



Pittwater Mens Probus  
Amicus et Dignus

# Newsletter

Email: [probus@pittwater.org.au](mailto:probus@pittwater.org.au)

November 2017

Website: [www.probus.pittwater.org.au](http://www.probus.pittwater.org.au)

## President's Message

Our October Speaker was Lieutenant Colonel Peter Sweeney RFD (Retired) who gave an excellent talk on the Battle of the Coral Sea including many insights that don't always appear in the history textbooks.

In a follow up message from Peter, he commented:

*"I enjoyed my visit to your Probus yesterday very much. You have a lively and active group of members which augurs well for the future of your club."*

Although Peter was being polite, it is always nice to receive a compliment about our club.

I do believe we have an excellent club with members that enjoy each other's company. I am constantly reminded, as the meeting 'timekeeper', that the coffee break is sacred and must not be lost to speakers! This reflects the friendship and camaraderie that we enjoy in catching up every month.



However, there is more to the club than coffee. As we all know, to maintain a viable and active club there has to be a group of people planning and organising activities and speakers, plus deal with the administration. This of course is the Club Committee. This Committee has to be replenished from time to time and now is the time for such action in preparation for 2018. We urgently need, as a minimum, a Vice President (to lead into the President's role in 2019), a

Secretary, a Welfare Officer and an Activities Officer.

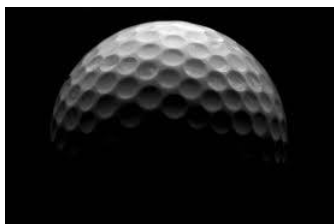
If we do not fill these roles for 2018, the club will not function efficiently and the quality of our club will unfortunately suffer. This can be an excellent opportunity to utilise the skills you successfully employed in business.

Nonetheless, we do recognise that many of our more senior members have already filled many of these roles and made their contribution to the club. We now look to the newer members to help out. In fact, when you filled in your Probus application you agreed to serve on the committee at some time. It is now time to honour that commitment. Please see on page 4 a summary of the roles of each committee position and consider what task you can fill, even if it be an assistant role. **Remember, as a minimum, the above stated positions must be filled for the 2018 year.**

The tasks are not onerous and you will have the satisfaction of keeping our club great. Please talk to me or any committee member. You are also welcome to join a committee meeting (first Tuesday of the month) to get a taste of what goes on behind the scenes, before putting your hand up.

Cheers, Ron Seldon

## Probus Golf



A great day's golf despite only a few players. The results were:

1. Bill Sherman 24 Points
2. John Owens 21 Points
3. Allan Smith 21 Points

Next game, Friday November 17<sup>th</sup>, 2017 at Palm Beach Golf Course. Hit off 10 00am.

Why not join in. Followed by lunch at Club Palm Beach. All welcome.

## Speaker's Corner

At our October meeting, our guest speaker was retired Lieutenant Colonel Peter Sweeney RFD, who gave a presentation on 'The Battle of the Coral Sea'.

Peter's talk was very interesting and he covered the Japanese war plan, the impact of the 'Doolittle Raid' on their plans, the opposing forces, the battle itself and the aftermath.

He detailed the opposing forces, which for the Allies were a combination of United States naval task forces based on the aircraft carriers USS *Lexington* and USS *Yorktown* along with the Royal Australian Navy cruisers HMAS *Australia* and HMAS *Hobart*, on which Peter's father was a member of the crew.

Peter described the battle, the first carrier battle in naval history, which saw each side lose an aircraft carrier to air attacks. The allied victory forced the Japanese to abandon their plans to capture Port Moresby from the sea and to undertake a land offensive across the Owen Stanley Ranges in PNG.

The Battle of the Coral Sea had an impact on the subsequent decisive Battle of Midway as the Americans were able to get the damaged carrier USS *Yorktown* repaired and back to sea, much to the surprise of the Japanese naval commander ADM Yamamoto.

A number of members asked questions at the end and Peter took the opportunity to explain some aspects of the bombings in more detail.

Club member Bryan Pritchard thanked Peter for his talk and presented him with a memento of his visit.

Overall the members found the presentation very informative.

***Peter is a director of Battle Honours Australia and his 'Talks' 'Trips' & 'Tours' can be seen at [www.battle-honours.com.au](http://www.battle-honours.com.au).***

## Golf – Southern Highlands

Our delayed Southern Highlands Golf Tour is being planned for early 2018. Details to follow as we get closer to the date.

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



You are invited to the Pittwater Probus

# ***Annual Christmas Lunch***

- ***Date and time: Tuesday 19<sup>th</sup> December, 12 noon***
- ***Wives and Personal Guests welcome***
- ***Venue: Mona Vale Golf Club***
- ***Menu:***
  - ***Welcome drink (wine, beer, soft) at bar***
  - ***Two courses (main and dessert), each by alternative drop:  
Turkey/Barramundi, Christmas Pudding/ Pannacotta***
  - ***Bottle of red wine and white wine per table***
  - ***Tea and coffee***
- ***Cost: \$45 per head, inclusive of above menu and Lucky Door Prize***
- ***Registration and payment at the November Probus Meeting or no later than November 30<sup>th</sup>***
- ***Payment method: Cash, or cheque made out to Probus Club of Pittwater.***
- ***If you cannot attend the November meeting, please post your cheque to Organiser:***
  - Gordon Stokes,***
  - Villa 112/6-14 Macpherson St***
  - Warriewood NSW 2102.***
- ***Please note no refunds after Tuesday December 12<sup>th</sup>, 2017***



## Pittwater Probus Management Committee

At the Pittwater Probus Club Annual General Meeting, in March, all committee positions are open to election by club members. For the club to function it must fill all key positions, including assistant committee positions.

The “assistant” role supports the respective committee member and stands in for them when they are away. In addition, as an active participant you will have the opportunity to provide your input to the club and present new ideas.

If you nominate for a committee position you will be welcomed by the team and enjoy the friendship of the Committee. In addition, you will realise more out of your membership.

To assist in deciding where you can help, the following list defines the Committee positions:

<b>President</b>	Conducts all meetings in an orderly fashion. Introduces and welcomes and inducts new members.
<b>Vice President (President Elect)</b>	President in waiting. Stands in for the President when the President is unavailable.
<b>Secretary</b>	Records and prepares minutes of all meetings. Responds to all correspondence. Maintains register of members; prepares induction paperwork for new members; notifies PSP Inc. of membership details; circulates all notices to members.
<b>Treasurer</b>	Records all monetary transactions and issues a financial report at the monthly meetings.
<b>Speaker Organiser</b>	Evaluates and engages speakers on interesting subjects for the monthly meetings.
<b>Welfare Officer</b>	Keeps contact with members that are unwell and inform the monthly meeting. Keep a record of members attending meetings.
<b>Activities Officer</b>	Arranges outings and tours of interest to members.
<b>Functions Officer</b>	Arrange lunches and dinners at places of interest to members.
<b>Newsletter Editor</b>	Prepares and circulates a monthly newsletter with past and future activities of the club. Include articles of interest to members.
<b>Membership Officer</b>	Advertises the Club’s activities throughout local suburbs and promotes interest to prospective members. Introduces new members at meetings.
<b>IT &amp; Comm. Officer</b>	Responsible for the Club webpage and Club computer equipment.
<b>Registrar</b>	Records members’ attendances at meetings.
<b>Auditor</b>	(Accredited Accountant) Audits annually Club’s finances.
<b>Golf Convenor</b>	Arranges Club golf competitions.

## On-Line Newsletter

With declining interest in the limited 4-page printed edition of the monthly Pittwater Probus



Newsletter and with easy access to the on-line edition, the Committee has decided to cease printing the paper version.

So Club Members please continue to enjoy the on-line version knowing you have access to all the articles and news items. The Newsletter will continue to report on club activities and the Editor will seek interesting articles for all to enjoy.

**The whole family can enjoy the Probus Newsletter!**

## Trivia Night - February 2018

It's on again! Bill Sherman's famous Trivia Night Quiz, Tuesday February 20<sup>th</sup>. 2018. Enjoy a fine dinner at Mona Vale Bowling Club followed by Bill's quiz.

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

Further details closer to the night.



## The Spoils of Success!



The Probus Investment Group will be holding its last meeting of 2017 at 'The Newport' Hotel at 11am on Wednesday December 6<sup>th</sup> to celebrate a year of superb hypothetical financial mastery!

Club Members are invited to join the Group for the meeting followed by lunch. (Buy your own meal and drinks.)



## Probus BBQ



On a windswept Wednesday evening in October, a number of hardy Probus members braved the challenging conditions of Winnererremy Bay Park and enjoyed the Spring BBQ get-together. It is pleasing to see the numbers increasing.



**Having a bad hair day?**



**Cheers!**


## November 5 Minute Speaker

<b>November 2017</b>	<b>John Harston</b>  <p>Electric cars are very much in the news these days. The foremost electric car maker is Tesla. Club Member John Harston will show a short video on Tesla.</p>
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## November Speaker

<b>November 2017</b>	<b>Phil Pryor</b> <p>‘The Truth about History’ Is the way we remember history the way it actually happened?</p> <p>Phil Pryor will show us a very different aspect of what history is.</p> 
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## December 5 Minute Speaker

<b>December 2017</b>	<p>The Temora Airshow will be returning to the skies on October 12 &amp; 13, 2018. The itinerary will incorporate an evening airshow on Friday October 12, and a full-day airshow on Saturday October 13, 2018.</p> <p>Organiser Bill Sherman will provide details as the December Meeting 5 Minute Speaker.</p> <p>If interested in joining this major social activity for 2018 please talk to Bill.</p> 
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## December Speaker – President's Pick

<b>December 2017</b>	<b>Ron Seldon</b> <i>"Some Old War Stories"</i>  Join Ron as he wanders down some old outback byways and recall some memories of construction sites and interesting locations and incidents around Australia.	
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## It's (nearly) Christmas

	<p>It will be soon time for Christmas cake and good cheer!</p> <p>Join Members at 12 noon after the December Speaker to celebrate another great Pittwater Probus year and embrace the Christmas spirit.</p> <p>Enjoy Christmas cake and a glass of wine with fellow members after the December meeting.</p>
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## Functions & Activities Program

Date	Day	Activity	Location	Comments
19 <sup>th</sup> December 2017	Tuesday	Annual Christmas Lunch	Mona Vale Golf Club	Partners very welcome.
20 <sup>th</sup> February 2018	Tuesday	Dinner and Trivia Night	Mona Vale Golf Club	Partners very welcome
February 2016	TBA	Boating	Pittwater	Partners very welcome

## 2018 Speakers

Speakers' Organiser Brian Kennedy has already lined up very interesting speakers for 2018:

**January** "The Shadowy World of Bitcoin" with author and former equity dealer, Robert Salisbury.

**February** "Secrets of a Misspent Life" with former body builder and pistol shooting champion, Greg van Borssum.

**March** "My Life in Crime" with NSW Police Detective Superintendent Deborah Wallace.



## Editor's Desk

### Exercise is good for arthritis.

Current research shows there are significant positive effects that exercise has on pain, function, quality of life, and work-related outcomes. This is for all musculoskeletal pain presentations including various forms of arthritis for example osteoarthritis, and rheumatoid.

Exercise doesn't have to involve spending hours inside of a gym surrounded by bulky giants lifting weights in the pursuit to become the next Arnold Schwarzenegger. Exercise can be done in the comfort of your home, in a time convenient to you, and away from those hulking boulders.

Performing simple exercise at home can have a substantial positive effect on the management of arthritis. It is not overly difficult, very effective, and can be performed in less time than it takes for a commercial break to finish.

Below is an example of one of the simple exercises that can be performed at home.

#### EXERCISE NAME: "SIT TO STANDS" BENEFITS:

- Functionally relevant to everyday life
- ↑ Lower limb muscular strength and endurance
- ↓ Falls Risk

#### Instructions:

You will need a sturdy chair for this exercise. Place the chair against a wall to prevent it from moving during exercise. Your chair should be a height that allows your feet to be flat on the floor when you are sitting down.

1. Start this exercise sitting down. Slowly move into a standing position without using your arms if possible.
2. Lower yourself back down into a sitting position in a slow, controlled manner.
3. Rest and repeat.
4. Complete 2 sets of 10 repetitions, 3-4 times per week.

#### Tips:

- **Don't sit down too quickly.** Don't lean your weight too far forward or onto your toes when standing up.
- Make sure that your knees **NEVER** come forward past your toes as this can put stress on the knee joint. This will also help you use your hip muscles more as you rise to a standing position.
- Start off by using your hands to assist if this exercise is too difficult.
- If you can't sit all the way down or if you feel pain or discomfort: place a couple of pillows on the chair or only go half way or gradually progress from a higher chair like a dining table chair to a lower chair such as a lounge chair.

(Arthritis and Osteoporosis NSW)

# Minutes of Pittwater Probus Inc.

<b>Meeting</b>	10 <sup>th</sup> October 2017 Meeting opened by President Ron Seldon. 37 members present and 3 guests attending.
<b>Inductions</b>	Nil.
<b>Minutes</b>	Minutes of the September 2017 meeting were published in the Newsletter, Mvd. Bruce Farrar, 2 <sup>nd</sup> John Owens, carried.
<b>Eulogy</b>	John Owens delivered a Eulogy to Roy Bedford. One minute silence was held.
<b>Birthdays</b>	John Henkel, Brian Kennedy, Edwin Koeppen, Ken Plumb, Phillip Schofield celebrated birthdays this month.
<b>Treasurer's Report</b>	Presented by David Varley Balance at 1/9/2017 \$4,185.15 Receipts: Nil. Total \$0.00. Payments: Morning Teas \$120.00, Reimbursement Past President's Lunch \$50.00. Total \$170.00. Balance at 31/9/2017 \$4,015.15 Mvd. David Varley, 2 <sup>nd</sup> Warwick Dalzell, carried
<b>Welfare Report</b>	Bill Henderson was welcomed back after recent illness.
<b>Speakers</b>	Brian Kennedy has organised the following speakers: <b>November</b> Phil Pryor - Truth about History. John Harston – Electric Cars. <b>December</b> President's Day.
<b>Activities</b>	18 <sup>th</sup> October BBQ at Flying Fox Reserve 5 pm \$5 P/P; Trivia night 20 <sup>th</sup> February 2018; Temora Air Show 12 <sup>th</sup> 13 <sup>th</sup> October 2018.
<b>Activities</b>	Christmas Lunch 19 <sup>th</sup> December at Mona Vale Golf Club.
<b>Golf</b>	Allan Smith awarded himself the Winner's Trophy. Play at Palm Beach 13 <sup>th</sup> October at 10 20 am.
<b>General Business</b>	Nil.
<b>5 Minute Talk</b>	Prior to the coffee break Bruce Farrar presented a five-minute talk on his recent trip to Cape York.
<b>Speaker</b>	Following the coffee break, Peter Sweeney gave a well-researched and professionally presented talk on the Coral Sea Battle.
<b>Next Meeting</b>	14 <sup>th</sup> November 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 2<sup>nd</sup> Tuesday of each month.

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