

- Sponges—Female, because they are soft, squeezable and they retain water.
- Hammer—Male, because it hasn't changed much over the last 5,000 years but it's handy to have around.

## A COMPUTER LAMENT

In Days Gone By-

A computer was something on TV  
 From a science fiction show of note.  
 A Window was something you hated to clean,  
 And RAM was the cousin of a goat.  
 Meg was the name of my girlfriend,  
 And Gig was a job for the nights.  
 Now they all mean different things,  
 And that really megabytes.  
 An Application was for employment.  
 A Program was a TV show.  
 A Cursor used profanity.  
 A Keyboard was a piano.  
 Memory was something that you lost with age.  
 A CD was a bank account,  
 And if you had a 3 inch Floppy,  
 You hoped nobody found out.  
 Compress was something you did to the garbage,  
 Not something you did to a file,  
 And if you Unzipped anything in public,  
 You'd be in jail for a while.  
 Log on was adding wood to the fire.  
 Hard drive was a long trip on the road.  
 A Mouse Pad was where a mouse lived,  
 And a Backup happened to your commode.  
 Cut you did with a pocket knife.  
 Paste you did with glue.  
 A Web was a spider's home,  
 And a Virus was the flu.  
 I guess I'll stick to my pen and paper,  
 And the memory in my head.  
 I hear nobody's been killed in a computer crash,  
 But when it happens they wish they were dead!

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

## *Epping and District Probus Club Inc.*



President	Michael Brinsden	9617-0960
Secretary	Ross Beattie	9871-1838
Welfare Officer	Ray Palmer	9836-4516
Website: <a href="http://www4.tpg.com.au/users/keithrob">www4.tpg.com.au/users/keithrob</a>		
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## FEBRUARY NEWSLETTER

### PRESIDENT'S MISSIVE

I can confirm that we will be having a normal Club meeting next Monday, the 8<sup>th</sup> of February commencing at 10.00 a.m. in the Presbyterian Church hall. It will be a normal meeting with a speaker (details elsewhere in this Newsletter) followed by morning tea and then our normal agenda.

Upon your entry to the Hall please sign in at the front desk. Ray Finch will assist if necessary. The church has requested that Social Distancing and the wearing of masks be practiced. Morning tea will consist of coffee and tea with wrapped biscuits that will be served to everyone by our morning tea team. After the meeting it will be necessary to wipe the tables and chairs that we have used as they are put away. Wipes will be provided to those doing this task.

This February edition of our Newsletter has been prepared by Col Short, and your Committee members, and will be distributed to members by Email. There will be hard copies available at the front desk on Monday as well.

There is now some social optimism in the air and I can see that during the coming months we may be able to get back to our normal club activities. Your Committee has plans for the resumption of Outings, Tours and other social activities detailed elsewhere in this Newsletter.

You will be pleased to know that, due to the low expenditures in the past year, the Committee made a decision today to reduce the Club annual subscription fee to \$30 and to keep the new members fee at \$20.

I encourage all members to join our first live meeting for a full year. If anyone needs a lift to attend please contact me at 9617-960 or by email at [landor@optusnet.com.au](mailto:landor@optusnet.com.au), or contact any member of the Committee. My best regards and wishes for a healthy beginning to the coming year.

## MEETINGS

### February

Rafaele Joudry will be our guest speaker today, when her topic will be “Sound Therapy for Tinnitus and hearing difficulties”. Rafaele pioneered the first portable Sound Therapy programme after discovering how much the work of Dr Alfred Tomatis had benefited her mother’s hearing difficulties. She holds a Masters of Psychology degree specializing in Sound Therapy. She has dedicated her life to helping people overcome auditory problems thus enhancing their lives through better ear and brain health.

Sound Therapy SYNERGY is now a well-established method for achieving better memory, focus, creativity, communication, increased quality and amount of sleep, creating a feeling of wellbeing, improving mental alertness, clarity listening and learning, as well as natural hearing improvement and tinnitus relief. It has a profound effect on the way the nervous system responds to stress. Neural plasticity enables the brain to become a more efficient processor of sound.

SYNERGY is an effective tinnitus treatment because it works on the entire auditory pathway from the eardrum to the cortex of the brain. It is a physical stimulus that reorganises the way the ear and the brain respond to sound. This is the first time something has been released that really addresses the cause of tinnitus.

Rafaele was educated in England and Canada but now resides in Australia. Rafaele regularly tours Australia, Europe & the USA and has authored dozens of articles plus three best-selling books: *Sound Therapy: Music to Recharge Your Brain*, *Triumph Over Tinnitus* and *Why Aren’t I Learning*.

### March

John Donohoe will be our guest speaker next month on Monday, 8 March 2021, when his topic will be “Bushrangers of the 1860s and 1870s”. John has had career in sales and marketing mainly in the chemical and related industries.

In midlife, John realised that there were other things in his life he wanted to try. History, particularly Australian Bushranger history, it took him on a journey to uncover and attempt to understand the life and times of Bushranging in the 1860s. He has done extensive research on Ben Hall and has published two very interesting books, during that time John has learned a lot about the other bushrangers of that time as well. He still has a passion to reveal the mysteries of the past.

has been cancelled. Instead, a repeat tour to cruise the Murray River on the *Proud Mary* has been booked. The other planned tours remain in place.

### *Proud Mary* Cruise—23 May–29 May 2021

This is a 7-day/6-night River Murray and Adelaide package. Highlights and inclusions: return airfares Sydney to Adelaide; Adelaide sightseeing tour; five nights fully inclusive Murray River cruise on the *Proud Mary*; deluxe river-view ensuite accommodation; all meals and entertainment; daily nature-based shore excursions led by an ecologist guide; all meals and transfers; one night’s luxury CBD accommodation in Adelaide with dinner and breakfast.

The tour is priced at \$3,050 per person twin share or \$4,499 single. This is a tour that we did as a group in 2015 and it was fabulous. A detailed brochure and itinerary is available from Wal e-mail at [wwg@bigpond.com](mailto:wwg@bigpond.com) or phone 0429-484-639. Deposits of \$450 are due and payable now to secure your booking.

### Adelaide to Uluru—13 August–24 August 2021

This is *The Uluru and Outback Explorer* tour as detailed in the November newsletter. Fly to Adelaide then luxury coach to Flinders Ranges, Quorn, Port Augusta, Woomera, Coober Pedy, Alice Springs and Uluru. Fly home from Yulara. Contact Wal for more information or to request a booking form. Deposits of \$55 per person are due now.

### Yarrawonga—26 September–1 October 2021

Put the dates in your diary. More details will be advised closer to the time.

Those were the days—A Bit of Nostalgia (concluded)

We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn’t even notice that the entire country wasn’t taking Prozac!

How did we ever survive? LOVE TO ALL OF US WHO SHARED THIS ERA, AND TO ALL WHO DIDN’T, SORRY FOR WHAT YOU MISSED. WOULDN’T TRADE IT FOR ANYTHING!

AAAAh, those WERE the days!!!!

You may not know that many non-living objects have a gender. For example:

- Copiers—Female, because once turned off, it takes a while to warm them up again.
- Tyre—Male, because they go bald and are often over-inflated.
- Hot Air Balloon—Male, because to get it to go anywhere you have to light a fire under it.

Our first President's Coffee Morning Tea for the year was held on Friday, 22 January 2021 and was attended by 14 members.

## SECRETARY'S REPORT

**W**elcome back! We start 2021 with a live General Meeting in the Epping Presbyterian Church Hall [being a (large) island has some benefits!]. NOTE: members will need to 'sign-in' using QR-code (smart phone if possible) and observe the Government health guidelines, including the mandatory of the wearing of masks.

We thus need to resume the Morning Tea roster to assist with arranging chairs et cetera, and we will have a break for refreshments. Last year's Morning Tea roster lists among others no longer available Greg Stone, Bill Thomson and Ray Thorpe to help with these arrangements for February 2021. Consequently, members of the Committee will assist.

For the March General Meeting and the A.G.M., Lance Walker, Ray Williams, John Zavesky, Godfrey Abel and Colin Aspinall are rostered.

In accordance with our Club's Constitution (12 May 2104), Clause 5.c, I call on members to consider nominating for positions on the Management Committee for the coming term. Nominations should be lodged with the Secretary no later than the February meeting. These positions shall be filled by ballot, if necessary, at the Annual General Meeting. Throughout the past year the Vice President has remained vacant. Please seriously consider nominating for this or other positions.

## CHAIR AND MORNING TEA ROSTER FOR MARCH

**R**ostered members capable of setting up chairs should be at the hall shortly after 8.30 a.m. If you are unable to be present as rostered, please arrange a swap with another member and inform the Co-ordinator, Mark Gibbs, phone 9899-8545.



Lance Walker  
John Zavesky  
Colin Aspinall

Ray Williams  
Godfrey Abel



## TOUR NEWS

**I**t remains a difficult time for travelling and tours. International travel is off the agenda indefinitely. With the general uncertainty and possibility of interstate border closures with virtually no notice, the Bishops have decided to close down their touring business. As such, our tour to Eyre Peninsula in May

## DAY OUTINGS

### February

**T**his month's outing is on Wednesday, 17 February 2021 and is a lunch at the Manly Pavilion. The Manly Pavilion is a white heritage building with an iconic panoramic view of Sydney harbour. It is a short stroll from the Manly Ferry Wharf.

We will assemble at the Epping Station Concourse at 10.00 a.m. to catch the 10.17 a.m. train on platform 1, arriving at Central at 10.55 a.m. on platform 16. We will cross to platform 17 and catch the next train to Circular Quay. At Circular Quay we will catch the 11.30 a.m. ferry to Manly for lunch at 12.30 p.m.

The price of the 2-course lunch package is \$40 per person, payable on the day. We need to finalise numbers by the meeting on Monday, 8 February, so, if you would like to come, please advise the Outings Co-ordinator at the meeting or by email.

### March

**N**ext month's outing is on Monday, 15 March 2021, and is a St. Patrick's celebration at The Fiddler in Rouse Hill. The Fiddler includes a heritage building fronting Windsor Road that was designed by Francis Greenway in 1826 as a half-way house for Cobb & Co. to service the Parramatta to Windsor run. The Fiddler Hotel is located at the corner of Commercial and Windsor Roads, Rouse Hill.

It is expected that there will be too few people to make the hire of a bus economic, so we will meet at the Fiddler Hotel at 11.45 a. m. The Hotel is within walking distance from the Rouse Hill Metro Station and Town Centre. The cost for the lunch will be \$50 per person. This includes a welcome drink, a 2-course Irish lunch and live entertainment. If you would like to come, please advise the Outings Co-ordinator, and make your payment, before Monday, 15 February.

Outings Co-ordinator: Russel Gough, email [Russell.Gough51@gmail.com](mailto:Russell.Gough51@gmail.com)

## OTHER ACTIVITIES

**I**n recent months, the following activities have occurred within an environment of COVID-19 constraints: Old Codgers Music group; Coffee Club; "Wobblies" cycling group; Rambles/Walks; lunches at several venues. The following summarises "other activities" currently planned for February:

- Old Codgers Music Group at 2.30 p.m. on Monday, 8 February 2021 at the home of Bob and Margaret Cruikshank. Please advise Bob by email

([rhcruik@tpg.com.au](mailto:rhcruik@tpg.com.au)) if you want to attend as he needs to make appropriate COVID-19 compliant arrangements.

- The Coffee Club will meet at Carlingford Court on Friday, 12 February 2021 at 10.00 a.m.
- A lunch is currently being planned. Details will be provided by separate email.

Sadly, circumstance has resulted in the retirement of Keith Robinson and Dennis Druce from their roles as Activity leaders of 'By Opal Card' and the Film Group activities, respectively. The Club very sincerely thanks Keith and Dennis for the effort they put into organising each month an activity for the members over a number of years. Col Short has taken on the role for the 'By Opal Card' activity.

Regrettably, the role of Activity Leader of the Film Group is now vacant. Please think seriously about taking on this role. It involves selection of a movie each month and selection of a venue for 'brunch' before the movie or lunch afterwards, depending on movie times. Movies are usually chosen from Cinemas at either Macquarie Shopping Centre or Roseville. Please contact Ray Finch by phone 0414-746-954 or email [rayfinch42@gmail.com.au](mailto:rayfinch42@gmail.com.au) for further information.

## Cycle Group (Wobblies)

The planned ride for Friday, 18 December 2020 at Narrabeen Lagoon was cancelled due to the COVID outbreak on the Northern Beaches.

An impromptu, 20 km ride was held on 14 January 2021 along the Parramatta River Cycle Way with lunch/coffee at Mill Park street café. There were 10 riders including Col Jones's son and grandson, this was Col's inaugural ride on his brand new electric bike. He was definitely the 'sprinter' that day.

The next ride will be on Friday, 19 February 2021 at Narrabeen Lagoon, hopefully! We will meet at 10.00 a.m. at Billarong Playground car park on Wakehurst Parkway, for 2 laps of the lagoon, anti-clockwise, a distance of 18 km. Lunch/coffee will be at the lakeside café on the lagoon.

Please contact Steve Drury if you wish participate or need more information. Contact details are: email [sandbdrury@gmail.com](mailto:sandbdrury@gmail.com), phone 9872-7447 or mobile 0487-785-444. A loan cycle and helmet may be available if required.

## By Opal Card

Use your Opal Card for a trip involving the three Sydney Light Rail Lines on Monday, 15 February 2021. We will assemble on the Hornsby end of Platform 1 at Epping Station no later than 8.50 a.m. in order to sign the

attendance/Covid 19 sheet before boarding the train at 9.01 a.m., arriving at Strathfield's Platform 5 at 9.22 a.m. We will cross to Platform 6 to catch the 9.24 a.m. Penrith train to Lidcombe, arriving there at 9.30 a.m. on Platform 2. We cross to Platform 5 (stairs or lift) to catch the 9.34 a.m. train to Dulwich Hill, arriving there at 10.11 a.m.

We will have a comfort stop on the Station (the last before lunch) before walking the short distance to the L1 Light Rail Terminus, which involves either about 40 steps or a lift (there is no lift at the railway station). The trams depart every 10 minutes and take about 33 minutes to the Capital Square stop, where we will alight.

We will then walk up George Street to the nearby L2/L3 Light Rail Chinatown stop and join the L2 tram to Randwick, which run every 8 minutes. Upon arrival at the Randwick terminus on High Street, we will walk back down High Street the short distance to Clara Street (1<sup>st</sup> on the right) to the bus stop opposite Blenheim Street and board the first available Route 400 bus to the Light Rail Terminus stop (the Souths Juniors Light Rail Terminus has 2 island platforms—one side of each for trams and the other side presently only used by Route 400 buses). We will negotiate the various pedestrian crossings on Nine Ways to reach Churchills Sports Bar Bistro for lunch.

After lunch, we will walk back across the same pedestrian crossings to the other island platform of the L3 Light Rail Terminus and catch the tram to the Central (Chalmers Street) Station stop (trams run every 8 minutes). We will go to Platform 18 at Central Station and catch the train back to Epping.

Please note that Health and Public Transport guidelines current at the time of the trip will be strictly enforced.

## WELFARE REPORT (prepared by our Welfare Officer, Ray Palmer)

Sadly we have to report another of our Non-Active members, Ian Evans, passed away on 20 December 2020. My wife and I were invited to attend his Celebration of Life.

I have made contact with the following Non-Active members and all say they are Ok at present: Ian Campbell, John Cox, Brian Howard, Ron Mackintosh, Tony Malin, Dick Nicholson, Wal Williams, John Salmon and Paul Woodward. I have been unable to contact Laurie Fuller. Owen Harrison is much improved in health; John Steele-Smith is continuing to have better "someday than others".

And now to our ACTIVE members: Philip Jones continues to receive care in hospital, Doug Sneddon is slowly improving following head operation, Keith Robinson is still having health issues, Ron Leslie is also experiencing continuing health problems and Alf McDermott is far from well, with ongoing issues in his mouth following a cancer operation.