

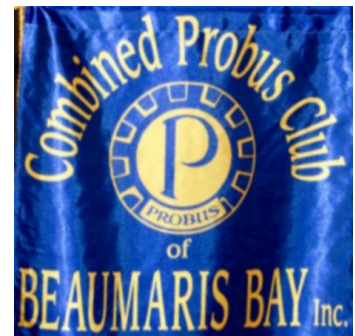


Beaumaris Waves

The Combined Probuss Club of Beaumaris Bay Inc.
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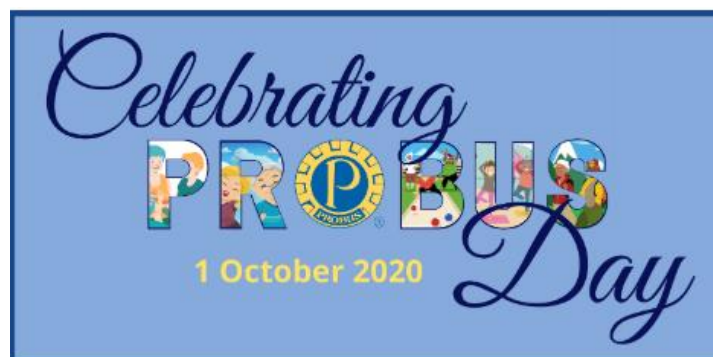
President's Message

October 1st is the inaugural Probuss Day so I encourage you to think of your friends in our club and make a connection with them.

You could make them a cake or ring them. Perhaps you could meet for a walk, with or without a take-away coffee. Even a quick chat over the front fence can make a person's day.

We should also reflect on the 3F's on which the club is founded: Fun, Friendship and Fellowship. We are not having much fun at present but we can focus on the other two.

When some of the restrictions are eased, we may be able to meet in small groups, similar to what we were planning before our second lockdown. Hopefully you will feel encouraged by the numbers to participate.



October birthdays: We wish the following members good health and many Happy Returns: Geoff Bakes; Marny Baxter; David Bruce; Johanna Lobert; Helen Lockett; Geraldine McGann; Mary O'Toole; Liz Paige; Marilyn Scott; Margaret Soding; Jan Storey; Fay Woodrow.

Welfare report

Dear Probians,

This strange year is slipping by. It is now October and we are still waiting patiently to have these harsh restrictions relaxed.

I have discovered, via the magnificent internet that this month is one of international festivals and events. One on almost every day of the month. Each one focused on a particular theme. No doubt this year these celebrations will be low key all round.

I cannot list all the events here but I shall mention a few that we can quietly observe at home. There are three events on 1st October no less:

1. 1st October - **International Day for Older Persons.** The United Nations General Assembly adopted the resolution on 14 December 1990 and designates 1st October as the International Day for Older Persons to raise awareness of problems faced by older persons and to promote the development of a society for all ages.
2. 1st October - **International Coffee Day** is celebrated every year to recognise the millions of people across the world from farmers, roasters, barristas, coffee shop owners, etc., who work hard to create and serve the beverage in a consumable form.
3. 1st October - **World Vegetarian Day** an annual event founded in 1977 by the North American Vegetarian Society.
4. 15th October - **Global Handwashing Day** has been observed since 2008 (long before Covid 19), to encourage people to wash their hands.
5. 31st October to close the month is **Halloween** with which we are all familiar.

These are just a few events from the list. Therefore, on October 1st we can celebrate ourselves with a coffee and vegetarian meal after washing our hands.

Stay well, enjoy this extra special day and keep smiling

Helga Anderson (Welfare Officer)

Recipe for Life

Take equal parts of faith and courage,
Mix well with a sense of humour,
Sprinkle with a few tears and a large helping of kindness to others.
Bake in a good-natured oven and dust with laughter,
Remove all pity of self,
Scrape away all self-indulgence and
Serve in generous helpings.

Anon.



To enlarge the pages of the newsletter, adjust the slider on bottom right of your screen.

Activities

Hi Everyone

It seems as though I am repeating everything I probably said last month.

As you know we have a roadmap and the daily Covid numbers are going down, so hopefully after Sunday we should be starting to move forward. Baby steps hopefully!

As I go on my daily walk, I notice an everchanging spring explosion in the gardens and parks. It started with the wattle and now every day I notice something new is blossoming.

Husband Peter and I often walk around Cheltenham Golf course and observe all the big and little plantings that seem to be thriving in the beautiful surroundings.



I am enclosing a photo of wisteria I am training over a post. I don't really know why it wants to go the opposite way to which I have in mind but, never mind, it keeps me busy tying it up and this year the flowers are fantastic.

Looking forward to when we can all get together again and have a few things to look forward to.

Take care and stay well

Geraldine McGann

Everyone leaving Victoria
once borders open



Editor's note: I am not responsible for the spelling above.

COVID activities

What have you been doing during the COVID Stage 4 lockdown? Would you like to share your experience with your fellow members? I invite you to send me (the Editor) your contribution via email.

Some suggestions on contributions include:

- Your thoughts on the COVID pandemic – what you have learned about yourself/life/other people/politicians;
- Perhaps you could produce a short video on your smartphone about what you have been doing or something you have made;
- Tasks you have completed/achieved;
- New skills you have acquired or how you met a new challenge that you set yourself;
- Your online shopping experiences – good and bad;
- What you will do differently in the “new normal” when all restrictions are lifted;
- How the pandemic could have been handled differently/better.

Who said that?

Everyone PLEASE be careful because people are going crazy from being locked down at home!

I was just talking about this with the microwave and the toaster while drinking my coffee, and we all agreed that things are getting bad.

I didn't mention any of this to the washing machine, because she puts a different spin on EVERYTHING!! Certainly couldn't share it with the fridge, 'cause he's been acting cold and distant!

In the end, the iron straightened me out! She said the situation isn't all that pressing and all the wrinkles will soon get ironed out!

The vacuum, however, was very unsympathetic ... told me to just suck it up! But the fan was VERY optimistic and gave me hope that it will all blow over soon!

The toilet looked a bit flushed but didn't say anything when I asked its opinion, but the front door said I was becoming unhinged and the doorknob told me to get a grip!!

You can just about guess what the curtains told me: they told me to “pull myself together!”

We will survive!!
