

# The 'Mead



## Northmead & District Probud Newsletter August 2019

### Our Next Meeting

August 19 10:00am

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

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### The 3Fs of Fellowship

The greatest attribute of being a Probud member is our creed - the 3Fs.

Our Northmead Club is dedicated to **Fun,**

**Friendship** and .... **Food**

(read that as conversation at brunch, lunch, dinner, or just a 4pm wine).

Watch this space!

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### 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.



A Word from Barbara

What a memorable day our first meeting was. What enthusiasm flowed across the room. Indeed, so many non-members signed up to be members after our first meeting that we ran out of application sheets. Each of you as members will be inducted at our next meeting on August 19. As we get up and running, there will be more activities to sign up to at each meeting. Head to the Activities Team Table and don't forget the Bookshop Table. Bring some - take some!

Expressions of interest for Activity Group Convenors are being asked. It is not a stressful role to coordinate an activity so please let one of the Activities Team know if you will volunteer to lead one of the groups.

We have convenors for Book & Movie Club, Walkers, Lunch & Munch, Theatre, Tours, and Mahjong Cards Group. Fantastic. Read *The 'Mead* carefully and consider an activity you would like to see occur and LEAD. :)

**PLEASE REMEMBER** If bringing a non-member, ensure he/she signs in **TWICE** - once at entry into Club and once at Probud Membership Officer's Desk (Probud insurance issue).  
Cheers *Barbara*



That Senior Moment



Our July Guest Speaker **SERINA** from **Trade Travel** was lively, offering much to think about as an active retiree. Travel has NEVER been easier and more inclusive. Contact Serina at [serina@tradetravel.com](mailto:serina@tradetravel.com)

Got a fun Senior Moment to share?

Send your very very short story to Linda at [lcglangford@gmail.com](mailto:lcglangford@gmail.com)

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

An elderly couple had dinner at another couple's house. After the meal, the wives left the table, moving into the family room. The two elderly gentlemen continued chatting, until one said, 'Last night J and I went out to a new restaurant - it was really great. I'd highly recommend it.'

His mate replied, 'What's the name of the restaurant?'

The first man thought and thought and finally said, 'What's the name of that flower you give to someone you love? You know ... the one that's red and has thorns.'



'Do you mean a rose?'

'Yes!!!!' Then turning toward the family room, he yelled, 'Rose! What's the name of that restaurant we went to last night.'

Mauritius

Castle Hill Probus Club has INVITED us to join them on their journeys in 2020.

Indian Ocean Paradise 11 days/ 10 nights journey to Mauritius on **May 3-13 2020** sounds idyllic (and for a small extra you can go and play with lions!).

Contact [serina@tradetravel.com](mailto:serina@tradetravel.com)

The Seven Dwarves of Old Age...



## Got an Idea for an Activity?

What would you like to do as a Probus Northmeader?

We are open for ideas that will have you smiling, inspired, involved.



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.



Send your ideas to any of the Activities Team members -Jenny, Robyn, Linda or Liz (emails on **LAST** page of *The 'Mead*).



**Our Probus Club is only as DYNAMIC as YOU!**

# MEMORIES of a lifetime



## Guest Speaker August Elizabeth Sequeria

What a perfect way to start our Northmead Probus Club - Elizabeth Sequeria is dedicated to helping us tell our life stories - to hand down to our children and grandchildren memories of their grandparents, their parents, their own story.

Elizabeth started her business **Life Stories** in 2013. Life Stories is just not about putting your photos (paper or digital) into some chronological order.

It is strongly about giving a comprehensive insight into YOUR life story.

As Elizabeth notes, *"I love researching my family history, I love old photos, and I love helping others uncover the lives of their ancestors."*

We will walk away from this session inspired to sort through those zillion photos on our devices and indeed in our photo albums and under the bed in those boxes.

Read more at [www.memoriesofalifetime.com.au](http://www.memoriesofalifetime.com.au)

**We never remember days, only moments.**

*Cesare Pavese*



## Fantastic Excursions Coming Up

For payment, travel time and meetup venue email **Robyn Newland**

Archibald Prize 30 August  
Riverboat Postman 10 Sept.  
Il Lago Lunch 12 Sept.  
Geranium Cottage Lunch 3 October  
Goat Island 24 October  
Billy Elliot Matinee 20 November  
Elvis Tribute Eve 30 November  
School of Rock Matinee 26 February (2020)

## Interest Groups are Growing

So many wonderful ideas - golfing, luncheons, theatre, craft, Book Club, tours, photography, Mahjong, card games, GoldOPALS, gardening, Pickleball - keep going.

What YOU think will be great -  
**WILL BE.**

Let **Liz, Robyn, Jen or Linda** know of a special group you think will be fun and filled with wonderful fellowship.

All YOU need to do is **call or email** any of the Activities Team (listed above and on last page of The 'Mead).

## Christmas Luncheon

Springfield House  
Dural



26 November at 11.30am

Full details email **Jenny Dwyer**

Help...  
how do  
I pay?

**GREAT QUESTION!**

**Grab a pay envelope at the next meeting.**

At the moment we can only accept  
**CASH.** We are working on EFT access.

**Watch this space.**



**Northmead & District Probud Club Inc.**

Function/Event : \_\_\_\_\_  
Function Date : / /  
Member Name/s : \_\_\_\_\_  
No. of Persons : \_\_\_\_\_  
Cost per Person : \$ \_\_\_\_\_  
Chq / Cash Enclosed: \$ \_\_\_\_\_

Please make cheques payable to "Northmead & District Probud Club Inc".

A receipt will be issued by email or post when payment is verified.

Received by : \_\_\_\_\_

Date : \_\_\_\_\_



## Our COMMITTEE

**BARBARA TOWART**  
President  
0413 572 713  
[allanbarb@ozemail.com.au](mailto:allanbarb@ozemail.com.au)

**LYN CURBY**  
Vice President/Treasurer  
0432 679 751  
[biddy21@icloud.com](mailto:biddy21@icloud.com)

**MALCOLM WESTERN**  
Secretary  
0432 104 473  
[mal.jeanwestern@optusnet.com.au](mailto:mal.jeanwestern@optusnet.com.au)

**KEN SINCLAIR**  
Membership  
0414 835 840  
[sicad@optusnet.com.au](mailto:sicad@optusnet.com.au)

**JAN FIELD**  
Welfare  
0428 080 848  
[keith\\_jan@bigpond.com](mailto:keith_jan@bigpond.com)

**LINDA GIBSON-LANGFORD**  
Newsletter Editor  
Activities Team  
0417 892 309  
[lcglangford@gmail.com](mailto:lcglangford@gmail.com)

**LIZ RYAN**  
Guest Speaker Convenor  
Activities Team  
0431 771 884  
[ryanliz1956@gmail.com](mailto:ryanliz1956@gmail.com)

**JENNY DWYER**  
Activities Team  
0409 651 172  
[jennydee18@hotmail.com](mailto:jennydee18@hotmail.com)

**ROBYN NEWLAND**  
Activities Team  
0419 463 783  
[grnewlan@bigpond.net.au](mailto:grnewlan@bigpond.net.au)



## Breaking News

### Walkers

Convenor Patrick Vallely  
Contact 0403161515

### Book & Movie Club

Convenor Linda Langford  
Contact 0417892309

### Lunch & Munch

Convenor Jenny Dwyer  
Contact 0409651172

### Theatre Club

Convenor Linda Langford  
Contact 0417892309

### GoldOPALS

Convenor  
Contact

### Garden Club

Convenor  
Contact

### Tours Club

Convenor Patrick Vallely  
Contact 0403161515

### Mahjong & Cards

Convenor Robyn Newland  
Contact 0419463783

### Craft Club

Convenor  
Contact

### Tennis Club

Convenor  
Contact

More groups are being formed as the days go by....

Interest Groups are bubbling.

Thank you to those who have accepted role as **convenor**

Show **YOUR** Interest.

Call or email the convenor of the group/s you wish to be involved.

**Don't miss out on next event.**