



Pittwater Mens Probus
Amicus et Dignus

Newsletter

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Website: www.probus.pittwater.org.au

President's Message



Reading the current edition of the NRMA's magazine 'Open Road' I see that the NRMA is to trial, along with the NSW Government, HMI Technologies, Telstra, IAG and the Sydney Olympic Park Authority, the first autonomous shuttle service in a secure off-road environment utilising mini buses. The route will be pre-programmed and once proven to be reliable will be rolled out to public areas of Olympic Park.

By the way, the proposed steps and timing to full vehicle automation in Australia are:

Level 1 (at present): Partial automation, some automated functions.

Level 2 (2018-2019): Conditional automation, hands off the wheel.

Level 3 (2020-2024): High automation, driver no longer needed.

Level 4 (2025 onwards): Full automation, steering wheel gone.

As the car industry moves down the path to full automation there are a number of interesting issues that arise. First of all the ability of drivers to have confidence in the new technology. If a couple of well publicised accidents occur in the early days, which are bound to happen, will that shake the driving population's confidence to actually take their hands off the wheel.

No doubt that once the industry sorts out all the problems, vehicles will be safer and there will be less accidents. However, what impact will that have on the insurance industry and on panel beaters? How will automation operate on Australian outback roads? The good news is that there is the potential to reduce the death toll even with the likelihood of more automated cars on the road. An important social issue will be what the law does with drink driving. Will it be safe and legal to 'drive' home even if you are over the limit?

We live in interesting times!

Cheers,

Ron Seldon

Probus Golf



Weatherwise a lovely day for playing golf. The results were:

1. Allan Smith 23 Points
2. Gordon Stokes 19 Points
3. Graham Morley 16 Points & Bill Sherman 16 Points.

Next game, Friday October 13, 2017 at Palm Beach Golf Course.

Hit off 10 00am. Why not join in. Maybe this will be your lucky day!

Followed by lunch at Club Palm Beach. All welcome.

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Speaker's Corner

Kim Russell talked about Henry Ford, his life and work up to the introduction of the V8 in 1932.

Henry grew up in Greenfield Township, Michigan. His father was a farmer and wanted Henry to take over the family farm, but Henry had no interest in farming. He was much more interested in machines and building things. He left home at the age of 16 and went to Detroit to become an apprentice machinist. Here he first came in contact with the internal combustion engine. He returned to the farm where he helped maintain other people's vehicles. In 1888, Henry Ford married Clara Ala Bryant. The couple had a son, Edsel, in 1893.

Ford moved back to Detroit and was made chief engineer at the main Detroit Edison Company plant. By 1896 he had completed his first horseless carriage, the "Quadricycle". The Detroit Automobile Company (later called the Henry Ford Company) opened in 1899 with Ford in charge of production. Ford could build a car, but he couldn't build them fast enough to keep the company afloat. His partners, eager to put a passenger car on the market, grew frustrated with Ford's constant need to improve,



and Ford left his namesake company in 1902. (After his departure, it was reorganised as the Cadillac Motor Car Company.) The following year, Ford established the Ford Motor Company. A month after the Ford Motor Company was established, the first Ford car—the two-cylinder, eight-horsepower Model A—was assembled.

Ford was dedicated to the production of an efficient and reliable automobile that would be affordable for everyone; the result was the Model T, which made its debut in October 1908.

Ford soon had more orders than the company could satisfy and this led to the introduction of the assembly line. Mass production significantly cut down on the time required to produce an automobile, which allowed costs to stay low. In 1914, Ford also increased the daily wage for an eight-hour day for his workers to \$5. By 1918, half of all cars in America were Model Ts. In 1919, Ford named his son Edsel as president of Ford Motor Company, but he retained full control of the company's operations.

Ford's political views earned him widespread criticism over the years. He made a failed bid for a U.S. Senate seat in 1918 and in the Dearborn Independent, a local newspaper he bought in 1918, he published a number of anti-Semitic writings. He later renounced the writings and sold the paper. He expressed admiration for Adolf Hitler and Germany, and in 1938 accepted the Grand Cross of the German Eagle, the Nazi regime's highest medal for a foreigner.

Edsel Ford died in 1943, and Henry Ford returned to the presidency of Ford Motor Company briefly before handing it over to his grandson, Henry Ford II, in 1945. He died two years later at his Dearborn home, at the age of 83.

New Member

John Porter



Following graduation in Mechanical Engineering from the University of New South Wales, John joined AIS Southern Collieries based in Wollongong. After work experience in several mines, John became involved with the planning and installation of the first Longwall Mining Face in the AIS/BHP Group.

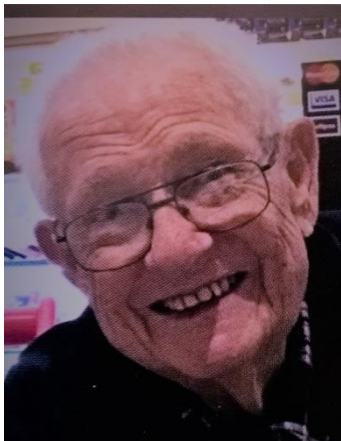
A return to working on the surface saw a change in direction to look at the results of coal consumption – the removal of ash/dust particles (smoke) from stack discharges in the power generation industry.

After 25 years in the corporate world, John formed his own engineering consultancy working in these fields and many others. Key projects included working with Comalco/Rio Tinto to develop new technology for emissions control in aluminium smelting, significant upgrades to cement and lime plants and expansion into the emerging technologies in odour destruction.

Travel has been a great source of enjoyment, more recently with retirement and the discovery of cruising. There have been undistinguished attempts at golf and fishing and a great deal of pleasure in sailing – until the skipper took the boat up to Lake Macquarie!

John, welcome to Pittwater Probus.

Vale – Walter Drain



On September 5, 2017 Past President Walter Drain passed away.

Walter joined Pittwater Probus on December 8, 1992 and was one of our long serving members. Walter served as Vice President in 1994/1995 and President in 1995/1996.

Walter attended the inaugural Past President's Lunch last year and took the opportunity to renew some old acquaintances.

A Memorial Service was held at St Michael's Anglican Church Newport on September Friday 29 September and was attended by a number of Probus Members.

Golf – Southern Highlands

Our delayed Southern Highlands Golf Tour is being planned for early 2018. Details to follow.

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



Vale – Roy Bedford



On September 19, 2017 Past President Roy Bedford suddenly passed away.

Roy joined Pittwater Probus in November 2001 and served as Vice President in 2003/2004 and President in 2004/2005.

Roy participated in the annual Past President's Lunch earlier in the day on Tuesday and enjoyed the companionship of fellow Probus Presidents.

The funeral service was held at St Joseph's Catholic Church Narrabeen on September Friday 29 and was attended by a number of Probus Members.

Gathering of the Leaders

Past President's Lunch

On a balmy spring day in September, the second Annual Past President's Lunch was enjoyed at Marina Quay in Bayview.

In attendance were 10 past Pittwater Probus Presidents plus current President Ron Seldon.

The occasion, although enjoyable during the lunch, was saddened by the news later that day of the sudden passing of Roy Bedford.



Gordon Crow: "Now in my day, this is how we ran Pittwater Probus ..."

This has become an annual event and an excellent opportunity for past presidents to reflect on their time leading the Club.

Many thanks for Bill Sherman for organising an excellent venue.

Pie and Chips Anyone?

One class act deserves another. After attending the Probus monthly meeting, why not continue the elegance of the day and stay for lunch? Top of the menu is stylish 'pie and chips'. Other meals are available for those less discerning. Join fellow members to enjoy a meal of delicacy and reflect on the day's meeting and other matters of standing!



The recent increase in the number of club members staying for lunch is testament to this important social occasion. In addition, by doing so, you are supporting our hosts, Mona Vale Golf Club who kindly allow us to meet each month free of charge.

So when Gordon Stokes asks who is staying for lunch, make sure you put your hand up and make sure you order 'pie and chips'!

Trivia Night - February 2018

It's on again! Bill Sherman's famous Trivia Night Quiz Tuesday February 20th, 2018. Enjoy a fine dinner followed by Bill's quiz.

Form a team and see if you can take out the prize for the night.



Temora Air Show

The Temora Airshow will be returning to the skies on October 12 & 13, 2018. The itinerary will incorporate an evening airshow on Friday October 12, and a full-day airshow on Saturday October 13, 2018.



Probus Committee Lunch

The Pittwater Probus Committee meets each month at Mona Vale Golf Club to coordinate and organise Probus activities to ensure the smooth running of the Club. Once a year the Committee meets at the Church Point Restaurant for its normal meeting followed by lunch together with spouses.



Your Probus Committee hard at work...

October Speaker

Battle of the Coral Sea



Retired Lieutenant Colonel Peter Sweeney RFD will talk about the Battle of the Coral Sea. It was 75 years in May this year that American warships aided by Australia turned the Pacific War around by preventing the Japanese from invading Port Moresby in this historic battle off the coast of Queensland.

October 5 Minute Speaker

Bruce Farrar

Dreaming of balmy sunny days in Northern Queensland. Let Club Secretary Bruce Farrar take us away from our southern environment by telling us of his recent trip up north.



November Speaker

November
2017

Phil Pryor

'Truth about History'
Is the way we remember history
the way it actually happened?

Phil Pyro will show us a very
different aspect of what history is.



November 5 Minute Speaker

November
2017

John Harston



Electric cars are very
much in the news
these days. The
foremost electric car
maker is Tesla.
Member John
Harston will show a
short video on Tesla.

Functions & Activities Program

Date	Day	Activity	Location	Comments
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.
20 th February 2018	Tuesday	Dinner and Trivia Night	Mona Vale Golf Club	Partners very welcome
February 2016	TBA	Boating	Pittwater	Partners very welcome

Tour of Mudgee

Belrose Probus is organising a tour of Mudgee in May 2018 and have invited other local Probus Club Members to join in. This is an opportunity to meet other Probus members in a town of colonial buildings, the Cudgegong River and numerous wineries.



Editor's Desk

Boost Your Brain

Dr Helena Popovic explains how a single thought can change your brain for the better. The rapidly expanding field of neuroplasticity has shown that the brain can change its own structure and function. Your brain can grow new cells, new circuits and new connections in response to what you do, what you think and how you behave. This is great news because it means we are more than passive victims of our genes; we play an active role in how our brains develop throughout our lives and we can significantly reduce our risk of developing dementia, including Alzheimer's disease. There are three key ways to boost our brains and halve our risk of dementia: lifelong mental stimulation, social connection and regular physical exercise.

Stay positive

What exactly do these three things entail? In a walnut shell (since walnuts are a good source of omega-3 fatty acids, which are essential for optimal brain function) having a positive attitude to ageing and living in a way that brings us meaning, purpose and connection with our fellow humans is the best way to stay physically and mentally healthy till our very last days.

In a 2002 research paper, Becca Levy, an expert in the psychology of ageing from the Yale School of Public Health, recorded that people with more positive perceptions of ageing lived an average of seven-and-a-half years longer than people who felt negatively about ageing. The effect of a positive attitude on survival and cognition was greater than the effect of a healthy lifestyle. Having low blood pressure, normal cholesterol levels and never having smoked each added around four extra years to life. That's only half of what a life-affirming optimistic outlook gives.

Specifically, in relation to cognition, when older people were exposed to positive and constructive messages about ageing immediately before a series of memory tests, they performed better than individuals told or shown something negative in relation to ageing.

So the most important thing to keep our brains at their best is continuing to set goals that inspire and excite us. What are you passionate about? What brings you joy and fulfilment? What makes you feel more connected to the people you love? Seek it out and do it. There isn't one specific set of activities that boosts brain power; it's whatever engages and challenges *you*.

Never stop dreaming

How do these attitudinal factors affect the brain? Excitement and passion change our brain chemistry through the production of neurotransmitters to spark creativity, strengthen focus and energise every aspect of thinking. These neurotransmitters keep our brains healthy as we age.

Studies have also demonstrated that aspirations turn on our brain cells much more powerfully than needs. When people are attached to a brain scanner and asked to think of things they aspire to do, more of their brain cells start firing than when they think of things they need to do.



We have a use-it-or-lose-it brain and the more brain cells we activate on a regular basis, the more we preserve them and keep them at optimal functioning. What are places you've wanted to visit? Things you've wanted to do? Skills you've wanted to learn? Write a list and start planning how you'll make it happen. Even if you don't reach your final destination, simply setting a goal and striving to attain it benefits cognitive functioning. If something doesn't challenge you, it won't change you. There is nothing more exhilarating than embarking

on a project you aren't quite sure you're able to accomplish. Learning a second (or third) language, or practising a musical instrument, art, craft, painting, drawing or carpentry all boost our brains. As do dancing, juggling, joining a book club, reading poetry, creative writing, starting a new hobby or enrolling in a formal course. The key is that you find it mentally challenging and enjoyable.

Crossword puzzles and sudoku are beneficial as long as you aren't good at them. As soon as you master something, take on something new. Get comfortable with being uncomfortable. The brain needs ongoing stimulation through new experiences. Boredom and monotony are poison to the brain.

Another powerful activity to boost brain function is volunteer work. A study of older African-American women with risk factors for both heart disease and dementia showed positive changes in frontal lobe blood flow when they started volunteering at a local primary school. This correlates with worldwide studies showing that meaningful social relationships and a rich social life halve the risk of developing dementia.

Keep moving

The third key factor in halving dementia risk is physical exercise. We have long known that exercise is good for the heart but it wasn't until the 1990s that scientists at the Salk Institute for Biological Studies in California discovered that exercise not only builds muscle it builds brain matter.

Exercise stimulates the production of a protein called brain-derived neurotrophic factor (BDNF), which acts like a fertiliser for neurons. BDNF promotes the formation of new brain cells and new connections between existing brain cells. BDNF is particularly active in areas of the brain linked to learning, memory and complex thinking. The more you exercise, the more BDNF you produce and the better your cognition and memory. A study published in 2006 reported that those over the age of 60 who engaged in brisk walking for three hours a week over a six-month period increased both grey matter and white matter and enlarged their overall brain volume.

The brain operates at its best in the first hour after we engage in any form of physical activity. Just 20 minutes on a treadmill improves language learning, creative thinking and problem solving. If you are stuck on a problem, get moving for 20 minutes and you are more likely to come up with the solution.

Before you arrive at your origami lesson, take a brisk walk and you'll learn more easily. Exercise also stimulates the release of feel-good chemicals: endorphins, serotonin, dopamine, oxytocin and noradrenalin. These neurotransmitters improve mood and positivity. In fact, one hour of exercise a day has an anti-depressant effect equivalent to that of some medications.

Physical exercise refers to endurance training (aerobic activities such as walking, running, cycling, swimming, dancing and vigorous housework) and strength training (lifting weights or carrying heavy shopping bags up a hill). Both types of exercise improve cognition and affect the brain in complementary ways so ideally, we need to engage in both. But the best exercise is ultimately whatever you enjoy doing and will continue to do on a regular basis.

Who is Helena?

Dr Helena Popovic is a medical doctor, leading authority on how to improve brain function, international speaker and best-selling author. She cares for her father who has had dementia for over 10 years. Everything she speaks and writes about, she practises with her father and he accompanies her to all her Probus talks. She has written two books on dementia: *In Search of My Father: Dementia is No Match for a Daughter's Determination* and *NeuroSlimming*.

Minutes of Pittwater Probus Inc.

Meeting	12 th September 2017 Meeting opened by President Ron Seldon. 43 members present and 10 guests attending.
Inductions	John Porter was inducted.
Minutes	Minutes of the August 2017 meeting were published in the Newsletter, Mvd. Bruce Farrar, 2 nd Jim Attrill, carried.
Eulogy	Barrie Unsworth delivered the Eulogy to Walter Drain. One minute silence was held.
Birthdays	Gordon Stokes, Wes Harder, Michael Mannington, Jay Claren celebrated the happy event.
Treasurer's Report	Presented by Ron Seldon Balance at 1/8/2017 \$4,213.00 Receipts: Morning Teas \$130.00. Total \$130.00. Payments: Morning Teas \$120.00, Admin. \$26.85, Badge \$11.00. Total \$157.85. Balance at 31/8/2017 \$4,185.15 Mvd. Ron Seldon, 2 nd Bryan Pritchard, carried
Welfare Report	Nil.
Speakers	Brian Kennedy has organised the following speakers: October Peter Sweeney - Coral Sea Battle. Bruce Farrar – Trip to Cape York. November Phil Pryor - Truth about History. John Harston – Electric Cars. December President's Day.
Activities	Gordon Stokes gave notice of the annual golf day at St Ives. Past President's Lunch 19 th September at Church Point. 18 th October BBQ at Flying Fox Reserve. Christmas Lunch 19 th December at Mona Vale Golf Club.
Golf	Gordon Stokes won the coveted trophy. Golf next Friday 16 th September 10 00 am at Palm Beach Golf Course.
General Business	Nil.
5 Minute Talk	Gordon Kinlay showed slides of places he has visited overseas.
Speaker	Following the coffee break, Kim Russell gave an in depth talk on Henry Ford, his business and family.
Next Meeting	10 th October 2017. Commencing at 10 00 am. Meeting Closed at 12.10 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