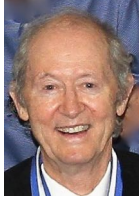


Newsletter

FROM THE PRESIDENT



Dear Fellow Members, Partners and Guests

We are now touched by the enormity of the pandemic that challenges us. Given our demographic we need to take particular care as directed but in practical ways to reach out to others where needed. It is a time of great anxiety. In last Sunday's press noted sociologist, Hugh Mackay wrote 'Anxiety is an absolutely natural human response to the deeply unsettling times we live in. But the best way to combat it is to focus on the needs of others because anxiety is an absolutely self-absorbed state. Be more neighbourly than you usually would be.'

Our committee has taken a proactive approach and with initiatives of Roger Freney and David Bruce-Steer we would like to reach out to our members in a practical way, for example do you need assistance in having prescriptions fulfilled? Would you like a call from one of our members, after all we can change what is called social distancing into just physical distancing? We live in a digital age and so can break down this physical distancing through our excellent website, through video links and above all a phone call.

David has researched our membership and come up with the ten geographic zones where we live. As an executive we propose taking responsibility for these zones and personally keep in touch with members breaking down potential isolation. Please see panel at right.

Lets put on our thinking caps. I have always been impressed by the variety of backgrounds and experience of our members. Just a few suggestions that might start you thinking: sharing some of our DVD collection particularly series like Downton Abbey or the West Wing. How about members sharing what they are reading – an online book club.

A final suggestion was a reliable current medical source of information. Kwan has recommended the link www.health.nsw.gov.au/infectious/diseases/Pages/coronavirus.aspx

Many of our number experienced the trauma of World War II and how we overcame it. We can learn to sacrifice, live in hope and above all overcome any anxiety as we show the fellowship, the Probus spirit which has guided our great club through its forty years.

Kevin Fitzpatrick President

COMMITTEE

President
Kevin Fitzpatrick
Vice President
Roger Freney
Imm. Past Pres
Peter Davenport
Secretary
John Metcalf
Treasurer
Barry Friere
Committee
Ian Ashbrook
David Bruce-Steer
Ross Bruwel
Richard Hannaford
Ted Kraegen
Yiu Lam Kwan
Bob Pearce
James Ritchie
Barry Stone
Peter Turner

OTHER ROLES

2Fifty Club
John Pike
Bowls & Welfare
Peter Cornish
Cashier
Philip Brook
John Hirst
Cycling
Allan Blake
Stewart Horwood
Golf
Murray Mair
Hon Auditor
David Lloyd
Hospitality
Richard Hannaford
Jim's Jaunts
Jim Holloway
Meetings
Martin Grover
Membership
Peter Turner
Minute Secretary
Ian Ashbrook
Movies
David Bruce-Steer
Music, Art
John Brooks
Gerald Christmas
Newsletter
Ted Kraegen
Yiu Lam Kwan
Postmen
John Metcalf
Bob Pearce
Sailing
Ross Bruwel
Speakers
Barry Stone
Tennis
Peter Turner
Tours, Outings
Bob Pearce
James Ritchie
Website
David Bruce-Steer

April and May Meetings

- These meetings and other Probud activities have been cancelled consistent with Government responses to the Coronavirus pandemic.

Zones and Contacts for Help if Needed

Committee members are taking responsibility to help members where needed in the current period of home isolation, based on geographic areas of residence as below. The member mentioned below will be ringing you to see if you need any help.

Group A: Ted Kraegen: South of Bridge

Group B,C: John Metcalf, James Ritchie (backup); P'codes: 2060,2062,2063

Group D: Kevin Fitzpatrick, David Bruce-Steer
P'codes: 2064,2065

Group E: Peter Davenport;
P'codes: 2066,2068,2069

Group F: Yiu Lam Kwan;
P'codes: 2070,72,73,74,77,86,87

Group G: Bob Pearce, Barry Stone;;
P'code 2088

Group H: Peter Cornish, James Ritchie; P'code 2089

Group I: John Metcalf;
P'code 2090

Group J: Roger Freney;
P'codes: 2092,93,2103,2206,2446

Additional Coronavirus information

To find out what the experts are up to, the New England Journal of Medicine, arguably the world's leading medical journal has an excellent coronavirus information website <https://www.nejm.org/coronavirus>



OUTINGS

Unfortunately, we have had to cancel all Outings until end of May at the earliest. We still are hoping that we can have our usual "Winter Feast" at the end of July.

SOMETHING TO LOOK FORWARD TO

Orange in the middle west of NSW is renowned for its cool-climate wine production, good eating and beautiful region. We are starting to organise a trip there to celebrate the end of our isolation from our current restricted lives. Clean air. Lovely wine. Good fellowship. Date 22nd to 25th September. Further details in flyer.



If you have not already done so let Bob [bobpearce37@gmail.com] or James [jamesfr@ozemail.com.au] know if you are interested.

SPECIAL INTERESTS

Our regular activities are cancelled for the time being. Further information if needed from the contacts below

CULTURE, ART & MUSIC
John Brooks 9908 282

CYCLING
Stewart 9439 9609 Allan 9960 8830

GOLF
Murray 0419 488 609

MOVIE ENJOYMENT
David Bruce-Steer 9419 7017

ROLL-UP LAWN BOWLS
Peter Cornish 0421 012 538

SAILING Ross Bruwel 0421 817 106

TENNIS Peter Turner 0428 611 456

On the Lighter Side

Working from home...



I still haven't decided where to go for Easter



debating between the bedroom or the living room



"Here! Put this up to your chest while I take a listen. I don't want to catch whatever the heck you've got."



Annual Subscription Due

Your annual subscription of \$50 is now due. Please don't leave it until the deadline in June. You can pay preferably by online bank transfer: include your name for reference. **BSB 082 057 a/c no: 28869 5672; Probus Club of Neutral Bay..**