



THE PROBUS CLUB OF KELLYVILLE & HILLS INC.

Incorporated in NSW – Incorporation No. 1800778

Month: February 2021

Message from the President



Dear Fellow Probud Members,

AT LAST, we had our first meeting since March, 2020, on Thursday, 11th February, at the Castle Hill RSL Club. The meeting was well attended. We had a few "teething problems", but hopefully they will be sorted out for the next meeting. The RSL Club will make other arrangements for the tea and coffee, with Susie and Mazz to supervise.

Thank you to Lorraine, Lynelle, Susie and Mazz for helping direct members to our new meeting room.

Our first outing to the city, since Covid became part of our lives, was on the 9th February, to the Great Synagogue, which was very interesting and enjoyed by members.

Many events are in the planning stage with Ron, Kerrie, Lorraine, Jackie and John, so keep watching your emails for new events.

Our next meeting will be the AGM.

Please consider standing for a position, but also make sure you come to the meeting to support members who are standing for election. There is no need to pre-register to attend the meeting. Just turn up between 9.30am to 9.45am to sign in and receive your lucky door ticket.

As this is my last report prior to our AGM meeting, I would like to thank all of the committee for their support and endeavours in difficult times during Covid. As our club continues to grow, committee members are there to help and give support.

Look forward to seeing members at our next meeting.

Regards
Faye

Induction of new members



President, Faye Carey, welcome new members, Rick and Gail Moss.

Memberships

To fill the available vacancies, prospective members are welcome to attend future meetings which are held at 10am on the second Thursday of each month. We currently have 96 members.

Members can refer their friends to our website, to see that we have an active group.

Active Retirees Magazine

Members will find the current issue of the Active Retirees Magazine on our website under Members Login, Publications, also on the Probus South Pacific site.

Probus Kellyville & Hills

has a Facebook page

If you belong to Facebook, pop along and join other members for a chat. It's a Private Group, and all you have to do is request to join.

[LINK](#) to our Facebook page.

Walking Group

Centenary of Anzac Reserve, Wrights Road, Kellyville, weather permitting, every Wednesday at 9.30am.

Please contact [Kevin Carey](#) or call 0417 246 218 to join the next walk.

After our walk, we will adjourn to the Cherry Bean coffee shop in the Kellyville Village shopping centre, opposite the oval/park, as we use the outside tables, pets are permitted.

Book Group

Castle Hill Tavern

March 25th

Book Group meets 10.30am,
4th Thursday of the month.

Hi everyone

We all enjoyed, "The Evening and The Morning", by Ken Follett. It received an average rating of 82%. It was judged to be an entertaining page-turner typical of Ken Follett.

The book nominated for our next meeting on 25th March is, "The Beekeeper of Aleppo", by Christy Lefteri.

Sue and Gail are going on the trip to Davistown. Unfortunately, I can't go, so I wonder if Sue could run the meeting on the train in my stead and let me know the results.

Alan Vesperman

Just bought a thesaurus at the store and brought it home to find out the pages are all blank. I have no words to describe how angry I am. (facebook find)

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The Great Synagogue

February, Tuesday 9th, 2021.

Contributed by Kerrie and Ron Harding

We had 34 members attend this beautiful Synagogue that opened in 1878. Built from Sandstone from the Pyrmont quarries, it was as impressive on the inside as on the outside.

The head [Rabbi, Dr Benjamin Elton](#), gave us an introduction into the Jewish faith from the first settlers to the building of the Synagogue, which is kept in a pristine state.

A slide show illustrated the passing of time through the ages. Question time had plenty of members eager to ask questions.



Editor: Unfortunately, we were unable to take photos inside the Synagogue. Please click on this [LINK](#) to The Great Synagogue, Sydney, where you will find internal photos and an explanation of Symbolism in the Synagogue.



Picturesque Hyde Park opposite the Synagogue.

The following photos are the jolly group who travelled into the city for our Opal day at the Synagogue and The Art House Hotel.









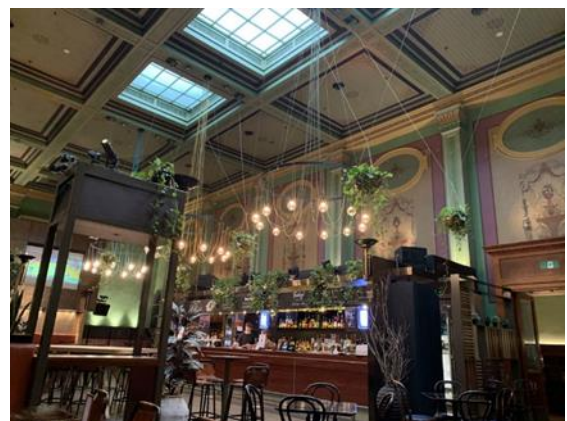
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We then moved on to The Art House Hotel for lunch. Good food, drink and plenty of talking. Great venue for lunch.



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[The Arthouse Hotel](#) is housed in the original Sydney Mechanics' School of Arts building. From 1837 until 1988 the Sydney Mechanics' School of Arts ran its operations from this site; it then sold the property and moved to 280 Pitt Street. The old Mechanics' School was converted into the Arthouse Hotel, which continues to use the building, restoring much of the original décor and fittings.



We Will Rock You

Saturday, February 27th, 2021.

Contributed by Kerrie and Ron Harding

We had 33 members attend this musical at the Riverside Theatre in Parramatta.

We think most of our members enjoyed the performance, but we did find it very loud, as did some of our other members.

The second half was livelier than the first. The Queen music was definitely a blast from the past. A small group of us walked to the Rose and Crown Hotel on Victoria Road, for something to eat after the performance. The food was most enjoyable.

[The Rose & Crown Hotel](#) is a traditional 'local style' pub offering friendly service and a warm welcome to our patrons.

Originally established around 1823, the Hotel still operates from the same site at the corner of Victoria Road and Sorrell Street Parramatta to this present day. The tradition of serving the local community has continued proudly for almost two hundred years, culminating in the modern facilities & services we provide to our patrons today.

The Rose & Crown Hotel new renovations feature a fantastic new bistro and bar area.

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Jacqueline and John Duffield have generously offered a ute and driver to members should anyone require assistance. Available to carry most things.

Please contact John on: 0400 424 595



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Probus Morning Tea

The Vintage Pantry at Galston
Monday, March 8th, 2021.

[The Vintage Pantry](#) was attended by
18 of our Probus members.

The venue is a beautiful café, where
we were seated under a leafy outside
canopy, in a very relaxing atmosphere.

A nice variety of morning tea delights,
with individual coffee of your choice,
served by very obliging staff members.

Everybody interacted well, with many
interesting conversations and much
laughter, making an enjoyable
morning for all who attended.

LORRAINE EVERITT



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Plants and Gardens

A photographic quiz.

Contributed by Tony Myatt



This photo was taken inside an unheated building (constructed in 1939), in one of our major Botanic Gardens.

The building was originally used for displaying annuals, but the collections gradually changed to display plants such as orchids, lilies, bromeliads, ferns, species cyclamen and some iconic local specimens.

It serves as an important source of revenue for the Gardens as a wedding space and displays need to be designed with this in mind.

Where is it?

Answer next month.

Your answer, name and photo (*if possible*), will appear in the next Newsletter.

Yes, that is the prize for a correct answer!

Send your answer to [The Editor](#) post haste!

A Good Garden Bean

Contributed by Tony Myatt

There are reportedly 40,000 bean varieties in the world's gene-banks, but only a fraction of these is used for regular consumption. Which one should you choose to grow in your garden? It should be readily available and inexpensive as seed, high yielding, have a good flavour, easy to grow in a small area of the garden and versatile in use to be used fresh or frozen. [A bonus of course is that beans add nitrogen to the soil].

My favourite is the "Kentucky Wonder" (aka. Texas Pole, Southern Prolific and Old Homestead). It is an Heirloom variety and was known by its current popular name in the 1800s. Heirloom varieties have better taste and flavour and this one notably has pods which grow to about twice the length of many other stringless varieties. Kentucky is a variety of *Phaseolus vulgaris*, which includes kidney beans, the navy bean, the pinto and wax bean types.

I grow two types of Kentucky Wonder, the green and the white, the latter is known as Kentucky Wonder Wax and has white pods. Both types are usually available at Bunnings and should be planted when the soil is warm, say December in Castle Hill. They should be planted against a trellis, (I made ours out of fallen eucalypt branches), about 4" apart and watered regularly – although this year I did not have to water very often. Pods are produced about 65 days after planting and will produce heavy yields until frost – the

more pods picked, the more will grow. There are two options, use the younger pods whole or let the pods mature (and become tough) and use just the seeds.

Nutrition Facts (1/2 cup fresh cooked fresh green beans);
Calories 15 Dietary fiber 1.6 grams
Protein 1 gram Carbohydrate 3.5 mg
Vitamin A 340 IU Vitamin C 7.5 mg
Folic Acid 21 mg Calcium 31.5 mg Iron .4 mg Potassium 94.5 mg

Full of Beans? The phrase originated in Europe in the 14th century, when horses were fed with beans grown solely for fodder. After feeding the horse, the owners often noticed that the horses became quite energetic and lively. Hence the phrase originated to refer to this state of liveliness.

Thank you once again, Tony, for your contributions to our Newsletters.



Ponytail Palm

Contributed by Carroll Allen

I have nine large Ponytails, all very different to one another. Four have just flowered. This particular one has three heads, all flowering, then turning to seed.

Don't know what to do with the seeds. Does anyone want them?

This particular Ponytail is about twenty years old and has flowered once before, about five years ago. At that time, it was a single stem. Once the flower died off it produced three heads. Now I'm excited to see what happens next.

(All photos from Carroll's garden)





Beaucarnea recurvata, the elephant's foot or ponytail palm, is a species of plant in the family Asparagaceae. The species was native to numerous states of eastern Mexico, but is now confined to the state of Veracruz. Despite its common name, it is not closely related to the true palms. *Wikipedia*

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*Thank you, Carroll.
You have a beautiful garden.*

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Some of the latest and nastiest Malware

Contributed by Tony Myatt

One of the best things about the Internet is the ability to keep up to date with information by reading magazines and other material which is published overseas. A recent article published in the UK caught my attention concerning the ever-multiplying types of malware which we must be careful to defend against. The Consensus seemed to be that in 2020, 7 of the nastiest of the malware threats were as follows:

EMOTET

Started life as a banking Trojan but has evolved into an adaptable self-propagating platform that can deploy spam. It is spread through phishing and spam emails (often linked to controversial figures) and via malicious websites and attachments. It is not easy to spot an infection, but use an up to date virus scanner and make sure macros are disabled in Microsoft Office.

JOKER

A premium dialler which is disguised as a legitimate Android App in Google Play Store. New versions sneak past Google's vetting process. It sends messages to expensive phone numbers and subscribes victims to premium services without their knowledge or consent – it can also download additional malware.

Infection is by installing what appears to be a legitimate App. Do not blindly install Apps from Google Play and check your phone bills regularly.

AGENT TESLA

A RAT (Remote Access Trojan) that logs your keyboard activity and clipboard content and attempts to steal personal information and login credentials from email clients, web browsers and the Windows Registry. Recently it has been found to be stealing Wi-Fi passwords. It has been widely used in Covid-themed spam and malicious Office documents. Do not click on links in emails or Office documents and get into the habit of scanning documents with your anti-virus programme rather than blindly clicking them. Be sure to avoid documents with a double extension such as 'covid19.doc.rtf'.

DRIDEX

A financial Trojan that tries to steal passwords, banking details and personal information. It can monitor activity on your PC, download malicious files and take screenshots. It can be installed via EMOTET. It is very hard to spot. Same advice as before, do not click links in emails or open mysterious documents.

XHELPER

A malicious Android App which displays ads on your device and attempts to download other Apps. It can hide and reinstall itself if removed

and even survive factory resets. If you start getting bombarded with annoying pop-up ads you may have it on your phone. Solution is to use Malwarebytes for Android or go to bit.ly/332tFk4.

TRICKBOT

Like EMOTET, it started as a banking trojan, but has become more flexible. It can steal personal information, gather details about the infected device and download malicious content. It can create scheduled tasks in Windows and even disable Windows Defender. It is spread by phishing and through malicious Office documents and can spread across a network by infecting other devices. Be alert to unauthorised account access and do not open emails and documents from unknown sources. If you suspect that you have been infected use anti-virus software and contact your Bank.

RYUK

A particularly nasty form of ransomware which mainly targets businesses and enterprise organisations, encrypting files before generating a ransom note demanding payment in Bitcoin. It can delete backups and shadow copies making it almost impossible to recover from. It can be installed by an attacker who gains access to the system or more commonly introduced by EMOTET or TRICKBOT. Once running, it will try to disable any anti-virus software. Ensure that your anti-virus software is running and is up-to-date and that any backups are stored offline and away from your network.

The consensus is that Windows Defender is quite good, but by no means perfect, in protecting your computer. I like to use a second cloud based real-time antivirus tool, which also does other tasks such as keeping drivers up to date, password protection and automatic back-up among other things.



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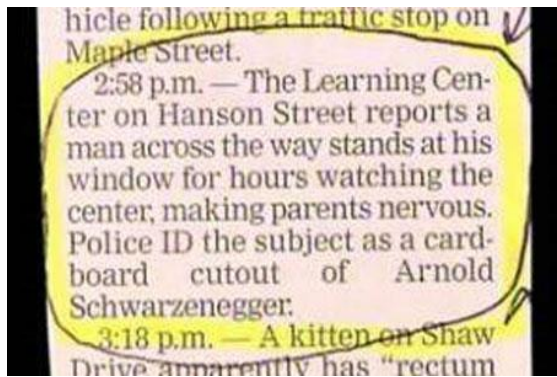


Dear Probus members

Our lovely and lively, Lynelle Dytor, has had her hip replacement last Monday at Norwest Private. We are happy to report, all went well! Lynelle is now settled in at Lakeview, Bella Vista, for further rehab.

Lynelle is available for phone calls and visits between 10am to 12 noon and 5pm to 7pm (2 at a time permitted).

Lakeview Private Hospital, Room 215 (Second Floor).



Contributed by Tony Myatt

[Pam Ayres - They Should Have Asked My Husband](#)

Contributed by Lynn Boorman (youtube)

Now that I'm a little older ...

Contributed by Lynn Boorman

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do it's because I missed my exit.

My goal for 2020 was to lose 10 kilos. Only have 14 to go.

Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce, and cheese. FINE, it was a pizza.... OK, I ate a pizza! Are you happy now?

I just did a week's worth of cardio after walking into a spider web. I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.

A recent study has found women who carry a little extra weight live longer than men who mention it.

I may not be that funny or athletic or good looking or smart or talented.... I forgot where I was going with this.

I love approaching 80, I learn something new every day and forget 5 other things.

A thief broke into my house last night. He started searching for money so I got up and searched with him.

It's weird being the same age as old people.

When I was a kid I wanted to be older... this is not what I expected.

It's probably my age that tricks people into thinking I'm an adult.

Marriage Counsellor: Your wife says you never buy her flowers. Is that true?

Me: To be honest, I never knew she sold flowers.

Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember...Don't sing!

Events / Trips Scheduled

Many already on the website:

pckh.org.au

St Patrick's Day

Wednesday, March 17th

Waterview Restaurant

199 Bay Road

Berowra Waters

11.45am – 2.30pm

Entertainment:

Claire Hayes

Ladies Only High Tea

Saturday, March 20th

Cost \$42/person BYO

Cafe Sasanqua **2pm**

8 Cattai Ridge Road

Glenorie

Ladies only High Tea

Please contact Lorraine Everitt

loz15@bigpond.com

Opal Day to Davistown RSL

Thursday, March 25th

19 Murna Road

Davistown

Please provide the **correct change (\$8.30)** for the ferry operator.

Please refer to relevant flyers for accurate details of each event.

Should further information be required, please contact one of the following organisers who'd be delighted to assist you.

Ron Harding 0409 253 197

Kerri Harding 0146 153 407

Opal Day to Doyles at the Fish Markets

Thursday, April 15th

1 Bank Street and

Pymont Bridge Road

Pymont

Lunch 12 noon

Macquarie Park Boathouse Café

Tuesday, May 18 at 11.30am

1 Wilberforce Road, Windsor

Christmas in July

Tuesday, July 20th

Cost \$59.50/person

Waterview Restaurant

199 Bay Road

Berowra Waters

11.45am to 2.30pm

Entertainment:

Lucky Starr

PROBUS MEETING
Castle Hill RSL Club
Luxe Room
Thursday, March 11th
@ 10am
Please enter via side door

Every Week Walking Group

Until further notice, we have discontinued using Bernie Mullane Sports Complex as our base for our Wednesday walks and get together. It is anticipated that the building alterations to the coffee shop and gym will take about 7 weeks.

We will revert to the Centenary of Anzac Reserve, Wrights Road, Kellyville, as we did last year in the early days of Covid-19 restrictions.

After our walk, we will adjourn to the Cherry Bean coffee shop in the Kellyville Village shopping centre, opposite the oval/park, as we use the outside tables, pets are permitted.

Should it be raining, those interested can go straight to the coffee shop.

Other suitable locations are being investigated for future walks. Suggestions {within reason} are welcomed.

Please contact [Kevin Carey](#) or call 0417 246 218 to join the next walk.

Once a Month Probus Kellyville Hills Book Club

Castle Hill Tavern
 Book Group meets 10.30am,
 4th Thursday of the month.
 Next meeting March 25th
 Contact : [Alan Vesperman](#)

PCKH Website

Our [website](#) includes a calendar to show the dates of upcoming events including monthly meetings and planned events. Whilst future events will be highlighted at monthly meetings, from time-to-time event organisers will email members of upcoming events, to which members are requested to respond to the organiser.

Feedback

Thank you for reading this newsletter. We welcome your comments / feedback both on this newsletter and suggestions for the future.

Kindly provide your articles and photos for inclusion in our March issue by March 31st via this [LINK](#).

Your Committee

Position:	Who:
President	Faye Carey
Immediate Past President	Rob Dytor
Vice President	Peter Noreen
Secretary	Lynn Boorman
Treasurer	Kerri Harding
Membership Officer	Barbara Gurney
Welfare Officer	Coralee Rose
Guest Speakers	Peter Elwine
Trips and Tours	Ron Harding
Live Theatre	Kerri Harding
Local Lunch and Dinners	Lorraine Everitt
Walking Group	Kevin Carey
Book Club	Alan Vesperman
Webmaster	Marc Mana
Newsletter Editor	Janette Mana
Picnics and Barbecues	Jackie Duffield
Meet and Greet	Lynelle Dytor
Hospitality	Susie Myatt
Hospitality	Mazz Vodanovich

Janette Mana – Editor
pckh.newsletter@gmail.com

E&OE