



Pittwater Mens Probus
Amicus et Dignus

Newsletter

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Website: probus.pittwater.org.au

From the President

You are probably aware that Mona Vale Golf Club makes no charge to our Club for the use of its premises. All of the meetings we hold there (and much of the equipment we use) is gratis, courtesy of the Golf Club. We have every reason to be grateful.

The impact on Pittwater Probus, if this offer was ever withdrawn, would be substantial – for a start membership fees would go through the roof! However, there is something you can do personally to help reinforce our relationship with the club and that is to take out Social Membership of the Golf Club.

It so happens that this is renewal time so if you joined now you would get a full year's membership for a cost of only \$5.50.

And, if you have lunch at the Club after our monthly meetings you would be entitled to a 10% discount on your food and drink (or indeed at any other time you might use the Club facilities). Have six 'pie and chips' with a drink during the year and the saving is more than the annual cost. Pretty good but more importantly it really would be nice to show the Golf Club that we appreciate their generosity.

All you have to do is front up to the front desk and fill in an application. They will take your photo and print your membership card there and then.

Bill Sherman

This Month's Speaker

Our guest speaker today is Peter Sweeney speaking about the Battle of Fromelles. This is very appropriate because of the recent centenary commemoration of the Battle in France.

Peter served for 35 years in the Australian Army Reserve as an infantry officer and retired with the rank of Lieutenant Colonel. He was awarded the Reserve Force Decoration for his service. Peter is a military historian and a battlefield guide.

Future Speakers

September	New Speaker to be advised.
October	Debra Wallace, Detective Superintendent, Commander Gangs Squad will speak about her work in disrupting drug gangs in Cabramatta and elsewhere during her more than 30 years in the police force.
November	Retired anaesthetist Dr David Desgrand will speak about the history of anaesthetics.

Speaker's Corner

Our monthly speaker was Dr Daniel Talmont who had, in an earlier address taken us through the highlights of the Tour de France. This time he spoke about another topic dear to his heart, the Modern Olympic Games, and their proponent Baron Pierre de Coubertin. Without him the Olympic Games might never have happened.

The first ancient Olympic Games can be traced back to 776 BC. They were dedicated to the Olympian gods and were staged on the ancient plains of Olympia. They continued for nearly 12 centuries, until Emperor Theodosius decreed in 393 A.D. that all such "pagan cults" be banned.

Baron Pierre de Coubertin of France proposed the modern Olympic Games in 1892, and in 1894 he helped form the International Olympic Committee, which has governed the Games ever since. Coubertin became the organization's first secretary-general. He was passionate in his pursuit of the ideals of the Games - *"The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well."* He spent most of his life and fortune in this pursuit. He was also the designer of the flag (De Coubertin is said to have found the original five-rings symbol engraved on an altar-stone unearthed at Delphi). The Olympic motto is Citius, Altius, Fortius, which is Latin for "Faster, Higher, Stronger."

The first modern Games were held in 1896 in Athens, Greece, with 13 countries and 311 athletes taking part in the competition. During the first modern Olympics, medals were awarded to only the top two finishers: a silver medal to the winner and a bronze medal to the runner-up. (Edwin Flack was the first athlete to represent Australia at the Olympics. He won gold in both the 800 metres and the 1500 metres, competed in the marathon and won a bronze medal in tennis doubles at the 1896 Summer Olympics).

Not everything ran smoothly. The Games in 1900 in Paris were in the words of Dr Talmont 'a complete shambles'. In Paris the Games were part of the Universal Exposition festivities and women took part in the competition for the first time, with 11 of the total field of 1,330 athletes. The U.S. hosted the Olympics for the first time in 1904, in St. Louis and the Games held in Stockholm were described as 'the perfect games'. The Games have had their share of triumph and tragedy. In 1972 the Munich Games were overshadowed by the murder of the Israelis and there was the boycott of the Moscow Games in 1980.

Unfortunately the aspirations of De Coubertin have become mired in politics, drug taking and other matters which have tarnished the Games.

Golf

Each month a dedicated group of Probus members gather at Palm Beach Golf Course for a morning of pitted skills and camaraderie. The competition is fierce – each member seeking glory in winning the coveted Golf Trophy (or maybe not). Why not join this intrepid group and you too may win the honour of holding the trophy for a month? Talk to Alan Smith.



Who called us Dad's Army? We're booked to play the PGA circuit next week.



Oops! I think it's in the bunker.



It don't mean a thing, if it ain't got that swing ...



Where else would you want to be?



The Victory Celebration. (Oh there's that trophy again!)



Now playing Probus Golf is really hard work !!

Probus Investment Group

The Reserve Bank has cut the Cash Rate ! The Banks are responding in a different direction and the Prime Minister is not happy ! Join the Probus Investment Group as they assess the stock market reaction. Have a go at making a market prediction. Review our hypothetical investment portfolio including the penny-dreadfuls! If interested in joining this group please talk to John Harston.

Functions & Activities Program

Month	Day	Activity	Location	Comments
August 2016	Thursday 21 st	Floriade	Canberra, ACT	2 nights
October 2016	Wednesday 16 th	Garden Walk Through	Ku-in-gai Wild Flower Park	Travel by Car
November 2016	Wednesday 16 th	BBQ	Flying Fox Park	
December 2016	Tuesday 20th	Annual Christmas Lunch	Mona Vale Golf Club	Partners welcome

From the Editor's Desk

Benefits of an active lifestyle

A landmark study from Sydney University has found that retirees benefit from the ability to live a more active lifestyle.

Not only do people become more active in their retirement, they also sleep better and reduce their idle sitting time.

The study, which followed the lifestyle behaviours of 25,000 older Australians, looked at physical activity, diet, sedentary behaviour, alcohol use and sleep patterns.

Retirement is usually a major life change. But it also creates a window of opportunity to do everything you dreamed of doing when you were younger. It's a chance to change your bad routines for new, healthier ones. And the impact on a retiree's life is astounding.

The report revealed that retirees increased their physical activity by 93 minutes a week, increased sleep by 11 minutes a day and that 50 per cent of female smokers stopped the habit. Meanwhile, retirees decreased their sedentary time by 67 minutes a day. Many retirees said they are enjoying their retirement so much, they wonder how they even had time to work.

Local Event – Orchid Show

The next Orchid Show at St Ives Showground is on Friday August 19th, Saturday August 20th and Sunday August 21st from 9 30 am to 4 00 pm. Plenty of parking.

If you have not been to this annual event make the effort and you will not be disappointed. See the captivating orchid displays – they are truly stunning.

Minutes of Pittwater Probus

Meeting	12th July 2016 30 members two visitors Meeting opened by Bill Sherman
Apologies	There were no apologies.
Inductions	Nil.
Minutes	Minutes were presented in the Newsletter. Moved W Dalzell 2 nd Jim Attrill. Carried by Members. No business arising.
Birthdays	G Richards, B Henderson, J Collins
Anniversaries	Nil.
Correspondence	Nil.
Treasurer's Report	Treasurer's report was delivered by David Varley. Balance at 1/6/2016 \$3852.71 Receipts, Morning teas \$111.00, Subs \$ 160.00 Total \$ 271.00 Payments, Morning tea \$120.00, Admin \$ 75.88. Total \$195.88 Balance at 31/5/2016 \$3927.83. Moved David Varley 2 nd John Hurley Carried by Members.
Functions	Local walk Newport - Bilgola: 21July. Visit Barrangaroo in August Xmas Lunch Dec 20 th 12noon MVGC.
Activities	August TBA
Speakers	Nothing to Report.
Welfare Report	No report.
IT Report	David Varley was the winner of the Monthly trophy 10 am at Palm Beach Golf Club, 12 th August
Golf	No general business
General Business	Michael Mannington gave members an insight into the working of the club website.
Member's Corner	Following the coffee/tea break Daniel Talmont gave us an informative talk about Baron Coubertin, the founder of the modern Olympic Games.
Speaker	9 th August, 2016 To Be advised
Next Meeting	9 th August 2016

Meeting Closed at 12.15 pm.

Signed as correct record.

Office Bearers for 2016

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