



Inner West Light Rail Vehicle 2121 arriving at Dulwich Hill on 16 July 2019



CESLR Citadis X05 Trams at the new Lilyfield Maintenance Depot on 16 July
Private and confidential for Probus use only and is not to be used for any other purpose.

Epping and District Probus Club Inc.



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*40th Anniversary
1979 - 2019*

VP DAY



15 AUGUST

There will be a VP Day Remembrance Service at the Kokoda Memorial Walkway on Thursday, 15 August 2019 at 2.00 p.m. Medals to be worn. The services conducted at the Walkway for Anzac Day, VP Day and Kokoda Day are very moving and very well worth while attending and experiencing.

AUGUST 2019 NEWSLETTER

PRESIDENT'S PATTERN

Probus is about Friendship, Fellowship and Fun. Over the last 40 years our Club has evolved into an even higher level, 'Mateship'. Many of our members that started off as friends 10–15 years ago are now the best of Mates. In Probus we must look after our Mates. At General Meetings there is a good chance that Mates like Dr Doug or Dr Peter, for example, will be in the audience to provide at least some medical assistance. On the other hand there is still a need for Mates to call for an ambulance, make the patient comfortable by borrowing an improvised pillow and/or blanket, if required and notifying the Mate's family. When a Mate is hospitalised, our Welfare Officer, Ray Palmer, does an excellent job reporting back to the Club on their progress. As the Club's activities become more widespread it would be useful if our Activity Leaders knew which Mates in their Group are currently certified First Aiders. A First Aid certificate is valid for 3 years while both the CPR and Defibrillator certificates are only valid for 12 months. By definition, our Mates are particularly susceptible to Heart Attacks and Strokes. Critical to their survival is medical treatment within the first hour of showing signs. I am currently investigating if we can get a subsidiary to train 6–8 Club First Aiders, with the understanding that these people would be available to provide First Aid at Club events. If you are interested in helping Mates by providing First Aid please participate in my survey, which will be out soon. Remember in Australia, you are covered by the *Good Samaritan Act* if you act in good faith when administering First Aid.

MEETINGS

July

Les Miller was our guest speaker last month, when his topic was “Living in Out-of-the Way Places on Earth”. His destination was Antarctica, a continent larger than Australia, being 14 million km² (Australia 7.7 million km²). He spent time there in 1964–65.

He travelled from Fremantle on the ice breaker *Nella Dan* on the 4-day 5,223 km to Mawson Station, which is situated on Holme Bay in Mac Robertson Land (red dot on map). Its co-ordinates are 67° 36' 10" S, 62° 52' 26" E and it is 5.475 km from Hobart. It is 2,500 km from the South Pole.

Phillip Law first raised the Australian Flag there on 13 February 1954. It was Australia's first continental station and is the longest continuously operating station south of the Antarctic Circle.

In 1964, the wind blew 340 days out of 365, its normal speed was 45 km/h, its gale speed was 65 km/h and its maximum speed was 235 km/h. Blizzards occur for 31 days. The sun appears for about 3.6 hours. There is no running water, communication is by Morse code and the winter solstice is celebrated in the usual way. There are severe problems if a fire occurs.

The kitchen and meals are basic. The culinary delights are breakfast—porridge, poached eggs, 1 sledge biscuit and coffee; lunch—4 biscuits, 3 oz chocolate and coffee (while working); dinner—dehydrated onion soup and stew. There is a recreation room but no barber (hair is cut by colleagues).

The wildlife comprised Emperor Penguins and Seals, while Husky dogs haul the supplies for the personnel. We very sincerely thank Les from coming giving a taste of what life was like living in Antarctica.

August

Andrew Fletcher is our guest speaker today, when his topic will be “Revitalising Newcastle—Graveyard to Global Hub”. He is an original member of the vanguard which believed light rail was integral to the revitalisation of Newcastle. He spoke passionately about the need for government action and investment at the first “Fix Our City” rally in 2010. Five years later he led the Newcastle Renewal Taskforce on an international study tour to guarantee the signature piece of urban renewal policy submitted to the NSW Government would be informed by world's best practice.



CHAIR & MORNING TEA ROSTER FOR SEPTEMBER

Rostered members capable of setting up chairs should be at the hall shortly after 8.30 am. If you are unable to be present as rostered, please arrange a swap with another member and inform the co-ordinator, Mark Gibbs



John Oliver

John Peters

Keith Robinson

(serving tea and coffee only)

Paul Partington

Doug Sneddon



TOUR NEWS

Life of Riley Alpine Tour—27 October–1 November 2019

At a cost of \$745 pp, this is excellent value for a 6-day/5-night tour. Based at the Lake Jindabyne Hotel/Motel highlights include: Thredbo Village and Chairlift, Bullocks Flat Ski Tube, Perisher Valley, Charlotte Pass, Eucumbene Dam, Adaminaby, Bombala, Dalgety and Burnima Homestead.

Subject to accommodation availability it may still be possible to join this tour in which case deposits of \$50 will be payable now. Balance of payments will be required in September.

Eyre Peninsula—27 April–7 May 2020

This 11-day/10-night tour with Bishops Adventure Tours is now confirmed. Highlights include: Xplorer train to Broken Hill, Broken Hill and Silverton, Peterborough and Port Augusta, Villages and Coastline of Eyre Peninsula, Streaky Bay and Port Lincoln, returning via the Clare Valley, Broken Hill and Dubbo.

The price is \$2,615 pp (+ \$505 single supplement). Deposits of \$100 are payable now to confirm your place on the tour.

Possible 2020 Tours

Expressions of interest are being sought for tours in 2020: **New Zealand North Island**—possibly in February or March; **Wonders of Legendary Egypt**—possibly in September or October; **The Best of Korea**—in either Spring or Autumn.

Enquiries to Wal Gallagher, phone 9868-7765.

Lunch will be in Toronto and it is suggested either the Southern Smoke café or the Toronto Hotel. After lunch we will board a Route 273 bus to Fassifern at bus stop 228364, opposite the Southern Smoke cafe at 1.29 p.m., arriving back at Fassifern Station at 1.37 p.m. We will catch the train on platform 2 at 1.49 p.m., arriving back at Epping Station at 3.32 p.m.

Gilbert & Sullivan Opera

This year Gilbert & Sullivan Opera Sydney presents *The Mikado* at the Smith Auditorium Lyric Theatre, Shore School, William Street, North Sydney. *The Mikado*, or *The Town of Titipu*, is a comic operetta in two acts with music by Arthur Sullivan and words by W S Gilbert, the ninth and most famous of their fourteen operatic collaborations, and one of their most frequently performed. It opened in London in 1885 and the setting in Japan, an exotic location remote from Britain allowed Gilbert to soften his satire of British politics and institutions.

Set in the fictional town of Titipu, Act I takes place in Ko-Ko's Official Residence where the characters are introduced—Ko-Ko, formerly a cheap tailor, sentenced to death for flirting, but promoted to Lord High Executioner by the town officials on the basis that “he could not cut off another's head until he cut his own off”, so no executions would occur; Nanki-Poo, a poor but handsome wandering minstrel but secretly the son of the Mikado; Yum-Yum, his beloved schoolgirl and ward of Ko-Ko; Pooh-Bah and Pish-Tush, Gentlemen of the Town; Peep-Bo and Pitti-Sing, two other wards of Ko-Ko; and Katisha, an elderly lady of the Mikado's court who has amorous desires for Nanki-Poo.

In Act II the Mikado and his entourage arrives in Titipu, looking for his lost son, and the usual G & S confusion occurs before the situation is resolved with the marriage of the young lovers and the wedding of Katisha to Ko-Ko.

We will attend the matinee performance on Sunday, 13 October 2019 at 2.00 p.m. Price for early bird booking (before end of August) is \$35, or for group bookings of 20+ is \$30. Let's book early and see if we can get 20 for a group booking.

Croquet and Movies

Only 1 member attended a very good movie at the Roseville Cinema on Tuesday, 23 July 2019. The movie was *The White Crow*, and was about the life of Rudolf Nureyev. The next movie is on Tuesday, 20 August 2019, with details to follow by email.

Nobody attended the croquet game scheduled for Thursday, 18 July 2019. The next game is on Thursday, 15 August 2019.

The bedrock of that work was an integrated multimodal transport network for the city. And at the height of an often-toxic public debate about future use of the heavy rail corridor, he convened the Transforming Newcastle Summit to bring together regional industry bodies, professional associations and community groups—as well as the major investors, property owners and developers in the Hunter—to achieve unanimous agreement on the principles which would guide the city's revitalisation.

Today, as Keolis Downer's Director of Corporate Affairs in the Hunter, he manages the key stakeholder relationships and public affairs associated with Newcastle Transport, including the launch of light rail services in February 2019, part of a \$650 million urban transformation and transport programme.

September

Dr Greg de Moore will be our guest speaker next month on Monday, 9 September 2019, when his topic will be “Lithium and Bi-Polar Disorder”. He will be talking about his second book—*Finding Sanity*, co-authored with Dr Ann Westmore.

This is the biography of the Australian John Cade whose experiences in the WW2 Changi prison camp suggested to him that the origin of some psychiatric disorders might lie within the body, in the presence or absence of something in the brain's chemistry. It was a radical idea at the time. John began to treat a particularly manic patient by giving him doses of lithium and the patient's sanity was soon restored. This was a profound breakthrough making his discovery of the powerful mood stabilising effects of lithium still the gold standard in the treatment of bipolar disorder and the story of Australia's greatest mental health achievement.

Greg is a Consultant Psychiatrist at Sydney's Westmead Hospital with a love of history and science. His career took a detour from medicine with a PhD in history and two books published in the last few years. The first was about Tom Wills, a colonial cricketer and champion AFL player—the *First Wild Man of Australian Sport*.

Greg was born in Melbourne of parents who migrated to Australia from Sri Lanka, but he has lived in Sydney for over 20 years.

DAY OUTINGS

August

This month's outing is on Friday, 16 August 2019 and is a visit to Cochlear Headquarters. It is a free conducted tour of Cochlear's Headquarters, which includes a detailed look at the Hearing Aid assembly line and manufacturing methods and a general overview of the company's

development and business in the world. This company has developed the world's leading technology for hearing aids and hearing implants and is an excellent example of Australian technological innovation.

Our tour of Cochlear will commence at 10.30 a.m. and last about 1½ hours. We will assemble at Epping Station Concourse at 9.45 a.m. and catch the Route 550 bus at Stand C in Beecroft Road at 10.06 a.m. There is a 9-minute bus ride to the second bus stop within Macquarie University and the Cochlear office is a short walk from there.

At the completion of the tour at about 11.30 a.m. we will board the Courtesy Bus provided by the El Rancho hotel for lunch at a reserved table at about 12.00 noon. The menu available at this hotel is very varied and includes a Seniors Lunch for \$12. To return home there are buses to Epping Station available at a nearby bus stop on Epping Road.

Note that parking at Cochlear and in the University is difficult and is not recommended—it is suggested members travel to Cochlear by bus. Please register at the August meeting as numbers for the visit have to be confirmed.

September

Next month's outing is on Tuesday, 17 September 2019 and is our Annual Picnic Lake Parramatta Park. Lake Parramatta Reserve is a 73-hectare bushland and parkland located within 2 km of the central Parramatta CBD. It is recognised as one of the most significant and beautiful bushland remnants in Western Sydney. There are bushwalking tracks, Shelters and a Café on site.

It is intended that everyone will gather there at approximately 11.30–11.45 a.m. with lunch to be served at about 12.30 p.m. Lunch will consist of barbequed sausages and rolls with a wide choice of salads. There is a charge for lunch of \$15 and access to the site is free.

Access to the site is by car only and there are plenty of parking spaces available. The site is fairly level with very few steps to negotiate. The main entrance is via Lackey Street off Bourke Street in North Parramatta.

In the event of inclement weather the picnic will be rescheduled to Wednesday, 25 September 2019. Please pay the lunch cost at the September meeting. Keep your eye on the weather forecast!

Outings Co-ordinator: Michael Brinsden, phone 9868-4940

OTHER ACTIVITIES

The following contains reports on Other Activities in July 2019 and those planned for August 2019, which are not covered.

Music Group—10 people attended the July Music Group at the home of John and Alice. This month the group meets at 2.30 p.m. on Monday, 12 August, at the home of Andrew and Gillian Davidson at 1 Eric Street Wahroonga.

Coffee Club—16 people met on 12 July at Carlingford Court. The next meeting is on Friday, 16 August.

Train Journeys—Seven people enjoyed travel by train on 15 July to Dulwich Hill incorporating the light rail and lunch at The Tramsheds.

Cycling—Six riders went from Rhodes to Parramatta on Friday, 19 July. The next ride is on Friday, 23 August, for a double circuit of Homebush Bay. Details to be confirmed.

Rambles—Thanks to Joseph Corte, the July Ramble on Thursday, 25 July attracted six people for a pleasant stroll around Hen and Chicken Bay. No ramble is planned for August. Future Rambles are dependent on a member coming forward who is prepared to organise a gentle walk (ramble), even on an occasional basis.

Dining Group—A total of 25 attended a pleasant lunch at Chorleys on 26 June. John Mortimer has arranged a lunch at Dooley's Waterview Club in Silverwater, right on the Parramatta River on Wednesday, 14 August at midday. Bookings were required by Thursday, 8 August, with John Mortimer at mortimermj@bigpond.com or 9858-4674. We are still seeking members who would be able to arrange at least one lunch or dinner each year.

Computer Group

Courses coming up over the next two months:

15 August	Save money by downloading FREE movies
30 August	Introduction to Smartphones
6 September	iPads and Tablets
23 September	Windows 10 for beginners

Note: All courses are run from Chatswood Library. Details: Ed Thurston, phone 9868-5016.

By Opal Card

Use your Opal Card for a train trip on Monday, 19 August 2019 to Fassifern, then bus to Toronto and visit to a museum located at the old Toronto Railway Station. We will assemble at Epping Station at 8.55 a.m. to catch the train on platform 3 at 9.10 a.m. to Fassifern, arriving there at 11.09 am. We will use the lift or stairs to go to the eastern platform, making to use the Station's toilet facilities (pause to hear the Bell-bird orchestra) before walking to the bus stop in Tucker Street.

We will board a Route 273 bus to Toronto at 11.29 a.m. and disembark at the bus stop adjacent to the Toronto Hotel at 11.36 a.m. and proceed to the old Toronto Railway Station, now the home of the Lake Macquarie and District Heritage Society.