Our Next Meeting

TBA
9.30am for 9.45am start
NBC Sports Club
166 Windsor Road Northmead NSW

Volume 2 Issue 1

1. A Word from Barbara
2. Senior Moment ~ L Ryan
   Virtual Speaker Dr Majid Fotuni
   ~ L Gibson-Langford
3. Real & Virtual Bushwalks
   ~ P Vallely
4. What have YOU done in isolation?
5. Secret of the Old Boathouse
   ~ T. Curtin
6. Clubs - 2 new clubs launched
7. Events
8. Committee of Management

Are you OK? We are all about caring for each other. If you know a member of our Club who needs a hug, let our wonderful Welfare Officer Jan know 0428 080 848

Be Kind. Take Care. That’s our Probus.

Our WEBSITE

Check our website regularly for updates. Either click here or Google Northmead & District Probus

Our Facebook Page

Go to Facebook and key in Probus Northmead & District or click here

Paying for an Event

Pay direct to our Northmead Bank Account. Cite Event Number.
BSB 112 879
A/C 470889027

Hello Fellow Probians

Here we are with a little light at the end of the tunnel. Our clubs have started functioning again. Mah-jong, Luncheons, Walkie Talkies, WeWalk, Mookies and Fleurs, along with the beginning of Winter Picnics, is now advertised on the website. Social distancing is being maintained at all these activities.

Our new website is really user friendly, so hop online to view what events are running and contact the convenors to let them know you are interested.

Two applications for two new clubs have been approved - Time Travellers and Writers' Block. Thank you to members Lyndsay Peters and Rod Garrett for creating and convening these clubs.

Jenny Dwyer has stepped aside from the Committee of Management. We thank Jenny for her hard work in organising luncheons, especially the pièce de résistance - our magnificent Christmas Party. Sue Osborne has agreed, as Luncheon Club Convenor, to step in and support the Events Team in organising the ‘special’ luncheons.

With the stepping down of Anne Waller as Web Manager, we are looking for a member who would consider being part of the Media Team. It would involve helping with our Website and Facebook Group as well as a bit of proofreading. Interested? Please contact Ken Sinclair.

Ken is about to go into hospital for a knee replacement. Feel free to contact him and wish him well.

Keep well, and continue to practise social distancing. I can’t wait to see you all back at a Probus meeting, whenever that may be.
You know...it's just a mind being busy. Not a Senior Moment. My brother-in-law is far too young and active - always out and about.

But I confess. Something happened that day - the day I was to be at my doctor's abode by 1 pm.

My brother-in-law - lets call him Pete - drove over that Monday to walk the dogs. A kindness to me as I was just a tad 'crocked'. He pops his car keys, glasses and wallet - as usual - on the kitchen sideboard. We have a bit of a chat as we get the puppies ready for their walk. Pete's about to set off with his 'niece' and 'nephew', when I call out that I won't be home when he gets back - I'll be at my doctor's. I suggest he takes my spare key or retrieves the one in the secret hidey-hole.

After some hesitation, Pete decides to take his own key set, complete with my spare house key on it.

Ten minutes later, I wander out towards my car. Click the car door open and then it hits me. Pete is parked directly behind me in my single lane driveway. And.. and … he took his keys! His car keys with my spare key attached!

I climb back up my front door staircase, unlock my door, and stand staring at my phone. And I burst into laughter. Feeling 'even more crocked', I cancel my doctor's appointment and await Pete's return.

~ L. Ryan

Virtual Guest Speaker

‘Meader Linda Gibson-Langford

Active retirees is the philosophical cornerstone for Probus. Whether it's mental, social or physical, being active is especially important as we age. Why? Scientists have been researching the connection to alzheimers and / or dementia and ageing for decades. Yes, there is the genetic factor (gene identified as APOE4) with around 25% of people around the world born with this gene (and 2-3% with two copies of the gene… thanks mum, thanks dad), but it does not necessarily mean that those with the gene will inherit significant cognitive impairment as they age.

As mentioned, research in this area is diverse but it appears that a few significant things will hold off or slow down cognitive dysfunction.

In an article by Times journalist/ editor Mandy Oaklander, “Our Bodies, Our Selves”, (The Science of Alzheimer’s Time Special Edition 2019, pp 40-45), Oaklander discusses ways in which lifestyle changes may help to protect the brain. In summary:

1. **Listen to your heart**
   - Treat hypertension, high lipids, cholesterol, obesity, Type 2 diabetes.

2. **Emphasise exercise**
   - Aerobic exercise grows the volume of specific brain regions eg hippocampus - major role in learning and memory.

3. **Keep learning**
   - Continued intellectual engagement develops stronger cognitive health. Write…read… learn a foreign language…join U3A

4. **Be social**
   - Richer social lives equal higher levels of cognition. Loneliness is connected with poorer brain health. Volunteer…

5. **Sleep well**
   - Studies link poor sleep with cognitive decline and Alzheimer’s.

6. **Healthy diet**
   - Mediterranean diet scores high... it limits alcohol consumption but allows a couple of glasses a day.

Considering point 2, the research strongly encourages aerobic exercise within a regular and sustained time frame. Walking briskly every day, if you can, for at least 3 kms is a worthwhile goal. Neurologist Majid Fotuhi (in Oakland p. 41) notes, “Diet, exercise, sleep and stress: those are not considered culprits for a problem as big as dementia… but for the first time we have evidence that the levels of tau* can change with lifestyle interventions such as exercise.”

* Tau - proteins thought to be a marker for Alzheimer's

Virtual session. Alzheimer's by Dr Majid Fotuhi, click on Yes, You CAN Grow Your Brain

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Image
Pedros.lol / CC BY-SA (https://creativecommons.org/licenses/by-sa/4.0)
Decisions, decisions. I can hear the members of our Walkie Talkies Club getting excited. Restrictions are being eased week after week and the sunshine and clear air is calling us.

For those of you who have not been on one of our Walkie Talkie walks, feel free to join us on one of the upcoming escapades. All you have to do is email me, Patrick, on valleypk@hotmail.com or call me on 0403161515.

We have so many great areas around Sydney to consider - Northmead & District Probus neighbourhoods, cityscapes and regional areas. The walks thus far have been wonderful - water views and fantastic bushland and always a good coffee house at the end.

Generally, the duration of our walks range from 1-3 hours, depending on how keen members are for sightseeing and socialising (including coffee and/or lunch breaks). The walks range from quite easy to medium - bit of uphill; bit of downhill.

Our first walk, as restrictions eased, was the Pemulwuy Loop (approximately 2.5 hours). And we DID ave fun!

The PEMULWUY LOOP traverses the banks of Toongabbie Creek, Quarry Branch Creek and Northmead Gully as it winds its way through Northmead, Winston Hills and Old Toongabbie.

We walked along pathways of natural earth, underlying rock, and wooden stairs, amidst gullies of Sydney Turpentine-Ironbark and Cumberland River Flat forests.

Even managed to do a bit of bush repair.

The Loop included Water Dragon Way (behind NBC) along Quarry Branch Creek … a lovely forest which included the remains of historic convict quarries, two of which were the largest in the area.
As time moves on, we will follow the route taken by Governor Arthur Phillip on April 24 1788; the day he discovered desperately needed fertile land for the colony adjacent to fresh water at the head of the Parramatta River.

The walk will cover a mixture of historical Government establishments, state parkland and a thin strip of Cumberland River-Flat Forest.

**Heritage Park Castle Hill**

(approx. 1.5 hours)

This is the site of the former Convict Farm established in 1801 and scene of the rebellion in 1804. The site is of national significance. Interpretive signs tell the various stories of its many layered history.

**Governor Phillip Walk**

**Future walks on the agenda include:**

Watsons Bay @ South Head
Cumberland State Forest
Lucas Heights Nuclear Reactor
Burraga Track @ Bidjigal Reserve
Geebung Walk @ Fred Caterson Reserve
Knightsbridge Circuit @ Fred Caterson Reserve
O’Hara’s Creek @ Kenthurst
Spit Bridge to Manly
Hen & Chicken Bay  Sydney Harbour Bundeena
Point Clare to Woy Woy Fish Market
Govetts Leap Cliff Walk  Blackheath.

Walkie Talkies is a great ‘Meaders Club. All Meaders are welcome to join - just email Pat, or call him on 0403161515. We will have an easy return to Walkie Talkies as we move toward less restrictions.
What have you been doing during our social isolation?

I wanted to walk out my back door and straight onto my patio… this meant I had to rebuild my deck. Ok, I’m a mechanical engineer by profession. Surely I could do it…and I had Mitre along to give assistance.

From this…

To this… an 11am wine with Mitre on my new deck. BELISSIMO.

Decided to practice balancing so, while Greg used a long roller, I perched on the window sill. Bit of Body Balance with craftsmanship.

I'm Irish. Ar ndóigh. I love knitting ARAN Jumpers. I have lived my passion these past few months. COVID-19 will not defeat us.

Yeh? I'm a knitter too...well I haven't knitted for many years but look!... I did it. Not quite finished but teddy looks happy. Nah... I did finish it.... Thank you ISO!
Walking.. and feeling so much better.

MahJong is back

Pungs
Bamboos
Chicken Hand Kongs
Fishing...
It's all MahJong to me.

WeWalk - rain or shine we are walking the

Yeh but…it’s been raining...

WeWalks are back

Walking.. and feeling so much better.

Daily Highlights

Steps
Your steps were down yesterday compared to the day before.

14,120 steps
Tuesday

18,747 steps
Monday

Steps
So far, you’re taking fewer steps than you normally do.
The Secret of the Old Boathouse

‘Meader T. Curtin

Growing up, I loved staying with my grandmother. She lived alone in an old house overlooking a lake. A creepy boathouse stood along the shoreline. We were warned to NEVER go near the boathouse - it was dangerous! Apparently!

I would sit for hours listening to my grandmother’s stories about her young life - especially those surrounding the old boathouse. She would tell us about fairies - night fairies. The others would laugh and consider gran’s stories silly, but not I. I believed her.

Returning to gran’s old home many years later, I could still feel her presence. Standing in her cosy front room, I turned and stared out the window, thinking of her and the sense of wonder she would open in me. I could see the sun setting gently over the lake; the boathouse a smoky outline on the horizon. And then I saw it… a soft light moving within the boathouse.

Hoping it still worked, I picked up an old red torch and wandered down the path toward the boathouse. The path was overcrowded with weeds. I had to stop myself from bending down to pull them out; a habit that gran and I shared.

The boathouse looked even older, more weathered, seemingly on its last legs. The old door was broken, hanging from a rusty hinge. I pushed it gently aside and carefully walked across the floorboards - creaky and cracked; several boards were missing.

Turning the torch on, I stopped dead in my tracks.

A fairy - a night fairy.

As I moved toward her, the fairy ’panicked’ and flew into an old fishing net, hoping to camouflage herself. And then a soft cry.

She was caught - snagged in the net. Part of her wings were twisted though the netting. She needed help. What would grandma do? What had I learnt from that wonderful storyteller?

Here I was - standing in the old boathouse that we, as children, were all so frightened to go near - with a gentle fairy who really needed help.

Slowly - ever so slowly - the fairy relaxed enough to let me come nearer. An old fishing knife lay near the net. Picking it up, and moving slowly, I began cutting away the net. In time, the fairy - quivering and ever so delicate - fluttered her shimmering wings and began to float upward towards the rafters and the open door. She turned toward me and smiled.

I was breathless - in awe. My grandmother believed in fairies. She knew they existed and despite my family’s laughter and teasing over the years, she knew.

And yes, I believed then and I still do. Magic.
‘Meaders Clubs

TWO new Clubs for Probus Northmead and District when we are back. Fingers crossed.

**Time Travellers** will be a unique club that depends on YOUR curiosity about the past, the present and the future.

We will engage in research and discussion on a subject of interest to our club. What might this look like? Maybe you have a curiosity about Australian history (Maralinga comes to mind) or geography (how did explorers cross the Blue Mountains)?

Investigate aspects of the subject via diverse options - books, historical sources, movie, day travel to specific area, event such as festival or tour (fancy trekking to the Northern Territory in search of Leichhardt or wandering the bushland of Winston Hills to find that original Golf Club)?

**Writers’ Block - it’s time.** Over the past year, there has been a number of members very interested in writing, composing, drawing (yes stories in images) and attending literary events. So member Rod Garrett has stepped up to convene our first Writers’ Club. Join our BLOCK - jump on board and lets really enjoy creating work of literary

Membership will vote on these Clubs being formed once we are back at our next general meeting.

**Alert** - Always check our [website](#) for updates. Always call Convenor for details.

**WeWalk Club**
- **Robyn** 0419463783  **Liz** 0431771884
- July 14@Balcombe Heights Park 3.30pm
- 28@Lion’s Park Winston Hills 3.30pm

**Walkie Talkies**
- **Patrick Vallely** 0403161515
- Waterfall Walk July 21 9.30am
- MeetUp at car park Ted Horwood Reserve

**Studio 57 Club**
- **Sherel Jakes** 0413853393
- July 21 MeetUp 10am  **Call Sherel for venue**

**Luncheon Club**
- **Sue Osborne** 0405777994
- 26 August Doyles at the Beach 12 noon

**Mahjong Club**
- **Jan Field** 0428080848
- Each Monday @ 1pm  **Call Jan for venue**

**The following two Clubs will need to be voted on at our next general meeting.**

**Fleurs Club**
- **Sandra Joy** 0410511678
- MeetUp TBA

**Writers’ Block**
- **Rod Garrett** 0433484977
- TBA

**Time Travellers Club**
- Lyndsay Peters 0409003646
- TBA

**Mookies**
- **Debra Sheath** 0421998434
- MeetUp TBA
Slowly. Slowly.

We are moving toward organising events for you, our lovely members.

**IMPORTANT** Although you cannot sign up at meetings for any of the events not cancelled thus far, you can call anyone on the Events Team and register your interest. Registering means the convenor of that Event can contact you regarding any changes or importantly when the fees, if any, are due.

Click on [WEBSITE](#) for up-to-date details. **Contact the convenor (see website)** if you have any questions.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>TIME</th>
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<tbody>
<tr>
<td><strong>At The Riverside Theatre</strong></td>
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<tr>
<td>#210 We Will Rock You!</td>
<td>February 13 2021</td>
<td>2pm</td>
<td>$44</td>
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<tr>
<td>#213 The Wharf Revue</td>
<td>October 10</td>
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<td><strong>At Sydney Theatre Company</strong></td>
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<td>#209 The Picture of Dorian Gray</td>
<td>July 21</td>
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<td><strong>At The Lyric Theatre</strong></td>
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<td>#212 Secret Garden</td>
<td>September 22</td>
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<td>CANCELLED</td>
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<td><strong>Excursion / Tours</strong></td>
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<td>Wendy's Secret Garden</td>
<td>August 10</td>
<td>9.45am at NBC</td>
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<td>#502 Mudgee Wine &amp; Food Tour</td>
<td>September 10-11</td>
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<td>POSTPONED</td>
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<td>#403 Grafton Jacaranda Festival</td>
<td>November 5 - 10</td>
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<td>See <a href="#">website</a> for full details</td>
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<td><strong>Active Games</strong></td>
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<tr>
<td>Barefoot Bowls @ NBC</td>
<td>August 21</td>
<td>11am</td>
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<td><strong>Celebrations</strong></td>
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<td>*Meaders 1st Birthday Party</td>
<td>July 2</td>
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<td>POSTPONED</td>
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<tr>
<td>#401 Christmas Party@Allegro Dural</td>
<td>December 2</td>
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<td><strong>Picnics</strong></td>
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<td>Winter Picnic Fagan Park</td>
<td>July 17</td>
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<td>Parking $6</td>
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<td>Winter Picnic Crestwood Reserve</td>
<td>August 28</td>
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<td>Winter Picnic Bobbin Head</td>
<td>September 17</td>
<td>12noon</td>
<td>Parking 12noon</td>
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Interested? **Call ANY of the Events Team.** They will answer your questions (eg where to meet; issues with payment, if any; how to get to event, help getting there). **Contact details on last page of Newsletter.**

**PLEASE call any of the Events Team if you are interested in any of the above events... let them know you are interested and give them your contact details.**