



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

October 2023

Private and confidential for The Probus 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 October meeting.

I was able to travel up the North Coast last month. 10 of us the first week and 6 the second. Many things to do interspersed with a few games of golf at local

courses.

It's been a while since we stayed at the smaller towns off the highway, though the main towns also have much to offer. It was good to spend a few days at Nambucca Heads and Wingham and remember times we spent there when our children were young. Bellingen and Sawtell are still as lovely as we remembered. The history and beauty of the area reminds me of how lucky we are.



Over the past months we have enjoyed a wonderfully eclectic group of guest speakers. Their knowledge in engineering, medical (specifically Parkinsons disease) and history of rum in the NSW colony was very enlightening.

Today our guest speaker is MIKE MUNRO, everyone knows Mike from years of journalistic and hosting work on our televisions --- OR DO WE ??



Come along and make Mike welcome as we listen to him speak on "Life, Television and a Bushranger family" Remember it is a Ladies day so we hope to see many members and guests in attendance.

PS I have thrown in a picture of the U.S. team trying to defend the Ryder Cup



Buzz Holden

98762412

sue.buzz@bigpond.com

MEETING SCHEDULE

OCTOBER MEETING <i>Ladies Welcome</i>	MONDAY 16 OCTOBER 9.30
NOVEMBER MEETING	MONDAY 20 NOVEMBER 9.30
DECEMBER MEETING <i>Ladies Welcome</i>	MONDAY 18 DECEMBER 9.30

THE PROBUS CLUB OF NORTH EPPING

Mail: 4 Devlin Road, North Epping 2121

Email: secneprobust2@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 this year and we are no longer able to accept this method of payment.)



MORNING TEAS ROSTER

The morning tea roster for 16 October and 20 November is as follows:

16 October	Tom Warner 98697920	Derry Thomas 0413652004	Tony Jackson 98686404
20 November	Craig Watford 98692304	Peter Wagner 98764575	Tony Jackson 98686404

Anthony Jackson, 0409542353
anthonyjackson@bigpond.com

My request to check that your contacts are correct and up to date has resulted in NO emails or phone calls to make corrections. There was a list at last month’s meeting so I am hoping that those who needed to check their details did it that way.

Remember the committee expects that the information provided by you is correct and up to date so that if required contact can be achieved immediately.

Stay healthy!

Buzz Holden 9876 2412
sue.buzz@bigpond.com



MEMBERSHIP

At the September meeting there were 56 members present, 20 apologies and 10 AWL, making a total of 86 members. This is the lowest number of AWLs for a long time which is good to see. Those members celebrating a birthday this month are Jim Holbert, Donald Ballantyne, Gary Swilks, Ron Lankshear, Nick Oppedisano, Michael Brincat. Peter Youill and Brian Wiseman.

As usual we wish them many happy returns and a great year ahead.

The membership status at the end of September was:

Members 90 and over:	3
Members between 80 - 89:	41
Members between 71 - 79	38
Members under 70	4
TOTAL ACTIVE MEMBERSHIP	86
TOTAL NON-ACTIVE MEMBERS	17

Finally, I’d like to give a big thank you to Ian Massingham for holding the fort while I was away. Please send any meeting apologies to the email address below.

Glenn Tippett 9876 6397
Glenntippett4@gmail.com



FUNCTIONS

CHRISTMAS LUNCHEON

The good news is that our Christmas luncheon has now been booked in for **Friday 15th December 2023** at Springfield House at 245 New Line Road, Dural.

There was popular support for holding this function at our September meeting, so we are hoping for good numbers for this end-of-year event.

We need a minimum of at least 50 for this venue. The cost is \$70.00 per head. I will be collecting bookings and money for the luncheon starting at our October meeting.

The lunch will include pre-lunch drinks and canapés, A 2.5 hour beverage package including soft drinks and water, a 2 course Christmas menu, wine on the table, and coffee and tea to finish.

There’s ample off-street parking at the venue. Please mark it in your diary now.

As usual, payment can also be made directly into the Probus Club’s bank account. Just note your name and the words ‘Christmas Lunch’.



RISK MANAGEMENT

Happily I have no problems to report which is always a good thing to be able to say.

THEATRE ON CHESTER

The play still to come this year is on Friday 17th November - *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 September 2023:

Club Funds at 1 September 2023	\$6366.65
Income	\$ 105.00
Outgoing	\$ 84.70
Club Funds at 30 September 2023	\$6386.95

Outgoings was for printing of the Bulletin and a golf competition refund.

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

Unfortunately, the game scheduled for September the 4th had to be abandoned due to the very low response of players from the usual clubs which traditionally made up the numbers for a successful competition.. Without sufficient numbers it is an unviable proposition for the club to host the game.

So that concludes the activity 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 played on Friday the 6th of October. The weather was OK just a little cool and windy with a little rain at the end.

Two of our golfers returned after a long absence so it was great to have them back.

We were in good spirits,
 The course was in good condition,
 We hired carts and had lunch and a drink after 9 holes,
 We all played well and enjoyed each other's company -
 This was "as good as it gets"

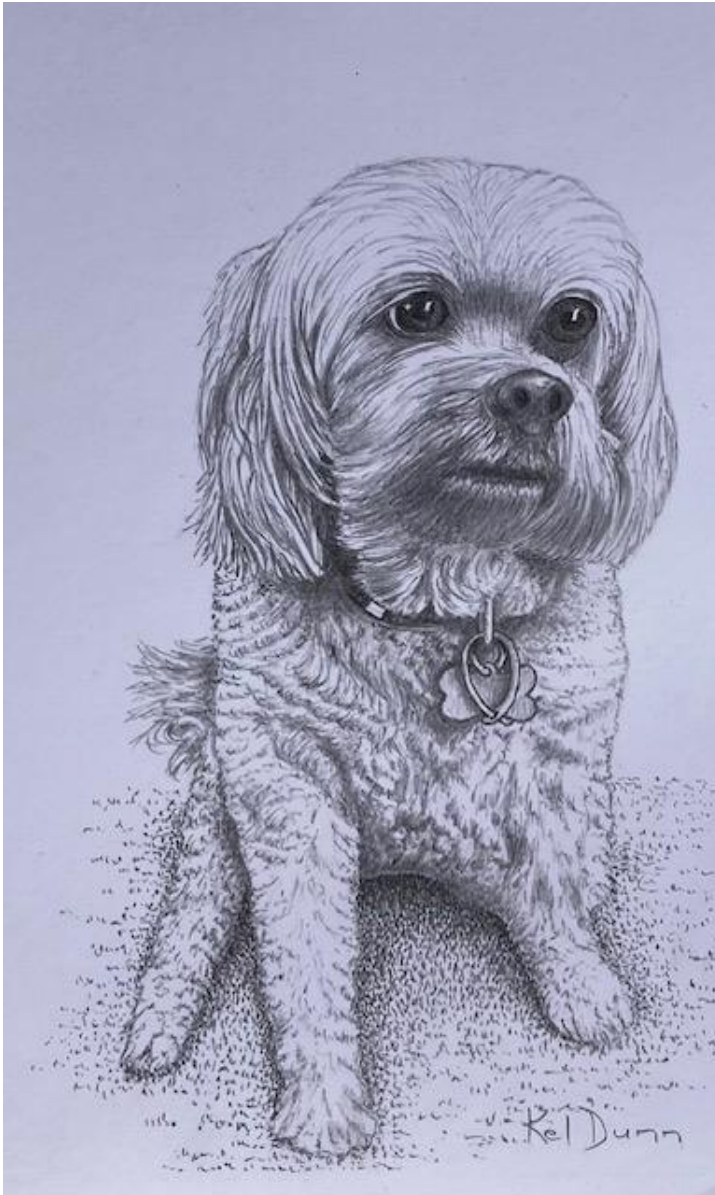
Tom McKibbin
atmckibbin@gmail.com



EXPLORERS

No Exploring to report this month.

ARTWORK



"Jaffa" by Kel Dunn



GUEST SPEAKERS



Mike Munro

Our special guest speaker this month is well-known television celebrity Mike Munro. Mike began in journalism as a 17-year-old copy boy after he matriculated. He spent the next 10 years in Sydney newspapers, including two years in New York as a foreign correspondent. After turning his back on television twice, he joined Mike Willesee's "**Willesee**" programme, before becoming one of the earliest **60 Minutes** reporters on the Nine Network.

He later hosted programmes like **A Current Affair**, **This Is Your Life**, and then **Sunday Night** on the Seven Network.

In recent years, he has been making documentaries for the **History Channel**, and has just written his second book called "The Last Bushrangers" who were Mike's great-uncles. They murdered a policeman and a station manager in Queensland's Carnarvon Ranges in 1902. His autobiography, "A Pasty-Faced Nothing", deals with his growing up in the monastery, on Sydney's North Shore, and his years at **60 Minutes** and **This Is Your Life**.

In 2014, he became a member of the **Order of Australia** for his charity work and contribution to journalism.

Future Guest Speakers:

OCTOBER Ladies Welcome	Mike Munro	Life, Television and a Bushranger family
NOVEMBER	Ian Small	Kurrajongs: the WW1 recruiting marches
DECEMBER Ladies Welcome	A Welsh Choir	Welsh choral singing

Members 10-minute talks:

OCTOBER	John McClintock	Braking systems
NOVEMBER	Alan McPhaill	Falls
DECEMBER	Peter Merry	Organising NEPTUNES



WALKERS AND TALKERS

Good walking to you all.

It's another warm day today, just arrived back home after a stroll around with the dog, checking out all the weemails.



At one of the lookouts with South Head in background



A black cockatoo keeping an eye on us

Well, we had a good walk around North Head on our last walk, it was a good sunny day, not too hot, and the views from the headland were magnificent. It was a nice easy stroll with plenty of stops to take in the view. We were constantly checking for whales coming back from up north but sadly none to be seen. Oh well, better luck next time.

So, this month's walk is to be along the KOKODA TRAIL down at Concord, our intention is to meet up at the railway station at 9.15 am on **MONDAY 23rd OCTOBER**. We will hop on the train and head down to RHODES and from here we will walk down to the park, and the beginning of the Kokoda Trail.

Now the trail does not have any shops around so you must bring your morning tea /coffee and your lunch, and a bottle of water. There's no point getting hungry and thirsty.

The track is flat and well defined but has the occasional small tree roots to watch out for, as we walk along.

Wear good walking shoes.

The usual thing, if it's raining, you guessed it. Go back to bed.

The Walkers group will go into recession after the November walk and will not start up again until March, which is our normal way of running things.

I have decided to call it quits as far as organising the walks, so we will be looking for a new walks convenor. If you are interested please get in touch with me or the Committee.

I was just thinking, what a shocking week I had, but while many complain about life in general and the cost of living, I am here, sitting on a sofa that cost \$3500, keeping comfortable with the air conditioner which cost \$2300, watching the latest film on the 70" smart TV that cost \$4000.

Right now, I'm so happy - with no worries and not a care in the world. Not even the staff at Harvey Normans, who keep asking me to leave can spoil my day.

Regards to all.

Steve the Walk Man
 Steve (Sailor) Palmer
stevennorahp@gmail.com



LUNCHEONS

We had our biggest group attendance in quite some while with 25 fine diners testing the waters at Ryde Eastwood Rugby Leagues Club last month.



Some keen diners arrived early and claimed the best seats in the house so we were all able to sit at the one table.

The food was generally ok with the strange exceptions of Barramundi and another meal being transformed into roast dinners by the kitchen staff who maintained their innocence because the docket said so, until management intervened and the customers were accepted as being right.

Another meal was similarly wrong which resulted in a free dessert and a Greek salad was turned into an Italian salad, the addition of a few olives and feta cheese effected a geographic change in the cuisine.

Overall, an enjoyable day but the mistakes need to be considered before returning, especially with regard to the waiter arguing the toss that she was not at fault. Something of a storm in a teacup but a minor storm, nevertheless.

There are plenty of other places we can go to and enjoy each other's company.

Speaking of which, we are booked into the Silverwater Hotel next Thursday the 12th of October at noon. This is the same premises as Dooleys at Silverwater but with new management. First turn on the right after crossing Silverwater bridge heading south.

Bill Daley has liaised with the Chef at Alan Walker Village for a November luncheon. It promises to be an excellent dining experience, but we need to confirm the numbers to make the booking so please let me know if you plan to be attending on Thursday, November 9.

Salut

Gill and Dave

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 and I will help if I

Oct - White to move and win in 1 move

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

Oct - 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 Page 11.

Regards
Roy Gallop, 98766381
roy.gallop@bigpond.com



MAH JONG

Mah Jong is in abeyance until next month.

Keep healthy and stay safe.
The White Dragon

Bill Fletcher 9878 1851 bill.fletcher@bigpond.com



BRIDGE

Results

Tuesday 19 September Insufficient players to run a competition.

Tuesday 26 September (7 players) Carolyn Brereton (397), (Ian Massingham (371) Jim Holbert (352)
Tuesday 3 October (6 players). Social bridge only)

The bridge group is going through a challenging period. Due to an unfortunate sequence of members on holidays, unwell, medical appointments, family commitments, etc, our numbers have tumbled to an all time low. Twice there have been insufficient numbers to run a competition. This has never happened before. Now is the time for those who have been thinking of joining the group to convert thoughts into action. Tuition can be arranged as may be required.

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

WINE APPRECIATION



This month's wine lunch is planned for Friday 20th October, commencing midday at the Bowling Club. Our hosts will be Vivien Riley and Elaine Stewart and for those not there for the recent lunches, you need to

bring your own food, crockery and hardware and we will organise the wine and glasses.

To cover the cost of the wine and nibbles, \$20 will be required from all participants, no later than the Probus meeting earlier in the week, unless previous arrangements have been made.

Peter Wagner 0408 208 801



INVESTMENTS

September was a bad month for the competitors in our investment competition.

The total of our portfolios fell \$62,200. 3 remain in the black. The rest of us are in the red.

Owen Sherrard, with \$118,636, has moved up from 2nd to 1st place. At the end of September, his Liontown parcel was up 81.5%, but more about that later. With \$113,186 (down \$5,000), Phil Keefe has dropped back to 2nd position. John Pope, with \$100,276, continues on 3rd spot. With \$98,428, Peter Cole remains in 4th place. Cecily Pope, with \$92,358, continues in 5th position. With \$91,346 (down \$6,000), Ken Douglass remains in 6th spot.

At the other end of our field, there has been a change in last place. Our veteran stayer made heavy weather of September with his portfolio falling to \$64,851 and our gold guru's portfolio staying higher at \$65,362. Surely gold will increase in value this month. There were a couple of signs of life yesterday.

As at 30 September, Steve Palmer continued to hold the title of being the one who chose the worst performing share this year. His Syrah Resources was down 78%. Syrah has a graphite mine in Mozambique. On 2 October, a financial analyst did an article in the Sydney Morning Herald (SMH) headed "This is Africa" about there being 104 mining companies listed on The Australian Stock Exchange with operations on the plains and in the jungles of Africa. It highlighted Syrah's problems with strikes and political interference. The same day an investment bank was reported in The Australian Financial Review with a positive take on Syrah and the price of graphite. The share price went up 15%. Syrah released an advice to the ASX attacking the SMH article. I owned some Syrah but as the news got worse and worse got out. When I started investing

65 years ago both my parents warned me never invest in miners. For better and for worse, I did not take this wise advice. I look at my current investment group choices and shudder. Apropos Liontown, last month I reported that on 4 September Albermale, the New York listed American giant miner had lodged a \$3 a share offer for the company. The offer was by means of a scheme of arrangement by which if 75% accepted, ALbermale could compulsorily acquire the remaining 25%. Seems straightforward? Not when Gina Reinhart wants to interfere. Yesterday, 4 October, the Australian Financial Review reports that last night her brokers bought, offline, 47.6 million shares in Liontown. This brings her holding to approximately 14.67% of the company. Gina says she wants a seat at the table. What happens if Albermale walks away? One thing is for certain, Gina is able to wage war on many fronts at the same time.

Last week was a great week for those of us who are invested in the small number of high yielding ASX listed companies paying out substantial dividends. Lots and lots of dividends were paid out. The bonuses are the franking credits where the ATO returns the total of these to investors. Henry has drawn your attention to an article in Active Retiree Magazine setting out how this works. This week The Reserve Bank left the interest rate on hold. October is usually a good month to be invested. This year looks like that may not be the case.

Don Michie 0400 690 290

dmichie@bigpond.com

NORFOLK ISLAND 2023



Travel documents for our trip have been sent out so it's almost time to start packing for the trip. We depart Sydney aboard QF0179 on October 27 and return on QF0180 on November 3.

Dave Thompson, 9869 2740, 0434 611 074

dpt36@hotmail.com



GENEALOGY

Family History

Once again, we will be checking out Bill Spaul's DNA at Ancestry.com. We are in the search for Mr William George Judge (abt 1836-1928) a relation of Bill's that will trace back to England and hopefully find a few lost cousins on the way.

Come along and join this friendly group on Thursday 26th October at 3 pm. Venue North Epping Bowling Club

Meetings on the fourth Thursday of the month

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



NEPTunes

Well, what a roll up we had in September. With quite a few people attending for their first time. They looked like they enjoyed themselves. Hopefully they will spread the word.

If you like singing, NEPTunes is for you. There is no judgement at NEPTunes. The words are on the screen and Joy is in the air.

Next Sessions 13th October and 10th November at 10am at the Club.

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.

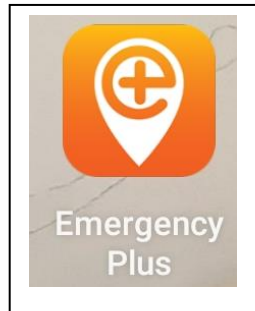
News from the US:
Sleep apnoea is highly treatable, yet only about 20 per cent of patients with moderate to severe Sleep Apnoea ever do anything about it.

Bill Spaul, 9869 8787 or 0451 558 787

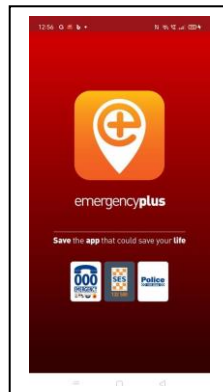
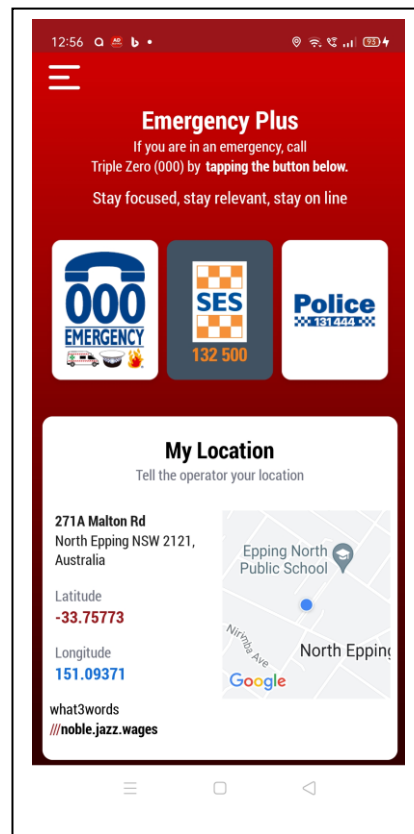
COMPUTERS TECHNOLOGY

Emergency app for your mobile phone

Several years ago, Telstra, all the State Emergency Services (SES) and police services combined to set up "Emergency Plus", to provide a means of contacting emergency services easily and quickly. It was extensively publicised at the time, and I expect that most of us installed it immediately.



I have never had the need to use it and had pretty much forgotten about it until reminded by Phil Coleman as a possible topic for the computers and technology article. The app is still available on both the Android and Apple app stores, and it is strongly recommended that you install it on your phone and learn how to use it. First find the "Emergency Plus" on the app or play store, download and install it.



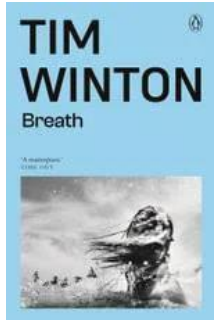
Clicking on the icon will produce this screen, quickly followed by the actual site. You will be prompted to allow the app to access your location – click yes on the appropriate option. The 3 emergency services that are available will then

be displayed, along with the address and a map of your location. Press the icon for the service you need, and when asked for your location you can give the street address if it is correct (the address shown was out by about 50m), the latitude and longitude displayed, or

easiest of all, the “what3words” code, in this case “noble.jazz.wages” which the operator can use to find your location as accurately as the latitude and longitude.

Tapping the 3 line icon at the top left, then the “More Information” line on the following screen will display advice on what service to call, how to perform CPR, and a list of direct numbers for other emergency services such as the Poisons Information Hotline, and other information about the app itself, including a VERY long disclaimer.

Some phones come with an app providing a “wallpaper” screen (provided by Phil) that allows calls to be made to specific numbers without actually opening the phone with the passcode. Tapping on the



“Emergency” text at the bottom left will show up one or more names that you have nominated (ICE – In Case of Emergency numbers) and the person can make

that call.

It’s not necessary for the stranger to know your passcode, but they can alert your contact so that they can call the emergency service required.

On the subject of emergencies, there is a website we all should know about given the dire forecasts for the weather this summer – Fires Near Me - <https://www.rfs.nsw.gov.au/fire-information/fires-near-me>. Each state has a similar site. May I suggest you add this address to your phone browser!

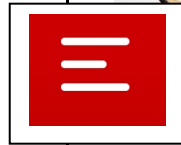
Peter Youll, peter@youll.name



WELFARE

Nothing to report this month. Stay safe.

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



DRAWING GROUP

Art group is meeting Sunday the 8th October at my place, namely 4 Devlin Road at 2:00 pm, to be held al fresco, so if it is raining we need to keep in touch via our WhatsApp group.

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



BOOKWORMS

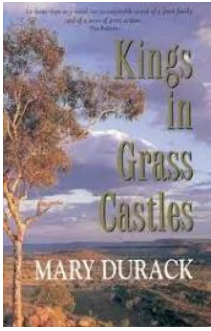
The book discussed at the Bookworms October meeting was Breath by Tim Winton.

The novel is set in a small Western Australian logging village named Sawyer, near the fictional coastal town of Angelus, which has featured in several of Winton's works. It is narrated by Bruce "Pikelet" Pike, a divorced, middle-aged paramedic, and takes the form of a long flashback in which he remembers childhood experiences of friendship with another boy Loonie of surfing under the mentorship of Sando an older surfing champion, and of a relationship with Sando’s wife.



The main events of the novel take place in the 1970’s.

The book generated a wide-ranging discussion amongst the 10 bookworms present, often covering personal experiences prompted by segments of the book. It was generally agreed that the surfing descriptions were well written and realistic. Scores ranged from 5 to 9 with an average of 7/10.



The book for November is “Kings in Grass Castles” by Dame Mary Durack (1913–1994). This 1959 book of history is considered a classic of Australian literature. Margo Wagner has offered to lead the discussion - thank you Margo.

John Pope has requested bookworms gather suggestions for next year as the voting will be upon us soon. Please send suggestions to John Pope and he will organise a voting sheet so we can vote and have the results at our November (Drinks and Nibbles) meeting. Trish and John McDowall for John Pope.

John Pope 0419 448 789
popec@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 Aprn.	Friday 20 October	Midday
Walkers	Monday 23 October	09.15AM
Luncheon	12 October	12.00PM
Lunch	15 December, Dural	12.00PM
NEPTunes	Friday 10 November	10.00AM
Bookworms	Tuesday 14 November	3.00 PM
Functions	Friday 17th November, Theatre on Chester	
Genealogy	Thursday 26 October	3.00PM
Bowls	2023 concluded	tba
Golf	Barnwell Park, Fridays	9.30 AM
Explorers	Resume 2023	tba
Drawing Group	8 October 2023	2.00PM

OCTOBER CHESS QUIZ ANSWERS

Mate in One:

White Bishop g2 moves to h3 – checkmate. The Black King cannot move out of check without still being in check by either the White King or the White Bishops on h3 and d6, and no other Black pieces are in a position to block the check or take the Bishop.

Mate in 2:

White Queen takes the Black Pawn on f6 – check. The only options available for Black is to take the Queen with the King or to move to h7.

If the black King takes the White Queen then White moves the Bishop from c5 to d4 – checkmate. No Black pieces are in a position to take the White Bishop or block the check, and the King cannot move out of check to e6 because of the White Rook on e8, or to g6 because of the White Pawn on f5.

If the Black King moves to h7 the White moves the White Rook on e8 to h8 and takes the Black Rook – checkmate. The Black King cannot take the White Rook because it is protected by the White Queen and no other Black pieces are in a position take the White Rook.

Roy Gallop 9876 6381 roy.gallop@bigpond.com

WALKING TIPS FOR SENIORS



Walking is one of the simplest and most effective forms of exercise for people of all ages, and it's particularly beneficial for seniors. Not only does it improve cardiovascular health, but it also enhances balance,

flexibility, and overall well-being. However, as we age, it's important to keep a few essential tips in mind to ensure a safe and enjoyable walking experience.

Safety: Safety should always be a top priority. Start by investing in a comfortable pair of supportive walking shoes with non-slip soles. This will provide stability and reduce the risk of falls. Additionally, consider taking a walking stick or cane with you on walks, particularly if you have balance issues.

Warm up and stretch: Before you start your walk, spend a few minutes warming up your muscles and stretching. Perform gentle exercises like shoulder rolls, leg swings, and ankle rotations to improve circulation and prevent muscle strains.

Choose the right time and place: Plan your walks during daylight hours to ensure good visibility. Select routes that have even surfaces and well-maintained pathways to minimise trip hazards. Walking in groups or with a friend can also provide an added layer of safety and companionship.

Start slow and gradually increase intensity: If you're new to walking or haven't been active for a while, it's essential to start at a comfortable pace. Begin with shorter distances and gradually increase both the pace and duration of your walks. This will help to avoid overexertion and reduce the risk of injury.

Stay hydrated: It's easy to underestimate the importance of staying hydrated. Bring a bottle of water with you to sip on throughout your journey, especially if you're walking in warmer weather. Dehydration can lead to dizziness, fatigue, and muscle cramps, so it's crucial to keep your fluid levels up.



Pay attention to posture: Maintaining good posture while walking can help prevent strain on your joints and muscles. Keep your head up, shoulders relaxed, and back straight. Engage your core muscles for stability and

take smooth, natural strides. Look ahead and avoid looking down at your feet, as this can compromise balance and increase the risk of tripping.

Listen to your body: It's important to listen to your body and take breaks when necessary. If you feel any pain, dizziness, or shortness of breath, stop and rest. Don't hesitate to consult with your healthcare provider if you have any concerns before starting or continuing a walking routine.

Incorporate strength and balance exercises: Walking can be complemented by exercises that focus on strength and balance. Participating in a regular strength training program can help improve bone density, muscle mass, and overall stability, reducing the risk of falls.

Practice sun protection: Protect your skin from harmful sunrays by applying sunscreen and wearing a hat and sunglasses. UV exposure can cause premature aging and increase the risk of skin cancer, so it's essential to take appropriate precautions.



Enjoy the walk: Walking is not only a physical activity but also an opportunity for looking after your mental well-being. Take time to appreciate the beauty of nature, listen to music, or walk with a friend to make the experience more enjoyable and fulfilling.

Walking is a fantastic form of exercise for senior citizens. By following these tips, you can ensure a safe and pleasant walking experience. Remember to prioritise safety, start slowly, stay hydrated, listen to your body, and make it a pleasurable journey. Enjoy the benefits of walking to improve your overall health and well-being while seeing the world outside your home.

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