

THE 'MEAD



Northmead & District Probus Newsletter

Our Next Meeting

September 16

9.30am for 10:00am

NBC Sports Club
166 Windsor Road
Northmead NSW
Postal Address
22 Kindelan Road
Winston Hills NSW 2153

Caring for You

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 on 0428 080 848 or keith_jan@bigpond.com

Be Kind. Take Care.
That's **our** Probus.

The 3Fs of Fellowship

The best attribute of being a Probus member lies in our creed - the 3Fs (with a twist). Our Northmead & District Club is dedicated to **Fun, Friendship** and ...

Food (read that as conversation at lunch, dinner, walking, making, playing or just a 4pm).



A Word from Barbara

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:

Jan Field	Mahjong & Cards
Sandra Joy	Fleur Club
Debra Sheath	Book & Movies
Patrick Valley	Walks

Three new members were elected to your Management Committee:

Jan Field	Welfare/Hospitality Officer
Patrick Valley	Tour Coordinator/Events Team
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.



Senior Moment

Got a Senior Moment to share?

Send your very very short story to Newsletter Editor at lcglangford@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.



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

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

Events & Excursions

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).



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!



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)

Channelling Elvis
Presley, **Mick Gerace**
extends a special
INVITATION to
Probus 'Meaders to a
wonderful nostalgic
musical evening.



Interested/ Excited?

Please email **Jenny** to
book tickets NOW or call on
0409651172. A limited
number of tickets are being
held exclusively for
Northmead & District Probus
Club before they go on sale
to public.

**Payment due at
October meeting**



An energetic step
back into classical
Elvis Presley
magic, Mick is a
definite Elvis
doppelganger.

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.

August meeting
voted in four
INTEREST
GROUPS with
four fantastic
volunteer
convenors who
have begun our
journey as active
retirees.

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.



Our **Probus Club** is only as DYNAMIC as YOU!
Consider the following **Interest Groups**

Fleur Club

Convenor
Next MeetUp

Rivendell Flower & Garden Show
High tea \$90 for two

Sandra Joy 0410 511 678

September 28

Meet at **Strathfield Stn 9.30am** to catch
BUS 458. Look for Sandra in **GREEN HAT**

Walkie Talkies

Convenor
Next MeetUp

Balls Head / Berry Island

Patrick Vallely 0403161515

September 18

Mookies

Convenor
Next MeetUp

Book *Red Joan*

Debra Sheath 0421998434

October 7 Winston Hills Pub

Mahjong & Cards

Convenor
Initial MeetUp
Meetup

Jan Field 0428080848

September 20 1pm more details call Jan
Each Monday 1-3pm

Contact **THE CONVENOR** of the
Interest Group to ensure you know:

- * Time and date
- * Meet up point
- * Purchasing of tickets, if any
- * Cost, if any

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 o 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.

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.

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.

*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.*

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.

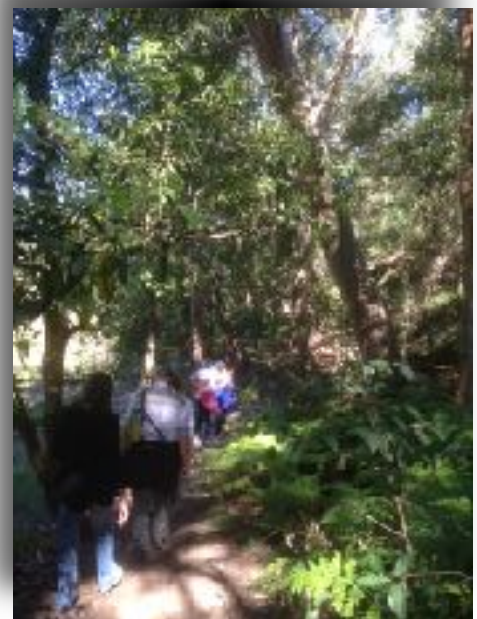
*Anonymous
Probus 'Meaders*

There is always
something *fun* to do!



Probus 'Meaders Walkers (**Walkie Talkies**) gathered on the shores of Lake Parramatta in the early hours of Wednesday August 21 (well maybe not so early!).

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

Foundation Members Induction Ceremony August 2019



Thanks to *Jan Field*, our newly appointed Welfare and Hospitality Coordinator as well as Mahjong & Cards Convenor, for the above photo of a few of the **93 Foundation Members of Northmead & District Probus Club** being inducted at the recent August meeting.



Patrick Vallely
0403 161 515
Watch this

As we continue to develop our new Northmead & District Probus Club, we will begin to add adventures that will take us to different parts of NSW for overnight or week long excursions, and possibly interstate.

Patrick Vallely has been investigating various ideas that might really inspire you to be a part of the journey. Our Club will keep you informed as overnight, and longer, excursions *come* into fruition.

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



2019 ARCHIBALD PRIZE

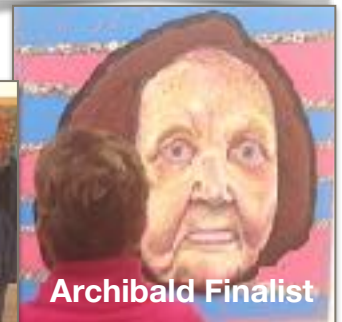
WYNNE & SULMAN PRIZES

11 May – 8 September 2019

ART GALLERY NSW



Archibald Winner



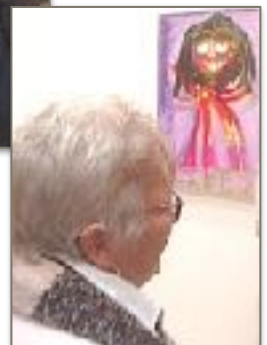
Archibald Finalist



Archibald 2019 Excursion by Patrick Valley

A group of 11 Northmead & District Probusions gathered at the NSW Art Gallery for a tour of the Archibald, Wynne and Sulman Prizes for 2019. The *Archibald Prize* is one of the nation's most prestigious, popular, and oldest art awards. Interesting to note that the *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.



ANZ People's
Choice



Wynne Finalist





Northmead & District Probuc Club Management Committee

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NEWS

Probuc 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.

"You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

Dale Carnegie