

Following this, we will ride the Big Foot to the top of Mount Coolangatta and then arrive at Gerroa Boat Fisherman's Club for lunch at 1.00 p.m., arriving home around 5.00 p.m.

The cost of the day is \$20 for the Big Foot and lunch is at own cost. Car-pooling is suggested, with bookings and enquiries to Wal.

Proud Mary Cruise—23 May–29 May 2021

This is a 7-day/6-night River Murray and Adelaide package. 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 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

It is still possible to join this *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. Please contact Wal for more information or to request a booking form.

Yarrawonga—26 September–1 October 2021

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

FASCINATING FACTS

The most common name in the world is Mohammed. The strongest muscle in the body is the tongue.

Women blink nearly twice as much as men.

What do bullet proof vests, fire escapes, windshield wipers and laser printers have in common? – All invented by women.

JOKE OF THE MONTH

Samantha was talking to her friend Jasma “I always tell my secrets to my husband knowing he will never reveal them to anyone else”. “Why” says Jasma. Samantha replied: “Because he was not listening”.

QUIZ

What is the next number after the following sequence: 2, 12, 1112, 3112, 132112, 1113122112?

The answer will be published next month.

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: www4.tpg.com.au/users/keithrob		
Postal Address: PO Box 855, Epping NSW 1710		

MARCH 2021 NEWSLETTER

PRESIDENT'S MISSIVE

Last month we were able to hold our first General Meeting in the Church Hall for a year. This meeting was a milestone in our effort to restore our club activities to normal and I am confident that, unlike last year, the club schedule of events will recover. Your Club's Committee is planning to revive as many activities as possible during the next few months consistent with Covid 19 regulations.

This month the AGM and the General Meeting will be held on Monday, 8 March at 10.00 a.m. Upon your entry to the church 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.

The format will be changed to allow the AGM to be held first, followed by our guest speaker and then morning tea and our General Meeting.

This March edition of our Newsletter has been published by Col Short and will be distributed to members by Email. Included in the Newsletter are descriptions by Committee members of our planned social activities and I encourage all members to participate where possible. After all they are good fun! There will be additional hard copies available at the front desk.

Please join in our second live meeting this year. If anyone needs a lift to attend please contact me by Email at landor@optusnet.com.au or phone at 9617-0960 or contact any member of the Committee.

MEETINGS

February

Rafaele Joudry was our guest speaker last month, when her topic was “Sound Therapy for Tinnitus and hearing difficulties”. Dr Alfred Tomatis was the first to recognise the benefits of sound therapy for improving hearing loss. Ears have a very close relationship to the whole nervous system.

The middle ear muscles communicate with the brain. The brain is stimulated with sound. Training the ear activates the nervous system, with the right ear dominance enhancing the process. Consequently, the right ear must be trained to dominate.

Dyslexia is linked to the inner ear, while the left forebrain elevates mood states. Sound builds the brain's plasticity. The keys to learning are: an active ear; having a gateway to the nervous system; and using sound as a catalyst for hearing.

We very sincerely thank Rafaele for coming and enlightening us on how sound therapy works with tinnitus and hearing difficulties.

March

John Donohoe is our guest speaker today, 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.

April

Lieutenant Colonel Andrew Lam will be our guest speaker next month on Monday, 12 April 2020, when his topic will be "A Modern Day ANZAC". He was born in Sydney in 1978 and grew up in the small town of Moruya on the south coast of NSW. He enlisted in the Australian Army Reserve in 1996 at the Sydney University Regiment while studying accountancy at Macquarie University. His initial posting on commissioning was to the Army Financial Services Unit (AFSU) as an Audit Liaison Officer. While there he was promoted Captain in 2007. Following his promotion, he was the Unit Recruiting Liaison Officer and a Team Leader in one of the Financial Management Review Teams. He was the senior finance member for the introduction of the centralisation of finance support services to Reserve units supporting domestic and overseas operations. He was deployed to the Solomon Islands and Timor.

He was promoted to Major in 2013 and later deployed as the Financial Advisor in Iraq in 2015. In 2017 he was the primary Financial Advisor on the

TOUR NEWS

Day Tour to the Shoalhaven—25 March 2021

A self-drive day tour to Coolangatta Estate is planned for Thursday, 25 March 2021. As previously reported Bruce and Lindy Bishop have closed their touring business and those with an association touring with them may wish to meet up at Coolangatta and take a ride on their Big Foot attraction.

Coolangatta Estate was established in 1822 with a grant by the government of 10,000 acres and 100 convicts to Alexander Berry and Edward Wollstonecraft. A homestead and village was established on a hill above Shoalhaven Heads. Over the years the estate fell into disrepair and much was destroyed by vandalism and fire. In 1947, Colin Bishop purchased a couple of hundred acres including the remains of the village and Mount Coolangatta for dairy farming. The Bishops restored much of the village and converted it into an accommodation resort, and re-established the vineyards and winery.

Shoalhaven is under 2½ hours driving time and the planned format of the day is to arrive at Coolangatta Estate at 10.30 a.m. and meet up with Bruce and Lindy. We will then explore the historic buildings on the Estate and do a wine tasting and make purchases at the Estate cellar.

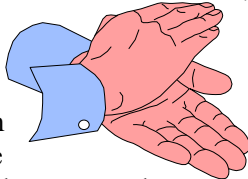


We will accept late nominations for positions on the Management Committee for the coming term: please consider nominating for the Vice President or other positions.

The Chair and Morning Tea roster for 2021–21 has been prepared and will be emailed to members and made available on the (prototype) website <http://www.rnbt.id.au/edpci>. For the March General Meeting and the A.G.M. the amended roster now lists Lance Walker, Ray Williams, Milton Bartlett, James Bidgood and Vince Bignell.

APPRECIATION TO OUR OUTGOING COMMITTEE

The members all join together in thanking our outgoing Committee: Michael Brinsden, Ross Beattie, Leo Hart, Ken Fletcher/Frank Hanlon, Russell Gough, Ray Finch, Wal Gallagher, Ray Palmer and Ed Thurston—for guiding the Club through a very difficult year brought on by the unforeseen pandemic. We also would like to thank Mark Gibbs and his team in the kitchen as well as the other members who have worked behind the scenes to assist the Club in various spheres over the past year.



CHAIR AND MORNING TEA ROSTER FOR APRIL

Rostered 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.



Geoffrey Brothers Brian Carlin
Tony Chaine Yew Cheah
Javerchand Christie



SUBSCRIPTIONS

Members are reminded that their subscriptions for 2021 are now due and the Treasurer would be pleased to receive your \$30.00 as soon as possible. The direct deposit details are: Westpac Bank BSB 032 287 Account No. 154993 Account Name Epping and District Probus Club Inc. (please include your name and “subs”). Otherwise payments may be made at this March meeting.



Field Training Exercise. In 2020, he was posted on promotion to Lieutenant Colonel to Headquarters 17th Sustainment Brigade.

In his civilian life, he is a criminal investigator with the NSW Police Force, holding the rank of Detective Senior Constable. He has been posted to the Eastwood Local Area Command, South East Asian Crime Squad, Gangs Squad, Homicide Squad and is currently posted to the Cybercrime Squad, State Crime Command. He holds a Bachelor of Commerce with an Accounting major, Diploma of Policing and Advanced Diploma of Public Safety (Criminal Investigation). He is currently studying in the Certified Practicing Accountant (CPA) Programme.

He is married to Stefanie, who is an IT system specialist and they recently became parents to a daughter, Alexandra. His interests include travel, running, golf and military history. He is an avid supporter of the Parramatta Eels, Sydney Swans and Sydney FC.

DAY OUTINGS

March

This month's outing is on Monday, 15 March 2021, and is a St. Patrick's celebration at The Fiddler in Rouse Hill. The Fiddler Hotel is located at the corner of Commercial Road and Windsor Road, Rouse Hill.

We will meet at the Fiddler Hotel at 11.45 a.m. Please note that the Metro train that departs Epping at 11.07 a.m. arrives at the Rouse Hill Station at 11.27 a.m. and it is a short walk from the Station to The Fiddler.

April

Next month's outing is on Thursday, 22 April 2021, and is a visit to the Hyde Park Barracks. The displays at Barracks have been recently updated and we will take an “audio-led” guided tour. It will start at 11.30 a.m. and takes about 1½ hours. A table will be reserved at the City Tattersalls Club (194–204 Pitt Street) for lunch after the tour.

We will assemble at the Epping Station Concourse at 10 o'clock to travel to Museum Station. Details will be given in the April Newsletter. The “audio-led” tour costs \$20 per person. As bookings can only be made by purchasing tickets, and to avoid disappointment, the Outings Co-ordinator will purchase the required number of tickets on Tuesday, 13 April 2021.

If you would like to join the outing, please advise the Outings Co-ordinator at the meeting (or by email to Russell.Gough51@gmail.com) and

pay ON or BEFORE Monday, 12 April 2021 (preferably by Direct Deposit to Westpac BSB: 032 287; Account No. 154993, with a short description stating YOUR NAME and the event). It would be much appreciated if you could email the Outings Co-ordinator advising of the deposit, with a copy to the Treasurer (sueleohart@gmail.com).

OTHER ACTIVITIES

A total of 46 members and 17 wives attended the various activities on offer in February. Unfortunately, the planned 'Dining' lunch did not occur. The following summarises Other Activities currently planned for March:

Old Codgers Music Group at 2.30 p.m. on Monday, 8 March 2021 at the home of Bob and Margaret Cruikshank. Please advise Bob by email (rhcruiik@tpg.com.au) if you want to attend as he needs to make appropriate COVID-19 compliant arrangements.

Coffee Club will meet at Carlingford Court on Friday, 12 March 2021 at 10.00 a.m.

A lunch is currently being planned. Details will be provided by email. Leadership offers are always welcome.

Andrew Davidson will arrange another movie visit on Tuesday, 23 March 2021. Details of selected movie, cinema and food venue will be provided by email following publication of cinema programs. PS. six people attended *Penguin Bloom* in February.

At the time of publication no-one has come forward to run a Ramble or Walk during March. Late offers will be greatly welcomed.

The Chester Street Theatre has announced resumption of its program in April and May; please contact Wal Gallagher for details.

Cycle Group (Wobblies)

There were 8 riders on 19 February 2021 for the Narrabeen Lagoon cycle ride. Meeting at 10.00 a.m. at Billarong Playground car park on Wakehurst Parkway, we did 2 laps of the lagoon, a distance of 19 km. The group had coffee/ lunch at the lakeside H2O café.

The next ride will be the Prospect Parklands and viaduct ride on Friday, 19 March 2021. The meeting point is 10.00 a.m. at Andrew Campbell Reserve on William Lawson Drive. Access to the Parklands is via Reservoir Road. Take the M4 from the Cumberland Highway (*Wentworthville*). Approximately 4 km along the M4 take the 1st exit ramp to Reservoir Road/Blacktown. Turn left at the lights, then right at the 1st roundabout into Reservoir Road. Second left is William Lawson Drive.

We will ride along the Prospect Canal Reserve track, over the viaduct, then a short stint along the Cumberland Highway cycle path before turning into Prospect Creek for the return journey back to Prospect Reservoir (approximately 20km). Following the ride we will have light refreshments at the Royal Cricketers Arms on Reservoir Road. The Parklands is possibly our most scenic ride, an oasis in the middle of suburbia.

Please contact Steve Drury if you wish participate or need more information. Contact details are: email sandbdrury@gmail.com, home 9872-7447 or mobile 0487-785-444.

By Opal Card

Eight members and a spouse enjoyed a trip on Sydney's 3 light rail services last month including an excellent lunch at Churchills Sports Bar.

This month use your Opal Card and enjoy a fast trip to Lithgow and return on the vintage V double-deck intercity trains on Monday, 22 March 2021 before they are replaced by the new intercity trains, probably sometime this year. The main assembly point will be the Westmead end of Platform 2 at Parramatta Station no later than 9.05 a.m. in order to sign the Attendance/ Covid 19 sheet before boarding the train to Lithgow departing at 9.13 a.m. and arriving there at 11.17 a.m.

For those travelling from Epping, please assemble at the Hornsby end of Platform 1 no later than 8.15 a.m. in order to sign the Attendance/ Covid 19 sheet before catching the 8.25 a.m. train to Strathfield's Platform 1 and then the 8.48 a.m. train to Parramatta from Platform 6.

We will lunch at the Vanilla Café before rejoining the fast train back to Parramatta departing at 1.18 p.m. and reaching Parramatta at 3.26 p.m. The main outing will end here.

For the Eppingites, instead of returning direct to Epping by train or the Route 550 bus, we will walk over to Valentine Avenue to join the Route 535 train replacement bus to Carlingford departing at 3.40 p.m. and then join the Route 550 bus back to Epping Station.

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

SECRETARY'S REPORT

The March General Meeting and A.G.M will again be held in the Epping Presbyterian Church Hall. As in February, members will need to "sign-in" using a QR-code on their smart-phone if possible; those without a smart-phone will have to "check-in" at the front desk with contact details. Government health guidelines (as applied at the Church) will need to be followed.