



Pittwater Mens Probus  
Amicus et Dignus

# Newsletter

May 2016

## Presidents Message

A couple of years ago I took over as President of a Club where my predecessor had been in office for 23 years and had no intention of standing aside. The result, of course, was a stagnant Club, going nowhere.

Fortunately that cannot happen in Probus. The President holds the job for a year and then hands over to a successor who has had the opportunity to prepare for the job while vice-president.

Much better. It keeps the club fresh and everybody knows where they stand and how things are done. There is also another side effect that helps keep the incumbent Presidents ego in check.

At every monthly meeting of the Probus Club of Pittwater there can be up to 16 people in the room who have done their turn as President. That is how many of our current members have had the privilege of chairing the club in previous years. Happily many continue enjoy their Club membership and to work on the Club Committee, organising events and speakers or in administrative roles. Secretary Bruce Farrar, Auditor and Imm Past President Arthur Napper and Golf Organiser Alan Smith to name a few.

And that is the way it should be.

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## Speakers

**Today** Michael Coxon, Managing Director of North Sails Australia. Michael is one of the princes of Australian Yachting. He has some 28 Sydney Hobart's to his credit (mainly as helmsman/tactician on some of the well-known big boats (Wild Oats X1, Investec Loyal, Ich Ban and Ragamuffin to name a few). He is going to talk about sail making technology and what it is like to sail in world class competition

**June:** Geoff & Sue Richards –Botanic Gardens 200<sup>th</sup> Anniversary

**July:** Dr Daniel Talmont on Olympics

## Activities

See inside for details

**Golf** Friday 13<sup>th</sup> at Palm Beach 10am

## Annual Subscriptions

Annual Subs are now overdue. Please see David Varley asap

## Speakers Corner

Today we were given an insider's view of what is happening on the northern end of the Peninsula. John Illingsworth and Geoff Searle, members of Avalon Beach Historical Society, showed a video of research that they had done concerning the Stewart Towers. Most of us are familiar with Barrenjoey Lighthouse which stands at Barrenjoey Head at Palm Beach on Sydney's northern beaches. Built in 1881, this heritage lighthouse is an iconic Sydney attraction. But what was there before the existing lighthouse. As early as 1855 a basket was reported to be raised to shine a light for all those who travelled around the sometimes treacherous headland of Barrenjoey. This device came from a wooden hut erected as early as 1843 on the headland when the Broken Bay Customs Station was opened. From here ships were monitored as they entered or left the port of Pittwater. Through the constant lobbying of Robert Stewart the member for East Sydney who had lost his father, William Stewart a master mariner, to the sea in 1820, two wooden structures were erected on the headland. Named the Stewart Towers after this gentleman they were approximately 4 metres and 6 metres in height, made of wood, and painted white.

John and Geoff's mission was to position and then construct a replica of the towers and as they demonstrated in the video they did this most successfully.



David Lyall, Geoff Searl and John Illingsworth with the Model of the Inner Stewart Tower at Barrenjoey. After much research, with limited access to information, they made the video.

This can be viewed on You Tube <https://youtu.be/YJY8ufKcCA>

## Functions and Activities

May	Tue 12 to 17 th 3	Local Lunch	Dunes at Palm Beach	Car or Bus	Meal \$50 incl wine	CANCELLED in lieu of June 21st Lunch	
18	26th to 29th		Play "Seniors Moments"	Glen Street Theatre	Car	\$47 to \$59	Date to be confirmed
19	Tue 31st	10 to 12	Ten Pin Bowling	AMF at DY RSL (Pittwater Rd)	Car or Bus	\$14.90- 1 game; \$21.9 for 2	Seniors Rate. Lunch at RSL?
20	June Thu 9th	10 to 2	Bahai Temple Visit & Lunch after	Piemonte Café at Flower Markets	Car	Temple Free, own cost lunch (Italian theme)	Temple & Grounds visit
21	Tue 22nd	Noon	Probus Mid-year Lunch	St Patricks, Manly	Car or Bus		Arranged by Gordon Stokes
22	July Thu 21st	10 to 12	Local Walk	Newport to Bilgola and return			

### How to care for your ears

Fifty per cent of Australians over the age of 60 suffer significant hearing loss. This means that half the population technically have a communication impairment. This can lead to avoidance of social situations, like going to restaurants or noisy family dinners with the grandchildren. According to Professor Ryugo, any cure for hearing loss is a long way away, so the best thing you can do is look after your hearing now.

“Taking care of your hearing means minimising your exposure to elements that harm hearing.” he suggests. “This includes environmental noise (trucks, motorcycles, power tools, domestic appliances, concerts, loud music and loud venues), chemicals (drugs and solvents), viruses, and head trauma.”

He also suggests avoiding situations where harmful noise may be present. This means 100dB or higher.

“We know that 15 minutes of exposure to 100dB causes damage to hearing, and there are plenty of apps that monitor the level of noise and check that it’s below that limit. For example: ‘Maximum dB Exposure Time’, ‘RTA Lite’ or ‘SPL Meterthat’, which are all free to download.” Regardless of whether you can hear perfectly, you should check your hearing regularly, because the damage done is permanent.

## Minutes of Pittwater Probus Inc.

Meeting 12th April 2016

36 members and 3 visitors

Meeting opened by Bill Sherman

**APOLOGIES:** There were 5 apologies from members **INDUCTIONS:** Bob Anderson

**MINUTES** were read and confirmed Mv B Kennedy 2nd A Napper carried

**BIRTHDAYS:** D Varley, G Crowe, J Hutchings, B Farrar, R Trevitt

**ANNIVERSARIES:** G Crowe, G Repin, J Harston

**CORRESPONDENCE:** Ad for play Senior Moments

**TREASURER'S REPORT:** Balance at 1/03/16 \$3484.94

**Receipts** Morning Tea \$ 110 Badge \$ 20 Subs\$ 1120 Total \$1250

**Payments** Admin \$ 122.83 DoFT\$ 54.00 PO Box \$121 Total \$297.83

Balance at 31/03/16 \$ 4437.11 Mvd B Kennedy 2<sup>nd</sup> R Seldon carried

**FUNCTIONS:** Gordon Stokes – Lunch at Dunes 21<sup>st</sup> June – Palm Beach

**ACTIVITIES:** John Harston – Successful outings, Sailing, BBQ, Local walk - Stoney Creek.

10 Pin Bowling Dee Why RSL

**SPEAKERS:** Brian Kennedy has engaged the following speakers:-

Today: Geoff Searl & John Illingsworth– Early Barrenjoey Headland.

May: G&S Richards-Botanic Gardens 200<sup>th</sup> Anniversary.

**WELFARE REPORT:** Bill Marshall **GENERAL BUSINESS:** No general business

**GOLF** Friday 13<sup>th</sup> at Palm Beach at 10 am. Meeting closed at 12.01 pm

Signed as a correct record

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### OFFICE BEARERS FOR 2016

**President** BILL SHERMAN 9997 5532 **Vice President** RON SELDON 9918 06**Treasurer**

DAVID VARLEY 9918 7154 **Ass. Treasurer** JOHN CRAWFORD 9979 6149 **Secretary** BRUCE

FARRAR 9971 2042 **Activities Officer** JOHN HARSTON 9940 044

**Welfare Officer** BILL MARSHALL 9918 0064 **Speaker Organiser** BRIAN KENNEDY 9918 0937

**Function Organiser** GORDON STOKES 9999 2073 **Editor** WARWICK DALZELL 9997 4518

**Communications and IT Officer** MICHAEL MANNINGTON 9973 1624

**Registrar** TREVOR STEPHENS 99182138 **Ass Registrars** GRAEME PROCTOR 9999 2281

**Auditor** ARTHUR NAPPER 9999 0233 **Public Officer** BILL HENDERSON 9997 5723

**Golf Convener** ALAN SMITH 99991334

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## Books of the month

Settle on the couch or snuggle into bed and pick up a delightfully good book. Here are some top new releases for you to enjoy.

***Fool Me Once* by Harlan Coben** Slated for a Hollywood film release and a *Sunday Times* bestseller, this gripping new thriller explores murder, mystery and whether you can really believe everything you see. The story follows Maya, special ops pilot who is home from the war, as she deals with the murder of her husband. But when she sees him playing with their daughter on the nanny cam while she's at work, two weeks after the murder, she doubts everything she knows.

***Out of Alice* by Kerry McGinnis** Sarah Blake encounters a family in crisis and uncovers a tragedy of her own when she arrives in Central Australia to work as a governess. Flashbacks to her own dark and troubled childhood start to occur and the longer she lives out in the bush, the more frequent they become, until she's forced to the deep red centre of Australia, Kings Canyon, to confront her secrets.

Probus at Dormie House





