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FROM THE PRESIDENT



Some of you will be surprised that at my age I have a 96 year old stepmother Ursula who is the widow of my father. She has recently gone into permanent care where I visited her yesterday and found her in very good sprits.

In her varied life she has been a pharmacist, a catholic nun and then a wife in that order.

I used to have great fun in telling people that I was best man at my father's wedding when he married a nun at the Wayside Chapel in King's Cross.

I mention this as the President's message is normally about the 3 Fs: fun , friendship and fellowship. So I have added another F: family, as family is an important part of life and as members of Probus we are part of one big happy family which is a lovely thing to have in our retirement.

A particular thanks to Barry Friere who rescued Ula's dog Alley last week after she escaped from my daughter Sarah's home which is across the road from Barry's. She is an elusive little thing and Barry must have used his hitherto unknown athletic skills to catch her.

Cheers to all ,

Reg

Reg Richardson, President

NEXT MEETING

This month's meeting will be held on Tuesday 14 May from 10.30am in the Norths Leagues Club Auditorium
10.30 - 10.50 General business
10.50 - 11:00 Personal Corner
11.00 - 11:20 Morning Tea
11.20 - 12:20 Guest Speaker
12.20 - Questions and Wrap Up

Club Activities for Your Diary

Mon 20th May Lost Soles Strollers
Tue 25th June Archibald Exhibition
Tue 23rd July Winter Feast
Fri 2nd August 2:50 Club - Woy Woy By The Sea

Personal Corner

The next personal corner will be given by **Dr Bill Kearsley**. His vocation is surveying. He obtained his PhD (UNSW) in Physical Geodesy in 1977. He has a long and distinguished career in academia, and has held various positions in many international professional organisations. He lives in North Sydney

Annual Subscription Is Due

Pay \$65 by cash or cheque at meeting, but Preferably by online bank transfer: please include your name for reference.
BSB 082 302 A/C No. 28869 5672

What a Remarkable Performance



At our April 9 General Meeting we were treated to an absolutely delightful event: an hour long presentation on "Sailor, 9 year old to 98 year old" by our guest speaker **Gordon Ingate** - consummate sailor and raconteur supremo. He did it all without any notes or slides, and his 98 year old brain did not miss a beat. On concluding the session, he said: 'I'll be back!' **Good one Gordon!**

Report on Jazz in the Pub, Wednesday 10th April 2024

On April 10th, 23 "cool cats" from Probus NB enjoyed an afternoon of trad jazz hosted by the Sydney Jazz Club and starring the New Orleans Ramblers. Several of our bolder colleagues and partners took to the dance floor in great style. "That was great! When are we going there again?" said one. This can be done but not as an outing – talk to Graeme (he is an SJC member.) **Graeme Adam**



Report on the Inaugural Pickleball Session, Thursday 11th April 2024

An enthusiastic group of Probus Pickleballers including members and ladies participated in our inaugural game at Willis Park in April. Many playing for the first time, with new skills being displayed, rules learned and fellowship enjoyed. The feedback was really positive with a few new muscles being put to the test. Probus provided the paddles and balls.

New Pickleballers most welcome. Contact Hugh Seccombe 0411 644 886. See following page for further details. **Hugh Seccombe**



Report on "Saigon in Sydney" - 2:50 Club Adventure, Friday 26th April 2024

Twenty one Neutral Bay Probus members and friends made the starting line for the 250 Club adventure in Cabramatta: "Streets of Saigon". We had perfect conditions for the occasion and no jet lag afterwards from long flying hours. We enjoyed the good weather, wonderful lunch and the culture surrounding the local Vietnamese community out in our western districts.

Tony Michaels



DETAILS OF UPCOMING ACTIVITIES

The Lost Soles Strollers Balmain (Tom Uren) Walk - Monday 20th May 2024

We meet for this walk on Circular Quay wharf 5 to catch the 10.12 ferry to Balmain East. Sydney politician and WW2 hero the late Tom Uren walked regularly around the lower half of Balmain peninsular where he grew up and was a resident. We will see some waterfront parks, quiet coves and beaches, and lots of interesting old streetscapes. We catch a 442 shuttle Bus to QVB, and then walk down George St. to Charlie Chan's bar and street food. Expression of interest please to Stewart by email stewh444@tpg.com.au. On the right is a photo from the last outing: happy faces at the "Narrabeen Lake Stroll" on 15th April 2024



The Archibald, Wynne and Sulman Prizes Exhibition - Tuesday 25th June 2024

WHAT: Private Guided Tour for Probus Neutral Bay members - approximately one hour's duration.
WHEN & WHERE: Assemble at 9.45am outside main entrance to Art Gallery of NSW for a 10am start.
PROGRAM: The Archibald Prize for portrait painting is Australia's most celebrated art award. Since 1921 it has reflected the unique experiences of the people who live in this region, highlighting figures from all walks of life. Equally exciting, the Wynne Prize is for landscape painting of Australian scenery, or figure sculpture, while the Sulman Prize is for subject painting, genre painting or a mural project.
HOW: Sign on with John Metcalf at general meetings or email johnmetcalf157@gmail.com
PAYMENT: \$27 per person (concession rate) Please pay no later than **5th June 2024** by Bank Transfer BSB:082 302 A/c. no: 28869 5672. NAB Neutral Bay. Name: Probus Club of Neutral Bay. Include your name and the words "Archibald Tour" when making EFT payment .



Upcoming Activities - stay tuned for further details

Tue 23rd July Winter Feast - Watergrill Restaurant, Sydney Rowing Club, Abbotsford This favourite annual event offers a great opportunity to meet old and new members and relax in a social environment. Cost: \$65 pp. Sign on at General Meetings. Contact: **John Metcalf**

Fri 2nd August 2:50 Club - Woy Woy by The Sea Meet at 09:10 at Wynyard Station to catch 9:35 train to Woy Woy. After a walk around tpwn and the Memorial Park, we will lunch at Fisherman's Wharf. Return late afternoon. Sign on at General Meetings. Contact: **Tony Michaels**

OTHER REGULAR MONTHLY ACTIVITIES

Neutral Bay Probus Beginners Croquet Group Mon 1 to 3pm Chatswood Croquet Club. Contact **Rob Wright** on **0416 161 863**

Pickleball 2nd and 4th Thursdays of each month, 10 am to 12 noon. Willis Recreation & Sports Centre 325A Eastern Valley Way, Chatswood. A new initiative, with players of all standards welcome. Never played? Then now is your chance to participate in this fastest growing sport in Australia. We have an enthusiastic group of men and women (12-16) who are enjoying the exercise and fellowship, followed by a coffee. Dress is as for tennis. Cost \$10 pp includes paddles and balls. Members and friends welcome. Contact **Hugh Seccombe** hugh.seccombe@hotmail.com

Roll Up Lawn Bowls Every Wed morning at 10 am at Norths Greens, St Leonards (near North Sydney Oval). Call **Peter Cornish** on **0421 012 538** for more details. All regular players and beginners are welcome to play and socialise.

Tennis Venue is Willis Park Eastern Valley Way Castle Cove courts. From 10 am to 12 pm on the first Tuesday of the month. Tennis is followed by coffee and a social chat. All members are welcome. Please contact **Peter Turner** on **0428 611 456** for details.

Golf Murray Mair welcomes all members to play, generally on Fridays on a local course. Please contact **Murray** on **0419 488 609**.

Cycling We have a very active, regular cycling group led by **Bob Pearce** on **0400 291 373**. Normally Monday rides start at 10 am and Saturday rides start at 7.30 am from Milsons Point Railway Station or from Observatory Hill at 7.35am. **Extra Riders Welcome!**

Sailing Ahoy! For a great day on a comfortable cruising yacht, the "Renada", please contact **Captain Ross Bruwel** on **0421 817 106** for information or to book a place. Pick up at Middle Harbour Yacht Club at 10.30 am. **Next Sailing on Tuesday 28th May.**

Movie Enjoyment At the Orpheum, Cremorne on the 4th Monday of the month. Contact **David Bruce-Steer** on **0455 655 451**.

Bridge Contact **John Pike** for details of online bridge on **0403 007 273**. Typically a game lasts for about 1.5 hours, at 4pm each Thursday.

May Guest Speaker

Andrew Campbell

HEARING AND BRAIN HEALTH

Andrew is a Masters trained, independent adult rehabilitation specialist audiologist and a pioneer in the field of cognitive health and hearing. His passion is to help patients return to a fuller participation in life. He is a speaker, teacher, manager, philanthropist and innovator. He was a founding member of one of the largest hearing health care groups in the country, Campbell Cosmetic Hearing, Neuaudio – an organisation dedicated to supporting independent private practices in Australia. Discover how the cognitive overload you may be suffering from may be caused by untreated hearing loss. Find out why untreated hearing loss is the No.1 modifiable risk factor for Dementia, and above all, why the term "use it or lose it" applies to the connection between hearing and the brain.



June Guest Speaker: Jeff Burgess (u3a) "Artificial Intelligence" - Past, Present and Future

This is sponsored by KWIKKOPY 6/129-133 Military Rd Neutral Bay ph 9953 3077
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