



*Probus birthday lunch: President Ron Ellams proposes a toast*

## Mundaring Probus 2015 Birthday lunch at Chidlow Tavern

More than 50 members and guests enjoyed at birthday lunch to Chidlow Tavern. Most put on a bored expression when Mary-Helen Smith got out her iPhone to take a photo. But don't be deceived; they actually had a great time.

### Your Committee

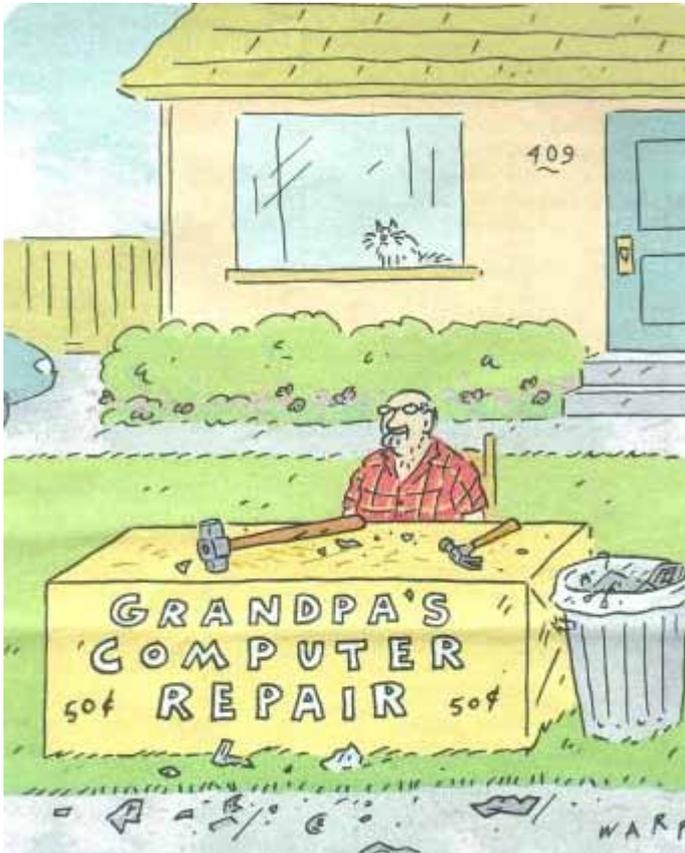
President	Ron Ellams	9298 9141
Vice President	Faye Bailey	6298 7803
Secretary	Mary-Helen Smith	9299 7363
Treasurer	Shirley Stratton	9298 8374
Bulletin editor	Frank Smith	9299 7363
Events Organisers	Anne Winfield	9295 4284
	Sheila Blunt	9572 2703
	Shirley Stratton	9298 8374
Raffle	Anne and Wally Winfield	9295 4284
Morning Tea	Judith Driessen	9298 9040
Committee	Nick and Eileen Elton	9572 2028
Committee	Bryan and Kay Dando	6295 6432
Past President	Noreen Campbell	9295 4327

### Morning tea roster

Judith Driessen writes: We are very proud of our morning tea spreads but for this to be successful it is necessary to work to a volunteer roster. Generally this means we each bring for example a loaf of sandwiches, savouries or cake once or occasionally twice a year.

The roster is printed in the previous month's bulletin followed by a phone reminder from the morning tea organiser closer to the time. The roster for July is:

Bob Bailey	Sue Burton
Bob Hutt	Tina Wallace
Anne Williams	Judith Driessen
Ken Locke	Deirdre Locke
Nick Elton	Eileen Elton



### Coffee Mornings

Saturday Coffee Mornings are held at The Brook Garden Restaurant, Seaborne Street, Parkerville from 10 am. Tea and instant coffee with biscuits and scones just \$5. You can order other coffee and food at the counter. Next coffee mornings June 27 and July 25.

### The Strength of Women

Cannington Rotary have organised a ladies seminar at the Hyatt on August 8th. The day includes guest speakers, entertainment, lunch and a fashion parade. Details: sandra.horne@bigpond.com M: 0419 859 520

### Long life is all in the mind

A research letter published in JAMA Internal Medicine reported that older people who felt three or more years younger than their chronological age had a lower death rate compared with those who felt their actual age or older.

The authors, Isla Rippon and Andrew Steptoe of University College London said self-perceived age reflects assessments of health, physical limitation and well-being in later life, and many older people feel younger than their actual age,

They examined the relationship between self-perceived age and mortality using data from nearly 6,500 people interviewed as part of the English Longitudinal Study of Aging.

The subjects' average age was 66 years but their average self-perceived age was 57 years.

Most (70 per cent) said they felt three or more years younger than their actual age, while 25 per cent had a self-perceived

### Coming Events

July 13: Julia Ferguson earth science educator *Rocks On*, a talk about rocks and fossils (that's not us).

July 26: Bus trip to WA Museum. Bonus – free guided tour of Mundaring Men's Shed.

Aug 2: 2 pm Sunday matinee 2pm *Basin Street Blues* at Marloo theatre., Greenmount. \$22. *Basin Street Blues* is a sultry musical situated in a New Orleans Sporting house' in 1917. In the house of the rising sun meet ragtime piano player Tony, working girl Pearl and her pimp Dude Lewis. But what is Gus doing there and Lotte?

*Basin Street Blues* – with music and dance – tells the drama of these and other characters in the few days before the famous Storyville district in this melting pot city was closed. And music in the world changes forever. Bring money to next meeting or contact Faye Bailey 6298 7803.

Sept 15: Trip To Kalgoorlie on the Prospector. Three nights and two days visiting the sights of Kalgoorlie. Ring Ron El-lams on 9298 9141 to book.

Would anyone be interested in being **Ticket Officer** – to organise theatre tickets to The Marloo, Garrick or any other theatres, local or otherwise that you think might be interesting. If so please let Ron or one of the Social Committee know.

### Happenings at the Hub

June 19: Lunch at the Hub. \$7 12-1.30pm

June 23: Senior's Recreation Day at Camp Leschenautia, Chidlow 10am to 2pm. Lunch and activities by Seniors Recreation Council.

July 2: Fiona Clark will be speaking about the New Midland Hospital. 2pm-4pm.

July 14: Book Café 9am – 11am

Every Tuesday: Coffee mornings 9.30 - 11am. Come and meet the neighbours. Coffee and home-made goodies.

age close to their actual age and five percent felt more than a year older.

After eight years 14 per cent of those who felt younger had died. This compares to 18 percent of those who felt about their actual age and 25 percent in those adults who felt older.

People who felt younger were less likely to die of heart disease, but all groups were equally likely to die of cancer.

The authors said these results were probably due to maintaining a healthy weight and adherence to medical advice and greater resilience, sense of mastery and will to live among those who feel younger than their age.

They also found that how older people feel about aging can provide important indicators about the resilience and vitality of the older self. People who feel younger are less likely to die than those who don't, given equivalent physical health.

So it really does pay to always look on the bright side of life.

**Please remember to wear your badge at all meetings  
and be seated by 10am**