What an action-packed August meeting we had. Ninety-three members were officially inducted as Foundation Members into Northmead & District Probus Club, receiving a name badge and a Probus Certificate. With a waiting list already growing, we will have our full membership of 100 by Christmas.

We appointed four convenors for these Interest Groups/ Clubs:

Jan Field  
Mahjong & Cards

Sandra Joy  
Fleur Club

Debra Sheath  
Book & Movies

Patrick Vallely  
Walks

Three new members were elected to your Committee of Management:

Jan Field  
Welfare/Hospitality Officer

Patrick Vallely  
Tour Coordinator/Events/ Membership Assistant

Anne Waller  
Webmaster

Our website is active. Here you can view Events & Excursions, upcoming Guest Speakers and what is happening within the various Interest Groups.

IMPORTANT: If you have signed up/ paid for an excursion or event, you will be contacted prior to the excursion/event by the appointed convenor to remind you of the meet up time and place.

MONDAY MEETINGS: We are scheduled at 9:30 for a 10:00 am start. Please be seated by 10am. See you at the next meeting on Monday September 16th. Our Guest Speaker, Dr Lyndal Carter, is inspiring.
Our August speaker, ELIZABETH SEQUERIA, gave a fantastic talk on how to create life memories, through telling our life stories; researching and presenting family histories or preserving photographic memories. If you missed it, check out her bio in August’s The ‘Mead and click on her FACEBOOK page.

Anne Waller

Got a Senior Moment to share?

Send your very very short story to Newsletter Editor at lclangford@gmail.com

Here’s one just for you! It’s anonymous... yours can be too.

She was in a rush. Parked her car - not registering that she has gone one ramp past her usual parking spot.

Distracted by a woman asking her questions, she runs to her meeting. After the meeting and coffee with her her walking gals, she wanders back to her car. Not there.

Calls her husband who drives across the city to help her look. No car - reports issue to police - car stolen!

Next day, Security, from the building she had parked in day before, rings her.

Car found!

Embarrassed, husband and wife drive back to the carpark. Following the Security’s instruction, they find that car. Shining and content, waiting for its driver. With a smile on her face, she starts up her car. Homeward bound.

Then she hears the siren .... POLICE!

She forgot. Her car had been registered as stolen! OOPS - a Senior Moment.

September Guest Speaker

Struggling with background noise? Can’t wear a hearing aid that is comfortable? Concerned about the rise of hearing loss in young people? Important and relevant questions for we Probus ‘Meaders. We agree that wearing a hearing aid for age-related hearing problems is better for maintaining brain function than not using one.

Thus, we welcome Dr Lyndal Carter as our September guest speaker. She has the research and certainly the answers to these questions having worked in the field of audiology for over 30 years.

Lyndal was awarded a PhD for her work in leading a large-scale project investigating audiological indicators, leisure participation, attitudes, and, intriguingly, leisure-noise exposure of adolescents and young adults. Along with the above, Lyndal has a special interest in the lived experiences of people with hearing impairment, and community awareness of hearing-related issues.

Lyndal’s presentation will include a Q & A session. Be prepared to ask questions or indeed pre-prepare some questions for her.

Websites of interest:

Audiology Australia

National Acoustic Laboratory
IL LUNCHO!

Our first Probus ‘Meaders’ Luncheon is on September 12 from 12pm onwards. How lovely to sit by a window and look out onto Il Lago while lunching at Il Lago. Cost is $22 payable at the restaurant.

A glass of wine or soft drink is included in the $22 menu. Let Jenny (0409651172) know you will be too!

RiverBoat Postman

Are you ready?

September 10 is the Hawkesbury River Cruise & Lunch @$48.

This excursion is steeped in HISTORY. Remember the movie Lantana… partly set on the Hawkesbury around Brooklyn?

Our excursion begins and ends in Brooklyn - wonderful chance for friendship and fun.

After, we can relax at one of the many cafes sipping a warm brew.

Joining us? Please email Barbara (or message 0413572713).

Grab the date! OCTOBER 3!
LUNCH in an ECO Garden!

Geranium Cottage $25 payable at the restaurant
828 Old Northern Rd, Middle Dural

Check it out online… here (for info on Geranium Cottage). A very cool eco Cafe and nursery.

Then click here or text 0409651172 and let Jenny know you are coming.

Christmas Lunch
Springfield House Dural
26 November 11.30am
$55 all inclusive
Deposit $30 by September 16

More details email Jenny Dwyer (0409651172)
An energetic step back into classical Elvis Presley magic, Mick is a definite Elvis doppleganger.

Backed by a 10-piece band, this is an EVENING for US.

Let’s do it ‘Meaders. Let’s meet up prior to 8.30 for a bubbly and get ready for a very MERRY evening. Our Northmead & District Probus Club have tickets being exclusively held for us @ $45.

November 30 at Castle Hill RSL Club. Our Christmas Gift to ourselves!

October 31 10am at Hunters Hill

Jacaranda Trail (Hunters Hill to Woolwich)

It’s Spring and the jacarandas will be flowering. Look out for details about this upcoming Fleur Event at the end of October. The walk begins on the Hunters Hill Peninsula, follows the Jacaranda Trail filled with amazing colourful jacaranda blooms waving in the fresh air. As well, we will hear the history/ stories of this beautiful riverside area. Tour begins at the 1862 Schoolhouse - a brilliant 90 minute walk amongst nature.

We will finish at Woolwich and quite possibly the Woolwich Pub.

Sandra Joy will keep you informed as details are finalised.
Our Probus Club is only as DYNAMIC as YOU! Consider the following Interest Groups

<table>
<thead>
<tr>
<th>Interest Group</th>
<th>Details</th>
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| Fleur Club     | Rivendell Flower & Garden Show  
High tea $90 for two  
Convenor: Sandra Joy  
Next MeetUp: September 28  
Meet at Strathfield Stn 9.30am to catch BUS 458. Look for Sandra in GREEN HAT |
| Walkie Talkies | Balls Head / Berry Island  
Convenor: Patrick Vallely  
Next MeetUp: September 18 |
| Mookies        | Book Red Joan  
Convenor: Debra Sheath  
Next MeetUp: October 7 Winston Hills Pub |
| Mahjong & Cards| Convenor: Jan Field  
Initial MeetUp: September 20 1pm more details call Jan  
Meetup: Each Monday 1-3pm |

Be creative, be bold, be courageous - let’s strengthen our friendships, have incredible fun, improve our memories, keep physically active and emotionally sound.

Our well-being is EVERYTHING.

Nothing is out of the question - well... cost and distance might have some restraints, but let’s give it a shot.

Have an idea for an Interest Group? Sent idea to our Executive? Volunteered to convene an Interest Group? Had it voted on by members at meeting? Fantastic!

Then let’s go. Just send information to Executive Committee as to when you will meet, timing, and what venue.

Want to share an Interest Group story or photos, please send to Newsletter Editor
A challenge for our ‘Meaders!
Got a story or poem or artworks bubbling away. Send your contribution to Newsletter Editor. It can be anonymous, if requested.

Green Door

I hadn’t seen the door before. It wasn’t there last night. Cautiously, I turned the handle. Then I froze.

Was I awake? Surely this was no dream! I took my hand off the handle and hugged myself - yes, I was real. I was warm. I could genuinely feel the comfort of my arms around me.

Scanning the room, I knew where I was... my home ... my study. Everything else in place. Everything as it was - normal, except for that... that...

From where I stood in the study, I could hear Sara breathing - that gentle trickle at the end of the slow breath. Sleeping deeply.

Near my computer, the empty glass of wine from last night - a very good Bay of Fires Pinot. Now a memory.

I dragged my attention back to the door. Analysed its shape and height. Its colour. Its position snuggled into the corner of the wall, just millimetres from my leather couch - my afternoon refuge. Reaching toward the door, I moved my hand across it.

It was smooth yet I could feel ridges under my fingers. It felt like oak - old oak worn by years of use. Was it once the top of a table?

I re-focussed. This was a door. It appeared embedded, or so it seemed, into the wall of the study. As well, it had an unusual doorknob - but a doorknob, nonetheless.

Taking my iPhone off my desk, I framed the door in my camera. Taking a selfie to send to Sara - just in case.

At that moment, Sara appeared. Scratching her head, she looked at me with what could only be amusement. "James, what are you doing? A selfie in front of Tara's newly acquired artwork? You OK?"

And then it hit me - Sara had taken her sister, Tara, to an auction late yesterday, and returned with a rustic, 3D painting of a green door. A green door that looked real enough propped against the wall in the corner.... with a classic handle to tease the unsuspecting viewer. I had not registered this at all last night, concentrating on the next chapter of my hopefully Australian Literary Award book.

I had to recover my self-esteem - quickly. I turned to Sara, grinning. “Hey! Morning SleepyBear. You caught me out. I was taking a photo to send to Tara. I had a brilliant idea for a song about a green door and thought to send her a text message - see what she thinks. And then I thought I would try to take a selfie with my message - my first ever!” I laughed. “Ready for a coffee?” And walked out of that study, hopefully hiding my embarrassment in a tight-lipped, wide-eyed smirk.

Anonymous
Probus 'Meader

Midnight, one more night without sleeping,
Watching, 'til the morning comes creeping,
Green door, what's that secret you're keeping?
There's an old piano
And they play it hot behind the green door,
Don't know what they're doing
But they laugh a lot behind the green door,
Wish they'd let me in so I could find out
What's behind the green door.

Green Door
A beautiful and pleasant sunny day, we circumnavigated the lake in the expected time of 1 1/2 hours, walking some 4+ km - a fantastic relaxing walk and talk journey. None were lost! All who started returned. We even found long lost treasures - well, maybe not lost, but hidden well. The short and gentle trek gave us much to observe as we manoeuvred our way onto creek crossings, identified various sheoaks and studied walls built by convicts (well maybe not convicts but their ancestors).

A refreshing recovery in the café proved to be a perfect ending to a perfect first Walking Group MeetUp.  

Patrick Vallely
YOU MAY BE INTERESTED

Parramatta Foundation Weekend Sunday Nov 3 10am-4pm.
Fleet St, North Parramatta at the Female Factory lawn. FREE

Tours – led by engaging experts, specialists and enthusiasts:

Heritage Walk from CBD to North Parramatta Heritage Precinct with National Trust President Brian Powyer
Friends of the Female Factory - history and stories
Architecture and restoration of North Parramatta
The bat camp (flying foxes) nearby with s and wildlife ecologists
Visit Parramatta Gaol
The Parramatta Men’s Shed Open Day
ParraGirls – a poignant journey into the site’s darker past
Heritage Walk from Parramatta CBD to North Parramatta
A stroll through the heritage precinct with popular historian Judith Dunn
A group of 11 Northmead & District Probarians gathered at the NSW Art Gallery for a tour of the Archibald, Wynne and Sulman Prizes for 2019. The \textit{Archibald Prize} is one of the nation’s most prestigious, popular, and oldest art awards. Interesting to note that the \textit{Young Archies}, which profile and nurture our artists of the future, had over 2000 entries!

We were met by Sally, our guide, who provided an excellent commentary on the winners as well as the various processes for the Archibald (Portrait Painting), Wynne (Landscape Painting or Figurative Sculpture) and Sulman (Subject, Genre or Mural Painting) Prizes. There were 107 pieces of art on display for these awards. It was a wonderful opportunity to see our finest creative talent as well as highlight some of the unique characters who bring our country to life.
Northmead & District Probus Club
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NEWS
Probus South Pacific will be at **Sydney Seniors & Disability EXPO** in mid-September. An awesome event including a highly engaging **Pickleball Demonstration**.

Our **guest speaker for October** is **Bob Mendelsohn** who is President of NSW Pickleball Association. Not to be missed…Sydney Showgrounds.