

and I on our re-certification course. I am working with Macquarie Community College to see if we qualify for funding from the NSW Government.

SECRETARY'S REPORT

Qld Codgers will gather at 2.30 p.m. on Monday, 14 October 2019 at Hugh Knight's residence, 2/18 Fourth Avenue, Eastwood, for a selection of music by Neil McDonald, followed by afternoon tea.

CHAIR & MORNING TEA ROSTER FOR NOVEMBER

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.



Milton Bartlett	Joseph Corte
Bob Cruikshank	Ray Williams
John Zavesky	



TOUR NEWS

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

This tour is fully booked and all payments have been received. Pick up will be from in front of the Epping Club at 9.30 a.m.

Eyre Peninsula—27 April–7 May 2020

This tour is now fully booked with a waiting list in place. As advised by e-mail, the itinerary has been revised and the first night will now be in Menindee. We will do the Broken Hill part of the tour on the return journey. The price remains the same at \$2,615 per person (\$505 single supplement). Brochures are available from Wal.

Tour enquiries and suggestions please to Wal, phone 9868-7765



Colin Aspinall

No. 1 Mortuary Station at Rookwood Cemetery (compare with last month's church photo)



Private and confidential for Probus use only and is not to be used for any other purpose.

Epping and District Probus Club Inc.



President	Ed Thurston	9868-5016
Secretary	Ross Beattie	9871-1838
Welfare Officer	Ray Palmer	9836-4516
Website: www4.tpg.com.au/users/keithrob		
Postal Address: PO Box 855, Epping NSW 1710		

*40th Anniversary
1979 - 2019*

OCTOBER 2019 NEWSLETTER

PRESIDENT'S PATTERN

We are now half way through the Probus year and a good time to reflect on the year so far. We started the year in April, where veterans Doug Bennetts and Ray Williams lead the Club in our annual ANZAC Day service. Doug and Ray also helped me lay the wreath at the Epping cenotaph, an annual event sponsored by the Epping RSL club. I feel very privileged to have been part of Doug's last ANZAC Day celebrations, he will be sadly missed. Hopefully, the Club can attract veterans from Vietnam and some of Australia's peace keeping missions, to ensure that the Club's ANZAC Day traditions remain.

We also welcomed Geoff Richardson into the Club, who has become a very active member. In May, Mike organised our first taste of food from the Ambassador Restaurant, run by final year students from the Northern Sydney TAFE. This lunch was so successful that Wal decided to make this venue the Club's first dinner event. Also in May, members attended the Eastwood Musical Societies performance of Oklahoma.

In June the Club's annual church service was held at Epping Presbyterian church where the Rev. Joshua Ling thanked the Club for its commitment to cultivating friendship in the community and gave the Club his blessing. The Club's Brian Haywood read Psalm 1 as part of the service. July was another month of food glorious food when we went to Chorley's Café at Cheltenham Recreation Club. This year Club members have certainly got their monies worth out of their Opal Cards, with Keith organising lots of interesting Train & Bus Journeys covering all points of the compass.

As new members come on board, the number of cyclists increases. Hopefully, down the track the Club will have its own bicycle trailer facilitating a wider variety of rides. August and September were also very special as we inducted James Bidgood, Keith Dixon and Colin Aspinall into the Club. The church's new sound system made my day at the August meeting, along with our thought provoking guest speaker Andrew Fletcher. In August, members provided positive feedback on their experience with the Theatre on Chester, along with the September King Island tour. September

also demonstrated the true spirit of our membership, who else but Epping Probus could experience Fellowship, Friendship and Fun at the Club's annual picnic at Lake Parramatta Park on a cold and wet day. Special thanks to Ray Finch for ensuring that our Club has a well balanced and non conflicting range of Other Activities.

MEETINGS

September

Associate Professor Greg de Moore was our guest speaker last month, when this topic was "Lithium and Bi-Polar Disorder". This was the story of a little known Australian doctor, John Cade, and his discovery of the use of lithium to treat Bi-Polar Disorder, formerly known as Manic Depression. Lithium is the 3rd element in the Periodic Table. Its Atomic Weight is 6.940 and was discovered by Dr Arfvedson in 1817.

It had no treatment prior to the use of Lithium and has no cure. It is a mood disorder, oscillating between high and low—from grandiose to deep depression. About 20% of sufferers commit suicide.

John Frederick Joseph Cade was born in Murtoa in Victoria on 18 January 1912 to David and Ellen Cade. David was Murtoa's GP. He served at Gallipoli and France in World War I in the 1st 9th Field Ambulance. He suffered shell shock and returned home, finding it difficult to continue as a GP. He sold his practice and found employment in the Victorian Mental Hygiene Department. David became the Medical Superintendent at many of Victoria's Mental Hospitals and so John and his siblings grew up in that environment. John looked on the patients as people.

He was educated at Scotch College and graduated in 1928 and went to the University of Melbourne to study medicine, graduating with honours in 1933. He thought about becoming a Paediatrician, but while he was at the Royal Children's Hospital he suffered *pnremococcal pneumonia*. While convalescing he fell in love with one of the nurses and married her in 1937.

Like his father, John left his young family and enlisted in World War II. He became a POW in Changi from February 1942 until September 1945. It was during this time that he observed inmates having strange, vacillating experiences. He had the idea that a toxin was affecting their brains and when it was eliminated through their urine, they lost the symptoms.

After recuperating back home he accepted a position as a Psychiatrist at Bundoora Repatriation Mental Hospital, where, in an unused kitchen, he experimented with Lithium Carbonate (Li_2CO_3) to treat this type of strange behaviour. He used guinea pigs in his crude experiments, injecting urine from mentally ill patients into the pigs. His studies suggested urine from manic

By Opal Card

Eight members enjoyed travel by train on 16 September 2019 to Macarthur. Use your Opal Card for a train trip on Monday, 21 October 2019 to Kiama. We will assemble at Epping Station at 9.30 a.m. to catch the train on platform 1 at 9.47 a.m., arriving at Redfern Station platform 3 at 10.21 a.m. We will alight here and cross to the adjacent platform 2 to catch the train to Kiama at 10.26 a.m., arriving there at 12.37 p.m.

We will exit the Station and walk to the Stonewall Café in Manning Street for lunch. The return journey departs Kiama at 2.55 p.m., arriving at Central Station platform 9 at 5.04 p.m. We will catch the train back to Epping from platform 8 at 5.23 p.m., arriving there at 6.07 p.m.

Cycle Group

There were 8 riders on Friday, 27 September 2019 for the Narrabeen Lagoon cycleway ride. We rode clockwise around the Lagoon, stopping at the coffee shop and covering a distance of 16 km.

The next cycle ride will be on Friday, 25 October 2019 at Prospect Parklands. The meeting point is the Andrew Campbell Reserve, which is on the right going down William Lawson Drive, at 10.00 a.m. We will ride partly around the reservoir, clockwise, then veer left towards Horsley Park and stop for coffee in Western Sydney Parkland. We will return to the Reserve via the same route, a distance of 19 km. Please note there are a few uphill sections (little ones) that are manageable if in the right gear. Please contact Steve Drury prior to the day, on 9872-7447 or 0487-785-444 if you wish to participate. A loan cycle and helmet may be available if required.

Movies

On Tuesday, 24 September 2019, 7 members and 9 guests enjoyed the filmed version of the popular TV series *Downton Abbey* at the Event Cinemas, Macquarie Centre. Afterwards, there was discussion over lunch at Chantilly's Café. The next movie outing is scheduled for Tuesday, 22 October 2019. Details will be e-mailed during the previous week.

SURVEY OF MEMBERS—FIRST AID CERTIFICATION

Members are reminded to complete their "Survey of Member First Aid Certification" questionnaire and bring it to our October General Meeting or email a scanned copy to Probused@gmail.com.

Congratulations to Col and Jane Jones, who recently requalified as First Aiders. Hopefully, others will join Brian and Deirdre Haywood plus my wife

OTHER ACTIVITIES

The following contains reports on Other Activities in September 2019 and those planned for October 2019 not reported elsewhere:

Coffee Club—17 people met on 13 September 2019 at Carlingford Court near the Coffee Club outlet. The next meeting is on 18 October 2019.

Croquet—The next game is scheduled for Thursday, 17 October 2019. Contact Dennis Druce for details.

Theatre—Bookings are closed for *The Mikado*. Tickets will be distributed by Wal at the theatre prior to the performance. Contact Wal to book for the musical comedy *Me and My Girl* at Eastwood Uniting Church Hall on Friday, 8 November 2019 at 8.00 p.m. Tickets are \$20 per head. A delightful comedy based on the clash between the classes together with some catchy tunes makes for an entertaining evening.

Also, in November, Wal is taking bookings for *Doubt—a Parable*, a play set in a school in New York, exploring the issues arising when a Catholic Nun accuses a young priest of improper relations with a male student. This Pulitzer Prize winner will be at The Chester Street Theatre at 8.00 p.m. on Wednesday, 20 November 2019. Tickets are \$22.50 per head.

Dining Group—27 people had an enjoyable dinner on the evening of 24 September 2019 at the Ambassador Restaurant, Ryde TAFE, arranged by Wal Gallagher. Greg Stone has arranged lunch at Eastwood Rugby Club on Thursday, 10 October 2019 at noon. Please note that this is before our general meeting. Contact Greg Stone for details.

We are still seeking more 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:

17 October	How to choose a NBN plan that suits you
25 October	Travel Apps
1 November	Introduction to Smart Phones
8 November	Social Media & Photo Sharing
14 November	Cloud Storage Options for Photos
15 November	NSW Seniors Card & Travel Apps
22 November	IPads & Tablets
28 November	Android Basics – getting to know your device

Note: Tech Project Hour—every Friday from 11–12 noon—October. WhatsApp, how to send text and voice messages, pictures and make voice calls using your phone's internet connection. Details: Ed Thurston.

patients was more toxic. There are two toxins in urine—urea and uric acid (2,6,8-Trioxypurine). The affect in the former was constant irrespective of the mental state of the patient, so he looked at uric acid as being the possible source of finding a treatment. Uric acid is not soluble in water but if it is treated with a lithium salt it creates lithium urate ($\text{LiHC}_5\text{H}_2\text{N}_4\text{O}_3$). Lithium had been used to treat gout (an inflammation of the foot caused by uric acid) in the 19th Century. He found pigs injected with Lithium Carbonate were more restful. By using careful controls in his experiments he found that the Lithium ion by itself had the calming effect. To ensure its safety, John injected himself.

He began treating the most severe case of manic depression at the Bundoora Hospital, Bill Brown. He was out of control. In March 1948, Bill was injected with either Lithium Carbonate or Lithium Citrate. The result was dramatic and Bill walked out of the hospital within 3 months. Ten other patients gave the same response and went back to work. However, Lithium is also a toxic element and if overdosed can lead to death.

We very sincerely thank Greg for coming and enlightening us on a man who should more well known than he is.

October

Mark Bundy is our guest speaker today, when his topic will be “The 150-year History of Rookwood Cemetery”. Mark is the Operations General Manager of Rookwood Cemetery and he also conducts historic talks and tours about the cemetery including Rookwood's most historic and captivating areas, from its vast landscape and culturally specific gardens, through to its heritage buildings and memorials.

Rookwood Cemetery is the oldest and most multicultural working cemetery in Australia and also is the largest Victorian cemetery in the world. Established in 1867, this historic cemetery has evolved significantly over the years and today, with a total area of 290 hectares, Rookwood is intrinsically linked to our nation's heritage. Whether it is to remember a loved one, conduct family history research, reflect and learn about our country, or admire the artistic value of the monuments, Rookwood will forever be a significant Australian icon.

He started working at Rookwood in 1992 and has held various roles within the business and is a wealth of knowledge when it comes to Rookwood's many fascinating and quirky facts.

He tells the story behind its development and evolution, including its significant link to our nation's heritage. He conducts Historic Talks which include a screening of historic videos, which showcase Rookwood's 150-year history, notable and notorious characters interred within, and the story behind Rookwood's Mortuary Stations.

November

Judy Tenzing will be our guest speaker next month on Monday, 11 November 2019, when her topic will be “A Tail of the Himalaya”. Judy is an adventurer, tour leader, author and lecturer on the history and culture of India and the Himalaya. After a decade spent living and working there, she returned to Australia with her then new husband Tashi Tenzing, grandson of Everest’s first summiter Tenzing Norgay. They established a small travel agency in Sydney specialising in India and the Himalaya, which she still runs.

Having lived and worked as an administrator and tour operator for over 30 years she has gained a knowledge of and love for the region that permeates all aspects of her life. With an academic background in South Asian history, Judy has lectured on the history and cultures of this region.

She is the author, with her former husband Tashi Tenzing, of the definitive book on Sherpa mountaineering history *Tenzing and the Sherpas of Everest*, which has been translated into seven languages and was published worldwide. She is now working on a new book on India and World War II.

Judy combines her life as a dedicated Indophile with her role as mother to her son Pasang and daughter Dechen. She travels frequently to India, Bhutan and Nepal and maintains close ties with their wonderful people.

DAY OUTINGS

October

This month’s outing is on Wednesday, 23 October 2019 and is a trip to Red Cow Farm at Sutton Forest. It is a unique cool-climate garden set on 2 hectares of land in the picturesque rural village of Sutton Forest. Developed by the farm owners around their historic 1820 cottage, the garden is abundant and secretive. The garden features a stunning collection of rare and unusual perennials, woodland, old fashioned roses, clematis and a kitchen garden. A leisurely walk around the property will occupy about one hour.

Our travel there will be by a 48-seater bus with a group from the Eastwood Probus Club. The bus will leave from the Carlingford Bowling Club at 8.30 a.m. There is ample parking at the Club. Total cost for the day will be \$60 per head, inclusive of lunch at the Moss Vale RSL. Drinks at lunch will be extra. Following lunch the bus will return us to Carlingford at about 4.00 p.m.

November

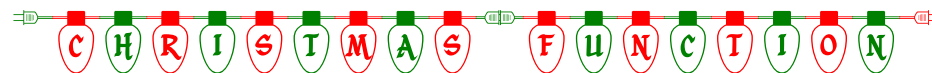
Next month’s outing is on Wednesday, 20 November 2019 and is a trip on the Nepean Belle Paddlewheeler. This cruise on the Nepean River will occupy 2½ hours and will take us up the Nepean River Gorge through very

scenic surrounds. The boat is well equipped with a Bar and lunch table facilities. Please note that drinks on board can only be purchased with cash. A delicious lunch will be served while we cruise the river and we will be entertained by the Captain’s commentary.

Departure from the dock at Penrith will be at 12.00 noon and guests are asked to be present ready to board at least 30 minutes before departure. The cost is \$48 per person for the cruise and lunch and registration/payment is required at the November General Meeting.

Numbers are limited to 20 but this outing is strongly recommended, as it is a very enjoyable cruise topped off with a very good lunch.

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



Our Christmas Function this year will be held on Tuesday, 3 December 2019 at The Grand Pittwater: North Ryde Community Club. Our function is timed to commence at 11.15 a.m. Drinks will be served at the lunchroom entrance from approximately 11.20 a.m. and lunch will commence at 12 noon.

The Menu will consist of three courses with an entrée, a main course and dessert. There will be two dishes per course and they will be served alternately to each person at each table. Gluten-free meals can be requested. Self-serve coffee and tea is available after sweets. Drinks ordered during lunch will be at individual cost and can be obtained from the Bar.

Seating is at round tables seating 10 and the table settings will be white linen with Christmas decorations. Guests are encouraged to circulate between tables during the meal. There will be a short address from our President after the main course to mark the completion of our 40th year. A public address system will be in operation during the day.

The cost is per head is \$55 (not including any additional drinks ordered at the Bar) and this will be confirmed at the November General Meeting. Members must register and pay at the November Meeting as we are required to inform the Club of the number attending.

This is our premier outing of the year and members are encouraged to participate as it is an excellent venue as witnessed during the past two years.

WELCOME TO NEW MEMBER

We are pleased to welcome into our membership Colin Aspinall, a retired Car Builder, who resides at 11/145 Carlingford Road, Epping, phone 0405-277-998.

