30 am	Judy Champan
Tue Oct 16 th	Book Club		Helga Braun
Wed Oct 22 nd	Freeway Walk, Leaders: Alan & Judy B.aker	9.30 am	Judy Champan
Tue Oct 23 - 26 th	Mount Gambier 4 day trip	TBA	Elaine Hayne
NOVEMBER			
Wed Nov 14 th	McInerneys Mystery Walk, Leaders :Pat & Kerry	TBA	Kerry McInerney
Tue Nov 20 th	Book Club		Helga Braun
Wed Nov 28 th	McInerneys Mystery Walk, Leaders :Pat & Kerry	TBA	Kerry McInerney
DECEMBER			
Mon Dec 3 rd	Garden Group - Cloud Hill		Faye Williams
Wed Dec 5 th	Walking group Christams Get together	TBA	Judy Chapman
Feb 2008 - Point Lonsdale walkers two day stopover			
March 2008 - New Zealand Tour -- Cancelled			

Probus Club of Templestowe Valley Inc
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 Probus Registration No. 58457 -
 Accreditation No. 2219

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