



# 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

December 2023

Private and confidential for The Probussouth Pacific 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 December meeting.

I suppose it is said every year but I do feel that 2023 has flown by so quickly. I have been fortunate to get around and do many things this past year though I would have liked to have done more.

I hope the members have been as fortunate as me.

I trust that as you read the Bulletin many of you would have enjoyed our Christmas lunch. If you unfortunately couldn't make it then there's always 2024! Throughout the year I hope that members have been able to join in activities that our convenors have diligently provided. Thanks to all the convenors. Our speakers have been interesting and varied and I hope enjoyed by the members.



The management committee has worked on clarifying our true membership numbers as we exited the worst of Covid. Our membership numbers are now stable though

an increase is something we aspire to. PSPL has just advised us of an increase in capitation fees which we will address in the new year.

On behalf of the Management Committee, I wish all our members an enjoyable Christmas and New Year. I look forward to seeing you all on the 15th January for our first meeting of 2024.

Buzz Holden  
98762412/sue.buzz@bigpond.com



A Christmas Koala from Kel Dunn

### MEETING SCHEDULE

**DECEMBER MEETING** MONDAY 18 DECEMBER 9.30

Ladies Welcome

**JANUARY MEETING** MONDAY 15 JANUARY 2024 9.30

**FEBRUARY MEETING** MONDAY 19 JANUARY 2024 9.30

Ladies Welcome

### THE PROBUS CLUB OF NORTH EPPING

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

Payments can be made by **Cash** at monthly meetings, or by **EFT** to BSB 633000 – a/c 134 787 373. (N.B. Banks are phasing out cheques and we are no longer able to accept this method of payment.)



### MORNING TEAS ROSTER

The morning teas roster for 18 December and 15 January is as follows:

18 December	John Wilkinson, 98684898	Brian Wiseman 98770528	Tony Jackson 0409542353
15 January	Harry Yasugi 0417424909	Peter Youll 0412803058	Tony Jackson 0409542353

Anthony Jackson, 0409542353  
[anthonyjackson@bigpond.com](mailto:anthonyjackson@bigpond.com)



### MEMBERSHIP

At the November meeting there were 49 members present, 9 apologies and 29 AWL, making a total of 87 members.

It would be good if we could have a great roll-up for the December meeting and beat our current attendance record of 66.

Those members celebrating a birthday this month are John Wilkinson, Ian Massingham, Paul Ryan, Geoffrey Gunter, Ken Douglass, Tim Radford, John French and Tony Axford. As usual we wish them many happy returns and a great year ahead.

The membership status at the end of November was:

<b>Members 90 and over:</b>	<b>3</b>
<b>Members between 80 - 89:</b>	<b>42</b>
<b>Members between 71 - 79</b>	<b>39</b>
<b>Members under 70</b>	<b>3</b>
<b>TOTAL ACTIVE MEMBERSHIP</b>	<b>87</b>
<b>TOTAL NON-ACTIVE MEMBERS</b>	<b>17</b>

Please send any apologies to the following email address: [secneprobust@gmail.com](mailto:secneprobust@gmail.com).

I would like to wish all members a great Christmas and a fabulous 2024. Thanks for wearing your badges.

Glenn Tippett 9876 6397  
[GlennTippett4@gmail.com](mailto:GlennTippett4@gmail.com)



### RISK MANAGEMENT

I am not aware of any problems this past month in relation to Risk Management.

Is it a coincidence that problems don't occur when attendance lists are provided??

Always happy to get your lists.

Stay healthy!  
 Buzz Holden 9876 2412  
[sue.buzz@bigpond.com](mailto:sue.buzz@bigpond.com)



### FUNCTIONS

#### CHRISTMAS LUNCHEON

Our Christmas luncheon will have been held at Springfield House, Dural, by the time we hold our December meeting. I'm pleased to report that over 60 guests booked in for the lunch. Thank you to all that supported the event.

A safe and happy Christmas and holiday period to all. Let's see what the New Year has in store for us. Hopefully, good health and happiness.

Owen Sherrard 0408 293 324  
[osherrard@bigpond.com](mailto:osherrard@bigpond.com)

#### SAVE WEDNESDAY, JAN. 24 FOR AN OUTING

Here's the plan. We'll take the train to the city for a visit to the **Police and Justice Museum** and its latest exhibition (free and already booked).

Next, we'll enjoy a café or pub lunch, and then go on to the nearby **Museum of Sydney**, also free and already booked. A great day that will end with a leisurely train trip home!

More details will be advised soon so be sure to save the day for this outing.

The Management Committee



**TREASURER’S REPORT**

This is a summary of the club’s finances for November 2023:

<b>Club Funds at 1 October 2023</b>	<b>\$6515.35</b>
<b>Income</b>	<b>\$3505</b>
<b>Outgoing</b>	<b>\$719.50</b>
<b>Club Funds at 31 October 2023</b>	<b>\$9300.85</b>

Outgoings was for New Computer and bulletin printing. Income was for Xmas lunch.

Payments can be made 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 surname in the “Reference for Payee” section and an idea of what it is for.**

**CHEQUE** by post to the Honorary Secretary, the Probus Club of North Epping, 239A Malton Road, North Epping 2121.

Chris Lawrenson, Treasurer, 0418837854.



**BOWLS**

Our activities have concluded for 2023. We sincerely hope that we will have a better result in 2024. However, with an ever increasingly aged group of players it is much harder to muster the numbers needed to make up a tournament.. we shall see how things turn out in the year to come.

Bill and I thank all the players and helpers who participated this year. See you all on the green next year. Geoffrey and Bill

Geoffrey Scott: 98762824  
Bill Spaul: 9869 8787 or 0451558 787



**GOLF**

We are playing to our handicaps so we are happy golfers. Tony C found some good form and now needs to have a meeting with the handicapper. At the next meeting you will be asked “Have you ever had a hole in 1?” on a golf course with a witness who can verify this occurrence.

Tony Carters  
[tonycarters@y7mail.com](mailto:tonycarters@y7mail.com). 0429905796. 98692303



**GUEST SPEAKERS**

Peter Lewis



Today’s guests are Peter Lewis and choristers from the Sydney Welsh Choir.

The Sydney Welsh Choir has around 30 members, male and female, drawn from all parts of the greater Sydney area. Since 1978 the choir has been responsible for putting the **Wales** into New South Wales.

Not all choir members were born in Wales; some have Welsh family links while others simply like the music and the great atmosphere. The choir has a busy concert schedule and has enjoyed singing in some of the great performance venues in Sydney and around the world. Since 1990, the choir has

made six trips to Wales and parts of Europe, as well as touring around NSW and interstate.

The choir's base is in West Ryde. Today, we may expect a short talk from Peter Lewis, the President, on the Welsh songs and the emergence of Welsh choirs. He will also maintain a commentary on the choir's music, to accompany the chorister's songs.

**Future Guest Speakers:**

DECEMBER	Peter Lewis	The Sydney Welsh Choir
JANUARY	Ms. J. McConnell	The redevelopment of Ryde Hospital
FEBRUARY	Rev. Bill Crews	My life and the Bill Crews Foundation

**Members 10-minute talks**

DECEMBER	Alan McPhaill	Falls
JANUARY	Kees Thurmer	Beethoven and me
FEBRUARY	TBA	



**WALKERS AND TALKERS**

Good walking to you all.

The Walkers have finished for the Year and so there is not much to report about.

As usual, the group is scheduled to start up again in March after the heat of the summer months starts to cool down and becomes a bit more conducive to getting out and about.

Most important: We will need to have a new leader to run the walkers. As I have earlier said, I am not available next year and that's set in concrete.

I took over the walkers 5 years ago when John French decided to give it away due to dropping numbers of people attending the walks. A lot of other Probus clubs are having similar troubles.

I don't think we can blame covid for dropping numbers, but if we, do at least it sounds better than just saying we are all getting older.

And maybe one of our readers will take over the spot I've vacated and take up the post of Walk Man, starting in March. I'm always happy to answer any questions you might have about what's involved.

**Some riddles to help pass the time...(answers on page 13)**

1. A murderer is condemned to death. He has to choose from three rooms. The first is full of raging fires. The second is full of assassins with loaded guns. The third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is Black when you buy it, Red when you use it, and grey when you throw it away?
4. Can you name three consecutive days without using Wednesday, Friday, or Sunday?
5. This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, and you still may not find anything odd. But if you work at it a bit, you might find out.

Steve the Walk Man  
 Steve (Sailor) Palmer  
[stevennorahp@gmail.com](mailto:stevennorahp@gmail.com)



**LUNCHEONS**

Our last meeting for the calendar year was at Alan Walker Village as reported in last month's bulletin. We mean to start of the new year with a lunch at North Ryde Golf club where I believe

Thursday lunches are once more available on January the 11th at noon. The past year has seen a considerable growth in attendances over 2023 which is encouraging. The numbers for last year are as follows;

Jan	Dundas Sports	18
Feb	The Ranch	17
Mar	Viking Sports	17

Apr	Pennant Hills Hotel	16	a new venue
May	Denistone Bowlo	15	
Jun	Wings	18	
Jul	Cheltenham Rec	22	a revamp
Aug	Rydalmere FC	15	
Sep	Ryde Eastwood RLC	25	a revisit
Oct	Silverwater Hotel	18	a revamp/ new venue
Nov	A W Village	27	a new venue

So, a few new places tried and some old favourites revisited. All the best to members and partners for the Christmas holidays, I hope to see you at the annual Christmas lunch organised by Owen at Springfield. Gill and Dave

Dave Thompson, 9869 2740, 0434 611 074  
[dpt36@hotmail.com](mailto:dpt36@hotmail.com)



**BRIDGE**

**Results**

14 November  
 Ken Douglass, (578), Judy Massingham (521), Carolyn Brereton, (502)  
 21 November  
 John Pope and Ken Douglass, (496) EQ Margo Wagner, (491) Judy Massingham (489)  
 28 November  
 Glenn Tippett, (517) Ian Massingham, (401) Owen Sherrard (481)  
 5 December  
 Glenn Tippett (517) Ian Massingham (501) Owen Sherrard (487)

Michael Brereton 9869 8816  
 Bridge Convenor  
[mjbrereton@optusnet.com.au](mailto:mjbrereton@optusnet.com.au)



**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 and I will help if I can.

**Dec - White to move and win in 1 move**

		♔			♖				8
♟			♞	♔		♟	♟		7
♙	♟	♙			♙				6
									5
		♖							4
					♔		♙		3
♙			♞		♙	♙			2
							♔		1
a	b	c	d	e	f	g	h		

**Dec - White to move and win in 2 moves**

									8
	♟				♟	♟			7
♖					♙		♔		6
					♙	♖	♞		5
									4
	♙			♙			♔		3
				♖		♙			2
									1
a	b	c	d	e	f	g	h		

The solutions can be found on Pages 12 & 13.

Regards  
 Roy Gallop, 98766381  
[roy.gallop@bigpond.com](mailto:roy.gallop@bigpond.com)



## MAH JONG

The position in the North Epping Probus 2023 Mah Jong Challenge is Marcia Garrick leading on 35 points, followed by Marie Young in second place on 30 points, and in third place Carole Love on 27 points.

The last games afternoon is scheduled for Monday 11th December, commencing at 3.00 p.m. at North Epping Bowling and Community Club.

All members and their friends of North Epping Probus and North Epping Bowling and Community Club are invited to attend and join in a game, no prior knowledge required.

Games are usually held on the 2nd and 4th Monday of the month, commencing at 3.00 p.m.

Keep healthy and stay safe.

The White Dragon, Bill Fletcher 9878 1851  
[bill.fletcher@bigpond.com](mailto:bill.fletcher@bigpond.com)



## WINE APPRECIATION

As is usual for this time of the year, there will be no Wine Appreciation lunch in December or January and the next lunch is planned for February 2024.

In the meanwhile, Margo and I wish all Probus members a safe and happy festive season and hope to get back together in the new year.

Peter Wagner 0408 208 801



## INVESTMENTS

The race has been run  
 The race has been won by Phil Keefe with a final balance of \$107,536. Owen Sherrard came second with \$105,073. Peter Cole came third with \$103,572. Congratulations to Phil and to the place getters, Owen and Peter. The rest of us finished in the red. Ron Seidel, with \$53,995 came last. In other words, Ron lost 46% of his initial outlay of \$100,000.

The 3 largest share price gains were John Pope's Catapult up 77.6%, Peter Cole's Mayne Pharma up 52.3% and Phil Keefe's Nextgen up 48.5%.

I have the dubious honour of holding the worst performing company, Aeris, down 83.5%. Brokers continued to recommend purchasing Aeris even as the price was falling. In March it was the copper stock preference of a large broker and a fund manager. April a fund manager, July a very large broker and September it was a very large broker. Aeris has a copper mine and has been making a small profit. Confused. Unless you know the game backwards, if you do not already hold shares and understand the market, seek good advice and stick to companies that make large profits year after year. Remember that I cannot give investing advice. As you see from the above even high profile brokers and fund managers make calls that lose you money. Copper was the in thing. Currently one broker has it as a buy and the other broker covering has a hold. The only problem is that big companies have big mines and economy of scale. BHP has a huge mine, Olympic Dam. Good advice is hard to find.

3 of the stocks some of us chose for the competition are among the most shorted on the ASX. Hedge Funds have borrowed shares from institutions and sold them into the market in anticipation that lithium company share prices will fall.

A stock I chose, Pilbara Lithium, is 20% shorted. Australian Super has waded into the market and bought 5% of the company making it harder for the hedge funds not to lose money on their gamble. Its share price has risen each of the last 3 days. Pilbara is said to have cash at bank of \$3 billion and, because it has a low cost of production reported by the company as \$US658 per tonne, continues to make money on its lithium sales. The price of lithium is falling.

The last time I looked it was \$US1000 a tonne. Liantown and Core Lithium are also heavily shorted. As far as I am aware The Liantown Board have not heard from Gina Rineheart. its 19.9% holder. They are getting on with the job of getting together sufficient funds to develop their mine.

Just read that a couple of top OZ economists have called the top of The Reserve Bank's interest rises. Hope they are right. Happy investing.

Don Michie 0400 690 290  
[dmichie@bigpond.com](mailto:dmichie@bigpond.com)

## VLAARDINGEN IN THE NETHERLANDS

Cees Thurmer has given us these illustrations and the story of an historic part of Holland most Australians won't have even heard of.

### Vlaardingen's History



*Vlaardingen's Waalstraat in 1960*

Vlaardingen is one of the oldest inhabited areas of Holland. Between 3,500 B.C. and 2,500 BC. The area was already inhabited. However, the area looked very different than it does today.

The area was originally a swamp and dunes, and the coast was much closer to Vlaardingen than it is now. The residents mainly lived by hunting and fishing. The existence of the settlement since the Late Stone Age has given its name to the culture of the Late Stone Age in the Netherlands: the Vlaardingen culture.

Around 700 AD a small church was founded on a hill in this area on the site where the large church of Vlaardingen now stands. The church is the oldest mother church in Holland.

In the Middle Ages the Netherlands was the property of the German emperor. The emperor gave this part of Holland to the Dutch counts.

Vlaardingen was a very important strategic place at the time. After all, Vlaardingen is located at the mouth of the river Maas, and whoever managed the mouth of the Maas controlled the trade on the river and the hinterland.

The Count of Holland had Vlaardingen fortified with a castle on the site where the large church now stands and a count's court was built. This effectively made Vlaardingen the capital of the county of Holland.

In 1047 AD Godfrey, the German emperor took control of the area after the second battle of Vlaardingen. Godfrey, the Duke of Lorraine became the administrator of the area in the name of the German Emperor.

[One day, while Godfrey was sitting on the toilet, so the legend says, an assassin in the employ of the Count of Holland stuck a sword straight up into the Duke's rear from outside. The duke died from these injuries. This political murder is now known as the Vlaardingen toilet murder.]

In 1163, Holland and therefore Vlaardingen were hit by dyke breaches and floods, culminating in the Saint-Thomas flood of December 21, 1163. Many polders were flooded.

The final blow for Vlaardingen as a defensive stronghold came during the Eighty Years' War. Vlaardingen is an open city and hardly defensible. In 1574, when the Spaniards took possession of Maassluis, 3km west from Vlaardingen, the princely families feared an attack on their properties. William of Orange decided to make Vlaardingen unusable for the Spaniards by flooding the polders with water from the canals.

### The Geography of Vlaardingen

The city is divided into a northern part (locally known as the "Holy") and a southern part by the A20 motorway. On the east the city is separated from Schiedam by the A4 motorway. Other places nearby are Maassluis to the west, Schipluiden and Delft to the north, Schiedam and Rotterdam to the east and Spijkenisse in the south-west, on the other side of the Nieuwe Maas. The A20 connects Rotterdam to the Hook of Holland.

The Beneluxtunnel (the tunnel that runs under the Nieuwe Waterweg) connects the A20 to the A15. The centre of the town is on the west side of the old harbour, which was originally a stream ('De Vlaarding') from the peat lands north and east of the town, running to the Meuse estuary.

### Modern Vlaardingen

A Unilever research centre is located in Vlaardingen (located next to the former Sunlight factory, later called

Lever Faberge Sourcing Unit Vlaardingen). There are still some ship repair businesses in Eastern Vlaardingen beside the Nieuwe Maas River.

The Vulcaanhaven was for many years the largest privately owned artificial harbour in the world. The last major herring factory, Warmelo & Van Der Drift, left Vlaardingen in the middle of 2012 to relocate to Katwijk aan Zee.

There are still some ferry terminals in Vlaardingen (DFDS Seaways, sailing to Felixstowe and Immingham and P&O Ferries sailing to Hull).

### The Waal Canal



*An original sketch of the Waal canal in central Vlaardingen 1743 (original sketch copied by Cees' father in 1974).*

The canal through Vlaardingen is an old drainage canal (from before 1250) and is also a shipping route. It is one of the oldest watercourses in Delfland and was created when parts of different creeks were connected by canals using shovels and pick axes.

As a result of the inversion of the landscape, the water surface – formerly lower than the adjacent land – is now located quay-high above the adjacent polders.

The Vlaardingervaart already appears on early maps and is mentioned in late-medieval documents. It later became a trekking cruise over which towing boats sailed. Nowadays there is mainly pleasure boating.

Much of the traffic across Vlaardingervaart consisted of tow barges that connected the city with Maassluis, Delft, The Hague and Leiden.

Vlaardingen was connected to the network in 1654. The direct connection to Delft was disbanded in 1891, but independent skippers still sailed to Delft until the 1920s.

### Port of Rotterdam

The nearby Port of Rotterdam is the largest seaport in Europe, and the world's largest seaport outside of East Asia, located in and near the city of Rotterdam, in the province of South Holland in the Netherlands.

From 1962 until 2004, it was the world's busiest port by annual cargo tonnage. Wikipedia says Rotterdam is the latest harbour in the world.

The municipality administers an area of 26.69 km<sup>2</sup> (10.31 sq mi), of which 23.57 km<sup>2</sup> (9.10 sq mi) is land, with 73,924 residents in 2021.



### GENEALOGY

Family History

Our Genealogy group was to be formed early in 2020 and due to COVID contact was mainly by email. The first get together was at North Epping Bowling Club on the 23 July 2020. Since then we have had meetings on the fourth Thursday of the month.

During this period we have had a number of people attending and not forgetting the time and effort the speakers have put in. A great effort in the past and we are looking great for the future.

So I would like to express a BIG thank you to all for your support and wish all a Merry Christmas and Happy New Year

We have no meeting in December & January but look forward to February

Col Maskill

Meetings on the fourth Thursday of the month

Col Maskill: [colmaskill@gmail.com](mailto:colmaskill@gmail.com)  
9871 7316 or 0402 242 605



## NEPTunes

Another good roll up, in spite of the heat. We are looking forward to our numbers being swelled by those members who expressed interest in joining in at our last meeting.

Now don't be shy.. Just like one of the songs we sing says:

"Sing, Sing a song  
Make it simple  
To last your whole life long  
Don't worry that it's not good enough  
For anyone else to hear  
Just sing  
Sing a song"

The Carpenters hit the nail right on the head.  
Next Session, 10 am February 9, 2024.  
NOTE **no session in January**, as usual

All enquiries: Peter Merry, 0409 575 314 or 9876 2043  
[pvmerry@gmail.com](mailto:pvmerry@gmail.com)



## SLEEP APNOEA – SNORERS

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

The Herald tells us that the snores of Kare Walkert, a Swede with sleep apnoea, reached a Guinness world record of 93 decibels in the 1990s, about the equivalent of a lawn mower. A British woman's snoring has since reportedly exceeded 111 decibels (as loud as someone shouting into another person's ear).

Bill Spaul, 9869 8787 or 0451 558 787



## WELFARE

**Your Convenor** recently had surgery for the removal of a melanoma from my scalp. The consequential skin graft will do nothing to enhance my already battle-scarred appearance.

**Tony Carters** and I visited **Rudi Kern** at the Southern Cross Nursing Home. Tony's visit was like a tonic for Rudi.

**Michael Brincat** has told us he is in hospital and expects to be there for quite a while waging a fight against 'The Big C'. We'll share any updates that come in from Michael.

Michael Brereton 9869 8816, Welfare Officer  
[mjbrereton@optusnet.com.au](mailto:mjbrereton@optusnet.com.au)



## DRAWING GROUP

What with difficulty meeting times and days, the involvement from our Probus contingent in the local drawing group has been intermittent and the group itself is looking to consolidate regular members so the club as a Probus entity no longer exists.

Guests will always be welcome and the WhatsApp group will continue to post messages about venues and times,  
Happy doodling!

Dave Thompson, 9869 2740, 0434 611 074  
[dpt36@hotmail.com](mailto:dpt36@hotmail.com)

## DISCOVER THE CHARM OF THE Q STATION



Nestled on Sydney's picturesque North Head, the former Quarantine Station (now renamed Q Station) stands as a testament to an era long past, when Australia fervently protected its shores against infectious diseases that might be brought here by any foreigner or other person who had resided overseas.

Far from being a sombre relic, this meticulously preserved and sensitively repurposed heritage site offers a unique and enjoyable experience for all those

who visit. From its rich historical significance to its stunning natural surroundings, a trip to Q Station promises an unforgettable journey of exploration and enlightenment.

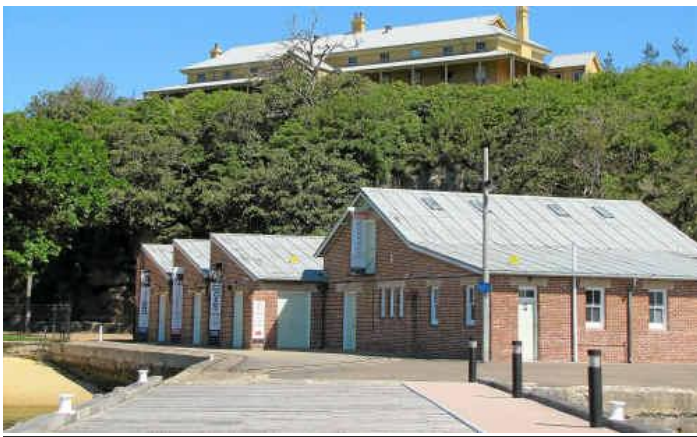
### Immersion in History

A visit to the North Head Quarantine Station transports visitors back to the late 19th and early 20th centuries, when Australia's determined population faced the challenges of local and global pandemics head-on.

You can explore the historical buildings and exhibits, including the former hospital, morgue, and isolation wards, to gain insight into the harsh realities of early disease control measures.

Guided tours offer fascinating stories of resilience, tragedy, and the human spirit that permeate the walls of this historic site.

### Architectural Classics



The Q Station's architecture is a captivating blend of colonial, Georgian, and Victorian styles. The sandstone structures provide an architecturally stunning backdrop against the dramatic coastal landscape.

You'll appreciate the intricate details of the buildings, from the ornate verandas to the grand entrance gates, showcasing the craftsmanship of a bygone era.

If you wish, you can even spend a comfortable night in a house that once held first-class passengers waiting out their time in quarantine.

### Natural Beauty Surrounds

While the Quarantine Station's historical significance is remarkable, its location amidst the striking beauty of North Head takes the experience to another level. The station is surrounded by lush greenery, offering

panoramic views of the Sydney Harbor, Pacific Ocean, and the city skyline.

Take leisurely strolls along the shoreline, breathe in the fresh sea air, and marvel at the unique rock formations.

### Outdoor Activities

North Head's Q Station goes beyond history and architecture, providing a range of enjoyable outdoor activities. Explore the many walking trails, uncovering hidden gems like the Fairfax Lookout, where you can witness breathtaking sunsets over the ocean.

For those seeking adventure, try your hand at snorkeling, kayaking, or swimming at one of the nearby beaches. The diverse ecosystem within the Sydney Harbour National Park offers opportunities for birdwatching and wildlife spotting.

### Culinary Delights

After a day of exploration, indulge in a memorable culinary experience within the Q Station's atmospheric dining venues. Enjoy a delightful meal at the Boilerhouse Restaurant, situated within a repurposed historic building. The eatery offers delectable dishes crafted from locally sourced produce, ensuring a dining experience that satisfies the palate.



From its architectural marvels and captivating guided tours to the wide variety of outdoor activities and culinary delights on offer, this unique heritage site guarantees an enjoyable and unforgettable experience for all who venture within its walls.

So, embark on a journey back in time, and discover the enchanting allure of the Q Station. There's simply nothing else like it in Australia.

Phil Keeffe  
NEPC [Bulletin@Outlook.com](mailto:Bulletin@Outlook.com)



## BOOKWORMS

The Bookworms are having a break over Christmas with no meetings in December and January but I am sure quite a lot of reading will occur. Christmas is an ideal time to stock up on new books and catch up on reading.

We have carried out an exhaustive and very democratic voting process to arrive at the list below. We started with a short list of 20 books and Bookworms awarded marks out of 10 with 10 marks for a first choice down to 1 mark for a tenth selection.

Naturally the most popular book was awarded the most marks. Once the top ten books were selected the titles were then drawn at random to establish the order for discussion. Probus members will notice that we have come with an interesting range of books for 2024 with plenty of variety.

Date	Title
February 13th	Exiles by Jane Harper
March 12th	...and Hang a Hurricane on the Gate by David Pope
April 9th	Sworn to Silence by Linda Castello
May 14th	The Devil's Bargain by Stella Rimington
June 11th	The Marrying of Chani Kaufman by Eve Harris
July 9th	The Man who Died Twice by Richard Osman
August 13th	The Bookbinder of Jerico by Pip Williams
September 10th	Lola in the Mirror by Trent Dalton
October 8th	Bright Shining; How Grace changes everything by Julia Baird
November 12th	Force of Nature by Jane Harper

Happy reading,

John Pope 0419 448 789  
[popejc@bigpond.net.au](mailto:popejc@bigpond.net.au)

## DECEMBER CHESS QUIZ ANSWERS

### Mate in One:

White Pawn c6 moves to c7 – checkmate. The only Black Piece that is in a position to take the White Pawn would be the Black King. However, that is not possible because that square is also covered by the White Rook. The Black King cannot move out of check without still

being in check by either the White Queen or the White Bishop.

### Mate in 2:

This is another game where it looks like Black has the upper hand with 8 pieces compared to White who only has 6. However, once again, white is in the box seat. White Rook takes the Black Knight on h5 – check. The Black King cannot move out of check without still being in check by the White Rook or the White Pawn on f5. No Black pieces are in a position to take the White Rook. Therefore, Black's only option is for the Black King to take the White Rook.

The White Pawn on g2 now to g4 – checkmate. No Black pieces are in a position to take the White Pawn except for the Black King and he cannot take the White Pawn because it is protected by the White king. The Black King cannot move out of check to g6 or h6 because of the White Pawn on f5, and the White Bishop on e3. Game over.

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## Norfolk Island Trip

The trip was a success despite covid appearing on the scene.

I would recommend the Island as a worthwhile place to visit while realising a lot of our members have probably already been there, still worth revisiting as was Lord Howe Island last year.

While only six of us came from North Epping, we joined up with members from other Probus Clubs and in the end there were 24 of us in total and we had a wonderful time.

This joining of other clubs to beef up the numbers may be the way of the future in areas where membership growth is not occurring to help keep the spirit of Probus alive and kicking.

I will not be organising any trip next year so we look to a new convenor stepping forward.

I hope all your travels over the Christmas season are enjoyable.

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## COMPUTERS TECHNOLOGY

### Healthy Living Apps for adults of all ages

Healthy living apps are tools that can help us make informed decisions about our health and help us change our behaviour and achieve a healthier lifestyle.

Using these apps, you will be able to transform your mobile device into a health guru that you can take with you anywhere. They are all available (or should be) from the Play Store for your device.

*Adapted from an article by Stay-in-Touch*

<https://www.stayintouch.com.au/healthyliving>



#### Activity Apps

- Couch to 5K
- Strava
- Map my Walk by Under Armour
- Fitbit
- Home Workout- no equipment

#### Brain Games Apps

- Words with Friends
- Lumosity
- Peak
- Two Dots
- 2048
- Brain Yoga
- Duolingo

#### Dietary Apps

- My Fitness Pal
- Fodmap
- Australian Calorie Counter – Easy Diet Diary
- DietBet
- Total Wellbeing Diet

#### Wellbeing Apps

- Unwinding Anxiety
- Headspace
- Headgear
- Calm
- Smiling Mind
- Daily Yoga

#### Sleeping Apps

- Sleep Cycle alarm
- Sleep Bug
- Elite HRV

#### Insurance Claims

- Medicare
- Health Insurance – eg myBupa

#### Medication Management

- Pill Reminder
- MyMedSchedule
- MyMeds

#### Government Apps

- My Health Record
- My Gov

**Think critically**

1. Can you easily set goals?
2. Can you easily track yourself?
3. Does it reward you when you make progress toward your goals?
4. Does it send notifications to help you stick to your goals?
5. Can you share your progress with others to stay motivated?

**Selecting Apps**

1. Download safe apps, check publisher, reviews and ratings
2. Try the free version before you buy
3. Buy the app if you want to reduce ads in the free version
1. Some apps require you to pay an upfront charge to download and use
2. Some require a subscription so consider the cost over the year if you need to subscribe
3. Some are free but may feature in-app purchases to buy added features
4. Download over your home WiFi if possible

**Settings**

1. Do not create an account or sign in using your Facebook or Google account
2. Create an account with your email address and strong password
3. Be careful about entering personal information
4. Turn on location services only if it is going to help the app provide you with information you need
5. Some apps provide the ability to start tracking you a set distance away from your home
6. Check notifications, do you want them on
7. Only accept followers or friends that you know

**Look for warning signs**

1. It's expensive and you do not know why
2. You are not sure if you can trust the company
3. It does not suit your needs
4. There are extra set up costs
5. There is a lot of assumed knowledge
6. It is complicated to use

**Medical Emergency Apps**

1. Set up ICE contacts
2. **Health app (iPhone) open Health app** – select profile (circle at top with your initials)- select medical ID –select edit (at top corner) – scroll down to emergency contacts - - tap on add emergency contact – select someone from your contacts – tap on their phone number – select relationship – select done (top corner).

3. Locked Screen Message (most smartphones)
4. Set an ICE contact details as your locked Screen Photo (all photos)

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**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	TBA	
Wine Apprn.	February 2024	TBA
Walkers	Resume 2024	TBA
Luncheon	Thurs, Jan 2	12.00PM
NEPTunes	February 9, 2024	10.00AM
Bookworms	February 13, 2024	3.00 PM
Functions	Friday 15 December Dural	12.00 pm
Genealogy	TBA	3.00PM
Bowls	2023 concluded	TBA 2024
Golf	Barnwell Park, Fridays	9.30 AM
Explorers	Resume 2024	TBA
Drawing Group	TBA	2.00PM

**THE ANSWERS TO ALL FIVE RIDDLES**

1. The third room. Lions that haven't eaten in three years are dead.  
That one was easy, right?
- 2 The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung).
3. Charcoal, as it is used in barbecuing.
4. Sure you can name three consecutive days: yesterday, today and tomorrow!
5. The letter E - the most common letter used in the English language - does not appear once in the paragraph.