



## Probud Club of Pittwater

### Newsletter – December 2018

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***Members please note the December Probud Meeting will commence at 9 30 am.  
Please arrive by 9.15 for an on-time start***

### President's Message

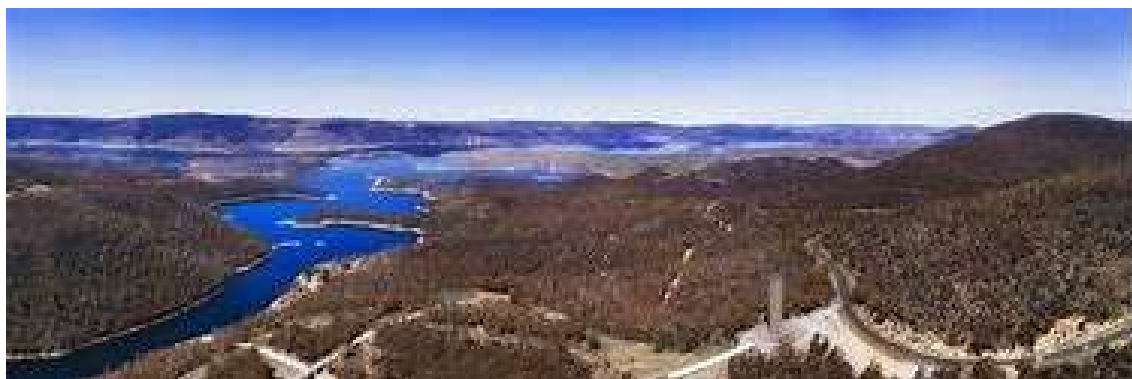
Gentlemen,

December 2018 will be a busy time for Pittwater Probud members with a number of club activities to be fitted around your own busy Christmas celebrations. Please refer to this Newsletter for full details of the PIG Christmas get-together at "The Newport" (all welcome), our monthly meeting on the 11<sup>th</sup> when I am looking forward to revealing a little about my time on the "Snowy" followed by our traditional Club Christmas lunch on December 18<sup>th</sup>.

Our Club can be proud of its achievements in 2018. Our functions and activities have been well attended and appreciated. We will continue with some new attractions in 2019.

We also welcomed 10 new members during the year and we are always pleased to see visitors at our monthly meetings many of whom go on to become members. Experience has shown that promotion of Pittwater Probud by our members has been most fruitful in attracting new members, so please keep up the good work.

Tuesday, December 11<sup>th</sup> is the date of our monthly meeting and it is also "President's Day" which means that I have the privilege of making a presentation to you. I thought long and hard on a suitable topic and settled on one centred on my time on the Snowy Scheme. I hope to share with you an illustrated, "behind the scenes" description, of how we worked hard on this iconic project but found some time for leisure and having fun. I do hope you can join me for this.



In order to assist the Mona Vale Golf Club, which has a large Christmas lunch in the main meeting room **on the 11<sup>th</sup>, we are starting our meeting early at 9.30am sharp** with my presentation in order to use the AV system. Please note the early start. We will then go downstairs for the rest of the meeting, our coffee and the traditional wine and fruitcake celebration.

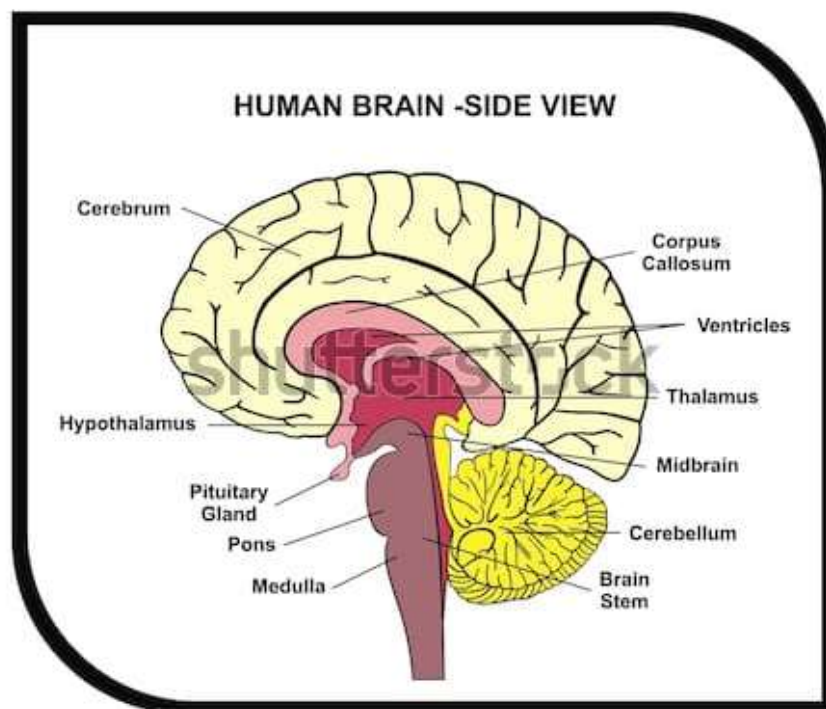
Finally, I would like sign off this year by thanking our committee members who work hard to keep our club functioning and positive, and to wish you and your families a joyous Christmas time with a fulfilling 2019 to come.

.... John Harston

## November Speaker's Corner

### Check It Out

This month we had two speakers , both with a message about your health. Wes Harder began with a look at various health problems, especially with reference to conditions which may affect "senior citizens", entitled Check it Out. He showed us a drawing of the human brain (from which many of our ailments come).



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One of our most important parts is the eye, so we look out for vision and reading difficulties, followed by cataracts, retinal disorders and glaucoma. Some people find a need for hearing aids and mention was made of different types. Look out for teeth - periodontics, gum diseases and the rest. Don't forget the heart - Chest discomfort. It's the most common sign of heart danger. Then the lungs which cause 9% of all deaths. Circulation - blood flow, nervous systems. Don't forget the stomach - ulcers (everyone has heard of them). Sleep apnoea - do you snore at night. Very important - liver, kidneys, bladder. Breast cancer- check out the lumps, colour. Erectile dysfunction and prostate cancer. And there's more.

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. So, he dispelled a few myths about ageing.

Myth 1 - You lose muscle as you age. He compared muscles for 2 people aged 74. The difference - one person did not do any exercise.

Myth 2 - Lifting weights is bad for joints. Doing any type of resistance training on a regular basis can actually be beneficial to people suffering from chronic **joint** pain.

Myth 3 - You can't improve balance. Try standing on one foot.

Myth 4 - I'm injured - I should wait to start exercising.

Myth 5 - I can't exercise because of arthritis. Exercise keeps muscles around affected joints strong, lubricates joints, decreases bone loss and helps control joint swelling and pain.

Guidelines: exercise for 30 minutes. This may involve aerobics, balance mobility, lifting weights - men who exercised **30 minutes a day** lost an average of 2 pounds more of body weight than those who worked out for an hour. Above all - have an understanding why you do it.

.... Warwick Dalzell

## Can you bank on it?

"We behaved our way into this mess, we have to behave our way out of it."

.... Anna Bligh, Australian Banking Association CEO

## December 2018 Speaker

### ***John Harston "A Young Engineer's Life on the Snowy Mountains Project in the 1950's and 1960's"***

John joined the Snowy Mountains Authority in 1959 having been recruited in UK. He was assigned to the Upper Tumut Works and worked on T2 underground Power Station.

John's address will provide insight into his work and life in the mountains and then in SMA's head office in Cooma North. His address will include personal photos of his work and leisure activities in what was, in those days, a relatively remote area.



*This is one not to be missed!*

## January 2019 Speaker

### ***Merv Rosen “The Story of the Krait and Operation Jaywick”***

January speaker, Merv Rosen will talk about the Krait. This vessel has a fascinating history starting life as a wooden hull fishing boat but is best remembered for a raid on Japanese shipping in Singapore Harbour in 1943 by a group of allied commandos that demonstrated extraordinary bravery, resilience and ingenuity.

Hear about how this Japanese fishing boat became one of the most famous Allied boats in WW2.

We will discuss the training, the raid, the aftermath and the legacy of this remarkable boat which is now in the possession of the Australian National Maritime Museum.



## January 2019 ‘5-Minute Speaker’

### ***John Harston “Classical Cars”***



Club President John Harston will give a brief overview of some of the classical cars he spotted on his recent trip to the UK and Europe.

Fine examples such as this 1953 MG TF. MG, the initials of Morris Garages, was a British sports car manufacturer which began in the 1920s. Best known for its two-seat open sports cars, MG also produced saloons and coupés.

## It's Christmas!

It is time for Christmas cake and good cheer!

Join Members after the Speaker to celebrate another great Pittwater Probus year and embrace the Christmas spirit.

Enjoy Christmas cake and a glass of wine with fellow members after the December meeting.





## Sail Away



With clear skies, a steady barometer and a rising tide, our fearless Probus sailors on board four commanding vessels, set forth on the seven seas. OK, on Pittwater!

This valiant voyage was accomplished under the command of Rear Admiral Bill Sherman (having foregone his recent Wing Commander role). After exploring the many by-ways of Pittwater, the fleet rendezvoused and 'rafted' at Towler's Bay to enjoy the daily rations of prawns and fine wine. An excellent day for our seafaring crew.



## Probus Golf

Nine keen golfers hit off in good conditions at Palm Beach Golf Club, the best scores on handicap were Gordon Stokes with 20 stableford points; trophy plus 2 golf balls. Runner up, Bill Sherman on 8 stableford points; one golf ball.

### **True Golf Story**

A golfing friend was having some problems with his shot making, so he told his wife he was going to the driving range to sort out his golf swing.

When he arrived, he told the Pro that his driving needed to improve. The Pro suggested he try out a few of the demonstration drivers to see if they suited his swing.

After trying out a number of clubs nothing seemed quite right until the Pro suggested he try out the latest deluxe driver; oversized titanium adjustable head, graphite lightweight shaft with deluxe moulded grip.

He grasped the club and it felt just right in his hands. He swung it and started hitting the best drives that he had in ages. He took it back to the Pro and asked "How much is the Driver?"



The reply was "Your lucky, they just happen to be on special this week for \$399!"

He hesitated for a moment but as it was Christmas time, he thought he'd give himself a present and finally purchased the club.

On returning home he felt a little guilty about his extravagance so he said to his wife when she enquired how thing went, "Very well" he said" but I'm afraid I spent nearly 400 dollars"

*She replied "That's all right dear....." (find out what she said at the Christmas lunch)*

Dust off your old set of clubs or borrow or buy ones and join us next Friday 14<sup>th</sup> at Palm Beach Golf club. Hit off at 10 am, with lunch to follow at Club Palmy

***Healthy walk, good views and good company guaranteed***

*.... Graham Morley, Golf Convener*

## Wipeout (Again!)



The Weather Gods were unkind to us again. Sadly, we had to cancel our BBQ, the second time round.

Nevertheless, our BBQ connoisseur, Bob Anderson, is determined that we will one day have a BBQ when the sun will be shining and the breezes temperate.

Stay tuned and we will let you know once we have organised that magic day.

## New Member

### **John Hammond**



John and his partner Jody ran a public relations consultancy for 25 years based in Gordon, then North Sydney and later in the City. The consultancy had a mix of clients which included consumer electrical goods and homewares, not for profit organisations, recreation and travel, beauty, hardware, security, eyecare and professional associations. John and Jody sold the consultancy in 2011, after which John retired.

John finished school in 1972 and worked in a family company involved in farming. He also attended Orange Agricultural College, graduating in 1977 with an Associate Diploma in

Farm Management. On graduation, John continued working with the family company later moving to its warehousing and transport operations.

John has been married to Jody for 40 years and have two children in their 30's and 4 grandchildren aged between 2 to 7 years. Both are keen snow skiers, sailors and walkers and own a 40ft Beneteau which is moored in Pittwater. John has been a board member of a co-operative that runs a ski lodge in Jindabyne for 20 years and currently manages the bookings for the lodge.

When time allows, John and Jody enjoy travelling, be it camping within Australia or more comfortable digs in other countries.

John, welcome to Pittwater Probus.

## Count the Spoils!



The Probus Investment Group Christmas Lunch is on December 5th at "The Newport" on the deck overlooking Pittwater. We will commence at 11 30 am for a short PIG review which timing will also allow us to select a good table for the group. The Newport lunch service starts at noon so we will be able to get our orders in promptly.

Lunch is at member cost and there is plenty of choice. All Probus members are invited to join the PIG group on this occasion and all other meetings.

## Now Who Was That?



Club Member Bill Sherman is planning another of his thoughtful Trivia Nights for 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. Test your knowledge against Bill's repertoire of questions and see if you can be the best in the class! Further details to follow.



## China's Might

The world's longest sea-crossing bridge connecting Hong Kong and Macau to Zhuhai, south-east China is finally open, nine years after construction began.

Construction started in 2009 on the massive crossing, which includes a snaking road bridge and underwater tunnel, linking Hong Kong's Lantau island to the southern mainland Chinese city of Zhuhai and the gambling enclave of Macau, across the waters of the Pearl River Estuary.

Stretching across 55 kilometres (34 miles), it is 14 miles longer than the width of the English Channel from Dover in the United Kingdom to Calais in France. The structure is the world's longest sea crossing and the sixth longest bridge on earth.



It consists of a 22.9 kilometre overseas bridge and a 6.7 kilometre undersea tunnel connected by two artificial islands. A total of 420,000 tons of steel was used in the project, equivalent to 60 times the steel used to build the Eiffel Tower. Seven workers died and 129 were been injured during construction. Most of them involved accidents where workers slipped or fell from a high point.



Officials expect the bridge to be in use for 120 years and say it will boost businesses by cutting travel time by 60 per cent and is a key component in China's plan for a Greater Bay Area covering 56,500 square kilometres (21,800 square miles) across 11 cities in south China.

Travelling time between Zhuhai and the Hong Kong airport would be shortened to about 45 minutes from four hours. It is envisaged that the collaboration between



Guangdong, Hong Kong and Macao in terms of trade, finance, logistics and tourism will be strengthened.

However, the mega project has had its fair share of controversy. The bridge's construction has been dogged by delays, budget overruns, corruption prosecutions and the deaths of construction workers.



The total price tag for the project, which includes artificial islands, linked roads and new border-crossing facilities, is unclear but some estimates run to over 130 billion yuan (£14 billion), leading critics to slam it as a costly white elephant.



Supporters of the bridge promote it as an engineering marvel, while others see it as a costly political project designed to further integrate Hong Kong into the mainland at a time when Beijing is tightening its grip on the semi-autonomous city.

.... Associated Newspapers Limited

## Probus Christmas Lunch – Car Pooling



The celebrated Probus Christmas Lunch at Mona Vale Golf Club is on Tuesday December 18.

We have close to 60 people who have paid and will be attending the lunch. If everyone drives individually to the lunch, this will create a problem for parking due to limited spots in Golf Avenue opposite the golf club.

Those that are attending the lunch are encouraged to contact nearby Probus members and arrange car pooling so as to minimise the problem of parking and add to the joyous occasion.

## Minutes of Probus Club of Pittwater Inc.

<b>Meeting</b>	13 <sup>th</sup> November 2018 Meeting opened by President John Harston. 42 members present and 2 guests. 5 apologies.
<b>Special Mention</b>	Before proceeding with the meeting, John Harston advised of 3 particular events: <ol style="list-style-type: none"> <li>1. Last Sunday, the world recognised the 100<sup>th</sup> anniversary of the Armistice signing and reflected that Australia had a significant role in WWI.</li> <li>2. The B-Line bus commuter parking has created a major parking problem in Golf Avenue. This is impacting on the Mona Vale Golf Club car park. Probus is supporting the golf club in its meetings with Council to regulate parking in Golf Avenue, and Probus members are urged to sign a petition in support of the golf club actions.</li> <li>3. A movie currently screening called 'Ladies in Black' contains scenes clearly showing Repin's Coffee. Repin's Coffee was a business once owned by long-term club member George Repin.</li> </ol>
<b>Inductions</b>	John Hammond was inducted into the Club.
<b>Minutes</b>	Minutes of the October 2018 meeting were published in the November Newsletter, Mvd. Bryan Pritchard, 2 <sup>nd</sup> Brian Kennedy, carried.
<b>Correspondence</b>	Nil.
<b>Treasurer's Report</b>	The Treasurer, David Varley, was absent and no Treasurer's Report was given to the meeting. However, the following report is presented below: Balance at 1/10/2018, \$5,363.09 Receipts: \$135.50. Total \$135.50 Payments: Morning Teas \$120.00, Admin. \$289.18, Temora Outing \$1,209.65. Total \$1,618.83. Balance at 31/10/2018, \$3,879.76.
<b>Birthdays</b>	Martyn Bullock, Graeme Proctor, Peter Squires, Michael Graham, Cliff Hensby, Peter Mayman, John Owens, Don Orth, Allan Woods.
<b>Welfare Report</b>	Geoff Sheppard advised that Peter Squires had a fracture in his leg and is currently in Canberra Hospital.
<b>Activities</b>	John Harston advised the new date for the BBQ is Wednesday 28; Premier's Concert in February 2019 – suggest have lunch in Chinatown before the concert. John Harston thanked Bill Sherman for organising a very successful Temora trip.
<b>Functions</b>	Gordon Stokes advised the annual Probus Christmas Lunch is organised for December 18 at Mona Vale Golf Club. Six Pittwater Probus members attended the Probus Northern Districts Golf Day early November.
<b>Major Functions</b>	Bill Sherman advised the Boating get-together organised for November 20 <sup>th</sup> .
<b>Newsletter</b>	Nothing to report.

<b>Golf</b>	Graham Morley advised Bob Anderson won the October Trophy with Michael Moss runner-up. Next game at Palm Beach Friday November October 16 <sup>th</sup> at 10 00 am. Graham is organising an Annual Golf Trophy to be awarded at the Christmas Lunch.
<b>Investment Group</b>	John Harston advised that the group is following the challenging times in the stock-market.
<b>Speakers</b>	Wes Harder has organised the following speakers: <b>December</b> John Harston – Building the Snowy, <b>January</b> Merv Rosen – MV Krait, John Harston – Classic Cars.
<b>General Business</b>	Club members will enjoy Christmas cake and wine at the December meeting.
<b>5 Minute Talk</b>	Club member Brian Kennedy gave an entertaining talk on his love of New Caledonia.
<b>Speaker</b>	After the coffee break, club member Wes Harder gave a talk 'Check it out', followed by Andrew Daubney with an informative talk on 'Keeping fit at your Age'.
<b>Next Meeting</b>	11 <sup>th</sup> December 2018. Commencing at 10 00 am. Meeting Closed at 11 40 pm. Signed as a correct record.

## 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
<b>Golf Convener</b>	Graham Morley 0407 217 248		