



Pittwater Mens Probus
Amicus et Dignus

Newsletter

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August 2017

President's Message

About 3 weeks ago, I attended, together with more than 80 people, the unveiling of a plaque at Salt Pan Cove in recognition of Alan Thompson. Alan is the founding chairman of the Salt Pan & Refuge Cove Association which he commenced in 1988. The purpose of the Association is to enhance the waterways of this corner of Pittwater which Alan did with much enthusiasm and dedication.

The unveiling of the plaque coincided with Alan's 90th birthday which added to the celebration.

Pat and I have only known Alan for about 12 months through the Pittwater Aquatic Club (PAC) and thoroughly enjoyed his company and his sharp conversation. During these monthly get-togethers, he never boasted about his accomplishments with the Association and it was a surprise to learn about the many successes he achieved as the ultimate volunteer when government sought input from the public in considering the many management options placed before the community over the years.

Alan's objective, as always, is to protect the environment of Pittwater and he is highly regarded by the Water Police, Roads & Maritime, Maritime Watch, Maritime Rescue, RMYC, PAC and many Pittwater residents, who were all present at the unveiling of the plaque and to wish Alan happy birthday. He is one of the many unsung heroes of Pittwater.

Cheers,
Ron Seldon



Golf Tour in 2018



Our delayed Golf Tour is now being planned for early 2018. We propose to stay at Dormie House nestled in the beautiful hills of the Southern Highlands, near Moss Vale.

There will be, of course, golf for the dedicated plus other non-golf activities for those with other interests.

Speaker's Corner

Our guest speaker was Julie Donaldson of Cruise Traveller (Boutique Voyage and Cruise specialists). Julie has worked in the travel industry for over 20 years including; sales, wholesale and as an industry trainer under the CLIA banner. She started with Cruise Traveller in 2013.

Before beginning her talk, Julie asked for a show of hands of those who had been on a cruise. She was overwhelmed by the response - most members had taken a cruise at one time or another. (Just for the record I looked up the meaning of boutique - a business serving a sophisticated or specialized clientele. I knew then she had come to the right place).

The total focus of Cruise Traveller is to provide the very best boutique ships in the world, all with the common advantage of being able to take guests up close and personal to the highlights & wildlife of the destinations they are visiting. These destinations include the history & culture of the Mediterranean, the unique wildlife of the Galapagos Islands, expeditions to the Arctic, Antarctica; the history and heritage of a Mississippi River cruise or the contrasts of the Coastal West Africa just to name a few.

They combine the very best and unique itineraries, on the most luxurious ships available and present them on a cruise-only or fully packaged basis.

Whatever luxury cruise, voyage, or expedition to whichever remote and exotic part of the world they visit - from beginning to end, an experienced professional team will ensure each and every trip is one of a life time.



The advantages of a small cruise ship are many: they can access ports more easily, embarkation is easier and the focus is on the destination. Each journey has lectures and guest speakers. You will be mixing with like-minded people on board. The ships have Zodiacs on board. The Zodiac Cruising & Shore programs are guided shore excursions, walks, wildlife spotting, and Zodiac cruises are primarily defined as explorations where they spend as much time ashore as possible.

Small cruise ships are offered to destinations worldwide - you name it they will provide a ship - the Arctic, the Amazon, European antiquity, Asia, coastal West Africa, European river cruises.....

Vale – Ivan Patrick

At last month's meeting, we were saddened to hear of the passing of Club Member Ivan Patrick. Club members Bill Marshall, John Harston and Graeme Proctor attended his memorial service.

During the eulogy, it was mentioned that Ivan always enjoyed the friendship of Pittwater Probus. Ivan was always highly regarded in the club and played the part of Registrar from time to time.

August Speaker

Memoires of a Blitz Kid



Bryan will also talk about his later career in banking.

Club member Bryan Pritchard will talk about his early upbringing in wartime London.

Children continued going to school during the war though some city schools moved to the country. As well as ordinary lessons, children learned air raid drills, leaving the classroom when the sirens sounded to go to the air raid shelters.

August - 5 Minute Speaker

Iceland

Club member Ken Plumb recently visited Iceland and will talk briefly about some of its unique geology and its way of life.

Iceland sits astride the Mid-Atlantic Ridge and a mantle hotspot; the only place where a mid-ocean spreading centre can be viewed above sea level. Its area, about the size of Arnhem Land contains 30% of all sub-aerial lava produced on earth since 1500 AD.



Iceland was settled by Norwegians around 800 AD. It has the oldest continuous parliament in the world, dating from 930 AD.

Your Club Needs Your Help

Club Vice President John Harston has been doing an excellent job in his role of Activities Organiser. However, John assumes the responsibility of Club President next year and will have to relinquish his current role of organising our club activities.

Would you be prepared to take over the role of Activities Organiser? All it takes is a little imagination in coming up with ideas to where we can visit as a group, and have the ability to organise events. A task we all did in our working lives!

If interested, please talk to John or to Ron Seldon.

New Member

Peter Squires



After completing his Apprenticeship, Peter started work as a Trainee at a large engineering and foundry company called Malco Industries. When Malco formed a Merchandise Division he was promoted to National Sales Manager .

Peter stayed for over 25 years with Malco before moving to Scruttons, an engineering supply company, as General Manager . At the time Scruttons employed 55 people with large turnover but small profit. After 4 years the Company was taken over by Atkins Carlyle.

Peter then moved to Northgard, a fire protection business. He went to retire when they were taken over by Tubemakers. However, Peter was then offered a job at Petro Coating Systems . On turning 69 Peter finally decided to retire after enjoying a working life with many and varied experiences .

Peter, welcome to Pittwater Probus.

Your On-Line Format Newsletter

For the past 12 months we have moved from a 4 page hard copy monthly Pittwater Probus Newsletter to an on-line expanded version. The feedback we are getting from members with regard to this new format has been very positive.

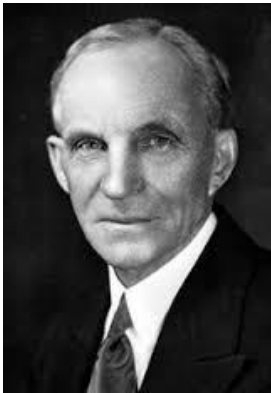


The advantage of this format is that we can include colour photos and a greater number of articles and reports on Probus activities which we believe are of greater interest to members. More importantly, the on-line edition contains information on upcoming Probus activities.

We urge all Pittwater Probus members to enjoy this new formatted on-line edition. Access is simple, all you need to do is click on the icon which is shown on the email notice which you receive each month announcing the next meeting. If you are having trouble accessing the Newsletter, please ask a fellow member for help.

We, of course, will continue to print the 4 page hard copy, solely for members that do not have a computer. However please be aware that because the paper edition is limited to 4 pages, most of the articles and photos from the on-line edition will have been omitted.



Speakers' Program

September 2017	 <p>Henry Ford</p> <p>New Club Member, Kim Russell will talk about Henry Ford, his life and work up to the introduction of the V8 in 1932.</p> <p>Henry Ford has arguably affected more lives than any other single person and the company he established is the only early main stream vehicle manufacturer still operating in its own right.</p>
October 2017	<p>Battle of the Coral Sea</p> <p>In September last year, our guest speaker was retired Lieutenant Colonel Peter Sweeney RFD who gave an excellent presentation on 'The Battle of Fromelles'. Peter has agreed to speak to us again. This time to talk about the Battle of the Coral Sea.</p> 
November 2017	<p>Pepperton Estate</p> <p>A special treat for Club Members. Alan Moss, who works for Wine Insights owners of Pepperton Estate will talk about their range of wines and bring samples.</p> <p>Pepperton Estate sources parcels of fruit from Australia's most premium wine growing regions to make a range of wines.</p> 

5 Minute Speakers

September 2017	<p>Gordon Kinlay</p> <p>5 Minute Travel Quiz</p>
October 2017	<p>Bruce Farah</p> <p>Touring Northern Queensland.</p>
November 2017	<p>John Harston</p> <p>New video on Tesla Electric Cars.</p>

Maritime Museum Visit



This is a visit not to be missed. The Sydney Maritime Museum at Darling Harbour on Thursday August 10, 2017.

The three main vessels in the Museum ship collection, the HM Bark *Endeavour* Replica, the destroyer HMAS *Vampire*, and the submarine HMAS *Onslow* are on display at the wharves outside the museum.

Followed by lunch.

2017 Functions & Activities Program

Date	Day	Activity	Location	Comments
10 th August 2017	Thursday	Visit the Sydney Maritime Museum	Darling Harbour	Special Guide Noel Phelan. Lunch after
19 th September 2017	Tuesday	Past Presidents Lunch	Quays Marina, Church Point	Marina Café
18 th October 2017	Wednesday 5 00 pm	Spring BBQ	Flying Fox Park, Winnererremy Bay, Mona Vale	Do not miss this special Probus get-together.
19 th December 2017	Tuesday	Annual Christmas Lunch	Mona Vale Golf Club	Partners very welcome.

Probus Golf



A fine days golf.

The results were:

1. David Varley 26 Points
2. Bill Sherman 22 Points
3. Gordon Stokes 21 Points

Next game, Friday August 11, 2017 at Palm Beach Golf Course.

Hit off 10 00am. Followed by lunch at Club Palm Beach. All welcome.

The picturesque No.1 Fairway at Palm Beach

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Editor's Desk

The Longevity List

Red wine is good for you. Don't drink alcohol. Cut down on fat. Eat good fats. There's lots of confusing advice out there about how to increase your chances of living a long and healthy life. *The Longevity List* is a new book that explores the common wisdom many of us adhere to in the hopes of improving our health, and whether or not adages like 'an apple a day keeps the doctor away' have any basis in fact.

"One of the reasons I decided to write this book is that often people come to me and ask about their health, and it dawned on me that it is really important to focus on what people do every single day and what they think is good and what they think is bad," Dr Merlin Thomas, author of *The Longevity List*, says. "I asked as many people as I could to give me the 10 things they do each day that they know are bad for their health. This book runs down the list of those things from eating too much chocolate, to drinking too much coffee, to not exercising enough. I look at those things and ask, quantitatively, will they make a difference to your life expectancy?"

The answers, you will be glad to know, are not as dire as conventional wisdom might have you believe. Let's look at chocolate, for example. While Dr Thomas acknowledges that too much chocolate does contribute to weight gain, and that weight gain can have an adverse effect on your health, the secret to health and longevity (and, let's face it, happiness) is making room for the things you enjoy.

"There's actually not a lot of evidence that chocolate is bad for you," Dr Thomas says. "It's a rewarding experience and that's a good thing. Too much is bad for your waistline, yes, but once you recognise that, you realise it's not the chocolate that's the problem, it's how you consume it. The important thing is to enjoy chocolate as part of a normal, healthy diet."

It's the same with alcohol, Dr Thomas argues. "It all depends how much you drink. The problem with wine, in particular, is that it comes in big bottles. It's difficult to have just one glass and leave it at that.

"A single glass of red wine with a meal is all you need and the data shows that people who can have that single glass of wine a day actually have better health outcomes than those who don't drink at all. Now there are many potential factors that influence this data, but the point is that it is within our power to make use of the things we love.

"I enjoy wine and I make an effort to buy expensive wine. In the end I drink less and save money because I enjoy it more. The trick is to find value in the things you do and enjoy them thoroughly.

So, what's the biggest health myth Dr Thomas would like to see debunked? "The biggest myth is that there is nothing you can do. A lot of people have a fatalistic attitude towards their health. They believe they were born with a certain set of genes and certain likes and dislikes, and there's nothing they can do.

"In fact, for every disease there is a combination of three factors: there's fate, so what you were born with and what you can't control. There's karma, which is your actions. And the third element is luck."

From Probus Active Retirees

Minutes of Pittwater Probus Inc.

Meeting	11 th July 2017 Meeting opened by President Ron Seldon. 31 members present and 3 guests attending.
Inductions	Peter Squires was inducted.
Minutes	Minutes of the June 2017 meeting were published in the Newsletter, Mvd. Warwick Dalzell, 2 nd Brian Kennedy, carried.
Correspondence	Nil.
Birthdays	No birthdays present.
Treasurer's Report	Presented by David Varley Balance at 1/6/2017 \$4,074.78 Receipts: Subscriptions \$240.00, Morning Teas \$121.70. Total \$361.70. Payments: Morning Teas \$120.00, Administration \$125.48, Badges \$27.00. Total \$272.48. Balance at 30/6/2017 \$4,164.00 Mvd. David Varley, 2 nd John Owen, carried
Welfare Report	Bill Marshall mentioned John Hinkle – cancer. Welcomed back George Repin. One minutes silence for Ivan Patrick. Graeme Proctor said a few words about Ivan.
Speakers	Brian Kennedy has organised the following: August Bryan Pritchard – Living through the London Blitz. Ken Plumb – Iceland Adventures. September Roger Dampney – Our Blood Pressure. Gordon Kinlay – Travel Quiz.
Activities	John Harston has organised: 10 th August Tour of the Maritime Museum, \$16 plus lunch \$20. Golf weekend deferred.
Functions	3 rd October, following a short Committee Meeting, Committee Members and wives have lunch at the old General Store at Church Point from 11 00 am \$28 P/P.
IT Report	Nil.
Golf	Gordon Stokes won the golf trophy. Next game 10 00 am Friday 14 th July at Palm Beach Golf Course.
General Business	Nil.
5 Minute Talk	Ron Seldon gave a short talk on sailing the Mekong.
Speaker	Following the coffee break, Julie Donaldson talked about cruising the oceans.
Next Meeting	8 th August 2017. Commencing at 10 00 am. Meeting Closed at 12.00 pm. Signed as a correct record.

Office Bearers for 2017

Meetings commence at 10 00am on the 2nd Tuesday of each month.

President	Ron Seldon 9918 0677	Speaker Organiser	Brian Kennedy 9918 0937
Vice President	John Harston 9940 0446	Editor	Warwick Dalzell 9997 4518
Secretary	Bruce Farrar 9971 2042	Communications & IT Officer	Michael Mannington 9973 1624
Treasurer	David Varley 9918 7154	Registrar	Trevor Stephens 9918 21 38
Assist. Treasurer	John Crawford 9979 6149	Assist. Registrar	Graeme Proctor 9999 2281
Welfare Officer	Bill Marshall 9999 5226	Auditor	Arthur Napper 9999 0233
Activities Officer	John Harston 9940 0446	Public Officer	Bill Henderson 9997 5723
Functions Organiser	Gordon Stokes 9999 2073	Golf Convenor	Allan Smith 9999 1334