



THE PROBUS CLUB OF NORTH EPPING INC.

A social club for men who are retired or semi-retired and want to stay involved and enjoy a range of interesting and stimulating activities with a fellowship of friends.

EDITOR nepcbulletin@outlook.com

THE BULLETIN

August 2023

Private and confidential for The Probuss Club of North Epping Inc. use only and not to be used for any other purpose.

PRESIDENT'S REPORT



Welcome to all members and guests to our August meeting.

As Australians we like to believe we are leaders in world sports. Fact or Fiction? I'll leave that up to

each of you to decide.

I like to be involved and to watch people playing sports as it encourages us all to do our best. I get to enjoy the spectacle with friends and family. I find the level of enjoyment that participants achieve is mainly due to the friendships with their teammates.



Lately I have been at a suburban ground watching Under 8 soccer and have also been to Allianz stadium for the Women's World Cup. Different levels of achievement but not dissimilar levels of enjoyment.

It is good to see the level of involvement and hopefully enjoyment at North Epping Probuss though I wonder if we could all be involved a little more.



Last month our speaker Matt Murphy reacquainted us with the history of Rum in Australia. This month we will "Dance for Parkinsons Australia" presented by Sue Dutton. Many of us would know of someone who struggles with Parkinsons and it's good to be able to support Sue's excellent work.

After the meeting we get to enjoy lunch together.

All the best!

Buzz Holden
98762412
sue.buzz@bigpond.com

MEETING SCHEDULE

AUGUST MEETING	MONDAY 21 AUGUST 09.30
<i>Ladies Welcome</i>	
SEPTEMBER MEETING	MONDAY 18 SEPT. 9.30
OCTOBER MEETING	MONDAY 16 OCTOBER 9.30
<i>Ladies Welcome</i>	

THE PROBUS CLUB OF NORTH EPPING

Mail: 4 Devlin Road, North Epping 2121
Email: secneprobuss2@gmail.com
Website: <http://probussouthpacific.org/microsites/eppingnorth>

Payments can be made by **Cash or Cheque** at monthly meetings, by **EFT** to BSB 633000 – a/c 134 787 373, or **Cheque by post** to: The Honorary Treasurer, 239A Malton Rd., North Epping NSW 2121.



MORNING TEAS ROSTER

The morning tea roster for August 21 and September 18 is as follows:

21 August	Tony Jackson	Bill Spaul 0451558787	Alan Stanley 98685912
18 September	Cees Thurmer 9876 1497	Noel Trompp 9869 7891	Tony Jackson

Anthony Jackson, 0409542353
anthonyjackson@bigpond.com



MEMBERSHIP

Attendance at the July meeting was the best it has been for over a year. There were 66 members present, 7 apologies and 19 AWL, making a total of 92 members.

This includes the two inductees: Alan McPhail & Phil Taylor. We welcome them with best wishes for a long and enjoyable time with the club.

At the July meeting we also welcomed Colin Jones, President of Epping Probus, as a guest.

Ken Slarke has been moved to non-active which means there are now 18 non-active members.

This month there are three members celebrating a birthday. We wish Max Quinnell, Garry Humphrey and Peter Cole many happy returns and a great year ahead.

The membership status at the end of July was:

Members 90 and over:	4
Members between 80 - 89:	42
Members between 71 - 79	43
Members under 70	3
TOTAL ACTIVE MEMBERSHIP	92
TOTAL NON-ACTIVE MEMBERS	18

Please send any meeting apologies to the email address below.

Glenn Tippett 9876 6397
GlennTippett4@gmail.com



RISK MANAGEMENT

We're having a bit of rain this month so could I remind all members of the slippery conditions that exist on stairs and in the car parks we frequent.

We have again been fortunate to avoid incidents but we need to stay aware. If you see something that troubles you, please advise me or members of the Committee so that the situation can be resolved.

Convenors, I always look forward to your list of monthly participants.

Stay healthy!

Buzz Holden 9876 2412
sue.buzz@bigpond.com



FUNCTIONS

AUGUST LUNCHEON.

Our midyear luncheon will be held on Monday 21st August, straight after our regular August meeting. A delicious spit carvery roast meal with dessert to follow, prepared by our regular caterers, A Family Affair.

Cost will be \$40 per head Payment can be made by direct deposit to the Club bank account with your name and the word "Lunch" as the reference, or just pay me cash or a cheque if that is simpler for you.

THEATRE ON CHESTER

The plays still to come this year are:

Friday 11th August for *The Peach Season* by Debra Oswald.

Friday 17th November for *Clue* by Sandy Rustin.

Please let me know if you would like to join a group having a pre-theatre dinner at Pho Sam. Dinner at 6.00pm for an 8.00pm start at the theatre.

Owen Sherrard 0408 293 324
osherrard@bigpond.com



TREASURER'S REPORT

This is a summary of the club's finances for May 2023:

Club Funds at 1 July 2023	\$6416.90
Income	\$ 2009.00
Outgoing	\$ 390.00
Club Funds at 31 July 2023	\$8035.90

The increase in funds is mainly due to the Fees, Probus Golf Day fees and prepayment of August Lunch. Outgoings was the cost of our entry to the Probus Golf Day.

As of 31 July 2023, all bar 3 members have paid their annual subscription (\$40). They are due now!!!! (See Notice to Members below for how to pay.)

Chris Lawrenson, Treasurer, 0418837854

NOTICE TO MEMBERS

As of 31 July 2023, all bar 3 members have paid their annual subscriptions (\$40). **They were due in April and should be paid now!!**

Payments to the Club can be made by: **CASH or CHEQUE** at monthly meetings but preferably by EFT. **ELECTRONIC FUNDS TRANSFER** To: BSB 633 000 Account Number: 134 787 373 Account Name: The Probus Club of North Epping. Please write your name in the "Reference for Payee" section

CHEQUE by post to The Honorary Treasurer, The Probus Club of North Epping, 239A Malton Road, North Epping, 2121.



BOWLS

North Epping Probus hosted a Probus Bowls match at the NEBCC on Monday the 7th of August. We were visited by Carlingford and St Ives Probus. There was a short interruption during the game while a short shower of rain passed over the club, however it did not dampen the enthusiasm of the

players and the game was completed without further delay, in excellent conditions.

We thank our visitors for attending and also all of our members who participated.

There will be another game, to be played on the 4th of September, at the conclusion of which the Probus Shield will be awarded to the successful team. Please notify your convenors of your availability to play asap. See you on the green.

Geoffrey Scott: 98762824

Bill Spaul: 9869 8787 or 0451558 787



GOLF

The weather has been wonderful lately. The golf courses are in their spring growth.

It is unfortunate that the golfers have let us down. We need more members to come out and enjoy this great game.

Tom McKibbin

atmckibbin@gmail.com

Probus Northern Districts Annual Golf Day

The Probus Northern Districts Golf Day for 2023, which is being organised by Coonara-Cherrybrook Probus Club, has been booked for Friday, 1 September. The venue has been changed to Carnarvon Golf Club due to a high increase in the green fees. The Probus Northern Districts Golf Day is a Stableford competition that includes:

- Men's and Ladies singles and a Probus Club team events from a 7:30 am start
- Prize giving ceremony following the competition
- Interested golfers need a registered Golfink handicap
- A club that wishes can enter a single competitor or multiple teams.
- Entry fee will be \$65 per person inclusive of a lunch voucher.

Cart hire is \$40 per cart payable directly on the day to the Pro Shop. For more information about the Probus Northern Districts Annual Golf Day contact Chris Lawrenson, 0418 837 854, chrislawrenson@bigpond.com.

tonycarters@y7mail.com
 phone 98692303
 mobile 0429905796



EXPLORERS

No Exploring to report this month.

ARTWORK



“Autumn scene, Brugge Belgium” by Kel Dunn



GUEST SPEAKERS

Sue Dutton



The Guest Speaker for our August Meeting is Sue Dutton from Dance for Parkinson's Australia. Sue is not only an experienced teacher but also the organisation’s Committee Secretary. She is in an excellent position to inform us of the benefits of exercise to people suffering from Parkinson's Disease or other Mobility problems.

Yes, we all "know" the benefits that a little exercise can bring and Sue will cover the types of exercises that are the simplest and the best. All of us can do with a little more mobility. Sue's presentation will surely be informative as well as great fun.

Future Guest Speakers:

TODAY Ladies Welcome	Cathie Goss	Dance for Parkinsons
SEPTEMBER	Don Napper	The Third Industrial Revolutions
OCTOBER Ladies Welcome	Mike Monro	Life, Television and a bushranger family

Members 10-minute talks:

AUGUST	Ian Massingham	The most important question in the history of bowls
SEPTEMBER	Allan Stanley	Falkirk to Edinburgh via the Union Canal
OCTOBER	Alan McPhaill	Falls



WALKERS AND TALKERS

Good morning all. Hope you are all fit and well.

This month John French has kindly offered to help out and run the walk, which looks like a good one for all of you keen walkers.

Unfortunately, we missed out last walk due to the weather, apparently there was 20 mm of rain that fell over at Manly so just as well we all stayed home.

We have been a bit unlucky with the weather over the last 12 months. Let's just hope the good times are back with us. Anyway, John has a good walk scheduled and I wish you well with the walk and the weather.

So this is what John has to say about our next walk, to be held on:

Monday 28th August, Milsons Point to Waverton.

This is a beautiful walk around the harbour and parks. It is approximately 5km of medium difficulty with one flight of stairs.

Meet at Epping Railway Station at 9.15am We will take the train to Milsons Point, then proceed along the harbour front.

We can stop for morning tea at Wendy Whiteley's Garden, then continue around McMahons Point through Sawmillers Reserve and through to Waverton. Walk up to Waverton station to catch the train back to Epping.

Bring sufficient supplies for morning tea and lunch, hat, sunscreen and sturdy walking shoes.

Leader: John French (0466 997 499)

Steve the Walk Man

Steve (Sailor) Palmer
stevenorahp@gmail.com



LUNCHEONS

Our lunch this month was held at The Rydalmere FC (family club) and we had 15 in attendance who had an enjoyable meal with a variety of dishes on both the normal and special menus.



One of our normal crew ended up at another club so I will have to be clearer in giving directions in future.

Speaking of which our next lunch get together will be at the Ryde Eastwood Rugby Leagues club in Ryedale Road West Ryde. They have another new kitchen set up and don't reserve tables so we need to get there early (which we normally do) to reserve a long table.

I have heard that the Alan Walker Village is considering catering to groups for lunch and we have a few Probus resident sphere who will test the waters and see if BYOG is on the cards. Thanks Bill for the heads up.

Cheers

Dave Thompson, 9869 2740, 0434 611 074
dpt36@hotmail.com



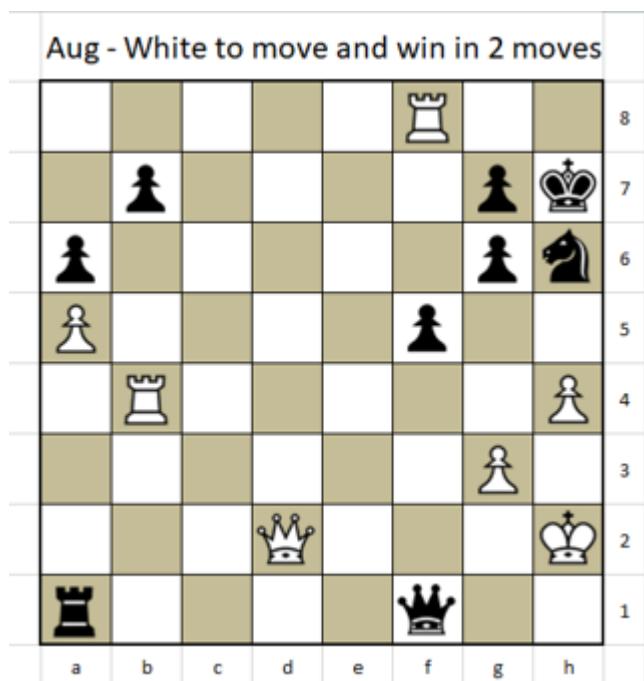
CHESS

Hello Readers.

Nothing to report this month so just enjoy trying to solve the chess quizzes. If anyone has any suggestions, questions or comments about chess now or into the future please feel free to contact me. I will help if I can. The solutions can be found on Page 10.

Regards

Roy Gallop, 98766381
roy.gallop@bigpond.com



MAH JONG

Mah Jong is in abeyance for some time into the future as Bill Fletcher has fractured his left hip and had a total left hip replacement.



BRIDGE

Results

Tuesday 18 July (9 players) Ken Douglass and John Pope (535) Eq, Glenn Tippett (5130)

Tuesday 25 July (10 players) Margo Wagner (570), Carolyn Brereton and Owen Sherrard (540) Eq.

Tuesday 1 August 9 players) Ian Massingham (525), Judy Massingham (516), Glenn Tippett (515)

Tuesday 8 August Bookworms – no bridge.

We have settled into a comfortable routine. Start our games at 3.00 pm, finish about 5.00pm, a social drink and lively chatter follows and close at about 5.30 pm.

Michael Brereton 9869 8816
Bridge Convenor
mjbrereton@optusnet.com.au



WINE APPRECIATION

Last month, 14 people attended our lunch, with Anne Baguley and the Petersons as hosts.

Unfortunately, due to a clash with a fashion parade and no alternate date, there will be no wine lunch this month.

The next lunch is planned for Friday 22nd September.

Peter Wagner 0408 208 801



INVESTMENTS

Dry July, but not for me, a glass or two keeps the old bones warm. My 2nd Haematologist, Pietro Ciaccio asked me, "do you drink alcohol?" I said yes, a glass or 2 of wine. "Red?" Yes. "For medicinal purposes only?" Of course. "Good!"

I have no doubt my current specialist would find a Scotch or 2 beneficial. We have a common factor. Her mother was Scottish. So was my father.

As for The Investment Competition, the status quo continues. Owen Sherrard, with \$124,177, continues to be our leader. His portfolio rose \$7,000 and his Liontown Resources parcel was up 66%, but down from 74.7% at the end of June.

The reason - It is one thing to discover a viable mineral orebody but then comes the cost of developing it. Liontown is looking for someone to share that cost.

The company has lined up Tesla, Ford and LG Energy to take 90% of its proposed 500,000 tonnes production per annum.

In real life this is the time for an investor to make a decision to stay on for the ride or take your profits and run. I had some Core Lithium which I sold in June for a profit. Sadly, for those 3 who hold it in our competition it fell 23% in July giving them a carry forward loss of 43.4%.

John Pope, with \$114,247, continues in 2nd place. Phil Keeffe, with \$113,682, remains in 3rd spot, followed by Cecily Pope, with \$106,469, who continues in 4th position. Rounding out the top 6 are Ken Douglass, with

\$106,186, who continues in 5th spot and Peter Cole, with \$103,940, who continues in 6th position.

In other words, the top 6 held onto their places and the rest of us have portfolios which are going nowhere. The top 6 are the only competitors who are in the black.

Steve Palmer continues to have the dubious honour of holding the worst performing company, Syrah Resources now down 70.7%.

Punting in the critical minerals area has brought some wonderful rewards and some losses. At the beginning of the year, I chose Aeris Resources in our competition because the financial pundits were saying it would be the next copper play. At the end of July my parcel was down 29.9%.

Hot off the press: Jude has just come in and told me Washington H Soul has provided Aeris with \$50 million for working capital. They don't back losers.

What has happened next? Just checked. The share price has fallen further. I can't take a trick.

There has been a changing of the guard at the tail of the field. We have a new tailender. His gold-plated portfolio has dropped to \$72,331.

Where to from here? The financial outcome for the 2022-2023 financial year is due at the end of September. Westpac are forecasting a surplus of \$22 billion, the 1st surplus for 15 years. They are forecasting further surpluses for the next 2 financial years.

The US economy appears to be powering along and may avoid a recession. Provided we do nothing stupid we may well avoid joining the British and European in recessions.

Don Michie 0400 690 290
dmichie@bigpond.com

NORFOLK ISLAND 2023



We are looking forward to our conducted holiday on Norfolk Island with another Probus club which I believe is from Queensland. Those who are travelling being six of us have all paid our full fees and are looking forward to going. I will contact Ian McKinnon soon about organising transport to the airport for those of us leaving from North Epping/Epping.

Bon vacances

Dave Thompson, 9869 2740, 0434 611 074
dpt36@hotmail.com



GENEALOGY

Family History

The Genealogy group decided that a change in the format of our meetings would be beneficial. It is very difficult to continue to have new subjects, so now we will also allow time to help a little more with your research.

The August meeting will be an informal Workshop. So bring your information along on a laptop, or store it on a USB drive. You can use my laptop to show it, or if you prefer, just tell us the stumbling-block in your research, or write it down. We need your input as to how these meeting should be run.

It is also planned to have a few meetings during the year in the format of the past.

Meetings will be on the fourth Thursday in the month. Come and join us on Thursday 24th August at 3pm. Venue: North Epping Bowling Club.

Col Maskill: colmaskill@gmail.com
 9871 7316 or 0402 242 605



NEPTunes

We had a small but enthusiastic group this month with a number of apologies through illness so things are good in NEPTunes land.

Please consider joining in on the fun. The more the merrier so to speak. Our next session is at the club at 10 am Friday 8th September.

All enquiries: Peter Merry, 0409 575 314 or 9876 2043
pvmerry@gmail.com



SLEEP APNOEA – SNORERS

Nothing new to report – they’re all still snoozing.

The Bogalusa Heart Study analysed the relationship between diet quality and sleep outcomes. The study collected data from around 14,000 people and found that higher diet quality is associated with a lower risk of sleep apnoea. Eat well and sleep better..

Bill Spaul, 9869 8787 or 0451 558 787

COMPUTERS TECHNOLOGY

How can I find out how to...

Have you ever had the need to find out how to do something – perhaps how to change the instrument battery in your electric car¹, or how to add the numbers in one column of an Excel spreadsheet depending on the contents of another column², or anything in between?

It is almost certain you are not the first to have such a question, and there is a very good chance someone has loaded detailed instructions (or even better, recorded a video) on how to do it on the Internet.

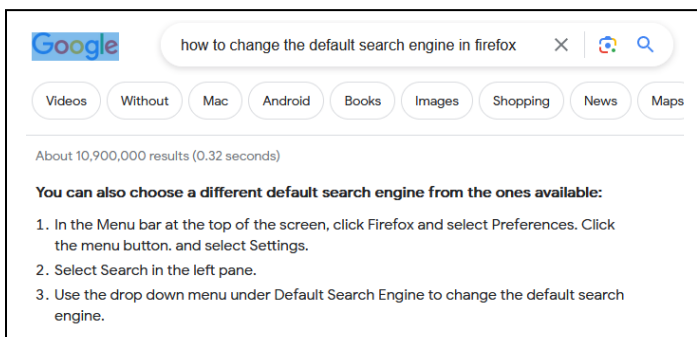
All you have to do is find the instructions using your browser/search engine. This can be challenging in itself, mainly because there are so many sources of advice.

No doubt you already have a preference for a browser, and it is probably the one that was setup as the default when you purchased your computer. However, be aware that the most commonly used browsers and search engines – Microsoft Edge, Google, Bing, Safari etc - are configured by default to collect data about the sites you visit and the subjects you are interested in, which, unless you install and add-in application to prevent it, will be used for targeted advertising or more nefarious uses.

An example from personal experience; having searched for information about local dealers for a particular car make using Edge on my computer, the next time I used Edge on my phone advertisements for the car dealers appeared on my phone! A coincidence? I don't think so!

Also be aware that the answers these search engines provide will be biased toward resources that pay to have their site displayed at the top of the list of results. These default settings can be changed, so that you can choose a browser that uses the search engine of your choice – modern browsers are very flexible. For example, I use Firefox rather than Edge or google chrome as my default browser, and have changed Firefox to use DuckDuckGo as the default search engine in place of the default Google.

So how do you find the advice and instructions you need to make these types of change?



Open your browser (I used Google to avoid the effect of changes I have made to Firefox) then entered the text "how to change the default search engine in Firefox" in the address bar. All browsers will accept either text questions or actual URL website addresses in the address bar.

If you would like video instructions, click on the "Videos" button at top, which will display links to literally hundreds of YouTube videos explaining, often in excruciating detail, what you need to do and why. There are so many helpful people out there!

If you are concerned about the browser you are using recording of your activities, another question you could ask is "which windows browsers (or search engines) record my online activities", which will provide links to hundreds of YouTube videos about which browsers (or search engines) to avoid and why.

I spent a couple of hours down this rabbit hole...

¹ https://www.youtube.com/watch?v=H5ntuS_IJJs
Having watched this I decided to leave this job to a pro!
² <https://www.youtube.com/watch?v=7395LUP9dsk>
=SUMIF(B46:B56,"home",D46:D56)

Peter Youll, peter@youll.name



WELFARE

Nothing to report this month. Stay safe.

Michael Brereton 9869 8816, Welfare Officer
mjbrereton@optusnet.com.au



DRAWING GROUP

Our Art group meets at Nola's place on Sunday the 13th at 244 Malton Road and I believe Jeanette and I will fly the flag for NEPC as Kel has family duties.

Dave Thompson, 9869 2740, 0434 611 074
dpt36@hotmail.com



BOOKWORMS

No report from Bookworms was received this month. We look forward to bringing you an update in our next issue.

Convenor: John Pope 0419 448 789
popeic@bigpond.net.au



CLUB ACTIVITY SCHEDULE

The August schedule and status of activities is as follows:

ACTIVITY	DAY & DATE	TIME
Bridge	Tuesday Afternoons (except when Bookworms meet)	3 PM
Chess	In suspension	
Mah Jong	In abeyance	
Wine Apprn.	Friday 22 September	Midday
Walkers	Monday 28 August	09.15AM
Luncheon	14 September	12.00PM
Lunch	Monday 21 August after the monthly meeting	12.00PM
NEPTunes	Friday 8 September	10.00AM
Bookworms	Tuesday 12 September	3.00 PM
Functions	Friday 17th November, Theatre on Chester	
Genealogy	Thursday 24 August	3.00PM
Bowls	4 September	tba
Golf	Barnwell Park, Fridays	9.30 AM
Explorers	Resume 2023	tba
Drawing Group	13 August 2023	2.00PM

AUGUST CHESS QUIZ ANSWERS

Mate in One:

White Queen moves to b4 – checkmate. The Black King cannot move out of check without still being in check by either the White Pawn, the White Bishops on d3 and g3, and no other Black pieces are in a position to block the check or take the Queen.

Mate in 2:

White Queen takes the Black Knight on h6 – check. The Black King cannot move out of check because of the White Rook on f8. The only options available for Black is to take the Queen with either the King or the Pawn on g7.

If the King takes the White Queen then White move the Rook from f8 to h8 – checkmate. No Black pieces are in

a position to take the White Rook and the King cannot move out of check to g5 because of the White Pawn on h4.

If the Black Pawn on g7 takes the White Queen, the White Rook on b4 takes the Black Pawn on b7 – checkmate. The Black King has nowhere to go and no other Black pieces are in a position to block the check or take the White Rook.

Roy Gallop 9876 6381 roy.gallop@bigpond.com

PREVENTING FALLS TO MAINTAIN YOUR INDEPENDENCE



We know we're getting older each year, and as men age, a concern that often arises is the risk of falls which can lead to severe injuries and a decline in overall health.

Preventing falls is crucial to maintain our independence, physical well-being, and overall quality of life.

By focusing on a combination of lifestyle adjustments, home safety, regular exercise, and routine medical check-ups, we can significantly reduce the risk of falls.

Physical activity and strength training

Regular physical activity plays an important role in fall prevention. Engaging in exercises that enhance balance, flexibility, and strength can improve mobility and decrease the likelihood of falls.

Activities like walking and doing weight-bearing exercises can help maintain strong bones and muscle mass.

(N.B. It is important to consult a healthcare professional before starting any exercise regimen to ensure it is suitable for your individual capabilities and health conditions.)



Make your home safe

Creating a safe living environment is essential in preventing falls among older men. Some necessary steps to consider include:

- a. Remove trip hazards: Eliminate or secure loose rugs, cables, and clutter from walkways.
- b. Adequate lighting: Ensure all areas are well-lit, both indoors and outdoors. Consider installing motion-activated lights in hallways and staircases and any rooms in the house without windows.
- c. Safety equipment: Install handrails along staircases, grab bars in bathrooms, and non-slip mats in showers and bathtubs.
- d. Sturdy footwear: Encourage the use of comfortable, well-fitting footwear with good grip to reduce the risk of slipping.
- e. Don't climb up ladders.

Regular medication reviews

Many medications can have side effects that increase the risk of falls. Regularly reviewing medications with a healthcare professional can help identify potential interactions or side effects that may impact balance or dizziness.

It is important to follow prescribed doses and inform healthcare providers of any changes in medications.

Vision and hearing checkups

Diminished vision or hearing can impact balance and increase the risk of falls. Older men should have regular eye exams to ensure they are wearing up-to-date prescription lenses and to identify any other issues with their vision.

Similarly, periodic hearing tests should be conducted to address any hearing impairment that could contribute to falls.



Maintain a healthy diet

A well-balanced diet is crucial for maintaining bone health and preventing conditions like osteoporosis.

Adequate calcium and vitamin D intake can help improve bone strength.

Older men should consult a healthcare professional or a registered dietitian for dietary recommendations tailored to their individual needs.



Regular Health Screenings

Routine check-ups can identify underlying medical conditions that may contribute to falls. Conditions such

as low blood pressure, diabetes, cardiovascular problems, or neurological disorders can affect balance and increase the risk of falls.

By regularly monitoring these conditions and taking necessary steps to manage them, falls can be prevented.



And in conclusion

Preventing falls among men in their senior years requires a holistic approach that encompasses lifestyle modifications, home safety improvements, regular exercise, medication reviews, vision and hearing check-ups, healthy eating, and routine health screenings.

By adopting these preventive measures and maintaining a proactive attitude towards health and well-being, men can reduce their risk of falls, enhance their independence, and enjoy a better quality of life in their golden years.

It's never too late to prioritise fall prevention and invest in a safer and healthier future.

Phil Keeffe
NEPC Bulletin@Outlook.com

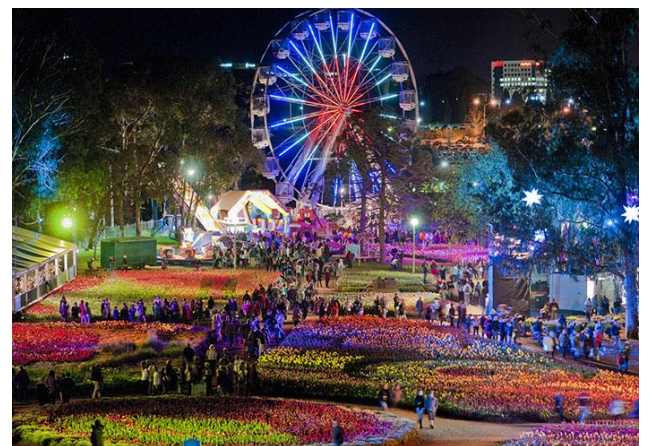
AN INVITATION TO FLORIADÉ ON BEHALF OF BEECROFT MEN'S PROBUS CLUB

Denis Tamsett co-ordinates outings for Beecroft Men's Probus group. He has sent this invitation to members of North Epping Probus.

Their excursions include a day trip to Floriade in September (on the 29th).



Beecroft has only 52 members and would be pleased to invite any of our members to the above excursions, especially Floriade. For this a minimum of 30 passengers at \$65pp is needed.



Any interested members can make contact through the North Epping Club's Secretary, David Thompson.