



## Newsletter – October 2018

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### Vice President's Message

'Ask John Porter to do the message for the October Newsletter' came the email from John Harston – indulging in nostalgia in Europe.

Looking at John's last message, it reminded me so much of my interests in motor cars and motor sport in my younger years – not unusual for a young mechanical engineer. My dream cars were the Jaguar XK150 Coupe and the MG TF. Now I doubt I could even get in or out of such cars.

The progression of motor vehicle technology over the past decades has been quite remarkable – to a degree which could never have been imagined 50 years ago. Looking ahead we see such a future in electric powered and driverless motor vehicles. The much maligned (in some quarters) freeways/toll roads of today will surely become an essential element of our public transport with this evolving technology. Transport from source to destination in a single, self-controlled, driverless transport pod.

This segues nicely to our next Club excursion – *Warbirds Down Under* at Temora. Again, memories from a childhood where preferred reading was those legendary Pan books about World War 2. The exploits of the army, special forces, intelligence, navy, submariners and the air force. The indomitable human spirit that led to so many attempts to break out from POW camps.

The heroism of those young men (many only 18, not much older than me at the time) taking off to defend 'King and Country'. What stories. Now so much of this air history will be on show at Temora.

Similarly, we may now be looking at the last of the manned combat aircraft with the rapid development of unmanned drones.

I recall thinking my grandparents lived through the most progressive period of the modern world with the development of mechanical transport (although my grandfather never believed you could replace the horse and cart), communications, radio, refrigeration, reticulated electricity, gas and water supplies. Later generations have improved and extended these services, but I wonder if the advances in data processing and Artificial Intelligence we are seeing in the 2000's will not match last centuries developments in their impact on society.

Just one concern – having replaced all these jobs, what are all these people going to do!

.... John Porter

PS My presentation on Clean Coal Technology in August was beautifully summarised by Peter Fitzsimons in the Sun Herald reporting the comment '*Clean coal is like dry water*'.

## September Speaker's Corner

### **Johnny Pace "Humour at Work"**



Our guest of the month was Johnny Pace whose subject was **Putting Humour to Work**. Johnny is a well-known entertainer, best known for his many television appearances, particularly as one of the stars of Channel Ten's Celebrity Game.

Humour is a powerful and effective communication used for caring and compassion. As the well-known adage states, 'laughter is the best medicine'. Today, sociologists and psychologists believe that laughter makes us happy. (Laughing releases endorphins, which are special chemicals that ease pain, boost the immune system and hasten the healing process).

As Ivan Pavlov showed in his experiments with animals, similar work with children can produce similar results. (Pavlov studied the behaviour of dogs and developed a theory of classical conditioning, which explains how people associate two stimuli in their minds and react to one of them as though it was the other). So, if we get in early enough, we can help children with communication - even before they can talk.

Johnny's advice is always look on the bright side of life. If you consider your own place in the world, the size of the Earth is like a grain of sand in the Sahara compared to the universe. It doesn't make you look big in that context.

(What happens when we laugh? Our physiology changes: our blood pressure and pulse immediately go up but then come down to a lower level than before. The more often you laugh the more likely your pulse and blood pressure will improve. Our breathing is improved. Laughter causes us to breathe deeper than before, sending more oxygen into the bloodstream and nutrients throughout our system. Most of us breathe with shallow breaths and need to deepen those breaths frequently to maximize the benefits of oxygenation.)

Johnny mentioned aggression and illustrated one way of dealing with it, giving an example where a hostile member of his audience approached him and said his show was rubbish. He immediately agreed and eventually the audience member grew less aggressive and they left on a friendly basis.

Humour works in many ways and Johnny advised that if you read in bed always find time to read something funny.

... Warwick Dalzell

## Fight the Good Fight

*"You may have to fight a battle more than once to win it."*

.... Margaret Thatcher

## October 2018 Speaker

### ***Peter Sweeney "Armistice Day"***

In November 2018, we commemorate the centenary of the Armistice that ended the First World War (1914-18). A creative public program at the Australian War Memorial will combine public activities, displays, installations and events for the five-week period from 5<sup>th</sup> October to Remembrance Day, on Sunday 11<sup>th</sup> November 2018.



The centrepiece to the commemorations will be the installation of 62,000 knitted red poppy flowers on the Australian War Memorial's grounds. Each poppy represents an Australian life lost in the First World War. The names of those lost will be individually listed on the Memorial's Roll of Honour.

We welcome Australian War Historian, Peter Sweeney back to bring his unique insight to this very special time in our history.

## October 2018 '5-Minute Speaker'

### ***Geoff Richards "Tuscany"***



Long-time Club Member, Geoff Richards, will give us another entertaining talk. This time on his travels through the magic and beautiful world of Tuscany.

Geoff's talk will be highlighted with an array of photos of this scenic and very popular part of Italy.

## It's on Again!



Winter is over and we are now into Spring. This means time for BBQs.

The Probus BBQ is scheduled for Wednesday October 17, 2018 at the usual location in Winnererremy Bay, Mona Vale. So, mark this up on your calendar and join in the fun. \$5 per head.

Club member and master BBQ extraordinaire, Bob Anderson, will be in charge of preparing the cooked culinary delights (sausages, that is) of the evening.

## November 2018 Speaker

### **Andrew Daubney “Keeping Fit at Your Age”**



Physiotherapist, Andrew Daubney is a passionate golfer, a believer in a holistic approach to metabolic and musculoskeletal dysfunction, and enjoys living an active and healthy lifestyle.

Andrew has developed his reputation in spinal rehabilitation, low back pain and postural correction. He has a specific interest in golf biomechanics, and has gone on to do certification through the acclaimed Titleist Performance Institute in Florida, USA.

Andrew will be joined by club member Wes Harder who will talk about the major medical complaints of seniors and the need to get them checked out.

## November ‘5-Minute Speaker’

### **Brian Kennedy “New Caledonia”**

Club Member Brian Kennedy recently had another trip to French Colony, New Caledonia.

New Caledonia is a special collectivity of France in the southwest Pacific Ocean, 1,210 km east of Australia and 20,000 km from Metropolitan France. The archipelago, part of the Melanesia subregion, includes the main island of Grande Terre.

Brian, in his unique style, will provide members with a commentary of his observations whilst enjoying his time on this Pacific Ocean paradise.



## Trivia Night



Club Member Bill Sherman is planning another of his thoughtful Trivia Nights for Tuesday 19<sup>th</sup> February 2019.

An excellent night with dinner at Mona Vale Golf Club followed by Bill’s array of general knowledge subjects will keep you on your toes. Further details to follow.

Test your knowledge against Bill’s repertoire of questions and see if you can be best in the class!

## Probus Golf

Another fine morning at Palm Beach Golf Course enjoyed by only six players, as a few regulars were either away or incapacitated.

The winner of the Monthly trophy was David Varley, 22 stableford points. Runner up Graham Morley, 21 stableford points. (Note: I must have a talk to the handicapper!)

### GOLF STORY



Ben Hogan, famous American golfer, is credited with this story:

*Ben encouraged younger players to enjoy the game and "take time to smell the roses" however during a round of golf with a couple of young "Wanna be pro" players, he overheard them bragging how far and high they could hit balls now, with modern equipment.*

*They got to a par five hole which had "dogleg" bend with tall trees guarding the corner. They each had hit fine drives but were well short of the corner.*

*Ben started to reminisce saying "When I was your age, I could hit my next shot over those trees, onto the green and would be putting for an eagle."*

*The two young players looked at one another with surprise but decided to take up the challenge.*

*They each in turn hit magnificent shots only to have them catch in the treetops and drop straight down.*

*"How could you manage to clear those trees?" one asked.*

*"Well son" was the reply "When I was your age, those trees were a lot smaller and not nearly as tall!"*

**A Probus Golf Day** is being organised at Pymble Golf Club on Monday 5<sup>th</sup> November 2018. If you have a Golf Link handicap and are a current member of a Golf Club, and you would like to play in this event, please let me know so that you can be registered. Cost is \$65, which includes: Green Fees, post-game refreshments and prizes.

***Come along next Friday 12<sup>th</sup> October, hit-off time 10 00 am.***

***"Enjoy the golf, the view and the lunch – two out of three guaranteed.***

*.... Graham Morley, Golf Convener*

## Welcome Aboard



Club member, Bill Sherman has organised another Boating Day on spectacular Pittwater for Tuesday 20<sup>th</sup> November 2018.

The day is centred around going aboard club members boats for a short cruise and then be 'rafted' together in one of Pittwater's treasured bays.

We will first meet at the RPAYC, tour Pittwater and have lunch somewhere not too windy. The cost is \$30 per head to buy the lunch, which is paid to the skipper of the boat before you go out. Bring your own refreshments.

We have four boats – Ken Plumb, Trevor Stephens, Graeme Proctor and Bill Sherman's. Make sure you do not miss this special occasion. See Bill Sherman as soon as possible because there are limited berths on board.

## Christmas Fare

*Mark this date in your diary.*

18<sup>th</sup> of December 2018 is the day for the Annual Pittwater Probus Christmas Lunch.

Join fellow club members as we enjoy the festive season and reflect on the past year.

See Gordon Stokes and add your name to the list. Cost is \$50 per head.



## Who's Who

*"I have met many people in my life and, sadly, many of them were not famous.  
I agree it's not their fault, though they might have tried harder."*

*.... Eric Idle (Monty Python)*

## Editor's Desk

### Travel Insurance – Is it worth it?

Australians are an intrepid lot. Research by the Australian Federation of Travel Agents shows over 9 million of us made outbound international flights during 2017.

If you're fit and healthy then you may question the value of travel insurance. After all, travel insurance can be expensive.

However, according to the Australian Government's Smart Traveller website, every time we head overseas, travel insurance should be considered to be just as important as our passports. Here's why.

#### Accidents happen

Ever tripped and sprained an ankle? Perhaps you've eaten something you shouldn't have. Situations like these are generally not drastic and are easily treated.

We have emergency departments and doctors on call, and our Medicare scheme generally pays some or all of the cost.

If you're in a car accident in Australia, regardless of whose fault it is, you can claim expenses via the Transport Accident Commission. No such support exists when you're overseas.

You're not immune to accidents and illnesses just because you're on holiday. Dealing with them, particularly if you don't speak the language, can be extremely complex and more costly than you may expect.

#### Losses happen

We've all heard the stories about wallets being stolen, and passports and important documents going missing. Imagine losing everything, including your credit cards, cash and passport. What would you do?

All of these items can be replaced, of course. But only after lengthy international phone calls, and visits to embassies, police stations and banks. Then there are the missed flights and the interrupted travel plans – the list goes on and the expenses mount.

What if your luggage goes astray? It happens to many travellers, but in most cases ends with a happy reunion – after a few days.

In the meantime, you've only got the clothes on your back. You need toiletries, a change of clothes, perhaps medicines, and they can add up to a considerable sum. The airline may offer a nominal amount of money, but very few will agree to cover the full amount of your costs.

#### Cancellations happen

You've booked the trip of a lifetime. You're excited and counting down the days. There's no way you'd ever cancel, unless... unforeseen situations arise. For example:

- A natural disaster occurs in the country you're travelling to.
- You or a loved one becomes ill.
- You are in an accident.

Read the fine print on your travel and accommodation bookings. Few offer a refund. Most return a portion of your payment and others offer a voucher to be used later. Some may not give you anything at all.

The right travel insurance policy can provide cover against most unavoidable cancellations and losses, ensuring that you're not out of pocket in circumstances beyond your control.

And here are a few other things to consider:

- If you think travel insurance is expensive, a trip to a doctor or hospital while overseas could set you back thousands.
- You don't want to burden family members or friends if things go wrong.
- Some countries won't let you enter if you don't have adequate travel insurance.

The Australian Government will not pay your medical expenses or reimburse you for losses.

### **Buying insurance**

When shopping around for the right policy for your needs, there are five things to ask yourself:

1. Where are you going?
2. How long are you going for?
3. What activities are you planning?
4. Are you taking valuables?
5. Do you have any pre-existing medical conditions?

Answer each question honestly. Make a list if necessary, then make sure that the policy you select covers you for your destination(s), length of stay, planned activities, belongings and medical requirements.

### **Before you travel**

Make a checklist of other things you need to do and mark each one off before you leave. Think about:

- visiting the dentist for a check-up
- visiting the doctor for any vaccinations
- appointing a Power of Attorney
- making arrangements for pets
- securing your home
- registering your travel plans with [smartraveller.gov.au](http://smartraveller.gov.au).

*None of us should underestimate the importance of travel insurance. Even though it may seem expensive, in the overall cost of a holiday, it's probably not and will allow you to travel with some peace of mind.*

.... Teachers Mutual Bank

## **Minutes of Pittwater Probus Inc.**

<b>Meeting</b>	11 <sup>th</sup> September 2018 Meeting opened by Vice President John Porter. 34 members present and 1 guest. 13 apologies.
<b>Inductions</b>	No inductions.
<b>Minutes</b>	Minutes of the August 2018 meeting were published in the September Newsletter, Mvd. Bryan Pritchard, 2 <sup>nd</sup> Brian Kennedy, carried.
<b>Correspondence</b>	Resignation letter from Bill Henderson.

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only and is not to be used for any other purpose.

<b>Treasurer's Report</b>	<p>Presented by David Varley</p> <p>Balance at 1/8/2018, \$5,238.09</p> <p>Receipts: Subscriptions \$80.00, Morning Teas \$129.90.</p> <p>Total \$209.90</p> <p>Payments: Morning Teas \$120.00</p> <p>Total \$120.00 Balance at 31/8/2018, \$5,327.99</p> <p>Mvd. Arthur Napper, 2<sup>nd</sup> Brian Kennedy, carried.</p>
<b>Birthdays</b>	Jay Claren, Michael Mannington, Paul Mascall, Gordon Stokes, Wes Harder.
<b>Welfare Report</b>	Ron Seldon advised no illnesses had been reported. Mike Hedge's application to join Pittwater Probus has been approved by the Committee.
<b>Activities</b>	Ron Seldon advised the spring BBQ is scheduled for 5 00 pm Wednesday October 17, 2008 at Flying Fox Park.
<b>Functions</b>	Gordon Stokes advised the annual Christmas Lunch is scheduled for December 18 at Mona Vale Golf Club. Cost will be \$50 per head.
<b>Major Functions</b>	Bill Sherman advised the Temora trip is fully booked. Boating get-together planned for November 20 <sup>th</sup> . Trivia night in February 2019.
<b>Newsletter</b>	Ron Seldon asked members to contact him if they were not receiving the monthly notice of meeting/newsletter.
<b>Golf</b>	Graham Morley advised Graham Morgan won the August Trophy with Gordon Stokes runner-up. Next game at Palm Beach Friday September 14 <sup>th</sup> at 10 00 am. Probus Northern Districts Golf Day November 5, 2018. Looking for players.
<b>Investment Group</b>	Arthur Napper advised the hypothetical investment portfolio was struggling at the moment, but hoped to be back in the black soon.
<b>Cluster Group</b>	Ron Seldon advised there were concerns by peninsular located Probus clubs with regard to the opening of a new Probus club in Newport, which could impact the membership of their clubs. This concern has been relayed to PSPL.
<b>Webpage Speakers</b>	Michael Mannington will give a demonstration at the next Probus meeting. Wes Harder has organised the following speakers: <b>October</b> Peter Sweeney - Armistice Day. Geoff Richards – Tuscany. <b>November</b> Andrew Daubney – Keeping fit at your age. Wes Harder – Check it out.
<b>General Business</b>	<p>John Porter advised that PSPL is opening a new mixed Probus club in Newport. The new club is not expected to impact Pittwater Mens Probus.</p> <p>John Porter advised that we have received a letter of resignation from Bill Henderson from the club. Bill is currently the club Public Officer. The Committee is seeking a replacement Public Officer.</p> <p>Ron Seldon advised that the Committee has reviewed the Pittwater Probus Constitution and made amendments to bring it up to date. This has been submitted to PSPL for their review. On receipt it will be presented to members for final approval.</p>
<b>5 Minute Talk</b>	Club member Fred Murray-Walker gave an illustrative account of sailing across the Atlantic and Pacific Oceans.
<b>Speaker</b>	After the coffee break, Johnny Pace talked about humour in the workplace.
<b>Next Meeting</b>	<p>19<sup>th</sup> October 2018. Commencing at 10 00 am.</p> <p>Meeting Closed at 12 05 pm.</p> <p>Signed as a correct record.</p>

## Office Bearers for 2018

<b>President</b>	John Harston 9940 0446	<b>Activities Officer</b>	John Harston 9940 0446
<b>Vice President</b>	John Porter 9997 3019	<b>Functions Organiser</b>	Gordon Stokes 9999 2073
<b>(Acting) Secretary</b>	Ron Seldon 9918 0677	<b>Speaker Organiser</b>	Wes Harder 9997 3303
<b>Treasurer</b>	David Varley 9918 7154	<b>Newsletter Editor</b>	Warwick Dalzell 9997 4518
<b>Welfare Officer</b>	Geoff Sheppard 9918 7646	<b>Registrar</b>	Trevor Stephens 9918 2138