

# Newsletter

Sept  
2021

## FROM THE PRESIDENT

Dear Fellow Members, Partners and Guests



Each day during Covid lockdown, I try to talk to at least one of our members. It is heartening to hear their cheerful voices and to learn that they are making the best of times in isolation.

While we are using Zoom and other communications for club activities extremely well, there is nothing like having a personal chat. So I was delighted when Kwan suggested that we have an open chat time on Zoom before our monthly meeting. What a great innovation. It's instead of our get-together at Norths. Please join in to chat with your Probud friends. **On 14 September we will open the Zoom line at 10.15 am and chat among ourselves until 10.30 am when the usual meeting will begin.**

Treats are in store, particularly our guest speaker Gabriella Marie who will inspire us writing our family histories and memoirs.

We welcome our new members Ross Bengner and Terry le Roux to the Club. Could I ask you please to introduce your friends to our activities. I would like to showcase them to potential new members. Please forward our emails advising of our on-line activities to a friend. They contain the link and password. Your friends are welcome to witness our meetings, newsletter, trivia quiz, tech seminars, bridge and announcements, all provided through email and Zoom.

If a friend would like to be nominated to join our club, please get a nomination form from Peter Turner : [peter-turner@outlook.com.au](mailto:peter-turner@outlook.com.au)

If you have any suggestions about new activities that we could organise during lockdown, please let me know. This includes any additional activities that we could conduct by ZOOM.

With warm regards,

**Roger Freney, President**

## NEW MEMBERS

### Ross Bengner

Academic MB BS FRANZCO FRACS  
Career: Medicine, Ophthalmic Plastic Surgery  
Last position: Private Practice  
Interests: Cars Fishing Gardening  
Residence: Ross and Susan live in Drummoyne

### Terry le Roux

Academic BSc BA MComm  
Career: Financial Analyst  
Last position: Chem Systems (London)  
Interests: Beekeeping Gardening Golf  
Bushwalking Cycling  
Residence: Terry lives in Balgowlah

### New Members

**The Committee encourages Members to sound out and propose prospective new members to join our Club**

## Ode to the Covid Crow

The straight-flying COVID crow  
Knows exactly how far he can go.  
Five kay-em, five kay-em  
I squawk again and again

Finding someone without a mask  
Is not such a hard task  
But an unmasked crowd  
Singing and dancing very loud  
Is even better still  
I can make many very ill

Otherwise, off down the road  
To a shop without a code.  
It's absolutely obscene  
That they now have a vaccine.  
I want my ten million offspring  
To each infect one human thing  
My work will then be done  
After so many people succumb

Warren Dahl 2021

## Sept Meeting is by Zoom

The September Meeting Zoom will be held over the Internet at 10.30am on Tuesday Sept 14th using Zoom. **As a new initiative the Zoom will commence at 10.15am to allow for informal Members' Chat for 15min.**

**Login procedures** will be advised by email. Schedule is as follows:

- 10.15 - 10.30 Members' Chat
- 10.30 - 10.50 General business
- 10.50 - 11:00 Personal Corner
- 11.00 - 11:50 Guest Speaker
- 12.00 Questions and Wrap Up

## PERSONAL CORNER

### Yiu Lam Kwan

"Why is blood red? The story of the red blood cell as an unsung hero."

## For the Diary

**October 26th** - Sydney Heritage Fleet

**November 16th** - Outing - details later

**December 14th** - Christmas Lunch

**The Orange trip planned for November 16-19 has been cancelled** as it is impossible to make final bookings at this stage. We will look at possibly rescheduling this for next year.

## Vale

Vale **Bruce Adams**, close friend of many and much admired Club Member. President in 2002-03, active participant for 26 years, Bruce will be fondly remembered as a highly respected gentleman who contributed a great deal to our Club and other organisations. On behalf of all members, I express our heartfelt condolences to Marcia and her family.

**Roger Freney**



*I'm not going to be caught out again by lockdown. I'm moving in with my hairdresser'*



### COMMITTEE

#### President

Roger Freney

#### Vice President

Yiu Lam Kwan

#### Imm. Past Pres

Kevin Fitzpatrick

#### Secretary

John Metcalf

#### Treasurer

Barry Friere

#### Committee

Graeme Adam

Ian Ashbrook

David Bruce-Steer

Ross Bruwel

Peter Davenport

Richard Hannaford

Ted Kraegen

Bob Pearce

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

#### Lost Soles Strollers

Stewart Horwood

#### Meetings

Yiu Lam Kwan

#### Membership

Peter Turner

#### Minute Secretary

Ian Ashbrook

#### Movies

David Bruce-Steer

#### Music, Art

John Brooks

Gerald Christmas

#### Newsletter

Ted Kraegen

David Bruce-Steer

#### Postman

David Bruce-Steer

#### Sailing

Ross Bruwel

#### Speakers

Barry Stone

#### Tennis

Peter Turner

#### Tours, Outings

Bob Pearce

#### Website

David Bruce-Steer



Public museums and galleries etc are currently closed due to Covid regulations and are likely to remain so in September. Please **check websites** for reopening and other details.

Some websites are

**Mosman Art Gallery**  
[mosmanartgallery.org.au](http://mosmanartgallery.org.au)

**Conservatorium of Music**  
[sydney.edu.au/music](http://sydney.edu.au/music).

**NSW Art Gallery**

[artgallery.nsw.gov.au](http://artgallery.nsw.gov.au)

**National Trust, S.H. Ervin Gallery**  
[shervingallery.com.au](http://shervingallery.com.au)

**Normal scheduling of activities and/or contact person are shown below.**

**However all are cancelled for September and will be reviewed in October subject to COVID-19 Regulations.**

**CYCLING** Contact Bob on 0400 291 373  
 Normally Monday rides at 10am. Also Sats at 7.30am from Milsons Point Station for a 23km ride around the Opera House then wharves to near Anzac Bridge.

**GOLF** Murray 0419 488 609

**MOVIE ENJOYMENT**

David Bruce-Steer 0455 655 451  
 Meets on the 4th Monday of the month.  
 Cremorne Orpheum theatre

**ROLL-UP LAWN BOWLS**

Peter Cornish 0421 012 538  
 Norths Greens, St Leonards 10am Wed

**SAILING** Ross Bruwel 0421 817 106  
 No September sailing. Contact Ross.

**TENNIS** Peter Turner 0428 611 456  
 Normally first and third Tuesday of the month at Middle Cove from 10am to 12pm, followed by coffee at a cafe. Extra players are invited to join in.



## “10 Tips for Writing your Memoir or Life Story”

There are many reasons to write your memoir or life story. Perhaps you have a hidden desire to leave your family a legacy by sharing your life with them...your insights, observations and the lessons you've learned along the way. You may want to record your history so your great grandchildren and beyond get to know who you were.... and the era in which you lived.



**But where do you start?**

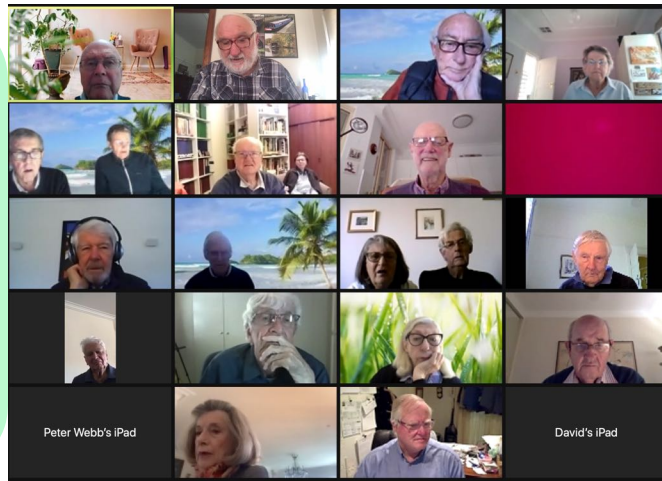
**Gabriella Kelly-Davies** is a life story writer and biographer. She is the founder of “Share your Life Story” and has written thirty-five memoirs, life stories, biographies and family histories for clients in Australia and overseas. She is President of Life Stories Australia Assoc., the representative body for life story professionals and the author of an award-winning biography “*Breaking through the Pain Barrier. The Extraordinary Life of Dr Michael J. Cousins*”.

**Gabriella will share her top 10 tips for writing your memoir or life story—memory joggers, sensory memories, vivid detail, scenes, dialogue, concrete language ... and much more.**

## ONLINE CLUB ACTIVITIES

### Weekly Technology Discussion by Zoom Friday 10 - 11am

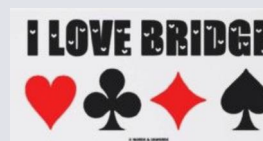
David Bruce-Steer is conducting very practical weekly seminars on the use of phones, computers and other issues of interest to Members. Already it has been a great success with some 10 to 20 members joining each Friday session (eg on right). David encourages suggestions of topics for forthcoming seminars. All are welcome - login instructions by email in advance. [dobs@ozemail.com.au](mailto:dobs@ozemail.com.au)



### Neutral Bay Probus Online Bridge

Online bridge has been successfully launched by John Pike for members and friends. Play is Thursdays from 4.00 to 5.30pm. We would like to add extra players/tables and can provide instruction on how to join in via a computer, iPads etc. .

If anyone is interested in playing, could they please contact John on 0403007273 or [thejohnpike@gmail.com](mailto:thejohnpike@gmail.com)



### Second Virtual Trivia Quiz by Zoom

Following the hugely successful first trivia quiz, our second quiz will be conducted by Peter Turner on **Tuesday 19th October 2-3pm**. All members and their friends are invited to join in the fun, banter and prizes. Zoom details will be sent in advance by email



## OUTINGS

**The following activities are planned but “on hold” due to Covid-19**

### 2.50 Club: Museum of Sydney and Club York.

Museum of Sydney Cnr Bligh and Philip Sts, Then by tram to Club York, near Town Hall.  
 Coordinator **John Pike** (0403 007 273 [thejohnpike@gmail.com](mailto:thejohnpike@gmail.com))

### Lost Soles Strollers: Glebe Walk

Lovely level walk along Blackwattle Bay, historic Burley Griffin incinerator, Chinese temple plus top drawer Victorian Glebe streetscape. Lunch at Tramshed.  
 Coordinator **Stewart Horwood** ([stewh444@tpg.com.au](mailto:stewh444@tpg.com.au) , 9439 9609)

### Outing Tuesday November 16th

We will keep open the option of a one day outing on Tuesday 16 November if lockdown restrictions permit. Please save the date. Details will be announced in the October newsletter