

THE 'MEAD



Northmead & District Probud Newsletter

Our Next Meeting

TBA

9.30am for 10:00am

NBC Sports Club

166 Windsor Road Northmead NSW

Volume 1 Issue 9

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by 'Meader D Sheath
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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** Probud.

Our WEBSITE

Check our website regularly for updates. Either click [here](#) or Google Northmead & District Probud

Our Facebook Page

Go to Facebook and key in Probud 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



A Word from Barbara

Hello members

I do not have anything wise or amazing to say regarding our self isolation, I am just as shocked as you at the turn around in my life in a month.

Mon 20th April would have been our Probud club meeting & at this point until the Government gives the all clear to resume normal life it is unknown when we will be having our next meeting. Firstly the club has to open, secondly we can't hold it if social distancing rules are still in place, the venue is too small. The executive committee, consisting of President, Secretary, Treasurer & Membership officer had the April meeting via the phone. Annual fees: to be paid in full : when get back discussions on how we will pro rata fees.

New Members : no need to attend 3 meetings. All will be inducted next active probud meeting. Public officer : Secretary Janet Swinnerton appointed Public Officer by executive committee.

Coronavirus update : Barbara Towart sending via Ken Sinclair all emails from Probud South Pacific. I have asked all the activity officers to random call our members to see how everyone is faring. You might get a call or even two, this is to keep in touch with you the Probud family.

Linda has set up a face book page & will explain in the Mead how to access it. I have asked her to offer an incentive of only one free outing voucher up to \$30. It will be drawn from all the members who connects in the next 3 months, on this private, only can be viewed by members, face book page, drawn at next meeting. This will be a great opportunity to show us how you have been filling in your isolation days .Send photos of your craft, bread baking, gardening, puzzles completed etc etc. Send silly joke & bring a smile to all our faces or just amaze us with your hidden talents. If you are not on face book send them to Linda & she can showcase them in the Mead in lieu of activities. Thinking of you all KEEP WELL. Barbara Towart President

Got a Senior Moment to share?

Senior Moment

Send your idea or experience to the Newsletter Editor at lcglangford@gmail.com

You know you are a SENIOR when you just don't forget things (everyone does, don't they?)... you actually do forgetful things!

For example, despite my balding head, I love a good shampoo. I shampoo. I rinse. I shampoo. I rinse. Then massage a bit of conditioner into my hair. Round and round the bald spot. Massage. Massage. I am used to this so I don't event have to think.

Except that one morning. I had finished the shampoo-rinse ritual.

Jumped out of the shower and towel dried my body and hair. Looking at my ageing skin I applied some moisturiser...plenty of it on my legs and arms and even more on my face. I was already beginning to feel young again so fresh did my skin look...and then I saw what I had done.

Yup my body was smeared in hair conditioner as was my face. My hair, despite rinsing, was gooey...who put that moisturiser next to shampoo.

After cleaning myself up - again - I yanked on my jeans and shirt and padded out to the kitchen. My muesli was waiting for me. And then ... my wife burst out laughing... there I was pouring yoghurt into the tea my wife had made me. Oh dear. A SENIOR MOMENT er MOMENTS!



Anne Waller is stepping away from her Probus Northmead & District role as Webmaster for personal reasons. Anne has been an absolute rock on our Committee of Management, taking on board the re-development of our NEW WEBSITE, along with supporting our Events Team. Anne has been a deeply collaborative partner on the Media Team, generous with her time, contributing selflessly to our 'Meaders Probus. Thank you Anne. You have been a wonderful team member.

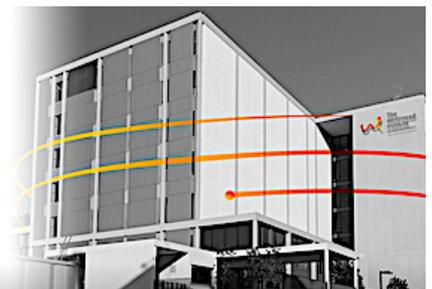
As we move forward to a happier time, we hope to be able to invite our **May speaker**, Hilary May Black, back to chat to us about the work at Westmead Institute for Medical Research.



At the time of the publication of the May Issue of the 'The 'Mead, WIMR notes that they have **no means of predicting which**



COVID-19 patients will require urgent medical treatment, and which patients can be treated at home. Work is being done at the moment on developing a reactive drug test to establish which patients need urgent care regarding this virus.



As the Institute notes, there are a number of ways to support the research conducted at The Westmead Institute for Medical Research. Check their website at www.westmeadinstitute.org.au

If you use **Twitter** you can link to WIMR using **@WestmeadInst** or go online and check out <https://www.westmeadinstitute.org.au/support-us/wimr-foundation>

Events

DRAMA Music LUNCHEONS Tours ACTIVE GAMES Excursions & OTHER FUN EVENTS!
THE Events and Club Convenors have put together a range of activities for you.

NOTE: During this COVID-19 pandemic, we continue to adhere to the social and physical distancing as requested by our State and Federal Governments. We will be cancelling or postponing events as we move on from day to day; week to week. At the moment, the social and physical distancing restrictions - to 'stay home' - appear to be in place until September; maybe even longer.

We will continue to update our website daily as decisions are made and passed to us, the people. Click on [WEBSITE](#) for full details. And please look at Website regularly for updates. **Contact the convenor (see website) if you have any questions.**

EVENT	DATE	TIME	COST
At The Riverside Theatre			
#210 We Will Rock You!	August 1	2pm	Postponed
#213 The Wharf Revue	October 10	2pm	\$61
At Sydney Theatre Company			
#209 The Picture of Dorian Gray	July 21	7.30pm	\$48
At The Lyric Theatre			
#212 Secret Garden	September 22	1pm	\$69.90
Excursion / Tours			
Archibald Prize	May 28	TBA	Postponed
#502 Mudgee Wine & Food Tour (talk to Pat 0403161515 re down payment)	September 10-11	TBA	\$450
#403 <u>Grafton Jacaranda Festival</u>	November 5 - 10	See website for full details	
Food			
Picnic at Fagan Park Dural	May 14	12pm	Cancelled
Norman Lindsay Gallery & Lunch	June 18	11.30am	
'Meaders 1st Birthday Party	July 2	TBA	
Active Games			
Barefoot Bowls @NBC	August 21	11am	\$10

Call **ANY of the Events Team** if you are interested in attending any of these events. They will answer your questions (eg where to meet; issues with payment, if any; how to get to event, and if you need help getting there). **Contact details on last page of Newsletter.**

HISTORY OF AUSTRALIA - NOT

Yes we know our home is 'girt by sea'... the national anthem (British... not Indigenous) tells us so. Or is it gird by sea. After all, if our continent was a human being, it might have needed a **girdle**, hey!

Nevertheless, I love history... especially the absolutely disastrous history of Australia from the intruders' viewpoint. And there were lots of 'em. Brits of course, Scots for sure and definitely the Irish... all under the banner of a united flag - well they were convicts mainly so had no choice. But hey, the Dutch claimed ownership for a bit (Van Dieman's Land) after originally declining ownership **since the land looked** mostly uninhabitable. And even a Spaniard crept onto the land - well whirled through a strait. Yup, Torres Strait! Not to mention the French who came, saw and left... only their names!

How did you enjoy Australian history at school? Boring, right? Well, the *Mookies* read *David Hunt's Aussie/Irish sarcastic humour *Girt and True Girt*. His perspective on the European invasion of Australia is... well... bear with me - here is a sample of important facts revealed by Hunt that I wish my many History teachers had bothered to assign as research tasks.

Did you know: Yes, there is a humorous (eg. satirical, sarcastic, shameful) side to our history. Actual truths - not fiction - about our non-Indigenous founders or, should I say, self-fulfilling rogues. If history was like this at school, it would have attracted more students. **READY?**

1. Hangings were popular events, especially for women. Filled much the same functions as today's book clubs.
2. Scots were referred to as skirt-wearing gingers.
3. Bennelong was tied up in Capt. Phillip's backyard after a visit to England where he learnt to binge drink. Speared Phillip who, in turn, built him a nice house. Hence, Bennelong Point.
4. Watered down rum equals GROG!
5. Governor Lachlan Macquarie was sooooo egotistical. Named everything after himself - occasionally his wife. This accounts for the most important streets in every town being called Macquarie St. Praise him though - responsible for the liberation of Australia women with his views on land ownership and inheritance.
6. George Barrington - Chief of Rogues - was chief constable of Parramatta for 4 years.
7. **1808** - so many global revolutions.
 - a. The Peninsular War. - Joseph Bonaparte on a Spanish Throne? What?
 - b. Spanish American Wars of independence - Creole determination!
 - c. Charles IV, King of Spain, abdicates after popular revolt at winter palace Aranjuez.
 - d. Third of May Uprising against French in Madrid.
 - e. Kruščica rebellion - yeh...look it up. It's true!
 - f. And us? We Australians? - why the Rum Rebellion, the only successful (albeit short-lived) armed takeover of the Aussie government. Drunken military took on a 'crazy chick with a small paper umbrella', who defied the bayonets pointed at her. ~ **DEBRA SHEATH**

* Hunt is an award-winning author, historian, satirist, television presenter, podcaster - have you read *The Nose Pixies: A Cautionary Tale*. Buy it and snuggle in with your grandchild for a hilarious read black gold.

Got a story or poem
or artworks bubbling
away.
Send your
contribution to
Newsletter Editor.
It can be anonymous,
if requested.

Rum Rebellion - Bligh found under his bed.



Artist Unknown - State Library of New South

'Meaders Clubs

ALERT - Always check our website for current updates.
Click [here](#) or Google [Probus Northmead & District](#)

WeWalk Club

[Robyn](#) 0419463783. [Liz](#) 0431771884

Lunch Club

[Sue Osborne](#) 0405777994

Walkie Talkies

[Patrick Valley](#) 0403161515

Fleurs Club

[Sandra Joy](#) 0410511678

Check [website](#) for any updates on Fleurs
Jacaranda Festival Outing

Mahjong Club

[Jan Field](#) 0428080848

Studio 57 Club

[Sherel Jakes](#) 0413853393

Mookies

[Debra Sheath](#) 0421998434

Our Clubs are growing... each club meets on a **regular** basis (weekly, fortnightly, monthly).

Each Club has a **core group of members**. If you are interested in joining a particular Club, **phone** or **email** the particular convenor. She/he will be happy to chat to you about what the Club does, and about the next MeetUp.

Club Convenors will contact the group members concerning any changes of time or venue.

NOT a member of one of these Clubs. You are welcome to come to a once off MeetUp to check out the Club before you commit.

Clubs are all about you.

As a member of our 'Meaders Probus we encourage you to be pro-active.

Feel free to share ideas for new Clubs.

Our [Probus Club](#) is only as **DYNAMIC** as YOU!

Club Convenors will let you know via the newsletter, and more importantly, the website, when they will re-meet.

Feel free to call or email a convenor if you need information about a Club you are interested in. They will let you know where and when.



Image compliments of amazing [Imagine Ellie](#)

How about some fun? Are you game?

What have you been doing during this extended social isolation?



You can even share your humour on our Facebook Page by clicking on **Following** **just make sure you attribute authorship, if needed, on anything you contribute that is not yours.**

Click on the following link to access

[**Probus Northmead & District Facebook**](#)

Oh dear.... who stole the hand sanitiser from Winston Hills Mall?



98 year old mum plays Word Chums on her iPad. Daughter asks how she is coping. Mum responds "Dull day...so I will have some wine and beer ... to kill the germs."



Bear Hunts

There are so many bears in windows in our district. I began counting and gave up!

Becoming a Master Chef?

Send a picture of something you have recently created as a culinary challenge?

Has isolation turned you into a HOME Perfectionist?

Send a picture or two of your renovations, or challenging jobs.

Family Creativity?

What has been different as you reach out to family members and, for many of us, grandchildren?

Share your ideas with us.

Walking more than ever (good fella)?

Send a picture of some of the views you are seeing. Or write a short paragraph about your experience as a New Yorker ... noooo... I mean New Walker.

Message from Ken Sinclair Membership

Hi all

We have had a few resignations in the last few weeks for personal reasons:

Anne Waller, Helen Steadman, Toni Johnson, Iris Hendry, Pam Devison.

This leaves us with 95 inducted members and with 18 on our waiting list.

The executive have discussed (via email) plans for our restart, whenever that may be, and have decided that all those currently on our waiting list will be inducted at our first meeting back.

I have contacted those concerned by phone already and will be in touch again to ensure all the required paperwork is in place.

I'm sure that you, like me are finding the self isolation difficult but if we all hang in there it will be over soon. I have a friend at home now {see photo where he is helping me make cornflake cookies}. His name is Mitre and he is the long lost brother of Wilson, who achieved fame in the film Castaway.

Keep safe.

Check out *Founders Sing's* latest video.

Just click on this link

<https://www.youtube.com/watch?v=WNhT9ys-pns>

You will be dancing as well as singing.



KOKODA TRAIL

Thank you to 'Meader Sandra V' for sharing this wonderful story about family.

Stand tall on Anzac Day!

My son-in-law is a Video Designer. He creates and produces all types of video installations.

He is at the moment working for a Council developing a project on the Kokoda Trail with a focus on the last lot of Diggers who are still with us.

Luckily, before the COVID-19 struck, he had interviewed two 96 year old diggers who are among the last soldiers to walk the Kokoda Trail in World War 2.

After the interviews, his next step in the production of this documentary was to walk the Kokoda Trail, videoing parts of the journey that the two soldiers chatted about.

Sadly, COVID19 has put this next adventure on hold.

Hopefully he will be able to complete this documentary and share it with the lovely Diggers who contributed to this **their** story.

We should all think of the men and women who went to war for us and our country on **Saturday 25th April, Anzac Day.**

We are so lucky to live in this wonderful country and especially during this trying time.



If the schools are closed for too long,
the parents are gonna find a vaccine
before the scientists...

Stepped on my scale this morn - it
froze. When I asked it "Why?" it
responded, in a very professional
tone, "please use social distancing
one person at a time." Ouch!

Hopefully we will see
you for one of these
EVENTS
in our near future.

BUT BUT BUT ...
ensure you keep updated on
our website for any more
cancellations or
postponements.

Together we will walk
through this.

June



**NORMAN LINDSAY
GALLERY & MUSEUM**

July

July 2nd
Birthday
Party

**THE PICTURE
OF DORIAN
GRAY**

In a new adaptation
packed with witticisms,
Oscar Wilde's century-
old moral fable is as
devilishly wicked today
as on its debut.

**ANTHONY WARLOW
returns**

THE SECRET GARDEN

September



Mudgee

August



**BareFoot
Bowls**

Let's be positive.
These wonderful events are still happening
but could be cancelled as days move on.
Let's hope we can do some social
gathering soon.
But of course.... our society's health is
absolute at the top of our list.

Life is but a balance.



Imagine Ellie -
thank you



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