



**August 2020 Newsletter
Edition No 151**

PRESIDENT'S REPORT

To the members of the Combined Probus Club of Belrose

Members,

There have been some changes to the committee over the last few weeks.

The committee held an extra ordinary meeting where President Peter Moxham's resignation was accepted. The committee was sad to lose such a good committee member and President who has contributed greatly to the club and who will continue to do so.

As Vice President I have taken over as President in accordance with the relevant clauses of the club constitution. This was ratified at the meeting.

Susan Allsop resigned as secretary and public officer and her resignation was accepted by the committee. Geoff Jones has taken on the role of Secretary and Public Officer. The committee accepted his appointment which will need to be ratified at the next general meeting. In the meantime Geoff has the full authority and legal responsibility of Secretary and Public Officer.

Chris Wood had resigned as treasurer and member of the club. He was persuaded by several members to withdraw his resignation and to continue as treasurer and club member, which he did. This meant that there was a period of some days when the club did not have a treasurer. During this time Chris worked for the benefit of the club in sorting out the bank signatories. The committee thanked him for this. The committee resolved to ratify all actions that Chris took for the benefit of the club during this interim period. The committee accepted Chris's withdrawal of his resignation and he continues as treasurer.

Warren and Christine McGurgan have decided to pursue some new opportunities which have opened up for them and regretfully tender their resignations from the club and Chris's position on the committee as tours and outings co-ordinator. John Robinson has graciously agreed to fill Chris's position for the rest of the Probus year.

Please note we now have a vacant position to fill, Vice President. Anyone interested in taking on the role please contact our secretary, Geoff Jones.

As your new President I would like to take this opportunity to assure all members that the committee is working extremely hard to keep the club running in these unprecedented times.

We can only hope the club can return to normal operations as soon as possible.

To those members who resigned from the committee I would like to thank them for their hard work and dedication to the club. I would also congratulate the members who filled those vacancies and personally I'm keen to get on with the job of enjoying Probus.

I look forward to meeting you all face to face in the near future.

Terry Stewart
President
Combined Probus Club of Belrose Inc

PRESIDENT TERRY AND BARLEY HAVE MOVED



82 Wimbledon Avenue, North Narrabeen

CLUB CONTACTS

President: Terry Stewart	0402 980 374
Secretary: Geoff Jones	0412 420 213
Treasurer: Chris Wood	9452 3026
Newsletter Editor: Geoff Jones	0412 420 213
Club Website:	http://www.belroseprobus.org.au

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ENTERTAINMENT

Warwick Brady (0418 793 684)

I am pleased to be able to confirm that Glen Street Theatre has announced that the production of Wharf Revue has now been changed from September 2020 to January 2021.

We have 60 seats reserved for Wednesday 6th January at 8.00pm of which I have bookings for 56 seats and Wednesday 13th January for the Matinee at 11.00am where we have reservations for 15 seats out of 20 tickets reserved. Tickets for both shows are \$68.40 each.

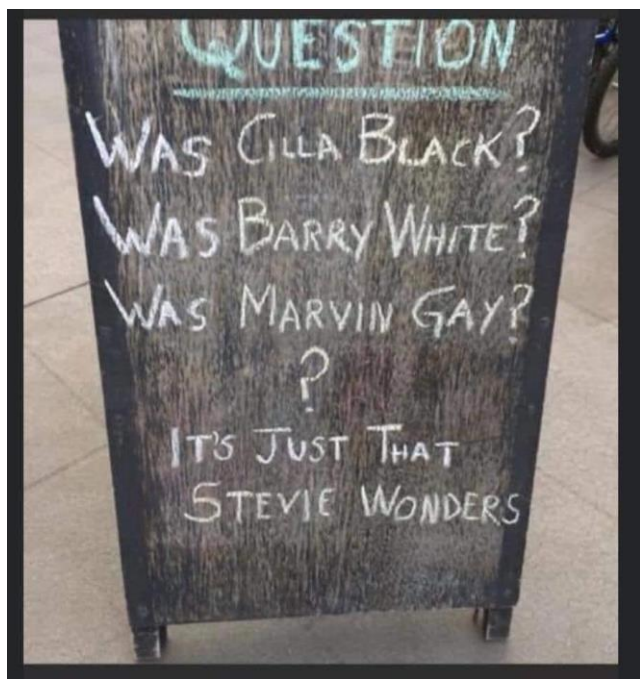
I will be sending members an email asking for confirmation of your bookings. Payment will be due by 1st November 2020. Please ensure confirmation is sent ASAP.

Hopefully I will be able to confirm dates for other shows shortly assuming the current situation Of Covid 19 is under control.

Thanks as always for your continuing support.

Regards,

Warwick Brady - Entertainment Officer.

**SEPTEMBER NEWSLETTER**

Geoff Jones (0412 420 213)

DEADLINE FOR ENTRY TO SEPTEMBER NEWSLETTER

If you would like to submit input for the September Newsletter, please do so by 25 August 2020. Input can be sent to me, the Newsletter Editor at geoffjones1874@gmail.com

GUEST SPEAKERS

Jan Staniland (0409 455 652)

FUTURE GUEST SPEAKER**KEIRAN KELLY - ADVENTURER & AUTHOR**

Do you listen to Macca on ABC Radio 702 on Sunday mornings? Maybe you have heard one of Macca's guests Kieran Kelly talking of his various expeditions.

Earlier this year John Robinson, who had met Kieran previously, approached him to ask would he speak to our Probus Club. At the time he was overseas filming his latest adventure which he intended to premiere in June entitled "Never too old" at the Cremorne Orpheum, which seemed quite appropriate to our Club. The plan was that Kieran had agreed to talk to our Club once his film had been launched.

Sadly Covus-19 took over our lives, but we are hopeful that Kieran will be able to talk to us when we are back to normal early next year.

Jan Staniland

HISTORIC WALKS

John Robinson (0438 456 808)

NORTH HEAD QUARANTINE STATION

Date: Thursday 10 September 2020

Cost of tour \$15 plus the cost of lunch at the cafe

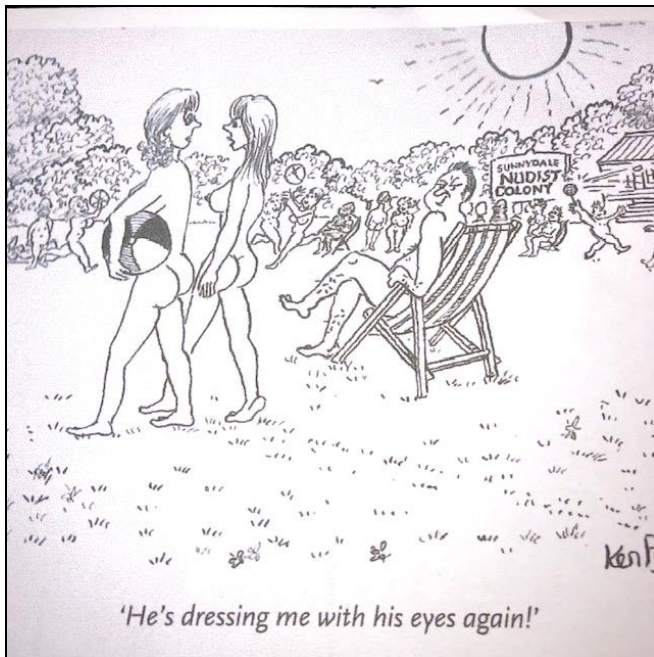
For over 150 years the Quarantine Station was for many the beginning of a new life in Australia after making the arduous and lengthy journey from their homelands.

Ships suspected of harbouring people infected with contagious diseases such as Spanish Influenza, Smallpox or Bubonic Plague were quarantined here so that these deadly diseases would not reach the general population in Sydney. Ultimately a success story for the growing Sydney population, it did however leave an indelible mark on those that were quarantined; tales of love and loss play out alongside themes of cultural and social change, medical history and progress.

A light lunch is available afterwards at the Visitors Centre Café.

Should you be interested, please email me at johnwrobinson@bigpond.com no later than mid-August. If there is enough interest, I will firm up full details.

John Robinson



TRAVEL ADVICE FROM LONDON
THE NEW TYRANNY OF DISTANCE



MEMBERSHIP

Tony Lovett (0414 872 188)

Membership Stands at 125 Financial Members

(732 ladies, 53 gents) [57%, 43%]

Non Active Members 2

Waiting List : 33 (24 ladies, 9 gents)

Leonie Webb was removed from the Waiting List as she has moved to Orange.

Christine and Warren McGurgan have resigned from the club creating two vacancies

SCRAPBOOKING

Liz Pawsey (0403 206 460)

Scrapbooking in the Pawsey Folly is able to practise "social distancing" safely for the group. So I have decided we will open the Folly up for Spring and have a Scrapbooking gathering on MONDAY 14TH SEPTEMBER. As usual the urn will be bubbling from 10.30am onwards. Stay as long as you like. Bring any craft project to work on and enjoy the friendly chatter!

For those who do not know what Scrapbooking is, here is a definition from Wikipedia:

Scrapbooking is a method of preserving, presenting, and arranging personal and family history in the form of a book, box or card. Typical memorabilia include photographs, printed media, and artwork. Scrapbook albums are often decorated and frequently contain extensive journal entries or written descriptions. Scrapbooking started in the United Kingdom in the nineteenth century.

Remember – Scrapbooks bind together memories to warm our hearts & remind us that life has been good

Liz Pawsey

SOCIAL

Liz Pawsey (0403 206 460)

The major activity for our Probus Club this year is the Christmas Lunch on **Friday 11th December** and we will do our best to make it very special!

From **October 8th** I will be taking bookings for this event. If there is no actual physical Probus meeting on that date, please email me on hastings.pawsey@bigpond.com with your booking request and payment to follow is best made through direct deposit to the Probus Club. For those who would prefer to pay by cheque, this can be posted to my address **24 Roselands Avenue, Frenchs Forest 2086**.

The function will be at **Terrey Hills Golf Club**, starting at **12 noon**. **\$65** per head (a welcome drink followed by a 2 course meal, tea & coffee)

If this function is cancelled because of a change in restriction of numbers, your payment will be refunded. However, all bookings and payments must be finalised by 4th December.

A Special Message from me

As restrictions will remain in force for some time, may I encourage you over the next few months to arrange get-togethers with 2 or 3 fellow Probus members to have coffee, lunch or dinner at a local venue. This would be a great way to feel connected with your fellow Club members but not be breaking restriction laws. There are plenty of eateries nearby allowing small numbers to gather but prior bookings are essential.

Liz Pawsey – Social Coordinator

TOURS AND OUTINGS

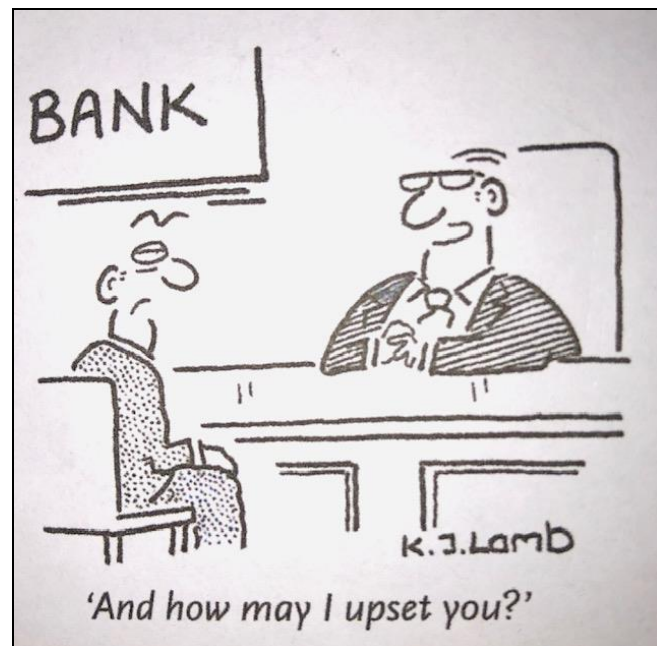
Hello everyone, just wanted to say what a joy it was to have the Probus outing on Tuesday. The tour was so informative and interesting. We all enjoyed it. What The Sprout Shed is doing is inspirational. There was not a Brussel sprout in sight. The name relates to the young sprouts produced from seed to salad vegetables. The freshest lettuces you will find unless you grow your own.

The following meal also allowed us to enjoy friendship over lunch. The day's outing brought to mind how much we are missing our social interaction with our Probus members.

I do hope we can manage to have another event where we can meet socially even it is restricted to smaller groups so it fits the COVID regulations as our safety is a prime concern.

Kind regards
Lesley Hackshall

TREASURER'S REPORT



WALKING GROUP

Helen Miles (0407 078 963)

AUGUST WALK

Our August Walk is on Friday 28th August and is Cromer to Dee Why. Park and meet at the Community Centre, James Morgan Reserve, Fisher Road North at 9.30am. Coffee at Dee Why. It is a flat walk of about 5 km out and back.

PROPOSED WALKS FOR THE REST OF THE YEAR

- September 25th. Two Creeks Walk
- October 30th. Collaroy to Long Reef
- November 27th. Bayview to Church Point

(For this last walk in November there is a possibility of our group having lunch at the Flying Fox Café if it is open.)

Helen Miles

WHY IS WALKING IN NATURE GOOD FOR YOU

Studies show that being in nature will speed the health recovery process, reduce blood pressure and lower the risk of cancer as well as lift people's spirits. Adults can reduce their blood pressure by simply spending 30 minutes or more a week walking in a park

WELFARE

Robyn Wood (0424 243 457)

All of you who are waiting for or have had surgery, we are thinking of each other and please phone one of us if you would like to talk.

Lovely to catch up with quite a few members when we visited the Sprout Stack and had lunch at the Brooky Pub. Thanks, Christine for organising an excellent outing.

Last week Chris Wood was taken into Northern Beaches Hospital with dizzy spells and breathing difficulties. He was diagnosed with atrial fibrillation (an irregular heart rate). This is now being successfully managed with medication.

Robyn Wood – Welfare Officer

I shall pass this way but once. Any good that I can do or any kindness I can show to any human being let me do it now. let me not defer nor neglect it, for I shall not pass this way again.

Etienne de Grellet (1773-1855), Quaker Missionary

WINE APPRECIATION

Mike Staniland (0417 234 346)

WINE QUOTES

A woman drove me to drink and I didn't even have the decency to thank her - **W.C.Fields**

Age is just a number. It's totally irrelevant unless, of course, you happen to be a bottle of wine - **Joan Collins**

Men are like a fine wine. They all start out like grapes, and it's our job to stomp on them and keep them in the dark until they mature into something you'd like to have dinner with. - **Jill Shalvis**

Wine offers a greater range for enjoyment and appreciation than possibly any other purely sensory thing which may be purchased - **Ernest Hemingway**

I'm like old wine. They don't bring me out very often, but I'm well preserved - **Rose Kennedy**

Men are like wine – some turn to vinegar, but the best improve with age - **Pope John XXIII**

When it came to writing about wine, I did what almost everybody does – faked it - **Art Buchwald**

Work is the curse of the drinking classes - **Oscar Wilde**

WRAPS WITH LOVE

Margaret Hobson (0416 090 140)

Shown below are some of the wraps that have been created since Probus went into isolation in March. Our total has increased from 798 to 823.

Margaret Hobson



Literature and Culture - For those who like it and for those who don't it is good for you

POEMS BY LES MURRAY

The Meaning of Existence

Everything except language
knows the meaning of existence.
Trees, planets, rivers, time
know nothing else. They express it
moment by moment as the universe.

Even this fool of a body
lives it in part, and would
have full dignity within it
but for the ignorant freedom
of my talking mind.

Pre Dawn in Health

The stars are filtering through a tree
outside in the moon's silent era.

Reality is moving layer over layer
like crystal spheres now called laws.

The future is right behind your head;
just over all horizons is the past.

The soul sits looking at its offer.

The Aboriginal Cricketer

Good-looking young man
in your Crimean shirt
with your willow shield
up, as if to face spears,

you're inside their men's Law,
one church they do obey;
they'll remember you were here.
Keep fending off their casts.

Don't come out of character.
Like you they suspect
idiosyncrasy of witchcraft.
Above all, don't get out

too easily, and have to leave here
where all missiles are just leather
and come from one direction.
Keep it noble. Keep it light.

The Margin of Difference

One and one make two,
the literalist said.
So far they've made five billion,
said the lateralist, or ten
times that, if you count the dead.

LESLIE ALLAN MURRAY



Leslie Allan Murray AO (17 October 1938 – 29 April 2019) was an Australian poet, anthologist, and critic. His career spanned over 40 years and he published nearly 30 volumes of poetry as well as two verse novels and collections of his prose writings. Translations of Murray's poetry have been published in 11 languages: French, German, Italian, Catalan, Spanish, Norwegian, Danish, Swedish, Hindi, Russian, and Dutch. Murray's poetry won many awards and he is regarded as "the leading Australian poet of his generation". He was rated in 1997 by the National Trust of Australia as one of the 100 Australian Living Treasures

Les Murray was born in Nabyac on the North Coast of New South Wales and grew up in the neighbouring district of Bunyah. He attended primary and early high school in Nabyac and then attended Taree High School. At age 18, while watching mayflies along the river, he decided he would become a poet. In 1957 he began study at the University of Sydney in the Faculty of Arts and joined the Royal Australian Navy Reserve to obtain a small income. Speaking about this time to Clive James he has said: "I was as soft-headed as you could imagine. I was actually hanging on to childhood because I hadn't had much teenage. My Mum died and my father collapsed. I had to look after him. So I was off the chain at last, I was in Sydney and I didn't quite know how to do adulthood or teenage. I was being coltish and foolish and childlike. I received the least distinguished degree Sydney ever issued. I don't think anyone's ever matched it. In 1961 *The Bulletin* published one of his poems. He developed an interest in ancient and modern languages, which qualified him to become a professional translator at the Australian National University (where he was employed from 1963 to 1967). During his studies he met other poets and writers such as Geoffrey Lehmann, Bob Ellis, Clive James and Lex Banning as well as future political journalists Laurie Oakes and Mungo McCallum Jr. Between times, he hitchhiked around Australia and lived for several months at a Sydney Push household at Milsons Point where he was introduced to Virgil's *Eclogues* by his poetically inclined host, Brian Jenkins. He returned to undergraduate studies in the 1960s and became a Roman Catholic when he married Budapest-born fellow-student Valerie Morelli in 1962. They lived in Wales and Scotland and travelled in Europe for over a year in the late 1960s. They had five children together.

In 1971, Murray resigned from his "respectable cover occupations" of translator and public servant in Canberra (1970) to write poetry full-time. The family returned to Sydney, but Murray, planning to return to his home at Bunyah, managed to buy back part of the lost family home in 1975 and to visit there intermittently until 1985 when he and his family returned to live there permanently.

Murray died on 29 April 2019 at a Taree, New South Wales, nursing home at the age of 80.

REPORTS OF ACTIVITIES AT A RETIREMENT VILLAGE

Please note that the village is not identified and the names of the people have been changed to protect the innocent

George 96 and Mary 95 have lived in the home for many years and some time ago Mary had to go into the nursing home section where George visits her every day and they talk of old times. Mary sits in the lounge with a number of old biddies who listen to every word said

Mary: "George, how long have I been in here, in the nursing home"

George: "Three years my dear"

Pause

Mary: "So we haven't had sex for three years!"

Silence as the old biddies considered this.

A senior citizen said to is eighty-year old friend "So I hear you're getting married?"

"Yep"

"Do I know her?"
'Nope!'"

"This woman, is she good looking?"
"Not really"

"Is she a good cook?"
"Nah, she can't cook too well"

"Does she have lots of money?"
"Nope, poor as a church mouse"

"Well then, is she good in bed?"
"I don't know"

"Why in the world do you want to marry her then?"
"Because she can still drive"

AN OBITUARY PRINTED IN THE LONDON TIMES

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was, since his birth records were long ago lost in bureaucratic red tape. He will be remembered as having cultivated such valuable lessons as:

- Knowing when to come in out of the rain;
- Why the early bird gets the worm;
- Life isn't always fair;
- And maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you can earn) and reliable strategies (adults, not children, are in charge).

His health began to deteriorate rapidly when well-intentioned but overbearing regulations were set in place. Reports of a 6-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job that they themselves had failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or an aspirin to a student; but could not inform parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar could sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realize that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death,
-by his parents, Truth and Trust,
-by his wife, Discretion,
-by his daughter, Responsibility,
-and by his son, Reason.

He is survived by his 5 stepbrothers;
- I Know My Rights
- I Want It Now
- Not my fault
- I'm A Victim
- Pay me for Doing Nothing

Not many attended his funeral because so few realized he was gone. If you still remember him, pass this on. If not, join the majority and do nothing.

AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is... the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is...my friends are retired and getting grey... they move slower and I see an older person in myself now. Some are in better and some worse shape than me... but, I see the great change... Not like the ones that I remember who were young and vibrant...but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore... it's mandatory! Cause if I don't on my own free will... I just fall asleep where I sit!

And so... now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last... this I know, that when it's over on this earth... it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done... things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet... let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love you for all the things that you have done for them in all the years past!!

"Life" is a GIFT to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

Remember: "It is Health that is real Wealth and not pieces of gold and silver."

~Your kids are becoming you.....but your grandchildren are perfect!

~Going out is good.. coming home is even better!

~You forget names... but it's OK, because other people forgot they even knew you!!!

~You realize you're never going to be really good at anything.... especially golf.

~The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed. It's called "pre-sleep."

~You miss the days when everything worked with just an "ON" and "OFF" switch..

~You tend to use more 4 letter words ... "what?"..."when?"...???

~Now that you can afford expensive jewelry, it's not safe to wear it anywhere.

~You notice everything they sell in stores is "sleeveless?!"

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet.... 2 of which you will never wear.

~But "Old" is good in some things:

Old Songs, Old movies ...

and best of all, our dear ...OLD PROBUS FRIENDS!!

Stay well, "OLD PROBUS FRIEND!"

With thanks to Malcolm McLean

OLD FRIENDS

In the end you always go back to the people who were there in the beginning

RELIGION REPORT

An atheist is walking through the countryside when he is ambushed by a huge grizzly bear.

"Oh God!" he screams "Help me!"

The bear stops in its tracks and a voice from the heavens rings out.

"All your life you've said you don't believe in me, slandered my name and now you want my help?"

"I realize that my request is bold," replies the atheist "but would it be possible for you to make this bear a Christian?"

"Of course..... it is done!" replies God.

The bear closes its eyes and clasps its paws in prayer and says "Thank you Father for this meal I am about to enjoy"



NATURE NOTES FROM SCOTLAND

A laird and his ghillie are fishing not far from Edinburgh.

"Ah " says the laird "I've been bitten on the nose" The laird's nose starts bleeding

"Oh your lordship. I'm sorry. That's a rare horse fly" says the ghillie. "It normally likes to bite a horse's arse"

"You're not saying my face is indistinguishable from a horse's arse?" says the outraged laird

"Och" said the ghillie. "This type of horsefly is a clever wee one. it isn't bamboozled easily"

FOR THOSE OF US WHO LEARNT LATIN AT SCHOOL

What does coronavirus mean in Latin?

it is a hybrid word from the Latin corona, meaning crown and the Latin virus meaning a poisonous secretion from snakes i.e. a kind of venom. Scientists gave the virus the name because those knobby bits on the surface of the virus are like the crests and balls of a crown.

I wonder when her majesty will wear a crown again.

CORONAVIRUS

A city coffee shop had 9 staff which reduced to 3 in the lockdown. Here is a conversation with a customer:

Customer: "What do you think of coronavirus?"

Girl staff member: F--k coronavirus! I would rather have a job and the risk of coronavirus than no job and the risk of coronavirus.

WINSTON CHURCHILL AND CLEMENT ATLEE

Winston Churchill and Clement Atlee shared the same nanny in childhood and both started their political life as Tories before changing tack to become social reformers after witnessing social deprivation and squalor.

AUGUST BIRTHDAYS



Ros Thompson	3 rd August
Silvia Gore	11 th August
Carole Stewart	19 th August
Jane White	23 rd August
Pam Thomas	20 th August
Judy McClory	26 th August

Maria Mitchell - 1818, first woman astronomer, USA

Louis Armstrong - 1901

Neil Armstrong - 1930, neighbour of Mr Gorsky

Lucille Ball - 1911

Alfred Hitchcock - 1899

Annie Oakley - 1860, sharpshooter with Buffalo Bill's wild west show

Davy Crockett - 1786, did anyone have a Davy Crockett hat?

KNEE OSTEOARTHRITIS TRIAL

The following information is from a friend of Lesley Walker (a medical scientist studying and researching knee osteoarthritis) who is looking for volunteers for a medical trial.

If you are interested, please contact the research team direct.

Greetings from the Institute of Bone and Joint Research!

You have been contacted because you could be potentially suitable for the clinical trial on Knee osteoarthritis. Your support to the trial could bring a revolution in the new drug for the management of knee pain to our wider community.

We would like to notify you about an opportunity to be part of a 52 weeks clinical study to investigate a new drug that may reduce pain and inflammation in patients who have osteoarthritis of the knee.

If you decide to participate in this study and qualify to do so, you will have up to 2 injections of the study treatment (Investigational drug, a comparator, or placebo) injected into your index knee (the knee that causes you the most pain).

Participants must:

- Be at least 40 years old;
- Have been diagnosed with knee OA and suffer moderate pain due to osteoarthritis for at least six months;
- Not have recently had injections (cortisone, Hyaluronic acid, PRP) or surgery for the knee (arthroscopy or replacement);
- And be able to attend Royal North Shore Hospital for up to 19 short appointments during the 56 weeks trial including 4 weeks screening period.

You will not have to pay for the study medication or any study-related procedures and examinations. Reimbursement may be provided for travel.

This study has been approved by the Northern Sydney Local Health District Human Research

Sonika Virk | Clinical Research Coordinator
The University of Sydney
Rheumatology Dept, School of Medicine, (Northern)
7C Clinical Admin | Royal North Shore Hospital | St.
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APPLY FOR THE SENIORS ENERGY REBATE OF \$200

You will need a **Commonwealth Seniors Health Card**. (The pink coloured Card)

Services

NSW



Link below to the Services NSW Website for the Energy Rebate

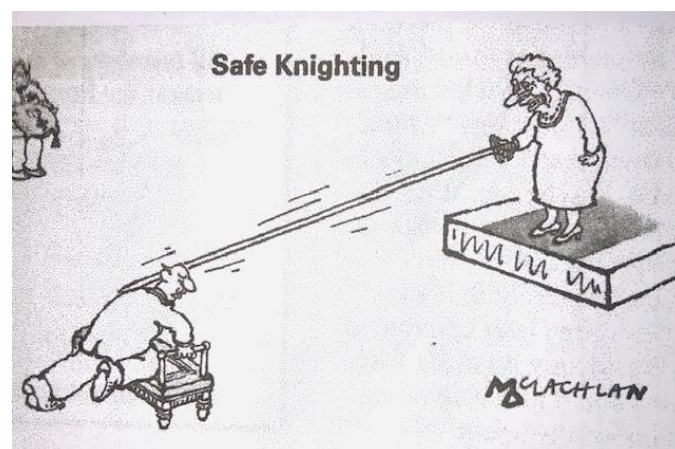
<https://www.service.nsw.gov.au/transaction/apply-seniors-energy-rebate>

Follow the instructions – Create an account or login with your email address and password you would have created previously with Services NSW

Following the instructions name address etc. and then your CRN number on you commonwealth seniors health card and the expiry date.

Finally, before you submit your application you will asked to enter the NMI number off your electricity bill. This number can be difficult to find. There is instruction on where to find the number from the various providers on the web site. On the Energy Australia bill the number can be found on the top section of the second or third page under Your Electricity usage and service calculation.

Currently this rebate is available each financial year.



SPROUT STACK VISIT

What a wonderful day, beautiful sunshine, not too cold and an interesting talk and tour by the CEO (Hugh Malligan) of Sprout Stack. It was obvious from the start that Hugh's passion is his business as he spoke to us from his heart!

Firstly we were asked to pretend we were all a seed as he took us on a journey to nurture and mature us into the freshest and best salad food you could possibly imagine.

The vegetables and herbs are all grown without soil but in the coconut husks in a pioneering environmentally sensitive hydroponics style. (Afterwards the husks are sent to chicken farms or can be used on the garden as fertiliser.) Hugh explained how he originally investigated the growing of marihuana to ensure he got the best out of his plants.

Vertical gardens are now a thing of the past and "Stack" farming is the way of the future with the use of sensitive lighting and modern technology via an app for watering etc.

Afterwards we were taken upstairs for a final "wrap up", lots of questions were asked and Hugh told us about his idea to open a "community funding" to assist him in growing the business further.

We all left looking forward to eating our fresh packs of summer goodness!

Off to the Brooky Pub for lunch – how long has it been for most of us since we were last there? Lunch was delightful as was the company. Sirloin steak, chips and salad was the special of the day and enjoyed by most but without a doubt Barry's fish and chips looked as good as it apparently tasted.

A most enjoyable day was had by all!

Special thanks to our photographer David Barnes. His photo's can be viewed on our Probus Website.

Cheers from Christine.



A MESSAGE TO ALL DOG LOVERS

