



**COMBINED PROBUS CLUB OF CASTLE HILL INC.**

# *NEWSLETTER*

**VOLUME 22 - ISSUE 220 – SEPTEMBER 2022**

**Website Address:** [www.castlehillprobus.org.au](http://www.castlehillprobus.org.au)

**Enquiries:** [enquiries@probuscastlehill.org.au](mailto:enquiries@probuscastlehill.org.au)

**Monthly Meeting:** 3rd Tuesday of the month at 10 am

**Cherrybrook Community and Cultural Centre,**

**31 Shepherds Lane, Cherrybrook – off Shepherds Drive, Cherrybrook**

**GENERAL MEETING – 20 September 2022**

## **A MESSAGE FROM YOUR PRESIDENT**

Spring has sprung. We can finally look forward to some warmer weather and hopefully this will encourage our members to participate in some of our outdoor activities and outings. As most of you know, I am still recovering from recent surgery. I will unfortunately not be available to chair the September general meeting. I would like to thank John Perry for agreeing to stand in for me during my recovery. I would also like to thank the members of the Management Committee for stepping up to cover my responsibilities during my absence. Karon and I were overwhelmed by the many cards, phone calls and messages of support from our members for which I am very grateful as they certainly lifted my spirits. I will see you all again in the very near future.

This month we SPOTLIGHT two of our very interesting long-term members, Elizabeth Lessells and Neil Gover. I thank Elizabeth and Neil for volunteering to provide their profiles. I hope you enjoy reading them.

**ALDO CANTORI, PRESIDENT**

August was a month of turmoil for the Club with our President, Aldo Cantori taken ill while on holidays in Fiji. Fortunately latest reports are that he is recovering well and is hoping to be back as President in October. Should he not be well enough a contingency plan has been developed until he is well enough.

The resignation of our Vice President Celia Kerr came as a shock to all and at a time when her assistance with running the Club would have been invaluable. However, our private lives must take precedence and we wish her well in her new endeavours and thank her for her time and devotion to date. That you to all committee members who have answered the call and are assisting me keep the Club on an even, operating keel.

**JOHN PERRY, ACTING PRESIDENT**

## POSITIONS VACANT

So that we can continue to run these groups, we urgently require members to take over the running of the following groups. If you are interested in taking on one of these positions please contact **Aldo Cantori**.

**VICE PRESIDENT  
THEATRE GROUP  
INTERNATIONAL TOURS**

## WELFARE

It is important as members of Probus that we care for the welfare of one another. If anyone knows about an illness or bereavement affecting any of our members, would they please contact the Welfare Officer. We do have some members who have significant health issues, having been hospitalised or are receiving ongoing treatment. We are thinking of these members and send them our best wishes and hope to have them back with us soon. All information given to the Welfare Officer will be kept confidential.

If you know of any member who would like a Cheerio please contact **Anne Gover**.

## ATTENDANCE

Please advise our Membership Officer, Glenys Pye, if you are unable to attend any particular General Meeting. An apology **DOES NOT** reduce the number of meetings required to achieve a 50% attendance record.

## LEAVE OF ABSENCE

The Committee meets the first Tuesday of the month for approvals of all Leaves of Absence. Leave of Absence is to be received in writing by email or post by the first Tuesday of the month. Please advise our Secretary, **Bev Rooney by email** if you require Leave of Absence for one or more monthly General Meetings.

**ALL CORRESPONDENCE SHOULD BE ADDRESSED TO:  
THE SECRETARY, P.O. BOX 193, CASTLE HILL 1765**

## GUEST SPEAKERS

Our guest speakers for September are Michael Alters and Ben Kayser, who are Exercise Physiologists with university degrees in Physical Wellbeing and Medical knowledge. They are employees of Club Active Castle Hill, a Gym concentrating on exercise programmes for the over 50 age group. The title of their presentation is "Exercise is Medicine" focusing on how regular managed exercise can improve your health and help manage chronic health issues.

## DEFIBRILLATOR

The club's defibrillator is available for major outings and events. Convenors and coordinators can book the defibrillator by contacting Bev Rooney with details of the event, dates, duration etc.

YouTube demonstration on the use of our defibrillator : <https://youtu.be/xouPVQgqSk>



## COMMITTEE – 2022/2023

**PRESIDENT-** Aldo Cantori

**VICE PRESIDENT –**  
**POSITION VACANT**

**SECRETARY –** Bev Rooney

**TREASURER –** Anne Lockwood

**IMMEDIATE PAST PRESIDENT –** John Perry

**SPECIAL EVENTS and PUBLIC OFFICER**  
John Michell

**FOUNDATION PRESIDENT:** Robert Stack

### **OTHER KEY CONTACTS:**

**NEWSLETTER EDITOR –** Annette Watson

**WEBSITE EDITOR –** Alan Watson

**REFRESHMENT OFFICERS**  
Maryann and Richard Vella

**MEMBERSHIP OFFICER –** Glenys Pye

**OUTINGS and DAY TOURS –** Elizabeth Lessells

**WEEK AWAY TOURS –** Colin Yates

**INTERNATIONAL TOURS and CRUISES**  
**POSITION VACANT**

**ACTIVITIES OFFICER –** Chris Savage

**GUEST SPEAKERS COORDINATOR –** Barry Haywood

**PROPERTY –** John Perry

### **OTHER KEY CONTACTS:**

**PHOTOGRAPHER/HISTORIAN –** Ron Canfield

**WELFARE OFFICER –** Anne Gover



## CRAZY WHIST

**Wednesday, 28 September 2022 7pm for 7.30pm**

**COST \$10** - Redgum Room at the Cherrybrook Community Centre

BYO drinks. Supper provided.

Registration must be made by Floktu

Pay by direct credit to the Club's bank account

**Please ensure you include family name on the deposit.**

**Deadline: 15 September 2022**

**For further information please contact John Michell** by phone or email

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**In dangerous times, there is no sin greater than inaction. *Dante Alighieri***

**More is lost by indecision than wrong decision. *Marcus Cicero***

**If you judge a fish by its ability to climb a tree, it will live its whole life thinking it is stupid. *Albert Einstein.***

## FOR YOUR DIARY

1. The table only includes events for which booking and pre-payment is required and have a confirmed date.
2. Refer to relevant section of newsletter for details of each event

DATE	EVENT	CONTACT	FLOKTU & BOOKING DEADLINE
13 September	Bare Island Tour \$82	Elizabeth Lessells	Deadline: ASAP
14 September	St John's Cemetery tour \$15	John Wilkes	Deadline: 12 September
21 September	Footy Tipping Competition Lunch	Neil Gover	The Fiddler at 12.30pm
28 September	Crazy Whist - \$10	John Michell	Deadline: 15 September
11 October	Seven Islands Cruise \$90	Elizabeth Lessells	Deadline: 7 October
13 October	<b>TLC lunch - Cancelled</b>	Anne Perry	<b>Cancelled</b>
1 November	Melbourne Cup lunch at The Fiddler \$69	Elizabeth Lessells	Deadline: 4 October
9 November	Heritage Group Christmas \$40	John Wilkes	Deadline: 2 November
10 November	TLC Lunch – Sugar Salt \$50 + corkage	Anne Perry	Deadline: 3 November
15 November	Toy Collection	Jenny Wilson	Please bring to November General Meeting 15 November
29 November	Club Christmas Party at The Epping Club \$70	John Michell	Deadline: 10 November
30 November	Garden Club Christmas Party	Harry Koller	Harry & Margaret's home.
4-5 December	Hunter Valley Lights \$495 + single \$75	Elizabeth Lessells	Deadline: 18 October
10 January 2023	Breakfast in the Park \$5	John Michell	TBA

**\*\*\*Please make sure you sign on for all events, as this will mean that you are covered by Probus Insurance.**

## ACTIVITY GROUPS –

These groups are established for your enjoyment. It is a great way to meet new people and make new friends. Our Convenors are always very willing and happy to welcome new members.

These dates are correct at time of printing but may vary due to COVID restrictions.

GROUP	MAIN CONTACT	UPCOMING DATES
250 CLUB (\$2.50 OPAL CARD)	Glenys Pye	22 September
BOOK EXCHANGE	Viv Wilson	Every general meeting
BOOK CLUB	Barbara Primrose	26 September
BOWLS GROUP	Robert Cochrane	23 September
CABIN & CARAVAN CLUB	Sue Donnelly	10-14 October
CRAFT GROUP	Carole Rock	6 October
FISHING GROUP	Brian Simpson	8 November
GARDENING GROUP	Harry Koller	28 September
GOLF GROUP	Nigel Nield	13 September
HERITAGE AND HISTORY GROUP	John Wilkes	14 September
LADIES COFFEE & CHAT GROUP	Anne Gover	30 September
MEN'S CHAT GROUP	John Lucas	5 October 2 November
MOVIES	Ellen Heyes Sue Donnelly	13 September
ONLINE TRIVIA QUIZ	Helen Stafford-Osborne	23 September
SAPPS DINING	John Michell	TBA
TAI CHI	John Lucas	New group 26 September
TENNIS GROUP	Harry Koller	Every Wednesday night
THE LUNCH CLUB (TLC)	Anne Perry	10 November
THEATRE GROUP	<b>POSITION VACANT</b>	
WALKING GROUP	Viv Wilson	23 September
WINE & CHEESE	Julie Savage	4 November

### **\$2.50 CLUB (OPAL CARD) – THURSDAY 22 SEPTEMBER 2022**

This month we are going to Balmoral Beach, meeting at Circular Quay entrance to Wharf 4 to catch 9.50am ferry to Taronga Zoo where we will catch a bus to Balmoral Beach. We can have a coffee or an ice cream and walk the beach before lunch at Bottom of the Harbour Seafood. Please contact or see Glenys at the meeting.

**Glenys Pye**

### **BOOK CLUB – MONDAY 26 SEPTEMBER 2022**



The Book Club meets on the last Monday of the month from 2.00pm to 4.00pm. Our September meeting will be on 26 September at Karin Regel's home. We will be discussing 'Inside the O'Briens' by Lisa Genova. We are a lively and outspoken group, and visitors are always welcome. In August we discussed 'Wish you were here' by Jodi Picoult. An interesting reflection on personalities and COVID. We were unaware it was that bad in New York. Our average score was 7. **Barbara Primrose**

### **BOWLS GROUP – FRIDAY 23 SEPTEMBER 2022**

The next lawn bowls will be 23 September and 14 October 2022. Please have names in by 9.00am at Castle Hill Bowling Club. New bowlers are most welcome and bowls are available to try the game first with free lessons and coaching.

**Robert Cochrane**



### **CABIN AND CARAVAN CLUB – MONDAY 10 OCTOBER TO FRIDAY 14 OCTOBER 2022**



Our time away to Fingal Bay, Port Stephens is nearing. We will be staying at the Seaside Holiday Resort [seasideresort@fcswc.org.au](mailto:seasideresort@fcswc.org.au) from Oct 10-14 (4 nights). If you would like to join our 9 couples and 8 singles please let me know soon.

Don't drive anymore? No worries, we are happy to carpool. If you can't come on this trip, we look forward to seeing you on our next adventure. New members are always welcome.

**Sue Donnelly**

### **CRAFT GROUP – THURSDAY 6 OCTOBER 2022**

The craft group will meet once a month on the first Thursday at one of our member's homes. For details phone **Carole Rock**



### **FISHING GROUP – TUESDAY 8 NOVEMBER 2022**

The Probus Fishing Group endeavours to either catch a variety of fish, or gather to discuss fishy stories or any other matters over a pleasant lunch on the second Tuesday of every second month.

At this time the Fishing Group is in recess until 8 November 2022.

Depending on the weather it is planned to try our luck at Berowra Waters followed by a lunch at the Galston Club.

We always look forward to new participants who will be made very welcome.

Would those interested in participating please contact **Brian Simpson**

### **GARDENING GROUP – WEDNESDAY 28 SEPTEMBER 2022**

Confirming our next Garden Club excursion to Boongala Gardens, 76 Pitt Town Road, Kenthurst, on Wednesday 28 September starting 10am. There is an entrance fee of \$10 as the Gardens will be open just for our Garden Club. It covers a talk by Malcolm, a conducted tour of the native gardens and a rainforest walk.

We will be providing morning tea, so any contributions will be very welcome. This outing was cancelled last year due to very wet weather.

Garden Club Christmas Party will be held on Wednesday 30 November at Margaret and Harry Koller's home.

**Contact Harry and Margaret Koller**



## GOLF GROUP - TUESDAY 13 SEPTEMBER 2022

Confirmation of attendance and the need for a cart is required a few days in advance of the golf day, in order to confirm the booking with the club.

The August game was held at Dunheved. We had 8 players, and Brian Easton took out all the prizes - nearest the pin, longest drive and winner for the day. Well done Brian.

Next game to be held on Tuesday 13 September at Richmond golf course.

Time to be advised but approximately 9 am. I will send a text to all known players at least 1 week prior. Otherwise please send me a text. Please contact **Nigel Nield by phone or text**. to confirm attendance 1 week prior. New players are always welcome.



## HERITAGE AND HISTORY GROUP – WEDNESDAY 14 SEPTEMBER 2022

A small group attended the August meeting and enjoyed the topic talk by Judith Dunn (local historian) titled “Hoofbeats in History”.

Our 14 September excursion is a guided tour by well-known local historian, Judith Dunn who is the President of Friends of St Johns’ Cemetery, Parramatta to take members on a “Whispering Bones Tour” of the oldest cemetery in Australia. It has been over 10 years since members visited St Johns’ Cemetery so a chance to catch-up or recall the history. Please register at <https://stjohnscemetery.floktu.com/> and the cost is \$15 for a 2 hour visit with a minimum number of 15 attendees. Payment is to Club’s Bank account. Please give your family name as the reference.

Members will need to wear sound walking shoes and dress for a bush walk as the cemetery works team has not resumed due to Covid-19.

Our last two events for the 2022 year are:

- **October 12** meeting at Crestwood Community Centre for a topic talk by Jan Brady “They should be in the history books”. **Please Note:** A meeting Leader is sought as the Convener will be absent attending a Caravan & Cabins 5 days at Fingal Bay.
- **November 9** is the Christmas Lunch at ‘Trevi Lakeside’ restaurant – 2 course meal + glass wine+ coffee or tea at cost \$40.00. Please register at [FLOKTU](https://stjohnscemetery.floktu.com/)  
Payment to the Club’s CBA bank account. Please give your family name as the reference.

Looking forward to seeing new Probus people and returning Heritage and History Group members.

**John Wilkes**

## LADIES COFFEE AND CHAT GROUP – FRIDAY 30 SEPTEMBER 2022



We meet at Baulkham Hills Sports Club, Renown Road, Baulkham Hills on the last Friday of the month at 10.30am. We enjoy each other’s company over a coffee, tea, or soft drink and usually with cake. This is an excellent opportunity to meet up with friends and make new friends, especially if you are a new member to Probus. I send out a reminder email after each monthly Probus General Meeting. If you would like to spend a pleasant time chatting with friends and making new friends please contact **Anne Gover**

## MEN’S CHAT GROUP – WEDNESDAY 5 OCTOBER 2022

**5 October-** Meeting at the Australian Brewery at Rouse Hill (cnr of Windsor and Annangrove Rd near Bunnings) at 10:45am in the car park. At 11:00am a tour of this boutique brewery has been arranged followed by sampling/tasting!!! Lunch has been arranged at the brewery at your expense.

**2 November-** Meeting for a guided tour of the ANZAC MOSQUE at Gelibou Parade Auburn. This is an interesting building which you can view on the Mosque’s website. Ample parking is available. Meet in the carpark at 10:45am. The tour lasts about one hour 15 minutes and a small donation can be made at the end of the tour. Lunch will be at Dooleys Waterside Club at Silverwater (last turn on the left before Silverwater Bridge). I would appreciate you contacting me (phone, text, email) if you wish to attend the brewery and/or the Mosque.

Contact **John Lucas**



### MOVIE GROUP – TUESDAY 13 SEPTEMBER 2022

On 9 August the movie group saw "Where the Crawdads Sing", an adaptation of the best selling book. Although the movie had average reviews all the group enjoyed the murder mystery set in the North Carolina marshes. Following the movie, we enjoyed a lovely lunch at Cosmo Cafe. If you would like to join the movie group which meets at Castle Hill Events Cinema on the 2nd Tuesday of the Month at 10.00am, please call **Ellen**

### ONLINE TRIVIA QUIZ – FRIDAY 23 SEPTEMBER 2022

Helen is away so there is only one Trivia for September, on 23 September. It is great to see that we still have a steady number of regular participants in the online trivia quizzes. The quizzes will recommence circulation twice monthly in October. If you haven't had a go at the quizzes and would like to do so, simply follow the instructions in the email that Helen circulates on the relevant Fridays or email Helen to ask to be added to the circulation list. **Helen Stafford-Osborne**



### TAI CHI FOR SENIORS – EVERY MONDAY MORNING



TAICHI is a gentle form of exercise aiming to improve your general wellbeing as you age (mobility, balance, flexibility, coordination and thinking skills). Classes are specially constructed for seniors. Classes are held at the Dural Memorial Hall, Old Northern Road, Dural on Monday mornings from 9:30am to 10:45am.

Sessions run for 8 weeks. The next session starts on Monday 26 September and concludes on Monday 21 November and participants will need to pay in advance. The cost for 8 weeks is approximately \$115. Please register at FLOKTU Please give your family name as the reference. *If you would like to try TAICHI you are welcome to come to the sessions prior to 26 September at a cost of \$15 per session.*

For further details contact **John Lucas**

### TENNIS GROUP – EVERY WEDNESDAY NIGHT

Our Wednesday evening tennis is proceeding well, though many of our Wednesday evening players from other Probus clubs are staying away, meaning we can only fill one court most nights.

Contact **Harry Koller**



### THEATRE GROUP – CONVENOR POSITION VACANT



There are no planned Theatre Group outings as we currently do not have a convenor. We need someone to take over so that future theatre opportunities can be identified and planned. If interested, please contact **Aldo Cantori**

### WALKING GROUP – FRIDAY 23 SEPTEMBER 2022



A big thank you to Jenny Wilson for organising and leading our September walk.

We will meet at the Long Reef Golf Club on Anzac Ave in Collaroy for a pre walk coffee at 10am and begin our walk at 11.15am. There is ample parking in the area.

The approximately 2.5km walk is an easy grade 1 and should take about an hour. We will be completing a circuit around the golf course and finishing with a leisurely lunch in the club.

Hopefully we will be lucky enough to spot a whale or two during our walk. Any partners or friends who do not wish to do the walk would be most welcome to stay in the club and perhaps enjoy another coffee and a chat.

Please remember to bring your driver's license for entry to the Golf Club.

If you would like to join this activity please call **Jenny**

### WINE AND CHEESE – FRIDAY 4 NOVEMBER 2022

We are looking for a host for November. Please register by Floktu when we have a location!

Any queries please contact **Julie Savage**



## FOOTY TIPPING

We are now partway through the second last round and Terry Bishop is cruising towards a fairly easy win.

Scores are:	Terry Bishop	144 points
	Malcolm Robson	136 points
	Barry Haywood	134 points

## FOOTY TIPPING COMPETITION LUNCH – WEDNESDAY 21 SEPTEMBER 2022

Meet at The Fiddler at 12.30pm for end of season lunch.

I will email members closer to the date to determine the number who wish to attend.

**Contact Neil Gover**

## TOURS AND OUTINGS

### DAY TOURS

Please note that many of the places we will visit in 2022 currently have a requirement that you are **double vaccinated for their bus tours. OnCourse currently require that you are double vaccinated.**

This may change next year in light of Government Policies.

### **Bare Island, La Perouse, Botany Bay and Southern Beaches tour**

**September:** Tuesday 13 September

Cost: \$82

Time: Assemble at 8:15am at Fred Caterson Reserve. We leave at 8:30am. Bus returns approximately 4:30pm.

Turn into Caterson Drive from Gilbert Road. Turn right at the next intersection and follow the road to the huge carpark at the top of the hill. Please register at [FLOKTU](#) Deadline: Friday 2 September

Please pay by direct credit to the Club account, with your family name as reference.

### **Seven Islands Cruise - Lower Hawkesbury**

**October:** Tuesday 11 October

Cost: \$90

Time: Assemble at 9:00am at Fred Caterson Reserve. We leave at 9:15am. Bus returns approximately 3:30pm.

Turn into Caterson Drive from Gilbert Road. Turn right at the next intersection and follow the road to the huge car park at the top of the hill.

Learn the history of the islands of the river on one of the most popular cruises that Hawkesbury River Cruises operates (same company as the Riverboat Postman Cruise). Including full commentary, we will hear about Lion, Dangar, Spectacle, Long, Peat, Milson and Bar Islands. We will be onboard their 'cutest' vessel - Emily, and will cruise past the water-access-only settlements of the lower Hawkesbury. We will also see the wreck of the HMAS Parramatta, Australia's first warship, and find out how it ended up lying at the bottom of the cliff! The views to the ocean behind Lion Island make for some spectacular photos, as will the close-up view of some ancient Aboriginal rock carvings at Eagle Rock near Broken Bay.

Our 3 hour cruise departs from Brooklyn, includes morning tea and a delicious Fish 'n' Chips lunch served on board with tea or coffee to follow. Upon returning to Brooklyn we will enjoy dessert in McKell Park and then return on the old highway through Cowan, Berowra, Mt Kuring-gai, Mt Colah and Asquith.

Please register FLOKTU Deadline: 7 October

Please pay by direct credit to the Club account, with your family name as reference.

### **Melbourne Cup Luncheon at the Fiddler**

**November:** Tuesday 1 November

Time: 12:30pm – 3:30pm

Cost: \$69 for a two course meal.

I have only booked 20 people for this event. If you are interested please respond quickly as those who attended last year really enjoyed it.

**There are a couple of seats left.....**

Please register: FLOKTU Deadline 4 October.

Please pay by direct credit to the Club account, with your family name as reference.



## Hunter Valley Gardens

**December:** Sunday 4 and Monday 5 December

There have been many positive comments from our club and other Probus clubs who have gone on this tour. OnCourse has booked 26 rooms for us so if you are interested please see me at the general meeting to get a flyer. There are still a few vacancies and we would love to have you come with us. Cost is \$495 with single supplement at \$75. Deposit due ASAP. Balance due 18 October (General Meeting)

Please register: [FLOKTU](#)

Please pay by direct credit to the Club account with your family name as reference.

**Contact Elizabeth Lessells**

## DAY TOURS 2023 - SUGGESTIONS FOR OUTINGS

Do you have a suggestion for a place we can visit in 2023? If so please email Elizabeth

## WEEK AWAY TOURS

Please note that OnCourse have advised that their policy for all trips is **DOUBLE VACCINATION. PLEASE BRING ALONG YOUR VACCINE CERTIFICATE TO EVERY TRIP.**

## SILCO ART TOUR AND THE GRAMPIANS – 20 TO 27 OCTOBER 2022 – 8 DAY TOUR

We have 16 travellers on the Silo Art Tour. Final payment is due before the September General Meeting.

Balance of Trip - Single \$2245, Twin \$1750, Double \$3500.

Pick up is at 6.30am at Castle Pines on 20 October. There are 2 parking spots available.

Please contact Colin if you require parking.

## WEEK AWAY TOURS 2023 - EXPRESSIONS OF INTEREST – please consider!!

Sunshine Coast	3 February	Adelaide, Yorke and Eyre Peninsulars	Sept-Oct
So far 3 expressed interest	2023	So far 14 people expressed interest	2023

Brochures available for both tours from Colin at the meeting.

**Contact Colin Yates**

## INTERNATIONAL TOURS - POSITION VACANT

In order to consider future international tours, we need someone to take over as convenor of this group.

If you are interested, please contact **Aldo Cantori**

**NEW ZEALAND TOUR** – we are still waiting on a number of travel agents to submit proposals for a tour of New Zealand. A call for expressions of interest will be made once details have been received.

**CRUISE** – There are many options that we could consider for a cruise. If there is enough interest in a cruise, we will start looking at options, depending on members' indicated preference. As an initial step, could anyone who may be interested please email Aldo Cantori with an indication of your preference on each of the following points:

- **Destination:** within Australia only, New Zealand, Pacific Islands, European river cruise or other destinations.
- **Duration:** less than 5 days, 7-10 days, 10+ days.
- **Cruise line:** P&O, Royal Caribbean, Carnival, Princess, Celebrity, Cunard, others, no preference.

## MORNING TEA ROSTER

SEPTEMBER	OCTOBER
Alan Pratt	Sandra Halvey
Kerri Pratt	Heather Woods
Sue Donnelly	Noelie Long
Julie Savage	Joan Niedeck
Chris Savage	Clive Niedeck

## NEXT GENERAL MEETING - TUESDAY 18 OCTOBER 2022

**Please remember the Christmas Toy Collection for the Salvation Army  
- November General Meeting**

## CHRISTMAS@Epping

**Tuesday 29 November, 2022 12 noon for 12.30 pm**

**COST \$70 – Epping RSL Club**

Registration must be made by Floktu [FLOKTU](#)

Pay by direct credit to the Club's bank account

**Please ensure you include your family name as a reference.**

**Deadline: 10 November 2022**

**Further information please contact John Michell**

## USEFUL LINKS

**PROBUS SOUTH PACIFIC – ACTIVE RETIREES MAGAZINE**

[https://probussouthpacific.org/pages/magazines\\_active\\_retirees\\_current\\_issue](https://probussouthpacific.org/pages/magazines_active_retirees_current_issue)

**MYGOV -** <https://my.gov.au/mygov/content/html/about.html>

**MYAGED CARE -** <https://www.myagedcare.gov.au/>

**SERVICE NSW -** <https://www.service.nsw.gov.au/>

**DEFIBRILLATOR -** YouTube showing how to use our machine: <https://youtu.be/xouPVQggrSk>