



Newsletter – June 2018

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President's Message

At our club meeting last month, the Manager of Mona Vale Golf Club (MVGC) shared with us the difficulties they faced with increased car parking on the MVGC premises and up and down Golf Avenue. Their problems have been largely created by the popular B-line bus service with commuters now using Golf Avenue as a car park.

At our May Club Meeting parking availability was further reduced by the weekly rubbish pickup service. Several members were forced to park in Pittwater Place, in Mona Vale centre or simply go home.

The committee has decided that our Probus club should take some definitive steps to help reduce parking demand around MVGC, including meeting with the management of MVGC. As part of these discussions, we considered alternative days for our monthly meeting. MVGC has recommended that we stay with Tuesdays because this is the day of the week that there are the least amount of golf tournaments and corporate functions in their calendar. There will be, of course exceptions, as occurred on the day of our May meeting however MVGC will give us advance notice when these events occur.

One key conclusion the committee has come to is to maximise our car-pool so as to limit the number of member cars looking for parking spots. Details of the meetings with MVGC will be presented to members at the June Meeting with the objective of discussing what we as a club can do to help ease the parking problem. Please see the committee views expressed on Page 3 below.

In the meantime, it would be helpful if members could leave the MVGC car park for golfers and MVGC members. If no spaces can be found in Golf Avenue our members could consider parking at the beach end of East Darley Road and walking through to the golf club.

Members should know that at the time of writing this message our stalwart Club Secretary – Bruce Farrar – is in Mona Vale Hospital after becoming ill late last week. He advises that he may be in hospital for a week or two. I am sure that you join with me in wishing Bruce a speedy return to full health.

.... John Harston

Where's Granny?

At the age of 60, Grandma advised that she was going to walk 5 miles a day. She is now 97 and we don't know where the hell she is!

... Ellen DeGeneres

May Speaker's Corner

Land of Gross Domestic Happiness

Where is that I wondered? As Ken Plumb, our speaker of the month, explained - that is Bhutan, a modern active Buddhist community, at the eastern end of Nepal. With a population of 750,000 it might seem like a place to miss. Don't believe it.

In the 7th century AD Buddhism was introduced into Bhutan. In the 8th century an Indian named Padmasambhava did much to encourage the spread of Buddhism in Bhutan. Ever since, Buddhism has been an integral part of the culture of Bhutan. However, for centuries the people of Bhutan were disunited. Then in 1616 Ngawang Namgyal became spiritual leader of Bhutan. He took the title Zhabdrung Rinpoche. Under him Bhutan became a united country.

From that time the story is one of invasions by Tibet, India, China and more recently Britain, but at no time was it ever conquered.

In more recent times the country is ruled by a hereditary monarchy. Gongsar[Ugyen Wangchuck (11 June 1862 – 26 August 1926) was the first Druk Gyalpo (Dragon King) from 1907–1926. The present-day king Jigme Khesar Namgyel Wangchuck succeeded his father, Jigme Singye Wangchuck, in December 2006 after the former monarch announced his abdication.

Viewing Ken's slides, my first impressions of Bhutan were the vast numbers of monasteries, special buildings and magnificent towns.



The large Tibetan-style chorten (pictured) is one of the most visible religious structures in Thimphu (capital of Bhutan), and for many Bhutanese it is the focus of their daily worship. Also of interest is Tashichho Dzong, the seat of the government since 1952, which presently houses the throne room and offices of the king, the secretariat and the ministries of home affairs and finance. (Dzongs (fortresses) are architectural masterpieces that dot Bhutan. Each Dzong is built on a site chosen for religious significance).

Without Ken's photographs it is impossible to savour the delights of Bhutan but some of the other places mentioned include Trongsa Dzong, the largest dzong fortress in Bhutan; Bumthang, a region that spans from 2,600-4,500 m, which is the religious heartland of the nation and home to some of its oldest Buddhist temples and monasteries; Tang is one of the four valleys of Bumthang district and its beauty is outstanding, and the Gangteng Monastery, generally known as Gangtey Gonpa.

... Warwick Dalzell

Parking at Mona Vale Golf Club

At the April Probus meeting at Mona Vale Golf Club, we all had a rude awakening as to how parking at the Club and in Golf Avenue has changed since the B-Line bus service commenced. Practically the entire length of Golf Avenue is now filled with vehicles of B-Line commuters. Some commuters are even parking in the Club car park, which is reserved for club members and function visitors.

Mona Vale Golf Club has 94 car spots on its premises and relies on space being available in Golf Avenue for overflow parking for its members. The Manager of the Club has advised the impact of commuter parking in Golf Avenue has severely impacted the Club operations. The Club is now starting to lose golfing members because they cannot park in the Club parking area or in Golf Avenue. The Club also relies on holding many promotional and social functions in the Clubhouse to support its operating costs. For example, we have our annual Christmas lunch at the Club. This aspect of the Club business is also being impacted because of the parking problem.

The Club is taking the parking issue up with the Northern Beaches Council. A suggested possible solution is to limit parking in Golf Avenue to 4 hours. However, that only drives commuter parking elsewhere. The situation in Mona Vale is not likely to improve if the B-Line is extended to Newport.

The issue of parking on a Tuesday is additionally intensified because it is council refuse collection day in Golf Avenue and the bins are placed in the street by the residents for emptying. In the meantime, Pittwater Probus is indirectly adding to the Club parking problem when we arrive for our Tuesday monthly meetings.

Golf Avenue being a “no-through road” makes it difficult to continue on to find alternative parking in nearby streets, requiring drivers to back-track to Barrenjoey Road and then into nearby side streets.

In the meetings with the Club, the management confirmed that the Club valued the long-term relationship they have with Pittwater Probus and that they want to keep the relationship going despite the current parking issues. The committee reciprocated in that we also valued the relationship with the Club and wished to work with the club in the endeavour to minimise our impact on parking. In discussions with the Club management, the Club advised that Tuesdays are normally the least busiest day of the week, despite the parking dilemma that occurred at our May meeting. The Club advised that other week days are usually reserved for tournaments and commercial functions. Occasionally, there will a function on a Tuesday that fills the car park, as occurred during our May meeting. The Club advised they would let us know in advance when these events are scheduled so we can better plan our travel arrangements.

It was agreed with the Club that we, Pittwater Probus, can significantly help by car-pooling, and some do so already, to minimise the number of Probus cars looking for parking spots.

The committee will highlight the above with members at the June meeting and the actions we can take to help alleviate the parking problem at the Club.

... Pittwater Probus Committee

June Speaker

Richard Friar "My Life"



The main speaker in June is Ric Friar aided by his wife Wendy.

Ric and Wendy will start with a very short video on his big surf wave riding experiences.

He will also discuss his near drowning off Newport Reef followed by stories of his rakish life in "Swinging London" of the 1960's.

June 2018 '5-Minute Speaker'

Tony Mestrov "Covering Cyclone Tracy"

Club member Tony Mestrov's extensive career with Channel 10 Sydney included covering many major events in Australia's history.

One significant occasion was the Cyclone Tracey disaster in Darwin on Christmas Day 1974.

Tony will recount his experience in filming the aftermath of Tracy during this dramatic time.



July 2018 Speaker

Jim Boyce

In 1963, Jim Boyce was selected to play with the Wallabies touring side to South Africa. On this tour, he and the other players were shocked by their exposure to the injustices of the apartheid regime. Throughout the tour, Jim and the other players were exposed to the arrogance of white Springboks supporters, officials, politicians and police — as well as the everyday oppression of the South African black and non-white majority.

Later, Jim became Marketing Manager for Tooth & Co Hotels and achieved an accomplished career in marketing and social research. Jim is an immediate Past President of the Manly Warringah Pittwater Historical Society.

Jim will speak on the "History of Commercial Buildings of the Northern Beaches Area"



July 2018 '5-Minute Speaker'

Roman Zwolenski "Vietnam War"

Club Member Roman Zwolenski will talk about being in the military ballot to go to Vietnam as part of Australia's support of the war effort at the time. Roman will share his expectation of being sent which, however, did not eventuate. Years later, Roman visited Vietnam and will reflect on the aftermath of the war.



Probus Golf

A total of nine players enjoyed a breezy but fine morning at Palm Beach Golf course followed by fish and chips for lunch at Club Palm Beach.

The challenging conditions did not deter the winner, Don Tinyou (Trophy and 2 balls), runner up Gordon Stokes, (1 ball)

Come along next Friday 15th June for a 10 am hit off, followed by tasty lunch, and a "men's shed" chat.

GOLF JOKE

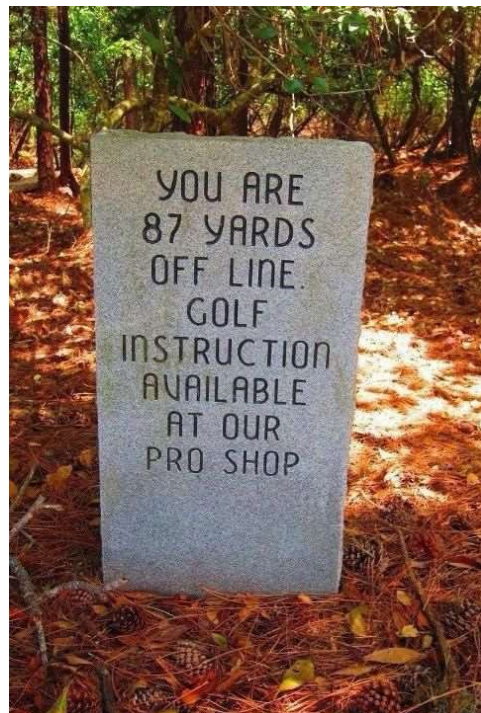
Pro and Bus two elderly golfers decided to have a game together. However, before they began Pro said to Bus "My eyesight isn't very good and I have trouble seeing the ball after I hit it"

"That's OK" said Bus "My eyes are good and I can spot it for you, but you might need to keep a check on how many shots I play as I'm a bit forgetful"

So they hit off and Bus hit a steady drive down the fairway. Pro hit a very long drive which he lost sight of, and which unfortunately trailed off into the rough. "That's OK" said Bus "I saw exactly where it went"

So they set off down the fairway and Bus played his next shot. They continued on a while until Pro asked "Where did my ball finish Bus?"

Bus looked a bit perplexed and said "Sorry Pro but I've forgotten!"



GOLF GUARANTEE: Good golf maybe, good views a certainty!

.... Graham Morley, Golf Convener

Fine Art Anyone?

NSW Art Gallery Tour

Late May a number of Probus members visited the NSW Art Gallery to view the entries for the Archibald Prize, the Wynne Prize and the Sulman Prize plus view the Lady and the Unicorn Tapestry Series.

The Archibald, Wynne and Sulman Prizes is an annual exhibition eagerly anticipated by artists and audiences alike. The 2018 winner of the Archibald Prize was for a self-portrait by Yvette Coppersmith (right). A favourite of the public is always the Packing Room Prize which was for portrait of Jimmy Barnes by Jamie Preisz (below).



The Archibald Prize, first awarded in 1921, is Australia's favourite art award, and one of its most prestigious. Awarded to the best portrait painting, it's a who's who of Australian culture – from politicians to celebrities, sporting heroes to artists.

The Wynne Prize is awarded to the best landscape painting of Australian scenery, or figure sculpture, while the Sulman Prize is given to the best subject painting, genre painting or mural project in oil, acrylic, watercolour or mixed media.

Each year, the trustees of the Art Gallery of NSW judge the Archibald and Wynne, and invite an artist to judge the Sulman. The 2018 judge was Angela Tiatia.



After all that viewing, time for coffee.

Flu Shot – The Point of the Matter

Best defence

If you're concerned about the influenza virus affecting your health, then getting a flu shot at the right time offers the best chance of making it through the flu season unscathed. If you made it through last winter without developing a fever accompanied by body aches, blocked sinuses and a hacking cough, then congratulations – you managed to dodge a particularly nasty flu season.



According to UNSW's School of Public Health and Community Medicine, the 2017 flu season was one of Australia's worst, with older people aged over 80 experiencing the highest rate of infection. While unwelcome, for some people a dose of the flu has far worse ramifications than a few days laid up in bed. For many older people the flu can end up being a matter of life or death.

Once the influenza virus wears down your immunity, you're more likely to acquire a serious bacterial infection such as pneumonia. It's for this reason that the National Immunisation Program offers free flu vaccines to people over 65, whose immune systems often struggle with new flu strains.

"Anyone can opt to get a flu shot, but older people aged over 65 and people with other health issues such as asthma, diabetes and heart disease should definitely get a flu shot," says Dr Mary-Anne Lancaster, a rural women's GP with the Royal Flying Doctor Service in Victoria.

Timing is everything

If you got a flu shot last year, don't think that you can skip it this year. Receiving the flu vaccine each year is crucial, as immunity wanes over time and the strain of flu virus that will be circulating this year will be different to previous years.

Getting a flu shot each year gives you the best chance of beating the flu, but it's wise to think about timing your flu jab with precision. While you may be tempted to get in early, scheduling your annual flu shot too early can be counterproductive to your mission of staying flu-free.

With the flu vaccine generally lasting for up to four months, and the flu season tending to range from June to August, Dr Lancaster advises patients to receive a flu jab in May in order to have maximum coverage during the peak flu season. Getting a flu shot in January or February means that by winter, the vaccine's efficacy has waned and isn't as strong when you need it the most.

Stay vigilant

Even though the flu shot offers some protection, Dr Lancaster believes it's wise to avoid complacency during flu season. "Some patients get a false sense of security and let their guard down after receiving the flu vaccine, but you still need to take precautions," says Dr Lancaster, who notes that even people who get the flu shot can still be infected with the flu virus (although the symptoms and duration may be lessened in patients who have been immunised).

Dr Lancaster advises older people to avoid getting run down and sidestep people who are infected with the flu. So if you're feeling under the weather during flu season, it's best to take a break from activities such as volunteering, and avoid visiting vulnerable and immunocompromised people in places such as hospitals and aged care facilities.

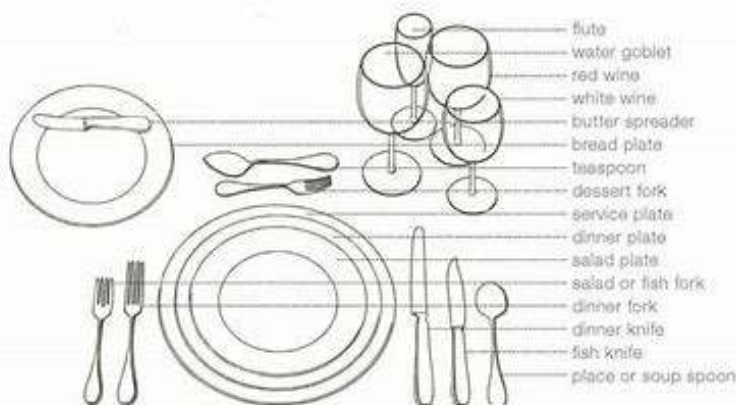
Dr Lancaster admits it's difficult to avoid exposure to the flu virus, with even a shopping centre trip opening up the possibility of being infected by someone coughing near you. "The only way to completely avoid the flu is to live on a desert island," says Dr Lancaster, adding that "...the flu shot isn't foolproof, but it's the best we've got."

... Jo Stewart 27 April 2018, Probus Magazine

Footnote

It has been reported in the media recently that due to an unexpected demand for flu injections that there is currently a shortage of vaccines. The Federal Government has ordered a further 800,000 units which should now be available at your local doctor.

Lunch Anyone?



On 13th June 2018, Probus members are going to lunch at the Pittwater Training Restaurant at the Brookvale TAFE College. The cost is \$25 per head. Wine additional.

The Pittwater Training Restaurant offers a memorable dining experience where students work together to provide modern Australian

cuisine and professional service. The freshest Australian produce is used to create innovative and sophisticated dishes, matched with some of Australia's finest wines.

The restaurant gives hospitality and culinary students the opportunity to cook contemporary dishes, serve fine wines and manage real-life dining situations in a professional restaurant.

If you are interested in joining this function please see Gordon Stokes.

Look at that Sparkle!

Probus Pittwater visit to the Cartier Exhibition in Canberra Thursday June 21 - Friday June 22, 2018



The Event.

Never before have so many incredible diamonds, emeralds and other precious stones been seen in Australia. The Cartier Exhibition showcases more than 300 spectacular items, with loans from royal families, celebrities and the astonishing Cartier Collection itself, in exquisite settings such as royal tiaras, necklaces, brooches and earrings.

The Plan.

Travel to Canberra on the Thursday morning, leave luggage at your hotel of choice, and meet up at the National Gallery at 2.30 pm. This will be a relaxed no group obligation arrangement allowing about 2 hours to view the collection before the museum closes at 5 pm. We dine together at the Kingston Hotel around 6 pm and return home next day or stay longer.

Transport.

For those wishing to use public transport instead of driving, the best option is to take a bus to Central Railway station precinct to connect with a Murrays direct intercity bus service. This leaves on the hour and is comfortable, quick and inexpensive. We suggest a 9 am departure from their Central terminus. Book a return fare in advance.

What next.

1. Please register your interest, and your wish for inclusion in the dinner booking, with Gordon on mobile 0409 705 869.
2. Book your hotel, picking one that is handy. There are packages available at several Canberra hotels. For example, Crowne Plaza (very close to the bus station) offers a double room, breakfast for two, Cartier entry tickets and a glass of bubbly for two at \$343. Hotel Kurrajong is another option that offers good discounts for NRMA Members.
3. Arrange your transport.

Please note that this trip plan is mostly 'do it yourself'. However, Gordon Stokes, John Harston and Ron Seldon are ready to help with any issues.

.... Gordon Stokes

New Members

Bill Sivyer



Bill Sivyer was born in Manly in March 1942. He is married with 2 children and 5 grandchildren and has resided in Newport for the past 18 years.

Bill held a number of full-time management and engineering appointments over a diverse field of industries whilst supplementing his knowledge with part time studies in engineering and management.

Bill started his career as an apprentice with Ferris Radio & T.V. at Brookvale. He then became involved with the manufacturing of telemetry equipment for the Snowy Mountains Authority. This was followed by the set-up of processing equipment and production procedures for the manufacture of cosmetics at Avon Products in Frenchs Forest.

Bill then took ownership and management of a Wine Bar and Restaurant in Woolloomooloo called 'Sorens'. This was during the controversial 'Green Ban' on all development in and around Kings Cross. This was followed by the founding of an up-market waterfront restaurant on the Central Coast.

Bill began and trained staff for a new business called Challenge Electronics and Lasercraft Australia to provide better outcomes for people with an intellectual disability. Later, Bill was appointed General Manager of Chatswood Industries with an employee base of 107 clients, each with a disability. Bill then founded a new electronics manufacturing facility as a division of HPM Industries. Finally, Bill established Sivyer P.M.S. Residential Real Estate in Manly.

Bill, welcome to Pittwater Probus.

Barry Faulkner



Barry has lived locally for over 60 years, sailed from BYRA in VJs and 505s. Water skied on Pittwater and surfed at all local beaches. Barry is married and has 2 daughters and 4 grandchildren. He is a keen bike rider and likes to ride around Narrabeen Lake. He also plays tennis at Bayview.

Barry started work at the age of 17 for Wallace and Tiernan, an American company manufacturing gas chlorination and other dosing equipment for water treatment plants. He was the 6th person to join the Australian subsidiary. When he left 19 years later they had over 80 staff in Australia. Barry's second and current position is with Prominent Fluid Controls. He started with 2 people over 40 years ago and they now have over 70 staff in Australia. Barry is now a director and works 1 to 2 days per week. The parent company in Germany has over 4,000 employees in 45 countries.

Barry, welcome to Pittwater Probus.

Minutes of Pittwater Probus Inc.

Meeting	8 th May 2018 Meeting opened by President John Harston. 42 members present and 3 guests.
Inductions	Bill Sivyer and Brian Faulkner were inducted into the club.
Minutes	Minutes of the April 2018 meeting were published in the Newsletter, Mvd. Bruce Farrar, 2 nd Ron Seldon, carried.
Correspondence	Nil.
Birthdays	John Crawford, John Harston, Arthur Napper.
Treasurer's Report	Presented by David Varley Balance at 1/4/2018 \$4,338.93 Receipts: Subscriptions \$560.00, Joining Badge \$40.00, Morning Teas \$132.30. Total \$732.30 Payments: Morning Teas \$120.00, Admin. \$126.50, Badges \$51.41, Probus Magazine \$300.00, Capitation and Insurance \$972.00. Total \$1,569.91. Balance at 30/4/2018 \$3,501.32 Mvd. David Varley, 2 nd Warwick Dalzell, carried.
Welfare Report	Warwick Dalzell was welcomed back to the meeting. No other reports.
Speakers	Wes Harder has organised the following speakers: June Richard Friar – My Life. Short Talk, Tony Mestrov – Cyclone Tracy. July Jim Boyce – Historical Pittwater.
Functions	Gordon Stokes asked for a list of members interested in lunch at the TAFE College Pittwater Restaurant, Brookvale 13 th June.
Activities	Gordon Stokes gave information on 2-day trip to Canberra 21 st - 22 nd June to view the Cartier Jewellery Exhibition and visit the Portrait Gallery. 29 th May – NSW Art Gallery – Archibald Prize & Lady and the Unicorn Tapestries.
Golf	Bill Sherman won the Trophy. Play at Palm Beach Club 11 th May at 10 00 am.
General Business	The meeting was addressed by the Manager of MVGC regarding the parking problem Probus members had today. This was caused by B-Line bus commuters from nearby suburbs and district localities parking in Golf Parade, the new B-Line bus parking area and in MVGC parking. Probus Committee to examine the situation and report back to members.
5 Minute Talk	Colin Sutton gave a brief presentation on the historical growth and technological development of implantable medical devices e.g. cardiac pacemakers.
Speaker	Following the coffee break, Ken Plumb transported members into the mysterious and fascinating country of Bhutan with his well-researched slides and dialogue presentation.
Next Meeting	12 th June 2018. Commencing at 10 00 am. Meeting Closed at 12 15 pm. Signed as a correct record.

Office Bearers for 2018

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

President	John Harston 9940 0446	Major Events Organiser	Bill Sherman 9997 5532
Vice President	John Porter 9997 3019	Functions Organiser	Gordon Stokes 9999 2073
Secretary	Bruce Farrar 9971 2042	Speaker Organiser	Wes Harder 9997 3303
Treasurer	David Varley 9918 7154	Newsletter Editor	Warwick Dalzell 9997 4518
Welfare Officer	Geoff Sheppard 9918 7646	Registrar	Trevor Stephens 9918 21 38
Activities Officer	John Harston 9940 0446		