



# Narra Notes

Volume 2 Issue 8

September 2023

The Newsletter of the Narrabundah Probus Club  
Probus Club number 29004302  
<https://www.narrapc.com/>

**General Meeting :** Tuesday 12 September 2023 at 11:00am

**Harmonie German Club, Narrabundah**

**Guest Speaker:** Tom Flynn : Macular Disease Foundation.

Talk will provide information on Age-related Macular Degeneration (AMD). Free information kits with a wealth of resources for every attendee as well as a home monitoring tool..

## Future Guest Speakers

10 October : Roger Quarterman The Spitfire and the Battle of Britain.  
14 November : Peter Adams Food safety.

## Birthday Greetings for September

*Felicitations to two of our lady members:*

*Pamela Freeman(18<sup>th</sup>),*

*Laine Saunders (23<sup>rd</sup>)*



## Club Check In

Please ensure that you sign-in in the attendance book, and please wear your membership badge (this helps members to get to know one another).

COVID has faded from the headlines, but is still around (and so is flu!). We are now meeting in a larger room, which makes it easier for social distancing. However please feel free to wear a mask if you prefer to do so.

The Harmonie German Club provides the meeting room free of charge. Members are invited to show their appreciation for this by taking out membership of the Harmonie German Club. The membership fee is quite modest and will quickly be recouped in reduced bar prices if you stay for lunch after our meeting.

## Books Table

Please continue to enjoy the books table, and remember that a one-for-one exchange is NOT required. If you see a book or books that you would like to read please take them home and enjoy them.

## Welfare

Please inform Welfare Officer Ann if you are aware of any member who is ill or otherwise indisposed.

We are sorry to hear that Tash Procter has met with an accident and suffered a leg fracture. She has written *"I am not in any pain but I must not bend my knee nor put any weight on the injured leg. This means that I get around with the help of a rollator by hopping on the other leg; slow progress and limiting where I can go.*

*Still time passes and I hope to catch up with the Probus group in another six weeks."*

And our President Peter has suffered a stroke. Fortunately he recognised the symptoms and sought medical help quickly which has led to an encouraging prognosis.

In view of Peter's experience it might be timely to remind all our members of the **FAST** check for a stroke:

**F**ace: drooping.      **A**rm: weakness.      **S**peech: difficulty.      **T**ime: to call 000

Medical authorities emphasise that getting treatment quickly is crucial to getting a good outcome

And as if that was not enough we have heard that John Worcester has spent a day in hospital undergoing investigation of a problem with his foot.

Best wishes to all of the above for a comfortable and speedy recovery.

## Your Club Management Committee

President	Peter Adams	0478 606 130	<a href="mailto:petera41@bigpond.com">petera41@bigpond.com</a>
Immediate past President	John Worcester	0432 435 053	<a href="mailto:johnworc@gmail.com">johnworc@gmail.com</a>
Vice president(s)	John Worcester	0432 435 053	<a href="mailto:johnworc@gmail.com">johnworc@gmail.com</a>
Secretary	Kathryn Duffy	0428 129 171	<a href="mailto:dkathryn44@gmail.com">dkathryn44@gmail.com</a>
Treasurer*	Pamela Freeman	0411 121 749	<a href="mailto:freemie99@yahoo.com.au">freemie99@yahoo.com.au</a>
Membership Officer	Gloria Bothe	0419 291 354	<a href="mailto:beck99yrs@tpg.com.au">beck99yrs@tpg.com.au</a>
Newsletter Officer	Roger Quarterman	0414 725 710	<a href="mailto:quanro@iinet.net.au">quanro@iinet.net.au</a>
Guest Speaker Officer	John Worcester	0432 435 05	<a href="mailto:johnworc@gmail.com">johnworc@gmail.com</a>
Events Officer**	<b>VACANT</b>		
Welfare Officer	Ann Quarterman	0400 123 884	<a href="mailto:quartermanann@gmail.com">quartermanann@gmail.com</a>

\*Pamela Freeman Has taken on the role of Treasurer in place of Irmina Procter who suffered an accident and had to withdraw. Thank you Pamela for stepping into the breach.

\*\*The Tours and Visits roles have been merged into a single Events Officer. Position remains vacant!!

## An Interesting Bit

Did you ever wonder how they found the Boston bombers in just a few days? This may help you to understand. This photo was taken in Canada and shows a crowd of about 700,000 people.

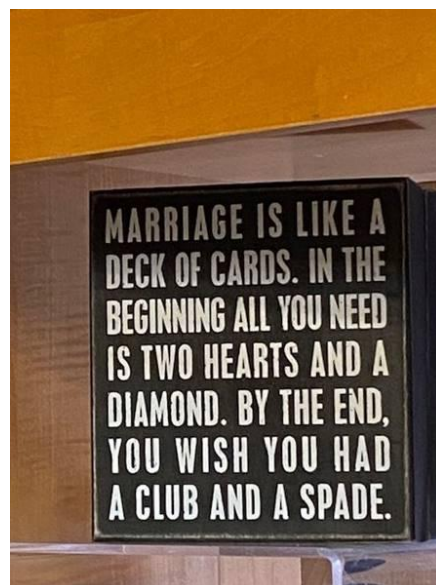
<http://www.gigapixel.com/mobile/?id=79995>

Pick on a small part of the crowd click a couple of times -- wait -- click a few more times and see how clear each individual face will become each time. Or use the wheel on your mouse.

This picture was taken with a 70,000 x 30,000 pixel camera (that's 2,100 Mega Pixels). These cameras are not sold to the public and are being installed in strategic locations. The camera can identify a face among a multitude of people.

Big brother really is watching.

## Cartoon Corner



## Dates for your diary

Wednesday, 6 September	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
<b>Tuesday, 12 September</b>	<b>General meeting at the Harmonie German Club, 11:00am.</b> <b>Book in for Tulip Tops visit.</b> <b>Expressions of interest in Lanyon visit (29 Sept)</b>
Wednesday, 13 September	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Wednesday, 20 September	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Thursday 21 September	Visit Tulip Top Gardens. <b><i>Booking required at the General Meeting 12 September.</i></b>
Wednesday, 27 September	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Thursday 28 September	6:00 for 6:30 pm Informal dinner, venue The Vanilla Pod, 23 Kennedy St Kingston <i>It helps with our bookings if you can let Peter Adams (0478 606 130) know if you are coming. But we would be glad to see you even if you have not booked in.</i>
Friday, 29 September	Visit Floriade Spring Garden Display at Lanyon Homestead. Tour the historic homestead. Lunch in The Barracks restaurant. <i>(This item is listed as a suggestion only, to assess if there is any interest in such an event, and if so if an organiser can be found.)</i>
Wednesday, 4 October	2:00 pm Management Committee, Gryphons, Griffith shops.
Wednesday, 4 October	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
<b>Tuesday 10 October</b>	<b>General meeting at the Harmonie German Club, 11:00am.</b>
Wednesday, 11 October	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Wednesday, 18 October	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Wednesday, 25 October	2:30 pm Afternoon tea at Gryphons, Griffith shops. <i>No booking required.</i>
Thursday 26 October	6:00 for 6:30 pm Informal dinner, venue The Vanilla Pod, 23 Kennedy St Kingston <i>It helps with our bookings if you can let Peter Adams (0478 606 130) know if you are coming. But we would be glad to see you even if you have not booked in.</i>

## Quote of the month

*I have known plenty of people who, in their later years, had the energy of children and the kind of curiosity and fascination with things like little children. I think we can keep that, and I think it's important to keep that part of staying young. But I also think it's great fun growing old.*

**Johnny Depp**

## Events:

### Recent events

#### Thursday 24 August

##### Monthly informal dinner

This event continued to be enjoyed by a small but friendly group.

#### Sunday 27 August

##### DENDY LIMITED SCREENING:

##### ANDRE RIEU'S 2023 MAASTRICH CONCERT LOVE IS ALL AROUND

Andre, known as the King of the Waltz, again staged his glorious annual summer event in the iconic Vrijthof Square.



Two club members attended the Dendy screening of the event and report that the concert was a musical feast covering classics, popular sing-alongs, delightful waltzes and special surprise guests.

With an audience of around 5000 music lovers the atmosphere was electric, even when experienced remotely via the cinema.

After the film we explored the culinary delights of (the fairly new) Tiger Lane food court.

## Forthcoming events+

#### Thursday 21 September

##### Visit Tulip Top Gardens

We went last year but left it a bit late and the show of blooms was a bit past its best. Planning ahead this time to try and get a better visit. Arrange car sharing if appropriate at the meeting on 12 September.

<https://www.tuliptopgardens.com.au/>

The turn-off for Tulip Tops is on the left of the Federal Highway 1.2km past the Sutton Road intersection on a downhill grade – easy to overshoot!

**Thursday 28 September**

**Monthly informal dinner – 6:00 for 6:30pm.**

This regular event continues at The Vanilla Pod, Kingston on the fourth Thursday of the month.

Please let Peter Adams (0478 606 130) know if you are coming.

**Friday 29 September**

**National Probus Day**



## **PROBUS ASSOCIATION OF CANBERRA AND DISTRICT**

**NATIONAL PROBUS DAY FRIDAY 29 SEPTEMBER 2023**

**SPORTS DAY @ BELCONNEN BOWLING CLUB**

**BEETALOO STREET HAWKER**

### **Program for the Day**

**9.30 AM Coffee and tea available**

**Register for Lawn Bowls, Canasta or Sports (Corn Ball, Pool or Darts)**

**10 AM Activities Commence**

**11.15 AM Round 2 of Activities**

**12.30 Lunch (Vegan and Gluten free options)**

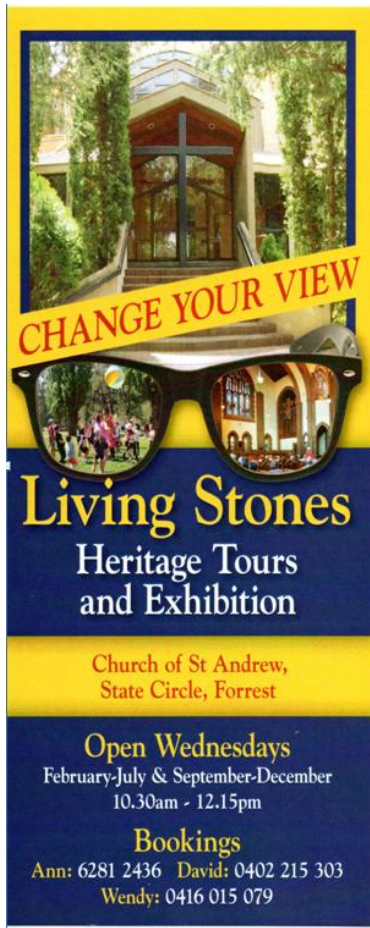
**1.00 pm Presentation of ACT Probian of the Year Award**

**WEAR FLAT SOLED SHOES FOR BOWLS**

**CONTACT BILL DONOVAN: 0419 013 963**

**OR [billdonovan12@bigpond.com](mailto:billdonovan12@bigpond.com)**

**Wednesday 1 November**  
**Heritage Tour of St Andrews church**



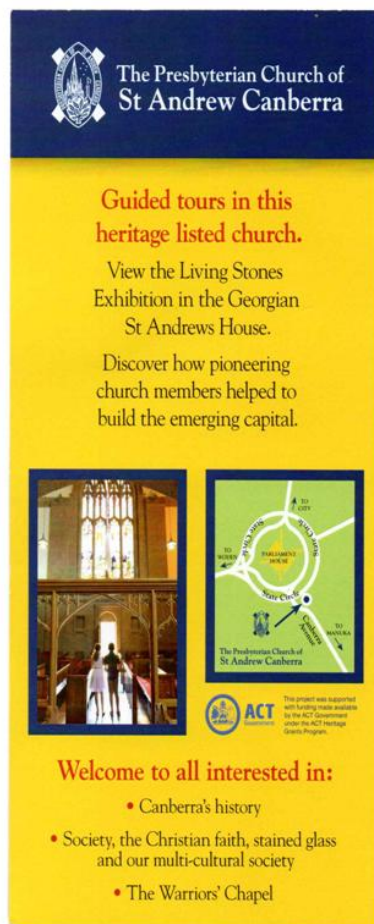
**CHANGE YOUR VIEW**

**Living Stones**  
 Heritage Tours  
 and Exhibition

Church of St Andrew,  
 State Circle, Forrest

**Open Wednesdays**  
 February-July & September-December  
 10.30am - 12.15pm

**Bookings**  
 Ann: 6281 2436 David: 0402 215 303  
 Wendy: 0416 015 079



The Presbyterian Church of  
 St Andrew Canberra

**Guided tours in this  
 heritage listed church.**

View the Living Stones  
 Exhibition in the Georgian  
 St Andrews House.

Discover how pioneering  
 church members helped to  
 build the emerging capital.

**Welcome to all interested in:**

- Canberra's history
- Society, the Christian faith, stained glass  
 and our multi-cultural society
- The Warriors' Chapel

This date is one of several that are still available and is still some distance away, but has been selected so that we can assess if there is any interest. A sign up sheet for you to indicate if you wish to participate will be provided at the October General Meeting. Information about the tour follows.

Heritage Tours of St Andrews have been booked by Community groups, Probus Groups, and Aged Care, every Wednesday morning at 10.30am for seven years. Each week a team of four trained Heritage Tour Guides together with our organist lead different sections. The people who built this church built Canberra!

The Tour takes about 1 hour and fifteen minutes.

**The "Open House, Open Church" program** enables you to enjoy the organ demonstration and chat with the organist, sing along if you wish, listen to voices from the stained glass windows, hear about the history of Canberra, the secrets of the Memorial chapel in one of Canberra's oldest buildings; the sandstone clad neo-gothic church of St Andrew on State Circle and the Georgian House of St Andrew to view the Living Stones Exhibition.