

THE 'MEAD



Northmead & District Probud Newsletter

Our Next Meeting

October 21
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 (0428 080 848 keith_jan@bigpond.com)

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

The 3Fs of Fellowship

The best attribute of being a Probud 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

Paying for an Event/ Excursion?

Pay direct to our Northmead Bank Account. Cite Event Number.

BSB 112 879
A/C 470889027



A Word from Barbara

At last the rain has come. I can hear the gardens jumping for joy.

Sandra Joy must have been doing some considerable praying. She has organised a couple of dynamic Fleur events (Gardening Interest Group) at the end of September and October.

Theatre (Drama, Opera, Musicals, Movies) events are beginning to move forward. A number of events have been organised at the Riverside Theatre for our Northmead & District Probud. Check the [website](#) and book/ pay for your ticket via our bank account (details below) for the October, November and December events. We can only hold so many tickets and for a limited time.

Don't forget KRAZY WHIST on October 28th at Northmead Bowling Club (NBC) from 10am to 1pm.

Quite a few members and visitors have asked about the number of meetings/ events non-members can attend. Basically, non-members can attend three meetings/ events in total within the Club. Importantly, non-members who are on our waiting list **must** attend at least three meetings before they can become inducted. There are always exceptions, though. These will be dealt with by the committee on a needs basis.

To **HELP** you stay informed of the events/ excursions/ Interest Group happenings, our Northmead & District [Website](#) has it all. IT is EASY to access. Open Google. Type in Probud Northmead & District and 'voila.'



Senior Moment

Got a Senior Moment to share?

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

My daughter called from overseas. It was 8.22am (or so I thought) my time. She asked if I received my birthday present from her. "Certainly," I replied, "lovely perfume. I even sprayed inside my purse - should make my money smell good. And I sprayed my fake flowers. They now smell beautiful." She cut me short. "Mum", she giggled, "I bought you that lovely perfume last year for your birthday."

"Yeah, I know."

"Well did you get your gift for this year, mum?"

"Hang on," I asked, "just need to get my breakfast toast and have a sip of orange juice."

And then a burst of laughter. "Mum, it is evening for you, not morning!"

"You are wrong dear. I have just woken up, am making my breakfast and the sky - the sky - you can see it is now light. It is 8.22am."

And then a groan from my daughter. "Mum, you are in the land of the midnight sun. The sky is light because it is only 8.22pm."

And then it dawned on me. I had fallen asleep watching the 6pm news and woken refreshed two hours later. Oh dear... a senior moment. Ate my breakfast regardless!

October Guest Speaker Bob Mendelsohn



Probus is renown for emphasising **active** as part of its philosophy.

Continuing to create, to develop different skills, being in the moment, alive and ready to trial different experiences, we are committed to being active retirees.

There is no better way to demonstrate our focus on being active retirees than to get involved in something new.



Bob Mendelsohn, Founding President of **Pickleball NSW**, is part of a growing sport in New South Wales and, particularly, in Sydney. An unusual name for a sport?

Yup ! and Seniors across the globe are loving it. <https://pickleballaus.org/>

Bob has been instrumental in organising Pickleball across Sydney, with venues ranging from Ryde to Abbotsleigh, Northern Beaches to Hornsby, Wahroonga to Dee Why and even one in the City of



As our October Guest Speaker, Bob is a dynamic, humorous and engaging spokesperson for Pickleball. An energetic '60s something advocate for a sport that is perfect for retirees, Bob's talk will be active so be prepared to place a paddle in your hand, tap the special ball (filled with holes), learn about keeping out of the kitchen, and importantly the art of thinking before 'volleying'.

He will also introduce you to the subtle art of scoring - something many of us first year Pickleballers are still trying to come to grips with.

Did I mention Pickleball is not only great for aerobics and stretching those back muscles but for mental stamina?

Oh, like being a member of Northmead & District Probus, playing Pickleball with like-minded active retirees forges **FRIENDSHIP**, is **FUN**, and the camaraderie - the **FELLOWSHIP** - grows.

~ Editor

Events & Excursions



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.

IMPORTANT Email [Jenny](#) or text **0409651172** to let her know you are coming.

November 30
Elvis Presley Night
#104

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



An energetic step back into classical Elvis Presley magic, Mick is a definite Elvis doppelgänger Backed by a 10-piece band, this is an EVENING for US.



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 held exclusively for us @ \$45.

Christmas Lunch

Springfield House Dural
26 November 11.30am
\$55 all inclusive

Full Payment by October 21 Meeting

103

More details email [Jenny Dwyer](#) or text her on **0409651172**)



NOTE

Email [Jenny](#) or call her on 0409651172 to reserve your tickets. Tickets must be paid by, or at, our October 21 meeting. **Bank Account details on front page of this newsletter**

Want to share an Interest Group story or photos?

Go ahead. Your Newsletter Editor (click on link above) will be happy to receive your contribution.

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



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 to Executive Committee as to when you will meet, timing, and what venue.

INTEREST GROUPS

Our Probus Club is only as DYNAMIC as YOU!



October 31 10.30am Jacaranda Trail

400

(Woolwich to Hunter's Hill to Woolwich)

It's Spring and the jacaranda blooms will be waving in the fresh air as we walk amidst their beauty. A combined **Fleur and Walkie Talkies Event**, the guided walk (\$20) around Hunters Hill Peninsula follows the Jacaranda Trail. Our Guide will share the history/ stories of this beautiful riverside area. Tour begins at 1862 Schoolhouse - a brilliant 90 minute walk amongst nature.

We will begin and end at Woolwich Pub... stay for lunch (own expense). Please email **Sandra Joy** or **Patrick Vallely** if you are joining this excursion. Updates **Northmead Probus** web.

Fleurs & Walkie Talkies Jacaranda Trail at Hunters Hill \$20

400 Payment can be made via our Probus Northmead & District Bank Account. **See front page of this Newsletter for bank account details.**

Convenor **Sandra Joy** 0410 511 678

Next MeetUp **October 31 10.30am Woolwich Pub**

Walkie Talkies **Balls Head and Berry Island**

Convenor **Patrick Vallely** 0403161515

Next MeetUp **October 2 9.30am NBC**

Mookies **Book Red Joan**

Convenor **Debra Sheath** 0421998434

Next MeetUp **October 7 11am Winston Hills Pub**

Mahjong & Cards

Convenor **Jan Field** 0428080848

Next MeetUp **Every Monday 1-3pm**

Krazy Whist

Convenor **Barbara Towart** 0413572713

MeetUp **October 28 10am. NBC**

FYI No card skills needed, game of chance, fun & laughter, PRIZES for the best & worst...



With the saltwater river running a good 3-4 knots, we moved smoothly past Dangar (Mullet) Island and the nature reserve of Long Island enroute to Marlow Wharf. Visually appealing were the outcrops of sandstone coupled with Sandstone Eagles flying overhead.



We were amazed to learn that seals, dolphins and sharks were quietly present.



Who would have thought that a day delivering mail on a river would turn into such an historic, and relaxing, day.

Cruising down the Hawkesbury River was nothing but wonderful - fresh air, birds singing, nature smiling at us.

A day on the Riverboat Postman



What we experienced

- Wooden post embedded in 6,000 year old sandstone with Aboriginal art nearby.
- Passing the shipwreck '**Parramatta**' (Australia's 1st destroyer class ship), we marvelled at the homes along the river fronts with no services/ utilities, paying Council rates of \$600/ annum.
- Peat Island (Rabbit Island) housed mentally ill patients (1902) before being home to 'drunken' women (1957).
- Mail drop at Dangar Island where Nock's (**Nock and Kirby Empire**) home was.

- Enroute to original Postmaster House (1872), a blue phone box (1970) appeared - never used but serviced monthly. Mail delivery at Marlow Wharf had us returning via Milson's Passage.

Excellent day of history and sociality.

~ *Sherel Jakes*

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.

He wandered along one of the beaches on the Snæfellsnes Peninsula - kilometres of white, yellow and gold sand - a pleasant change from the dark volcanic sand in most of Iceland's beaches.

And now here he was. Barefooted, but wearing jeans and a long sleeved shirt, on his hands and knees digging into the sand, trying to loosen what he had originally thought was a shell of various colours, glittering in the sun.

It looked like a shell, half buried, but as he dug through the sand around its edges, he found that it was completely different.



He pulled at what felt like beads - shiny, miniature triangles of purple, deep blue and turquoise.

As he continued to pull, he became aware of the heaviness ... a dead weight.

Something he had never seen before and thought only existed in stories.

He had to be imagining - it simply couldn't be.

Years ago he had dreamt of living on a Caribbean island. Just the idea of gentle sun, cooling breezes, relaxed lifestyle. The sound of calypso music, drinking pina coladas on a beach ...just a few steps from his bungalow with an iconic thatched roof.

It was a dream - a dream that was only his way of staying focussed on his role as a tour driver in the cold northern world of Iceland.

It was summer in Iceland. His day off after a ten day tour. Ten days of relatively good weather, with a few days hitting 20C.

He pulled. And pulled some more. Slowly, very slowly, he realised that what he was uncovering was something large, something heavy, something glittery and definitely something filled with colours.

Finally, he was able to release a significant part of the strange 'treasure'. It was a rug - a carpet!

This did not make sense - sure a towel forgotten by a would be sunbather - but a carpet?

As he smoothed the carpet on the sand, he began to feel woozy. And then he realised that he was airborne. A voice was heard asking him to hold tight - he was enroute to an island in the Caribbean.

If you believe in something, it will happen.

~ Anonymous 'Meader

There is always something **fun** to do!

Walkie Talkies Interest Group

This was postponed in September due to stormy skies. **For those of you going October 2 - enjoy.**

Handy use of our Opal Card, this walk will allow us to experience Ball Head's tangible Aboriginal history, its soaring native bushland, and outstanding harbour views. It will feel like a secret and special place despite its small size and prominent position in the inner harbour.



Berry Island is tucked deeper into the harbour but is also a tranquil and atmospheric area of bushland. A walk around these two headlands is easily made into a satisfying loop by walking up to the head of Gore Cove and alongside Berry Creek to Wollstonecraft Station to return to Castle Hill.



Image K. Mehmood



Friendship is when people know all about you... but like you anyway!

(IrishCraicandHumour.com)



Heads Up

Daylight Savings Happiness

We are planning a Northmead & District Probus Club inaugural **Twilight BBQ** in one of our many Winston Hills Parks. Looking at mid-October (after our October meeting). A wonderful chance to BYO and relax, socialise, get to know one another and enjoy a lovely evening in Nature.



A **Welcome Toast** presented by Events & Excursion Team member Jenny Dwyer kicked off our very first Northmead & District Luncheon at Il Lago. Attended by 21 members, we had a wonderful lunch (brunch for some of us). Judging by the buzzing of conversation, fellowship was on the menu. A complimentary red wine certainly added to the occasion.



A quick survey of the Lunchers who chose the barramundi selection gave it an average of 9. The chips were missing! Not to be disappointed, the crispiness of the *barra* was awesome; the deep green veggies wonderful!



Dessert was soooo good that the camera was too slow in catching its sumptuousness.



And We're Ready...

DRAMA MUSIC OPERA EVENTS FOR YOU

We have selected a diverse range of drama, music and opera over the next few months so let's **Do It** 'Meaders.

Let one of the Events & Excursions team know if you are a DEFINITE as soon as you are able (view last page of The 'Mead for contacts). Payment through Probus Northmead & District Bank Account. Bank details on The 'Mead's front page. Call Treasurer Lyn Curby on 0432 679 751 if you have any issues. Ensure name of event is noted on your payment reference.

John Waters event MUST be paid by by October 8 (see front page for Account Details). Hurry! Only 6 tickets left. A very popular event.

EVENT	DATE	TIME	COST
At The Riverside Theatre			
#203 John Waters: Dylan Revisited	November 8	8pm	\$57.10
#204 Someday at Christmas	December 15	3pm	\$37
#205 Les Miserables	February 15 2020	2pm	\$55
Proposed Drama Event			
#206 No Pay? No Way?	April 4 2020	TBA	TBA
At The Winston			
Melbourne Cup Lunch	November 5	12.30pm	off the menu



How good it is for us to live in Greater Parramatta!

FOUNDATION DAY WEEKEND

Oh Yes! This will be fabulous. **FREE** Special Event on Sunday November 3 10am-4pm. Fleet St, North Parramatta at the Female Factory.

Here are a few fun things you and your new Probus buddies can do NOW!

LORD MAYOR'S Seniors' Christmas Concert
with afternoon tea 11 December 12-2pm Riverside Theatre

Book now on 8839 3399. Tickets ARE free but you need to have yours booked by November 4.



Northmead & District Probud Committee of Management



BARBARA TOWART
President
0413 572 713
allanbarb@ozemail.com.au



LYN CURBY
Vice President
Treasurer
0432 679 751
lyncurby@outlook.com



MALCOLM WESTERN
Secretary
0432 104 473
mal.jeanwestern@optusnet.com.au



KEN SINCLAIR
Membership Officer
0414 835 840
sicad@optusnet.com.au



JENNY DWYER
Events
0409 651 172
jennydee1851@gmail.com



PATRICK VALLEY
Tours Coordinator
Events
Membership Assistant
0403 161 51
vallelypk@hotmail.com



ROBYN NEWLAND
Events
0419 463 783
grnewlan@bigpond.net.au



LIZ RYAN
Guest Speaker Coordinator
Events
0431 771 884
ryanliz1956@gmail.com



ANNE WALLER
Webmaster
0439040777



LINDA GIBSON-LANGFORD
Newsletter Editor
Web Assistant
0417 892 309