



Newsletter - February 2018

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President's Message

Our January Speaker, Robert Salisbury, talked briefly about cryptocurrencies and in particular Bitcoins. Cryptocurrencies being the new electronic cash system that is designed to operate from peer to peer, side stepping the banking system and government.

This presents an interesting scenario. If I buy a cup of coffee with cash, that is a transaction between me and the coffee shop owner and the government and banks having nothing to do with the purchase. Sure, the owner has to declare the income and pay tax, but that is separate from the initial transaction. So why need for a cryptocurrency to cut out the perceived third party? Oh, by the way, if the payment is made with cryptocurrency does the seller declare tax on his income, having by-passed the system?

There are over 1,000 cryptocurrencies, so which one do I choose? Being electronic, if I buy a certain cryptocurrency today, will it be there tomorrow or disappear into the ether? Will the seller of the article I want to buy, accept the particular cryptocurrency I own?

Another question. If I make a major \$10,000 purchase using a Bitcoin how do I know the total value of the Bitcoin that I am offering has not in the past 10 minutes jumped to \$11,000? How does the seller know that the value of the Bitcoin offered has not fallen in the past 10 minutes to \$9,000?

Finally, is the cryptocurrency bubble about to burst? Is that a slight smirk on Alan Kohler's face I detect when he reports another fall in the value of Bitcoins, on the ABC News each evening?

Oh, this is all too hard! I think I will check to see if there is any cash in my wallet and go down to 'The Newport' and buy a beer!

Cheers Ron Seldon



Probus Golf



A good turn up of 8 people and a close competition. Results were:

David Varley 22, Allan Smith 19, John Harston 18,
Brian Kennedy 18, Bill Sherman 18.

Next game, Friday February 16th, 2018 at Palm Beach Golf Course.
Hit off 10 00am. Followed by lunch at Club Palm Beach.

Speaker's Corner



Our monthly speaker was Robert Salisbury, author of *The Shadows* and *Die Dollar Die*. According to Robert's interpretation the world's finances are controlled by a shadowy group of the 'uber rich'. Of course, I had always assumed that the democratic system of which we are so proud would not entertain such nonsense but Robert had an explanation for all the shadowy goings on in the real world. He demonstrated that democracy failed 8 out of 10 people.

'Our aim is the creation of a highly talented but helplessly dependant population' so if you ever wondered about the state of the nation, according to *The Shadows*, Parliament works for the Shadows, not the people. Nowadays the world subscribes increasingly to conspiracy theories.

If you were really a member of the global élite, you'd know this already: the world is ruled by a powerful, secretive few. Consider the Freemasons, who tout their group as the "oldest and largest worldwide fraternity". Some think that despite donating heaps of cash to charity, they're secretly plotting your undoing at Masonic temples across the world. What about the Illuminati? It was founded in Bavaria on 1 May 1776, by a man called Adam Weishaupt, who couldn't afford the Freemason admission fee. His society – The Order of the Illuminati – grew from five members to thousands in just a few years. It wants nothing less than to establish a new world order – over which an authoritarian gang of elites would rule, and under which nation states would be banished.

An immensely powerful international organization that most people have never even heard of secretly controls the money supply of the entire globe. It is called the Bank for International Settlements, and it is the central bank of central banks.

What did Robert say - 'all banks are crooks'.

The Transatlantic Trade and Investment Partnership (TTIP) is a major new deal being negotiated behind closed doors between the EU and USA. It will cost at least 1 million jobs, undermine our most treasured public services, lead to a 'race to the bottom' in food, environmental and labour standards and, for the first time, allow US companies to sue the UK government in special courts.

What about the Bilderberg Group? A shadowy world government? Political kingmakers? A capitalist cabal looking to impose its will across the globe? No one outside the group really knows since no minutes are kept of the meetings. In 2000, British politician Denis Healey, who had been involved in Bilderberg for decades, told the Guardian, "To say we were striving for a one-world government is exaggerated, but not wholly unfair."

Enter cryptocurrency, a digital currency in which encryption techniques are used to regulate the generation of units of currency and verify the transfer of funds, operating independently of a central bank.

Notice to Pittwater Probus Club Members

Please be advised that a Notice of Motion has been received by the Secretary to amend the Probus Club of Pittwater Inc By-Laws to increase the number of Club Members from seventy (70) to one hundred (100).

I, Ronald Seldon, propose a motion to be put to a vote of the members at the 2018 Annual General Meeting of Probus Club of Pittwater Inc, that in accordance with Clause 3d. of the Constitution and the By-Laws, to amend the limitation of seventy (70) members of Probus Club of Pittwater Inc, excluding Life and Honorary members, to one hundred (100) members.

*Moved
Ronald Seldon
President
22 January 2018*

*Seconded
John Harston
Vice-President
22 January 2018*

Notice is hereby given that a vote, by show of hands, will be conducted at the 37th Annual General Meeting on 13 March 2018 with regard to the Motion.

Secretary
Bruce Farrar
22 January 2018

Pittwater Probus Trivia Night



Pittwater Probus Members are a widely travelled group with an extensive knowledge of the world. Now is the time to show that genius at Bill Sherman's Trivia Night or else!

Venue: Mona Vale Golf Club 20 February 2018
Cost: \$32 includes dinner (main/dessert and coffee)
Time: From 6.15pm
Teams: Can be arranged on the night or set up by team members in advance
Come with your partner or single. Guests welcome

Bookings: Please pay at the door at the February Club Meeting. If you will not be at the February Meeting please call Bill Sherman on 0418 257 330 to reserve your places. Payment can also be sent to PO Box 700, Mona Vale 2103. Cheques payable to Pittwater Probus Club.

2018 Annual General Meeting - Agenda

PROBUS CLUB OF PITTWATER Inc
37th ANNUAL GENERAL MEETING HELD MONA VALE GOLF CLUB
13th MARCH 2018
AGENDA

1. David Taylor declare the 37th AGM open.
2. Welcome all members.
3. The following motion has been received:

“I, Ronald Seldon, propose a motion to be put to a vote of the members at the 2018 Annual General Meeting of Probus Club of Pittwater Inc, that in accordance with Clause 3d. of the Constitution and the By-Laws, to amend the limitation of seventy (70) members of Probus Club of Pittwater Inc, excluding Life and Honorary members, to one hundred (100) members.”

| | |
|--------------------------|------------------------------|
| Moved | Seconded |
| Ronald Seldon, President | John Harston, Vice-President |
| 22 January 2018 | 22 January 2018 |
4. All Committee positions are declared open.
5. Minutes of the previous 36th AGM have been tabled.
6. David Varley to present the Treasurer's Report.
7. The following Motion has been passed by the Committee at the February Meeting:

“I, Ron Seldon move that in accordance with Section 4(b) of the Constitution, David Varley, Warwick Dalzell, Brian Kennedy, Bruce Farrar, having served in their current capacity on the Committee for three years, be eligible to stand again for another twelve months.”
8. Nominations for the 2018 Committee have been received.
9. There being no other nominations received, they are declared elected.
10. There being no other business the 37th AGM is closed.

February 2018 Speaker

Greg van Borssum *“Secrets of a Misspent Life”*



Greg Van Borssum is a former body-builder and Mr Australia champion. Greg was also a finalist in the Mr America contest.

Greg is also a pistol shooting world champion and won an Oscar for his work on the Mad Max films. After a health scare, Greg has decided to devote himself to public service which includes speaking at Probus meetings.

March 2018 Speaker

Deborah Wallace *"My Life in Crime"*

Our speaker in March is Deborah Wallace APM, former Detective Superintendent Commander, Gangs Squad.

Deborah will speak about her work in disrupting drug gangs in Cabramatta and Blacktown during her more than 30 years in the police force. In 2011, Deborah was awarded the Australian Police Medal in the Australian Honours List.



March 2018 '5 Minute Speaker'

Because of the Annual General Meeting in March, we have deferred Graham Morley's talk on his experience working in the Solomon Islands to April.

April 2018 '5 Minute' Speaker

Graham Morley



Club Member Graham Morley will talk about his experiences working as an Education Consultant (Industrial Arts) in the Solomon Islands.

Pittwater BBQ

The Pittwater Probus Famous BBQ is on again!

These 'twice-a-year festivities' are fast becoming the social events of the year.

The numbers are increasing so make sure you join in the fun at the Autumn BBQ at Flying Fox Park, Winnererremy Bay, Mona Vale. 5 00 pm 21st March 2018 (new date). Partners welcome.

\$5.00 per head to cover food costs. Bring your own refreshments.



Don't miss out!

New Member

Don Tinyou



Don entered Pharmacy in 1952 under the Apprenticeship System when 20% of prescriptions were ready prepared and 80% were extemporaneous preparations. Latin was in use and skill required to interpret the prescriber's handwriting. Nowadays, less than 1% are extemporaneous.

After managing two City Pharmacies, Don came to Mona Vale and opened Waratah Pharmacy in 1963, servicing the local community and nursing homes. Two partners joined in 1990 and 1998 and Don retired in 2009.

Don is married to Anne and have three children.

Don is involved with Mona Vale Chamber of Commerce, and was Secretary for many years. He was also involved with the Apex Club of Pittwater. Don's current sports are golf and downhill skiing.

Don, welcome to Pittwater Probus.

At Last! Golf in the Southern Highlands



You will have seen a separate note regarding the planned golf trip to the Southern Highlands. It has been well worth the wait because we have taken advantage of a special offer available through an organisation called 'Crazy Golf Deals'. A saving of over 50%! The trip is booked for 26 – 28 March 2018.

Because of the limited flexibility on available dates, we have to know who is coming and pay no later than the February 2018 Meeting. The Deal is for two nights with breakfast at Peppers Craigieburn, plus golf at Bowral Golf Club and Highlands Golf Club, Mittagong.

Other benefits include a \$50 voucher towards Dinner for two in the Craigieburn Restaurant, a drink on arrival, a golf cart at Highlands and drinks at Bowral, plus a tasting board of cheese and wine. Ad lib golf on the Craigieburn Golf Course is also included.

Any queries? Do not hesitate to call Bill Sherman on 0418 257 330.

The Beautiful Walk

Manly Beach to Shelly Beach

An easy return walk in Manly from the southern end of South Steyne to Shelly Beach and back. Gentle grades with sculptures and wildlife to discover along the way.

Coffee at the Shelley Beach “Boat House” to provide energy for the stroll back. Time for lunch at one of the many restaurants along South Steyne.



Instructions:

- Meet at the Manly Surf Club at the southern end of South Steyne at 10.30am
- Arrive at Shelly Beach about 10.50am in time for a coffee
- Leave at 11.30am and get back to the Corso about noon

Transport Options:

- Manly Council Car park under Coles. 2 hours free
- Try the new 199 Bus that runs from Palm Beach to Manly Wharf. It's then a short walk down the Corso to South Steyne.

Make sure this one is in your diary.

Temora Air Show

Warbirds Down Under Temora 12/13 October 2018

The Pittwater Probus trip to the Warbirds Down Under Airshow at Temora in October 2018 has been booked out. However Trip Organiser, Bill Sherman, is accepting names to go on a waiting list.

This Show is held every two or three years and is the largest of its kind in Oz.

On display and flying will be WW11 planes, some pre-war and others through to the present day. The detailed program will not be published until April but will include static displays, team aerobatics and individual flypasts of old and new aircraft. The RAAF is expected to return with their current fighters and probably their aerobatic team.



**If you want to go on the Waiting List please call Bill Sherman
on 02 9997 5532 or 0418 257 330.**

Are You An Active Member of Probus?

Most members believe Pittwater Probus Club is a great club where we enjoy each other's company. We increased our membership by 16 in 2017, to a total of 69, and still growing. This is excellent news. However, it is clear that we have to do more within the club with regard to encouraging more 'active' participation with club functions.

When you look at the activity profile of the club, only 30% of our members (20) attend our various club outings. On the other-hand, 50 members elect to not join in. There is nothing wrong with this and there many compelling reasons why members prefer not to participate. Nevertheless, it is incumbent on the club to promote member participation in as many club activities as possible.

At the monthly meetings we consistently have 40 members in attendance and that is highly commendable. But we need a greater number of club members to join in our outside activities. In doing so you will realise more from your membership and further enjoy the camaraderie of the club. Many of the outings are very low profile, for example on Thursday 1st of March, 2018, the club has organised a gentle walk from Manly Surf Club to Shelley Beach, after catching the 199 Bus from Pittwater. See details above. So why not join in this outing and start becoming an 'active' member'!



Editor's Desk

Fear of flying?

There are various reasons someone may be fearful of flying. While for some, it's a combination of stress, anxiety or feeling a loss of control, for others aviophobia can be traced back to a traumatic flight experience.



What seems to concern many people is turbulence. But generally speaking, turbulence is nothing to be fearful of. Realistically speaking, turbulence is usually avoided for the comfort of passengers, rather than safety. Plus, to alleviate one's fear, it has often been compared to potholes when driving or headwinds while sailing – all par for the course. "Turbulence is like 'waves of air' that an aircraft passes through, similar to riding a boat

on choppy water," explains Ben Evans, co-owner of Flight Experience Sydney. "Aircraft are designed to withstand severe turbulence and multiple simultaneous lightning strikes."

On top of that, pilots today are put through such vigorous testing and then audited every six months, plus they usually have more than 4000 hours of flying experience under their belts. You're pretty much in the safest hands. And the plane itself is incredibly capable of dealing with multiple issues, especially considering all more aircraft systems have at least two back-up systems.



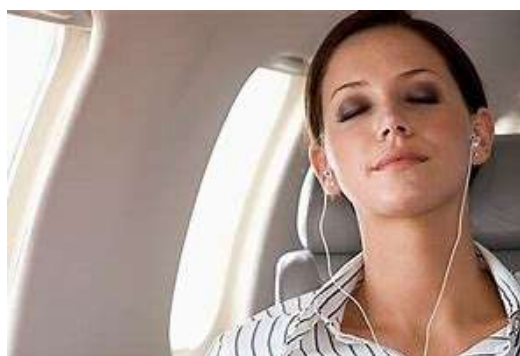
***But what happens when all of this information just doesn't cut it?
There are some things you can do onboard when anxiety hits.***

Just breathe

Simple, yet effective. A common side-effect of anxiety is shallow breathing, so key here is to concentrate on elongating your breath. There are meditative breathing exercises you can do or simply close your eyes and take a few deep breaths until you feel your heart rate relaxing. If need be, Evans says listening to relaxing music can help. "Focused, deep breathing is an instant stress reliever. To increase focus, listen to white noise or nature sounds to help block out the hassle of passengers around you and the ambient noise of the plane."

Relax your muscles

It's normal for the body to tense up when the mind thinks it's in a stressful situation. This can lead to muscular aches and pains, yet it can be hard to distinguish exactly which muscles are causing the tension. As you're sitting in your seat, try to relax small groups of muscles at each time. This will help figure out what part of the body is most stressed. Start from your feet and work your way up to your neck and face.



Skip the alcohol and caffeine

While many people associated alcohol with calming the nerves, it's actually the opposite. And when it comes to caffeine, you're only making it worse. "Caffeine increases the heart rate, making it more likely that you will have a panic attack when faced with a situation that already makes you anxious," Evans explains. "An alternative to alcohol or caffeine is chamomile tea. It relaxes your entire body. You can even bring a few tea bags in carry-on and ask a flight attendant for hot water to make your tea on board."

Focus on the positives

Yes, easier said than done, but reminding yourself about the safe environment that you're in can actually help a lot. Distraction is also a fantastic tool and with modern technologies at the tip of your finger while on board, losing yourself in a television show or movie is much easier than ever.

But perhaps what's the most important thing to remember when feeling anxious on a plane is that for every accident that happens there are thousands of planes that take off and land safely. With more than 9500 thousand planes in the sky, carrying more than 1.2 million people at any given time, they really are the safest form of travel.



... Probus South Pacific

Minutes of Pittwater Probus Inc.

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| Meeting | 9 th January 2018 Meeting opened by President Ron Seldon. 44 members present and 4 guests plus 5 lady guests attending. |
| Inductions | Donald Tinyou was inducted. |
| Minutes | Minutes of the December 2017 meeting were published in the Newsletter, Mvd. Bruce Farrar, 2 nd Warwick Dalzell, carried. |
| Correspondence | Nil. |
| Treasurer's Report | Presented by David Varley Balance at 1/12/2017 \$3,617.17 Receipts: Subscription \$40.00, Morning Teas \$133.70, Christmas Lunch \$2,925.00. Total \$3098.70. Payments: Morning Teas \$120.00, Christmas \$2,925.00, Admin. \$239.01, Badges \$38.00. Total \$3,322.01. Balance at 30/12/2017 \$3,393.86. Mvd. David Varley, carried. |
| Welfare Report | Nil. |
| Speakers | Brian Kennedy has organised the following speakers: February Greg Van Borssum - Secrets of a Misspent Youth. Short Talk Roman Zwolenski - War in Vietnam. March Deborah Wallace - My Life in Crime. Short Talk Graham Morley – Education in Samoa. April Ken Plumb – Visit to Butan. May Jay Claren – Life in Wartime Hamburg. |
| Functions | BBQ 28 th March, Flying Fox Reserve. |
| Activities | Trivia night with Dinner 20 th February 2018; Temora Air Show 12 th 13 th October 2018. Premier Concert. Golf, Southern Highlands. |
| Golf | Geoff Richards won the Trophy. Play at Palm Beach 12 th January at 10 00 am. |
| General Business | Nil. |
| 5 Minute Talk | Peter Mayman – His travels to Norway. |
| Speaker | Following the coffee break, Robert Salisbury kept members thinking on the future of their finances being manipulated by the Financial Leaders of the World. |
| Next Meeting | 13 th February 2018. 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 | Geoff Sheppard 9918 7646 | 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 |