



January 2021 Newsletter
Edition No 156

PRESIDENT'S REPORT

HAPPY NEW YEAR

Next Meeting 10am Thursday 14 January 2021
Belrose Uniting Church, Morgan Road, Belrose

Members and Friends of the Combined Probus Club of Belrose Inc

Well what else can 2020 throw at us! I trust you are all keeping safe and, despite the restrictions, will have an enjoyable Christmas period.

At this stage the next year will go as planned, however, as usual stay flexible and watch this space and the broadcasts.

With this newsletter I have included a notice of meeting for the AGM in March. Please take the time to think about joining the committee. As normal all positions will be declared vacant, however, if you do not want to commit to the whole position think about assisting in a role with a view of taking on a position in the future.

As I have previously indicated I will nominate for the position of President as I feel that was my commitment this time last year.

Terry Stewart - President

CLUB CONTACTS

President: Terry Stewart	0402 980 374
Secretary: Geoff Jones	0412 420 213
Treasurer: Chris Wood	9452 3026
Newsletter Editor: Geoff Jones	0412 420 213
Club Website:	http://www.belroseprobus.org.au

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STOP PRESS!!



ENTERTAINMENT

Warwick Brady (0418 793 684)

WHARF REVIEW

In Warwick's absence, I have been to the Glen Street Theatre and there is a note on the door saying that "regarding the Wharf Review the theatre will contact patrons if there are any changes due to COVID once the NSW Government has reviewed current restrictions early in January 2021".

Tony Lovett

GUEST SPEAKERS

Jan Staniland (0409 455 652)

President Terry kept club members entertained at our first meeting back at the Church talking about his involvement with the Royal Sydney Yacht Squadron, Kirribilli and including stories of one of the more colourful former members – Mark Foy, remembered by many for the iconic Sydney store bearing his name, and also the Hydro Majestic Hotel in Medlow Bath which he opened.

Terry was ably introduced by Barry Hackshall and thanked by Mike Gibbs, all three members of the local Rotary Branch.

Our Guest Speaker for January is Ian Thomson, retired Scientist and regular speaker at Probus Clubs who will speak to us on the topic "Researching your Family History".

Jan Staniland – Guest Speaker Coordinator

CHRISTMAS LUNCH, TERRY HILLS GOLF CLUB

It was so wonderful to have been able to hold our Christmas Lunch when we did before the Northern Beaches area had severe restrictions placed on us because of outbreaks of Covid-19 in Avalon and beyond.

The sight of a bit of sparkle on members' attire seemed to emphasise the sparkle people were feeling being able to get together after so long living with restrictions. From the great positive response I have received since, the Probus Christmas Lunch can be described as a very happy and successful event. Thank you to the 83 people who came and made it so!

**PIEMONTE CAFÉ, THURSDAY 21ST JANUARY 2021**

We are very hopeful that we will be able to proceed with our next planned meal together at our breakfast at **Piemonte Café** at Terrey Hills on **THURSDAY 21ST JANUARY** at 8.30am.

At the time of this going to press, we have 31 already booked for this so there is still time to book. Payment of **\$18 per person** is due by 14th January and EFT would be greatly appreciated.

Liz Pawsey – Social Coordinator

PAGE 3 GIRLS



Bathing costumes that got briefer every year, had by the end of the 60's begun to offer see-through tops to match the see-through dresses which had also arrived by the end of the swinging 60's decade. The outfit certainly contrasted strongly with that worn at the turn of the century.

LONG TOURS TRAVEL

Russell Allsop (0419 209 909)

Members will be aware that in March 2020, Committee cancelled the 2020 Croatia Tour and postponed it to a possible 2021 date instead.

Travellers' health and wellbeing over the Tour duration remains most important and there are simply not adequate certainties evident now to enable the 2021 Tour to proceed so Committee decided in November 2020 to withdraw approval of the 2021 Tour. No specific alternative has been considered.

Advice has been given to all intending travellers including options to utilise deposits paid in the past.

Regards, Russell Allsop

SCRAPBOOKING

Liz Pawsey (0403 206 460)

The Pawsey Folly will open up again on **February 16th** at 10.30am. However, this will be the last official Probus Scrapbooking event. Liz will be continuing with her monthly gatherings for scrapbooking in the folly as before and you are more than welcome to join her and her friends but it will no longer be an event under the auspices of Probus. Just send Liz an email (hastings.pawsey@bigpond.com) with your request to join her private mailing list and she will keep you fully informed.

Liz Pawsey

WINE APPRECIATION

Mike Staniland (0417 234 346)

When a recipe says "add wine" never ask "to what"?

It has been a quiet year for the groups with one tasting before COVID hit in March and one on 30 November when the restrictions were lifted a little. It was a long time between drinks!

On 30th November about 14 of us (out of 26) met at our place to taste some Grenache based reds. Interestingly until the mid-19th century Grenache was the most widely planted grape variety in Australia, mostly in McLaren Vale and the Riverland areas where it was a vital component in fortified "port style" wine (for both local and UK consumption). Grenache is now only 1% of the Australian red grape plantings but is coming back into fashion as a red variety in its own right

There are 2 groups of 14 that make up the Wine Appreciation Group and we meet every 2 months at a member's home. With the latest Northern Beaches lockdown I'm not sure when we will meet again but when we do. I'm looking forward to tasting some new and interesting wines. If you are not currently part of the group but would like to learn more about wine and taste some styles that you may not know much about then please contact me.

Lastly, a Very Happy New Year to all the wine lovers out there. Let's say goodbye and good riddance to 2020 and bring on 2021 !!

Mike Staniland

TWILIGHT PICNIC**THURSDAY 28TH JANUARY 2021****WINNERERREMY PARK, MONA VALE**

In the early years of our club picnics were held at this spot in the cool of the afternoon in January and were very well attended.

If Covid restrictions allow it, I am suggesting a twilight picnic once again, commencing around 4.30 / 5.00pm

The council advise me the tables in the park are suitable for distancing and will seat eight.

I have chosen the latter part of the month because schools will have returned.

Numbers are limited to 30. Please register your interest on the club website.

**ARTHUR STREETON RETROSPECTIVE****THURSDAY 4TH FEBRUARY - ART GALLERY OF NSW**

I have been told the gallery hopes to begin private tours in the New Year and we will be advised should this be the case. The other option is a non-guided trip with audio for some items.

At this stage I would ask that members who may be interested register on the net and once confirmation is received from the gallery, time, bus times and entry fee can be advised.

This will be the most significant Streeton retrospective ever held and will feature more than 150 works from public and private collections including some not exhibited for over 100 years

"Streeton" will present a fresh look at these much-loved works, enriched by a selection from the artist's international career in Egypt, England, Italy

and WWI France. Streeton's environmental activism on his return to Australia in the 1920s led to paintings which are prescient of our current highly charged debates on the destruction of the natural world.



Arthur Streeton – Land of the Golden Fleece (1926)

SNOWY MOUNTAINS TOUR**6th – 11th APRIL 2021**

We have a full bus! We have 50 registrations and the good news is the tour will proceed with the full numbers. I'll notify details of when deposit is required in due course.

I have created a waiting list as we know there are usually some members who are unable to proceed and vacancies occur.

John Robinson



Our last walk for the year was on 27th November and was from Bayview to Church Point. 15 members enjoyed another perfect day with great water views and amazing houses along our route.

We enjoyed coffee at the Church Point Wharf, in the fresh air, under shade, keeping COVID safe and with the fabulous view across the water to Scotland Island. While some walked further and explored the surrounds, others stayed and minded tables where we enjoyed a simple, tasty take away lunch together.

I would like to thank all who supported the walking group through these strange COVID times and wish all our Probus members a very happy and safe Christmas Season with happier times together in 2021.

There will be no walk in January. Our first walk in 2021, restrictions permitting, will be on Friday 26th February. As yet no destination has been chosen. Details will be in the next newsletter.

Helen Miles



What a change for all of us back in lockdown and everyone taking this virus to more of a serious level and everyone in masks and keeping their distance.

Those of us who headed off for Christmas and were caught. Only one's we know of Warwick and Lorna in quarantine. Sending our love and thoughts in Victoria and some driving to other states, we are thinking of you.

Also, our thoughts are with the families of Marion McDuff and Bob Coleman, who was our first Treasurer, who have both passed away in the last couple of weeks. Being close to Christmas and not having that person for this special time is always difficult.

Yesterday Chris and myself had a Covid test at the NB Hospital. Very quick and gives our families who live in the inner city, and are coming to see us, the confidence that we are Covid free. Two of the many thousands who are being tested daily.

Our 2021 will be a better year for everyone but do not go out without your masks. We are going to have this virus for a long time as we do not have a vaccine.

Happy New Year to all,
Robyn Wood, Welfare Officer



"That's a concerning growth"



As you are all aware 2020 was a challenging year for us all. Our Probus knitters and crochet people continued to produce squares and wraps which has taken our total from 2012 to 929 wraps that have been handed over to the WWL

Shown below are some of our latest wraps.



I would like to reiterate that wool should be joined at the end of a row and avoid knots in the middle of the knitting.

All square should measure 10" x 10" (25cm x 25 cm).

Many thanks to all of our Probus members and their friends who provide us with squares.

Margaret Hobson

JANUARY BIRTHDAYS



- 2nd Lyle Pearce**
James Wolf, British General (1727)
- 9th Margaret Hobson**
Jan Tomlinson
Gracie Fields (1898)
- 12th Geoff Jones**
John Singer Sargent, American Painter (1826)
- 13th Terry Winslade**
Cecil Beaton, Royal Photographer (1904)
- 18th Ross Swadling**
Jacob Bronowski (1908)
- 20th Mike Staniland**
Buzz Aldrin 1931, Astronaut (1930)
- 23rd Carol Worboys**
Fred Williams, Painter (1927)
- 24th Jan Kempshall**
Roman Emperor Hadrian (76)
- 26th Dennis Coleman**
26th Margaret Lovett
Bessie Coleman, First black woman aviator
- 27th Brian Peck**
Lewis Carroll, Author (1832)



3D PRINTING

3D printing, also known as additive printing technology or additive manufacturing, creates complex objects of endless variety. Designers and engineers fashion their ideas from sketches to blueprints using computer programming. A 3D printer then prints the object as thousands of thin layers of material accurately placing and adhering each layer one after the other.

How 3D printing works

3D printers follow the same principle as ordinary printers but instead of printing ink on sheets of paper, the 3D printer prints (creates) objects by superimposing thin layers of materials on top of each other. The printer takes material (usually plastic wrapped on a spool), heats the material and then fuses the material layer by layer to build a three-dimensional object. The material is extruded or pushed out and deposited. Some other materials used in this process include polymers, metals, concrete, ceramics and even recycled plastics.

3D printers can vary in size from portable to industrial and can be powered in numerous ways including car battery, generator or solar power.

The printing possibilities are immense. The only constraints are the size of the printer and the imagination of the user. The process is accurate, fast and more efficient than other manufacturing processes. Production time is cut and material waste is minimal compared to traditional manufacturing methods. The technology can be applied to a wide range of industries such as aerospace, automotive, metals manufacturing, defence and the medical industry. But it doesn't stop there. Would you believe 3D printed chocolate? A company called 3D Systems is working with The Hershey Company to explore that idea. And Disney is looking at the technology to produce new kinds of toys.

Recent advances in the science has enabled 3D printing of biocompatible materials, cells and other components that make up functional living tissues. Called 3D bioprinting, the incredible technology has already been successfully used for the transplanting of skin, bone, vascular grafts and heart tissue. While actual organs for humans have not been printed yet, recently doctors were able to create a nearly perfect 3D replica of a two-week-old baby's damaged heart which they used to plan and practice a very complicated surgery.

Some of the ways 3D printing is positively impacting the world

- Disaster Relief

Relief efforts for those affected by natural disasters or wars are often frustrated by slow or failed supply chains. Real onsite disaster relief is often a matter of working with what is available and on hand at the time.

Access to a 3D printer would allow field workers to print (manufacture) the parts they need when they need them. Damaged medical equipment can be made functional again or missing tent spikes created to secure emergency shelters. Much of what 3D printers produce use recyclable plastics, often conveniently available right there at the recovery site.

Following an earthquake in Nepal 200 families were homeless and the water pipes were leaking. An aid worker connected his computer to a 3D printer and using his car battery for power created the complex plastic fittings needed to repair the pipes.

- Home and Shelter

Housing and shelter for those left homeless after a disaster are usually in the form of makeshift tent cities. A housing charity in San Francisco is exploring ways of using 3D printing technology to print affordable dwellings in both disaster areas and in the poorest of the world's communities. Another organisation is developing 3D printed pods to help house New York's homeless.

- (Human) Organ Printing

For organ printing the material being used by the printer is a biocompatible plastic. The biocompatible plastic forms a scaffold that acts as the skeleton for the organ that is being printed. As the plastic is being laid down it is seeded with human cells from the patient the organ is being printed for. After printing, the organ is transferred to an incubation chamber to give the cells time to grow. After a sufficient amount of time, the organ is implanted into the patient.

The ultimate goal of organ printing is to create organs that can fully integrate into the human body as if they had been there all along. Successful organ printing has the potential to impact industries such as organ transplants, pharmaceutical research and the training of physicians and surgeons

- *Prosthetics*

Affordable, light weight, modular robot hands and prosthetic devices are being developed for use in developing countries, using off the shelf materials. The robot hands cost less than \$100 and weigh less than 200g.

- *Saving the Coral Reefs*

It may be possible to reinvigorate coral growth. Fabien Cousteau (the grandson of famed oceanographer Jacques Cousteau) has been a proponent for integrating artificial 3D printed coral into reefs. Because of 3D printing's ability to create internal geometries and textures, real coral structures can be mimicked. The hope is that by placing these coral lookalikes in the ocean, coral polyps will be able to grow around them and species dependent on coral for protection can thrive.

- *Better and more affordable healthcare*

3D printing is already being used to provide more affordable and more efficient medical and dental care. Custom 3D printed titanium and polymer implants have already been implanted in thousands of patients with excellent results. 3D printed hip, spinal and knee replacements are common today as 3D technologies can be used to produce lighter and more efficient structures that promote bone integration.

- *Complex surgeries*

3D printing is increasingly being used by surgeons to prepare for complex surgeries. Some of these surgeries would be impossible without enabling the surgeons to practice/prepare for all eventualities using physical 3D printed models of the area (organs, veins, arteries, nerves) they are going to operate on. There are many examples but one that stands out is the case of two conjoined twins successfully separated with support from 3D technology in 2017.

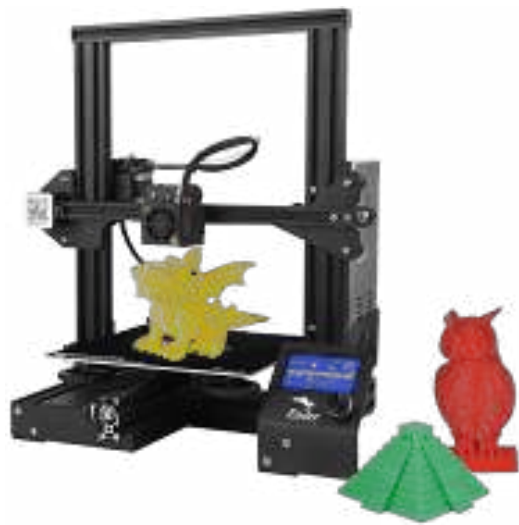
- *Education*

With its ability to produce physical objects 3D technology provides a hands on way for children to learn.

3D printers are being developed for use in the classroom and a growing number of children are learning about 3D design, programming and manufacturing.



3D Printer available from Officeworks \$669



3D Printer available from Officeworks \$609



3D printing powered by the sun

Taken from a talk Jenny Jones recently gave to her discussion group.

MENTAL CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician, general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!

Others suggest: "Early symptoms of Alzheimer's". I answer again: No!

With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes;
- urinary infection;
- dehydration

It may sound like a joke, but it isn't. People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

So here are two alerts:

1) Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple; Orange and tangerine also work.

The important thing is that, every two hours you must drink some liquid.

2) Alert for family members: constantly offer fluids to people over 60. At the same time, observe them.

If you realise that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

UNIVERSAL LAWS

Law of mechanical repair

After your hands become coated with grease, your nose will begin to itch

Law of Bio Mechanics

The severity of the itch is inversely proportional to the reach

Law of Gravity

Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

Law of Probability

The probability of being watched is directly proportional to the stupidity of your act

Law of Random Numbers

If you dial a wrong number, you never get a busy signal, someone always answers.

Law of the Bath

When the body is fully immersed in water, the telephone rings.

Law of the Result

When you try to prove to someone that a machine won't work, it will.

Variation Law

If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now

Murphy's Law of Lockers

If there are only two people in a locker room they will have adjacent lockers.

Law of Physical Surfaces

The chances of an open-faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

With thanks to Margaret Standish

OFFICE RULES ISSUED BY A SYDNEY FIRM IN 1852

Merchants and Ships Chandlers, Sydney Town
Rules for the Clerical Staff

- 1. Godliness, Cleanliness and Punctuality are the necessities of a good business.
- 2. On the recommendation of the Governor of this Colony, this firm has reduced the hours of work and the clerical staff will now only have to be present between the hours of 7 am and 6 pm on weekdays. The Sabbath is for worship, but should any man-of-war or other vessel require victualling, the clerical staff will work on the Sabbath.
- 3. Daily prayers will be held each morning in the Main Office. The clerical staff will be present.
- 4. Clothing will be of a sober nature. The clerical staff will not disport themselves in raiment of bright colours, nor will they wear hose, unless in good repair.
- 5. Overshoes and topcoats will not be worn in the office, but neck scarves and headgear may be worn in inclement weather.
- 6. A stove is provided for the benefit of the clerical staff. Coal and wood must be kept in the locker. It is recommended that each member of the clerical staff bring 4 lbs of coal each day during the cold weather.
- 7. No member of the clerical staff may leave the room without permission of Mr. Ryder. The calls of nature are permitted, and the clerical staff may use the garden below the second gate. This area must be kept in good order.
- 8. No talking is allowed during the business working hours.
- 9. The craving for tobacco, wines or spirits is a human weakness and, as such, is forbidden to all members of the clerical staff.
- 10. Now that the hours of business have been drastically reduced, the partaking of food is allowed between the hours of 11.30 am and

noon, but work will not, on any account, cease.

- 11. Members of the clerical staff will provide their own pens. A new sharpener is available on application to Mr Ryder.
- 12. Mr Ryder will nominate a senior clerk to be responsible for the cleanliness of the main office and the private office, and all boys and juniors will report to him 40 minutes before prayers, and will remain after closing hours for similar work. Brushes, brooms, scrubbers and soap will be provided by the owners.
- 13. The new increased weekly wages are hereunder detailed:
 - Junior boys (to 11 years) 1/4
 - Boys (up to 14 years). 2/1
 - Juniors 4/8
 - Junior Clerks 8/7
 - Senior Clerks 10/9
 - (after 15 years with owners) .. 21/-

THE OWNERS RECOGNISE THE GENEROSITY OF THE NEW LABOUR LAWS BUT WILL EXPECT A GREAT RISE IN OUTPUT OF WORK TO COMPENSATE FOR THESE NEAR UTOPIAN CONDITIONS

Dust if you must!

Dust if you must, but wouldn't it be better to paint a picture

Or write a letter, bake a cake or plant a seed
Ponder the difference between want and need

Dust if you must, but there's not much time
With rivers to swim and mountains to climb
Music to hear and books to read
Friends to cherish and a life to lead

Dust if you must, but the world's out there
With the sun in your eyes, the wind in your hair
A flutter of snow a shower of rain
This day will not come round again

Dust if you must, but bear in mind
Old age will come and it's not kind
And when you go and go you must
You, yourself, will make more dust!

With thanks to Malcolm McLean

IS IT MALE OR FEMALE?

You may not know this but a lot of non-living objects are actually either male or female! Here are some examples:

Freezer Bags – They are male because they hold everything in, but you can see right through them.

Photocopiers – These are female because once turned off it takes a while to warm them up again. They are an effective reproductive device if the right buttons are pushed...but can also wreak havoc if you push the wrong buttons.

Tyres – Tyres are male because they go bald easily and are often over inflated.

Sponges – These are female because they are soft, squeezable and retain water.

Web Pages – Female because they're constantly being looked at and frequently getting hit on.

Trains – Definitely male because they always use the same old line for picking up people.

Egg Timers – Egg timers are female because over time all the weight shifts to the bottom

Hammers – Male because in the last 5,000 years they've hardly changed at all and are occasionally handy to have around.

The Remote Control – Female. Ha! You probably thought it would be male but consider this: It easily gives a man pleasure, he'd be lost without it and while he doesn't always know which buttons to push he just keeps trying.

I visited a monastery and as
I walked past the kitchen I
saw a man frying chips.
I asked him "Are you the
friar?"
He replied "No, I'm the chip
monk..."

LETTER TO THE EDITOR

From Ted Morton

You may recall that my mother passed earlier this year. When I was clearing up all her personal effects I came across the attached poem

DO YOU REMEMBER?

*I remember the cheese of my childhood,
And the bread that we cut with a knife,
When children helped out with the housework,
And men went to work, not the wife.*

*The cheese never needed an icechest,
The bread was so crusty and hot,
The children were seldom unhappy,
And the wife was content with her lot.*

*I remember the milk from the billy,
With yummy thick cream on the top,
Our dinners came hot from the oven,
And not from a fridge in some shop.*

*The kids were a lot more contented,
They didn't need money for "kicks",
But a game with their mates in the paddock
And sometimes the Saturday "flicks".*

*I remember the shop on the corner,
Where a pennies worth of lollies was sold,
Do you think I'm a bit too nostalgic,
Or is it I'm just getting old?*

A man comes to an old folks home to see three friends who are getting on a bit.

He says to the first friend, 'What's 2 plus 2?'
The first friend, a very old boy, says, 'Thursday.'
'Oh dear,' the man says.

He then asks the second friend, 'What's 2 plus 2?'
'36,' says the second friend.

So, he asks the question to the third friend.

'4,' says the third friend.

'Brilliant!' the man says. 'How did you get that?'

'It's easy,' the third friend said. 'I added 36 to Thursday.'

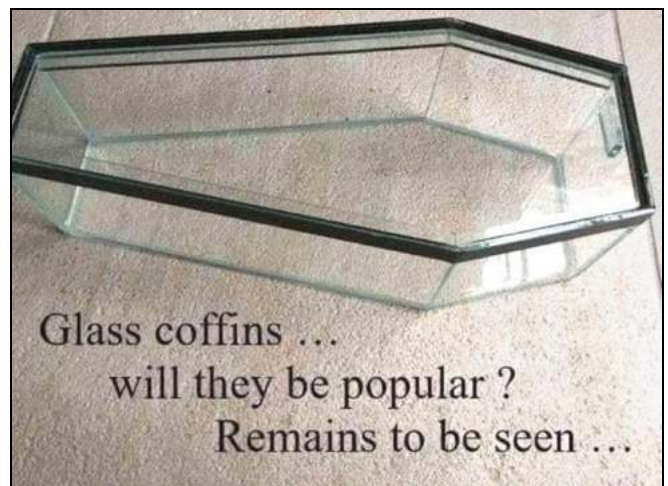
CARTOON CORNER



-Relax David it's just a small surgery, don't panic.

-But doctor my name isn't David...

-I know I am David



Not sure which is more funny; the church name, the city or the message. 😂

