



# Probud Club of Pittwater

## Newsletter – January 2020

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### President's Message

Gentlemen,

My intention was to write a positive message at the start of this new decade. After all, the easiest way to write an opinion piece is to find something to complain about – and isn't there a wide choice! However, as I sit here – safe and comfortable; air conditioning if I need it – I cannot look past the dire situation of the many adversely effected by bush fires. Situations which have pushed the ongoing drought from the main news, but not made it go away. Outcomes which have plundered the journalistic lexicon for all those words that convey catastrophe, disaster, destruction, loss and suffering.

You know my very personal connection with bush fires from last month's message, but such events bring out the finest in people – in friends, colleagues and strangers whom you never have met, and never will. And so it is now.



The ABC/Red Cross Appeal reportedly raised \$10 million and a little known (to most of us) social media personality, Celeste Barber (pictured), has reportedly raised \$30 million from largely international pledges. As significant as these sums are, they are a tiny fraction of the cost to the community through insurance, government, infrastructure loss, business impact, lost agricultural production and personal loss. They are significant because they show that people care.

Entering this new decade, we should be thankful for our country and lifestyle. A day spent in the Canadian health system gave a new appreciation for ours. I have heard a few positive comments from members regarding the Northern Beaches Hospital, confirming our own positive experience. Despite what we sometimes think, we have a stable government, bureaucracy and society; an economy which isn't roaring ahead but isn't sinking either. Crime rates which are reducing and a superannuation system which many of us can appreciate. We have no current, direct security threat (maybe a few dubious 'friends') and an overall well-educated society.

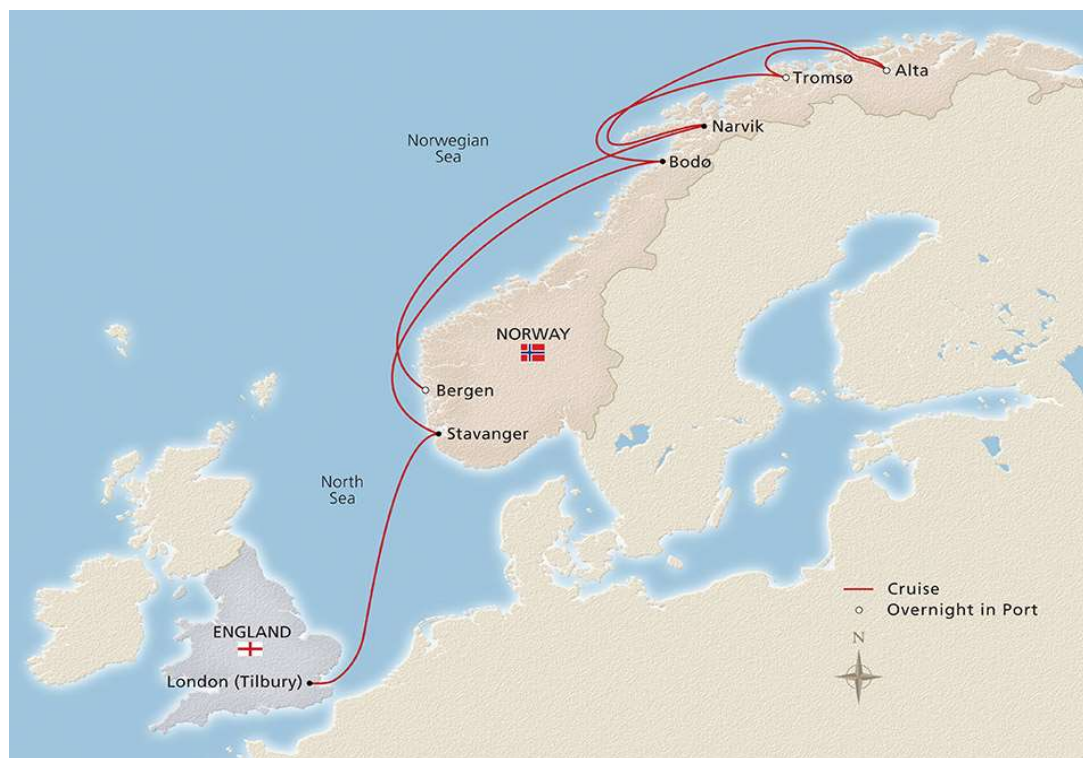
Yes, there are also many problem areas, but in comparison to most other countries we are in reasonable shape. Observe with interest the problems emerging in the 'dream' democratic socialist societies in Europe.

A Happy New Decade to you all.

.... John Porter

## December Speaker's Corner

### John Porter "President's Pick"



What about a trip to see the Northern Lights? What is the best time to see them? These are some of the questions that John Porter might have asked before taking off with his wife, Jan, for his memorable journey.

According to the Viking Sky brochure March and April, as the spring equinox always brings peaks in solar activity. The ship left London and headed across the North Sea to Norway. The Sky had 1000 passengers and on the way to Tromsø passed some very old ports. Bergen, a delightful place with connections to the Hanseatic League trading empire, has a Funicular that goes up Fløyen Mountain for panoramic views and hiking trails. The city of Narvik, an important port, is surrounded by majestic mountains and is perfect for both mountaineering and skiing. Alta is a town on Norway's northern coast, at the head of Alta Fjord. It's known for views of the Northern Lights. Tromsø, a city in northern Norway, is a major cultural hub above the Arctic Circle. It's famed as a viewing point for colourful Northern Lights.



Then it happened. Mayday was declared at 2pm on Saturday afternoon, 23 March. The company says: "Viking Sky experienced a loss of engine power off the coast of Norway

near Molde." Unable to make progress or steer, the ship was hit by extreme waves, with passengers' belongings thrown around their cabins. An emergency was declared and some passengers spent the next 20 hours in lifejackets. Without power, the Viking Sky didn't dare lower its lifeboats, and two rescue vessels sent from Norway were forced to turn back in

waves as high as 8 metres. That left helicopters to pluck passengers, one by one, more than 30m feet into the air from the deck of the listing ship. A helicopter evacuation began, with the injured, wet and cold passengers winched off the ship individually and taken in batches of 15 to 20 to the nearby city of Molde. By 10.30am, 479 passengers had been airlifted from the vessel. The vessel finally docked under its own power in the port of Molde at 4.30pm, local time.



The majority of the passengers were American with 80 Australians. The captain gave 30-minute updates. One of the problems was with toilets. John showed some of the wreckage after the ship had rolled around a number of times.



For the present, the conclusion is that the engine failure was directly caused by low oil pressure.

In the aftermath the question was asked "Should the Viking Sky have put to sea?" On the other-hand the passengers were well treated by the board of the Viking Sky and compensation was offered.

.... Warwick Dalzell

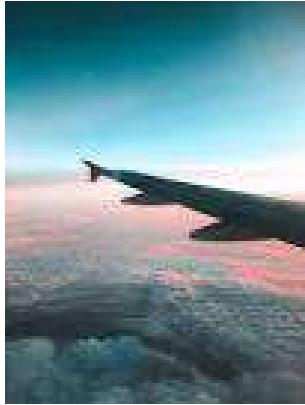
*Below is the link to the website of the Channel 7 "Sunday Night" program which includes an interview with Jan and John Porter, recorded after the dramatic rescue. It is well worth watching because it shows terrifying scenes on board when the ship's engines failed and when furniture began to perilously slide across the decks.*

*To watch this interview, it is recommended that you copy the link below to your browser before opening it.*

<https://7news.com.au/sunday-night/you-could-have-ended-up-with-a-thousand-dead-aussies-reveal-the-true-terror-on-board-the-viking-sky-cruise-ship-c-32890>

## January 2020 Speaker

### **Serina Mace** *"Trade Travel"*



Serina started her career with the Commonwealth Bank but always had a strong desire for travel which she did for many years throughout New Zealand, Samoa, Cook Islands and Norfolk Island. Serina is the NSW/ACT Manager for Trade Travel Pty Ltd, which has been closely associated with Probus South Pacific travel needs since 2005.

With her passion for travel and meeting people, Serina takes great delight in helping her customers create, plan and finally enjoy their perfect holiday experience.

## January 2020 - 5 Minute Speaker

### **Wes Harder** *"Just Right!"*

*The Earth is in a "perilous state ". Don't you believe it. It is "Just Right!".*

Club Member Wes Harder will put forward a range of scientific specifics for all to ponder.

## February 2020 Speaker

### **Bill Sivyer** *"Woolloomooloo in the 1970s"*



Did you frequent Soren's Bar & Restaurant in Cathedral Street Woolloomooloo in the 1970s? If not, club member, Bill Sivyer, is going to lift the lid on what happened on the verge of the city in those days.

It was a time of high activity in the close eastern parts of Sydney. The Vietnam war was raging and the "Cross" was buzzing. Get the inside story from Bill.

## February 2020 - 5 Minute Speaker

### **Warwick Dalzell** *"Early Days in Northern Ireland"*

Club member Warwick Dalzell will ruminate about his early days in Northern Ireland and his growing up in Newtownards. In particular he will recount the impact of the incessant bombing during World War II within the community.



## Don Tinyou PH.C., M.P.S.

*In the second of the series on the outstanding careers of Pittwater Probus Members, we focus on Don Tinyou's career as a local pharmacist as well as the early days of "The Chemist":*



When a chemist gave a demonstration at high school, it piqued my interest in Chemistry and after completing my Leaving Certificate at North Sydney Boys High School, I began my 3-year apprenticeship in 1952 at a pharmacy in Market Street, Sydney, attending lectures and practical courses at Sydney University, commuting by tram.

One of a first-year apprentice's tasks were washing mixture bottles of which there were plenty. They used cork stoppers, as screw tops were not yet used.

The award wage was 19s 6d per week, the magnanimous Master Pharmacist offered one pound, WOW! However, when the first pay packet came it was 19s 6d, the tax man had taken his bite so I didn't get the full quid in the hip pocket. At that

time, annual leave was 2 weeks while friends in other courses were enjoying 2 or 3 months holidays.

After graduation in 1955 and Pharmacy Board registration in 1956, I was appointed manager of the pharmacy then after 12 months, moved on and was appointed manager of the Town Hall Pharmacy. Most pharmacists plan to own or conduct their own pharmacy and are always on the lookout for opportunities. I was keen to have a go.

One day, after a round of golf at Mona Vale Golf Club, we called into the well-known fish & chip shop in Waratah Street and noticed 4 shops were being built next door. On enquiry, I found one was available for rent, 9B Waratah Street. Waratah Pharmacy was opened in 1963.

I had joined Mona Vale Golf Club in 1962 without an inkling of opening a pharmacy nearby, so that stop at the fish shop was fortuitous. At that time, there were 2 other pharmacies in Mona Vale, 3 banks, 2 men's mercers, 2 butchers and a drive-in laundry/dry cleaner but not a single supermarket. Today, 5 pharmacies serve Mona Vale.



Waratah Pharmacy was successful, serving the community, retirement villages and convalescent and aged care homes. However, larger premises were needed and we moved to 11 Waratah Street in 1971.

My wife Anne was a physiotherapist at RNS Hospital and each morning I drove her to Terry Hills to catch the Forest Line bus for Chatswood Station then the train to St Leonards. Some days if we were running late, as happened all too often, we would chase the bus to the next stop. The bus driver got to know us, so whenever he saw our Mini Minor behind him, he would pull over so Anne could get on.

I started reducing my work load in 1990 with the advent of new partners joining the pharmacy. I liked having time off and stopped working entirely in 2009.

### **The Golden Age of Pharmacy**

The Forties and Fifties have been described by many as the Golden Age of Pharmacy. The Chemist (Pharmacist) was a respected member of the community and dispensed prescriptions and advice about minor problems regarding adults, children and sometimes pets. Chemists would daily treat cuts, bruises, bee-stings, sore throats, rashes, coughs, colds constipation, diarrhoea, dyspepsia and more.

In the Forties, Chemists moved into modern Pharmacology. Many new medications were discovered, penicillin was first used and other antibiotics such as Streptomycin, Aureomycin, Tetracycline and more followed. Quinine for malaria; Salk and Sabin for polio; Cortisone for arthritis and later "The Pill".

Sulfa drugs were commonly used for infections and fever, but resulted in kidney problems. Potent drugs like opium, cocaine, strychnine, arsenic, lead and mercury were all used. One common product that would never pass muster today was "Dover Powder", a mixture of aspirin and opium that you rubbed on babies' gums when they were teething. This is a time when Fluid Magnesia was a simple treatment used to "cool the blood". It was also a time when antihistamine "Bendryl", was offered as a treatment for hay fever and asthma.

Prescriptions were compounded of which many of the medicaments were sourced from herbs and plants and prepared into solutions, tinctures and powders. It was essential to know the maximum dose of medications. About 70% of prescriptions were extemporaneously prepared, they included: mixtures, powders, ointments, lotions, eye drops, eardrops, suppositories.

Pills were made by combining a mixture of medicament, excipient and liquid into a paste, rolling this into a long pencil, and cutting it into 20 equal portions on a guillotine-like pill board.

Latin was in use and skill required to interpret the prescriber's hand writing. At present, less than 1% is extemporaneous. Apothecaries Weights were used until the late 1960's, when they were replaced with metric weights. An Apothecary Ounce was 480 grains.

Drug regulations were less stringent as abuse and knowledge of over dosage, side effects were not widely known. Amphetamines, Dexedrine, Methedrine, Opiates and Chlorodyne were sold over the counter. Chlorodyne which contains laudanum, cannabis and chloroform was sold in grocer shops.

*... Don Tinyou*

## Trivia Night



Club Member, Bill Sherman, has been hard at it again working up another 'Trivia Night'.

For those of you that have not experienced Bill's challenging questions testing your knowledge, well now is the time to try-out your know-how in front of your peers!

50 questions on Australia – history, geography, arts and drama, politics and sport.

Partners welcome. Participants will be organised into teams of 4. Prizes for the winners.

The night will include a 2-course dinner of Eye Fillet main, Crème Brulee dessert plus coffee, all for \$40 per head at the Mona Vale Golf Course Clubhouse on Monday 17<sup>th</sup> February 2020. Buy your drinks from the bar. Arrive by 6 00 pm.

***Members to book and pay for the Trivia night at the January Meeting or, if not attending the meeting to book by phoning Bill Sherman on 9997 5532 or by sending the booking and a cheque made out to Pittwater Probus, to Bill Sherman at PO Box 700 Mona Vale 2013.***

## Bus Trip to HARS

Club Member Bill Sherman is driving the Pittwater Probus bus again.

This time a 2-day tour covering the HARS exhibition at Albion Park on the South Coast, followed by an overnight stay in Bowral before visiting the Railway Museum in Thirlmere. The trip is being organised by Club Vice-President Paul Mascall and will be departing Tuesday



25<sup>th</sup> February 2020 and arriving home Wednesday 26<sup>th</sup> February 2020. With regard to the current bushfires, the proposed route has been checked out and all roads are currently open.

*For those booked for the trip please pay \$50 per head for the hire of the bus and fuel, to Paul Mascall at the January meeting. All other expenses such as entrance fees and meals to be paid individually at the time.*

## Christmas Lunch



An intuitive insight into the current world economy based on 2 cows was theatrically explained in detail by MC Brian Kennedy to those that were in attendance at the annual Pittwater Probus Christmas Lunch.

We can all now rest easy with the knowledge that global financial riches are well managed by bovine theory.

Oh, by the way, everyone enjoyed a great social get-together over Christmas lunch and a glass of wine or two.

## Upcoming Probus Activities



➤ *Our planned relaxing day cruising around the beautiful waters of Pittwater followed by a fish and chips lunch at Club Palm Beach is back on. The new date is Thursday 5<sup>th</sup> March 2020.*

➤ *With the last BBQ being such a success, we planning another one! It is on Wednesday 25<sup>th</sup> March 2020. Usual place, Winnererremy Bay, Mona Vale.*

➤ *In April, it is time for a special lunch. This will be at the Urban Tadka Indian Restaurant in the Edo Arts Centre on Mona Vale Road Terry Hills on Thursday 16<sup>th</sup> April 2020.*



## Bushfires

*We have all been deeply moved by the devastating bushfires and the significant destruction of so many homes, not to say the tragic loss of life.*

*The fear is that these fires currently continue to create such devastation with limited end in sight. Once they are finally contained, the heart-breaking restoration work begins. The Committee has recommended the club donate \$250 to the Salvation Army Bushfire Appeal.*

*This will be put to a vote at the January meeting.*



## Life Member Nominations

The following letter was received by the Committee on 22<sup>nd</sup> December 2019. On review of the letter, the Committee unanimously supported the nominations and requested the Secretary to include the nominations on the agenda of the January 2020 Probus General Meeting for a special resolution of the members.

*Dear Pittwater Probus Committee,*

*I would like to nominate Club Members David Varley and William (Bill) Marshall to the Pittwater Probus Committee for consideration as Life Members.*

*Both of these members have provided outstanding service to the club and I believe are well deserved of Life Membership.*

### **David Varley**

*David has diligently served as Club Treasurer continuously from 2001 and holds that position today. Through David's dedication to detail and his careful management of the club accounts, the club has maintained an unblemished financial record during his time as Treasurer.*

### **Bill Marshall**

*Bill has filled many roles in supporting the club beginning in 1998, including Activities Officer and other Committee positions. Many of which were conducted behind the scenes through his promotion of the club within the Pittwater community, resulting in numerous new members joining the club over the years. More recently, Bill held the position of Welfare Officer and diligently kept contact with members that were not well and reported their progress to the club.*

*In accordance with the Pittwater Probus Constitution, should the Committee approve this nomination, I respectfully request it be then referred to the next general meeting of the club for confirmation by a special resolution of members.*

*Yours sincerely,*

*Ron Seldon*

*Member - Pittwater Probus*

## It's Getting Time to Celebrate ...

*The Probus Club of Pittwater Inc had its first meeting in January 1981 at the Pittwater RSL Club. This means that in January 2021, we will be "40 years old".*

*This is cause for celebration and we need your thoughts on how to do this.*

*Please let the committee know of any ideas. We want to do something special and we have 12 months to plan it.*



## Probus Golf

For those who may not know, the winner of the Golfer of the Year Trophy for 2019 (and 3 golf balls) was our esteemed member, John Harston. John obviously had time to practice in between overseas holidays, and had won the Monthly Competition three times. Runner up was Bill Sherman (2 golf balls) who had won the Monthly Competition twice.

Six other players have won the Friday Golf, and seven other players have been runner up at least once. Considering that 16 players have played during the year (two only once), the handicap system seems to be fair.

We average at about 7/8 players a round, with handicaps ranging from 9 to 24 for the 9 holes, so most abilities are catered for.

Based on scores for each hole, I have set the par index for the course for Probus Golfers and use this to calculate the stableford point scores. No player needs to record a score greater than 8 for any hole as no points are awarded for anything greater. It also allows for a more relaxing game, and avoid players in bunkers, who may be digging their way to China.

If you win, your handicap is reduced by 2. Non-winner scores above 20 stableford points minus 1, scores less than 16 plus 1.

The lucky winner for Friday the 13<sup>th</sup> December Golf was Bill Sherman, Trophy and 2 golf balls. Runner up, David Varley, one golf ball.

***Come along next Friday to enjoy Summer at Palm Beach Golf Course at 10 am hit off... followed by a swim at the beach?..... or lunch at Club Palmy.***

.... Graham Morley, Golf Convener



## Minutes of Pittwater Probus Inc.

<b>Meeting</b>	10 <sup>th</sup> December. Commenced at 10 00 am. Meeting opened by President John Porter. 44 members and 6 apologies.
<b>Inductions</b>	None.
<b>Guests</b>	Tom Stevens visiting from East York Probus Club, Toronto, Canada.
<b>Minutes</b>	Minutes of the November 2019 meeting were published in the December Newsletter. Taken as read. Mvd. Brian Kennedy, 2 <sup>nd</sup> Bryan Pritchard, carried.
<b>Correspondence</b>	Resignation of Bruce McDonald.

<b>Treasurer's Report</b>	<p>Presented by David Varley.</p> <p>Balance at 1/11/2019, \$5,146.80</p> <p>Receipts: Christmas Lunch \$3,150.00, Morning Tea \$187.00, Badge \$20.00. Total \$3,357.00.</p> <p>Payments: Morning Teas \$120.00, Admin. \$103.24, Badges \$27.00. Total \$250.24.</p> <p>Balance at 30/11/2019, \$8,253.56.</p>
<b>Birthdays</b>	<p>Mvd. Geoff Sheppard, 2<sup>nd</sup> Peter Mayman, carried.</p> <p>Cliff Dunn, Graham Morley, Bob Anderson, Graham Morgan, George Crowley, Allan Smith, Warwick Dalzell.</p>
<b>Welfare &amp; New Members Report</b>	<p>Geoff Sheppard reported good to see Wes Harder recovering.</p>
<b>Activities</b>	<p>BBQ at Flying Fox Park was finally a success. Premier's Concert 13<sup>th</sup> Feb. See John Harston for tickets. Trivia Night 17<sup>th</sup> Feb. See Bill Sherman. HARS trip 18<sup>th</sup>/19<sup>th</sup> Feb. See Paul Mascal.</p>
<b>Functions</b>	<p>Christmas Lunch 17<sup>th</sup> December.</p>
<b>Newsletter</b>	<p>Members to check if they are on the Probus mailing list and are receiving the Newsletter.</p>
<b>Golf</b>	<p>John Harston won the November trophy and Gordon Stokes runner-up. Next game at Palm Beach Friday December 13<sup>th</sup> at 10 00 am.</p>
<b>Investment Group</b>	<p>The Investment Group enjoyed annual lunch at The Newport. Unfortunately, 2019 was not a good year for the Group's selected investment. Hopefully a better portfolio will be launched in 2020.</p>
<b>General Business</b>	<p>Following the notice to Members, Club President John Porter moved that the Pittwater Probus Club By-Law 6a. be amended to increase the number of Honorary Members to 5 and By-Law 6b. be amended to increase the number of Life Members to 5. 2<sup>nd</sup> Arthur Napper, carried unanimously.</p>
<b>Speakers</b>	<p>Wes Harder has organised the following speakers: <b>January</b> Serina Mace – Trade Travel. Wes Harder – It's Just Right. <b>February</b> Bill Sivyer – Woolloomooloo &amp; Kings Cross in the '70s.</p>
<b>5 Minute Speaker</b>	<p>There was no 5 Minute Speaker due to the annual Christmas Cake and Wine tasting.</p>
<b>Speaker</b>	<p>After coffee, John Porter gave a detailed account of his trip to view the Northern Lights and the dramatic events that unfolded.</p>
<b>Next Meeting</b>	<p>14<sup>th</sup> January 2020. Commencing at 10 00 am.</p> <p>Meeting Closed at 12 15 pm.</p> <p>Signed as a correct record.</p>

## Office Bearers for 2019

<b>President</b>	John Porter 9997 3019	<b>Activities Officer</b>	John Harston 9940 0446
<b>Vice President</b>	Paul Mascal 0415 920 287	<b>Functions Organiser</b>	
<b>Secretary</b>	Bryan Inch 0423 379 194	<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 0437 274 074	<b>Registrar</b>	Trevor Stephens 9918 2138
<b>Golf Convener</b>	Graham Morley 0407 217 248		