



February 2021 Newsletter
Edition No 157

PRESIDENT'S REPORT

NEXT MEETING
10AM, THURSDAY, 11 FEBRUARY 2021
BELROSE UNITING CHURCH,
MORGAN ROAD, BELROSE

Members and Friends of the Combined Probus Club of Belrose Inc

The end of January already, time does go fast when you are not in lockdown. The regulations on event numbers are finally being relaxed, so please keep your eye out for changes, especially in regard to numbers at our meetings. There are lots of activities going on within the club, so please take the time to register and enjoy.

As usual, I trust you all survived Christmas and New Year and I look forward to seeing many more of you at our meetings and events. Also please take some time to consider joining the committee, we still do not have a Vice President or Treasurer.

Finally, I would like to thank Ross Swadling for the time he has spent updating our website so that we can register on-line for meetings.

See you soon.

Terry Stewart, President

CLUB CONTACTS

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

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MEETING THURSDAY 11 FEBRUARY 2021

REGISTRATION

We are changing the procedure for you to register in advance to come to the next and future meetings.

As there are 126 members and the church with C19 restrictions is limited to 70 attendees including the guest speaker, we all have to register to attend and the first 69 can come

Ross Swadling, our computer guru, has updated our club website to allow you to register for meetings there and not to Geoff Jones' email address as in the past.

- Step 1 Go to www.belroseprobus.org.au
Step 2 Look in the top right corner for "Events Registration"
Step 3 Click on "Monthly Meeting Registration"
Step 4 Enter your details and press "submit"
Step 5 Check your emails for your confirmation

GUEST SPEAKERS

Jan Staniland (0409 455 652)

Special thanks to Ian Thompson whose presentation on tracing our family history at the January meeting was very comprehensive and a massive help to members wanting to engage in this research. What a pity that the microphone wasn't working but it did show Ian's professional approach to his talk.

In February our speaker will be Dr Greg De Moore. Greg de Moore is a consultant psychiatrist at Sydney's Westmead Hospital and his study of Tom Wills' life stems from his interest in male suicide. Tom Wills took the first Aboriginal cricket team to England in the 1870's and Greg de Moore spent 10 years researching Wills, uncovering original medical records, letters, text books and notes previously believed to have been lost. Dr de Moore also has an abiding interest in history.

Greg de Moore is an outstanding speaker, not to be missed by any sports lover. He has written several books, one of which is about Tom Wills – which will be available to purchase at the meeting.

Jan Staniland – Guest Speaker Coordinator

ENTERTAINMENT

Warwick Brady (0418 793 684)

The year started with our three theatre parties to the **Wharf Revue**, a show enjoyed by all who attended. Hope this won't be the last time we see this wonderful company.

February we will see John Bell and Simon Tedeschi starring in the show **Echoes of the Jazz Age**, a great way to spend Valentine's Day. We have 25 members attending.

The following day Geraldine Turner returns with **Turner's Turn**, one of the shows which had to be cancelled in 2020. Always a talented performer this should brighten up our Monday morning. A sell-out show, we have 26 seats booked.

Next on March 15th we embark on a journey of the world of French popular music with the **Songs of Edith Piaf and Charles Aznavour**. We have 38 members attending what should be a world class performance.

I am hoping all members will consider joining us on the 12th April to see Jonathan Welch, best known for his award winning Choir of Hard Knocks, when he pays a tribute to the **Music of Harry Secombe**, one of the world's most popular Welsh Tenors. Songs like Love, This is my Song, Vienna City of my Dreams, Bless this House, Love is a Many Splendored Thing, I Believe and his most popular If I Ruled the World. A great morning of music for only \$27.00 a ticket. Book now on-line or by calling Warwick Brady.

Watch for information about the magnificent and highly praised **Come From Away** on the 16th June, another show transferred from 2020. All bookings requested last year have been retained.

More news next month.

Warwick Brady - Entertainment Officer

LONG TOURS TRAVEL

On a driving tour of England two chaps were lost in Yorkshire.

They asked an old codger "do you know the turn off for Bradford?"

"Know her! "the oldie replied,

"I married her"

SCRAPBOOKING

Liz Pawsey (0403 206 460)

The date for the last official Probus Scrapbooking has changed to **MONDAY 22ND FEBRUARY**. The Pawsey Folly will open up at 10.30am. However, this will be the last official Probus Scrapbooking event. Liz will continue with her regular 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. So you won't be seeing any reminders or mention of scrapbooking in Probus Newsletters.

Just send Liz an email or phone her on 0403 206 460 to request to join her private mailing list and she will keep you fully informed.

SOCIAL

Liz Pawsey (0403 206 460)

33 Probus members enjoyed an early start on Thursday 21st to enjoy a breakfast at the Piemonte Café at Terrey Hills. We all felt beautifully fed in a relaxed atmosphere and it gave us plenty of energy for the remainder of the day. We were all on tables of 8 and placed on the veranda where fresh air was easily circulating.

With dining numbers still being restricted, I find venues are not really catering for suitable distancing for people who, like us, are in the vulnerable age group unless they are outdoors. I feel it would be far better to wait a bit longer for the overall restrictions to ease before we have another dining event before the AGM. By then we will be more confident to find new suitable venues.

In the meantime, may I suggest you could arrange your own little dinner group, with whom you feel relaxed to be close to, and try some of the new venues opening up in the area. You could become little "scouts" personally looking at how well the venue is dealing with social distancing and pass on your assessments to the Social Coordinator.



Liz Pawsey – Social Coordinator

PAGE 3 GIRL

Brigitte Bardot

Born: 28 September 1934, Paris, France

Bonjour Messieurs, Dames

Voici une icône française avec des seins merveilleux



Brigitte Anne-Marie Bardot, often referred to by her initials B.B., is a French animal rights activist and former actress and singer. Famous for portraying sexually emancipated personae with hedonistic lifestyles, she was one of the best-known sex symbols of the 1950s and 1960s.

Bardot retired from the entertainment industry in 1973. She had acted in 47 films, performed in several musicals and recorded more than 60 songs. She was awarded the Legion of Honour in 1985 but refused to accept it. After retiring, she became an animal rights activist.



Longue vie à la France

TOURS AND OUTINGS

John Robinson (0438 456 808)

ARTHUR STREETON RETROSPECTIVE

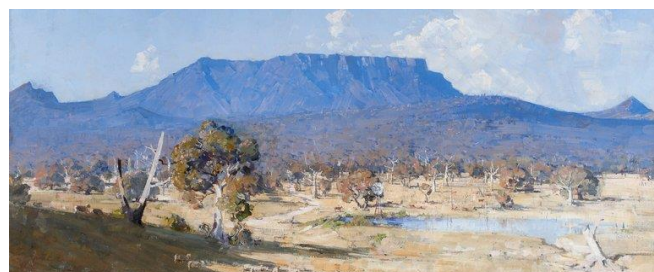
THURSDAY 4TH FEBRUARY - ART GALLERY OF NSW

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

WALKING GROUP

Helen Miles (0407 078 963)

The first walk for 2021 will be on **Friday 26 February**. The walk is around the Cremorne peninsular and has been done previously some years ago. While there are some hilly bits, these are mainly in the early part of the walk. It is a beautiful walk on a defined path passing magnificent homes and great views of the Harbour.

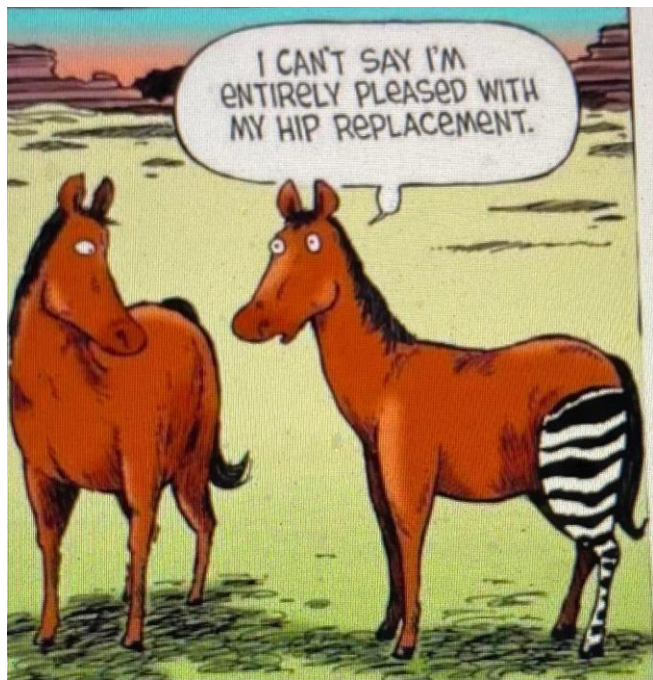
Meet at 9:30am at the parking area in Harnett Avenue. To get there drive down Avenue Road, then right into Centenary Drive and finally left at the tee with Harnett Avenue. Parking can be limited so it is suggested car pooling is the best way to go if possible.

There will be opportunity for a coffee stop either at the Cremorne Point Wharf (if kiosk open) or otherwise at the Mosman Rowing Club back at the start point. Leader is Ted Morton

Helen Miles

WELFARE

Robyn Wood (0424 243 457)



Courtesy of John Robinson

WINE APPRECIATION

Mike Staniland (0417 234 346)

**To me, "drink responsibly"
means don't spill it.**

WRAPS WITH LOVE

Margaret Hobson (0416 090 140)

Many thanks for the 19 Wraps that have been produced by our Probus members since our last Newsletter. A fantastic effort.

If anyone has any knitted or crochet squares could they please drop them to me at my address by 8th February to enable production of wraps.

Margaret Hobson





Vaccination report

**An oldie decided to have the vaccination
and was in the medical centre**

**The doctor approached with hypodermic
needle in hand**

Which arm would you prefer?

Yours!! Replied the oldie

**Why can't Trump return to the White
House?**

Because it is for Biden

**I had my patience tested.
I'm negative.**

POSITION VACANT

Treasurer for Combined Probus Club of Belrose
Apply chriswood4@hotmail.com

FEBRUARY BIRTHDAYS



- 1st** **Gloria Attwooll**
Barbara Huntington
Stanley Matthews, English footballer (1915)
- 3rd** **Robyn Steel**
Barley Stewart
Amal Clooney, Human Rights Barrister (1978)
- 4th** **Diane Baker**
Norman Wisdom, English comedian (1920)
- 6th** **Ken Attwooll**
Judee Radford
International day of zero tolerance
for female genital mutilation
- 11th** **Colin Fordred**
Burt Reynolds, actor (1936)
- 14th** **Rosemary Daly**
St Valentine's Day
- 15th** **Peter Steel**
Galileo Galilei, astronomer (1564)
- 16th** **Helen Hurley**
Shrove Tuesday
- 19th** **Liz Pawsey**
Smokey Robinson, American singer and
songwriter (1921)
- 27th** **Enid Oake**
Liz Hunter
Elizabeth Taylor, Actress (1932)

VALENTINE'S DAY - 14 FEBRUARY

St. Valentine may have been two different men.

Officially recognized by the Roman Catholic Church, St. Valentine is known to be a real person who died around A.D. 270. However, his true identity was questioned as early as A.D. 496 by Pope Gelasius I, who referred to the martyr and his acts as "being known only to God." One account from the 1400s describes Valentine as a temple priest who was beheaded near Rome by the emperor Claudius II for helping Christian couples wed. A different account claims Valentine was the Bishop of Terni, also martyred by Claudius II on the outskirts of Rome. Because of the similarities of these accounts, it's thought they may refer to the same person. Enough confusion surrounds the true identity of St. Valentine that the Catholic Church discontinued liturgical veneration of him in 1969, though his name remains on its list of officially recognized saints.

Valentine is the patron saint of beekeepers and epilepsy, among many other things.

Saints are certainly expected to keep busy in the afterlife. Their holy duties include interceding in earthly affairs and entertaining petitions from living souls. In this respect, St. Valentine has wide-ranging spiritual responsibilities. People call on him to watch over the lives of lovers, of course, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting and traveling. As you might expect, he's also the patron saint of engaged couples and happy marriages.

You can find Valentine's skull in Rome.

The flower-adorned skull of St. Valentine is on display in the Basilica of Santa Maria in Cosmedin, Rome. In the early 1800s, the excavation of a catacomb near Rome yielded skeletal remains and other relics now associated with St. Valentine. As is customary, these bits and pieces of the late saint's body have subsequently been distributed to reliquaries around the world. You'll find other bits of St. Valentine's skeleton on display in the Czech Republic, Ireland, Scotland, England and France.

English poet Geoffrey Chaucer may have invented Valentine's Day.

The medieval English poet Geoffrey Chaucer often took liberties with history, placing his poetic characters into fictitious historical contexts that he represented as real. No record exists of romantic celebrations on Valentine's Day prior to a poem Chaucer wrote around 1375. In his work "Parliament of Fowles," he links a tradition of courtly love with the celebration of St. Valentine's feast day – an association that didn't exist until after his poem received widespread attention. The poem refers to February 14 as the day birds (and humans) come together to find a mate. When Chaucer wrote, "For this was sent on Seynt Valentyne's day / Whan every foul cometh ther to choose his mate," he may have invented the holiday we know today.

NAUTICAL HISTORY

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon.

However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem...how to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a 'Monkey' with 16 round indentations.

However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make 'Brass Monkeys.' Few landlubbers realize that brass contracts much more and much faster than iron when chilled.

Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, 'Cold enough to freeze the balls off a brass monkey.'

(And all this time, you thought that was an improper expression, didn't you!!)

6 TACTICS TO HELP YOU SAVE FUNDS IN 2021

Designing and sticking to a savings strategy requires a change in mindset and the formation of new habits. The first few weeks might be challenging, as it requires some sacrifice, but it soon becomes a 'set and forget' component of your financial life that brings a strong purpose and peace of mind knowing that you will face certain challenges and can work towards particular goals without facing a financial crisis."

1. Use the 50-30-20 strategy to control your spending.

This simple yet effective budgeting method involves dividing your after-tax income into three categories to help you take control of your spending. Put 50 per cent of your net income towards 'must-haves' such as rent, utility bills, groceries, and insurance. Then reserve 30 per cent for your 'wants', such as dining out, clothing, and entertainment, which will allow you to reward yourself in moderation. Set aside the remaining 20 per cent for loan repayments or building up your savings.

2. Implement a waiting period before purchases to avoid impulse buying.

Spending on 'wants' can often be driven by emotion or boredom. Prevent impulse buying of, and overspending on, your 'wants' by enforcing a waiting system. This tactic ensures you take a step back – even for an hour – to assess whether the transaction is really worth it. If you are trying to form a new habit and the temptation is very strong, you might benefit from implementing a 24-hour or week-long waiting period.

3. Wean yourself off credit card dependency.

A clever strategy using multiple bank accounts could help wean you off credit card dependency. Open three bank accounts: one for everyday spending, one for savings, and one for bill payments. Work out how much money you need to pay your bills every month. On the day your income goes into your everyday expense account, transfer those funds into your monthly bills account, from where you could

set up direct debit bill payments. Work out how much money you would like to save each month to meet your financial goals ... The rest of the funds in your everyday spending account is for discretionary spending.

4. Hide your savings account.

When you set up a savings account, to reduce the temptation to dip into your savings, ensure you cannot access it through your phone banking app. Another useful tip is to choose a savings account that charges withdrawal fees. The harder and more expensive it is to access this account, the more likely you are to realise your savings goals.

5. Create a bill-paying strategy to avoid incurring late fees.

Outline all your bills in a spreadsheet, ensuring you make a note of when each payment is due. Go through each invoice to figure out how many days you have before incurring a late fee and put reminders in your calendar. Ensure your calendar gives you adequate time to thoroughly check invoices and make sure you are not being overcharged. Group your bills in categories of under \$100, \$100-500, and \$500-plus. Smaller bills, such as mobile phone plans or other monthly service utilities, can be paid by setting up automatic payments. Larger bills, such as tax, rent or mortgage repayments, require more diligence. It is also crucial to pay substantial bills on time to avoid incurring a bad credit rating.

6. Use budget spreadsheets and calculators from financial information sites.

There are good financial websites that offer budgeting tools to help you manage your cash flow and improve your savings. For example, Money.com.au offers a [free budget planning spreadsheet](#) to ensure you stick to a savings and spending plan. Tools such as the pay calculator also allows you to clearly see how your income and taxes are broken down, to give you a realistic picture of your spending limits.

Reproduced from the Probus South Pacific Magazine

THE STORY OF ADAM AND EVE'S DOG

Adam and Eve said, 'Lord, when we were in the garden, you walked with us every day. Now we do not see you anymore. We are lonesome here, and it is difficult for us to remember how much you love us.'

And God said, I will create a companion for you that will be with you and who will be a reflection of my love for you, so that you will love me even when you cannot see me. Regardless of how selfish or childish or unlovable you may be, this new companion will accept you as you are and will love you as I do, in spite of yourselves.

And God created a new animal to be a companion for Adam and Eve

And it was a good animal and God was pleased.

And the new animal was pleased to be with Adam and Eve and he wagged his tail.



And Adam said, 'Lord, I have already named all the animals in the Kingdom and I cannot think of a name for this new animal..'

And God said, 'I have created this new animal to be a reflection of my love for you, his name will be a reflection of my own name, and you will call him DOG. And Dog lived with Adam and Eve and was a companion to them and loved them.

And they were comforted.
And God was pleased.
And Dog was content and wagged his tail.

After a while, it came to pass that an angel came to the Lord and said, 'Lord, Adam and Eve have become filled with pride. They strut and preen like peacocks and they believe they are worthy of adoration. Dog has indeed taught them that they are loved, but perhaps too well.'

And God said, I will create for them a companion who will be with them and who will see them as they are.

The companion will remind them of their limitations, so they will know that they are not always worthy of adoration.

And God created CAT to be a companion to Adam and Eve.



And Cat would not obey them. And when Adam and Eve gazed into Cat's eyes, they were reminded that they were not the Supreme Beings.

And Adam and Eve learned humility.
And they were greatly improved.

And God was pleased.
And Dog was happy.

And the Cat . . .

didn't give a sh*t one way or the other...



UPSIDE DOWN ORCHID

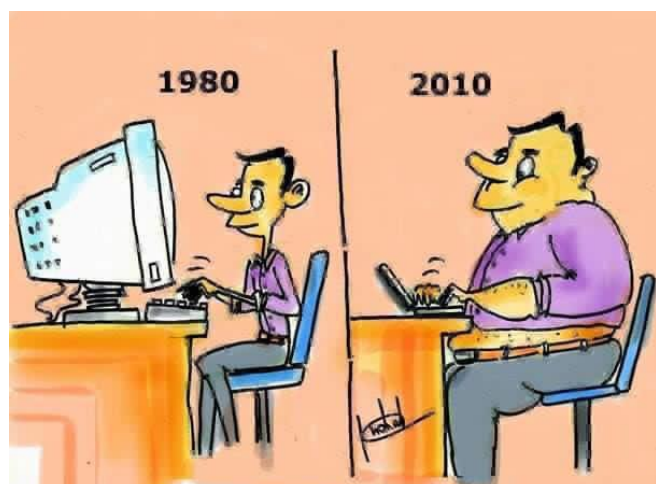
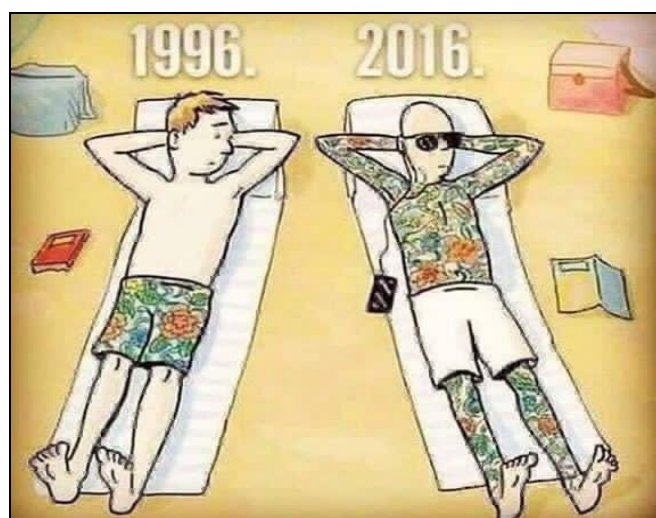
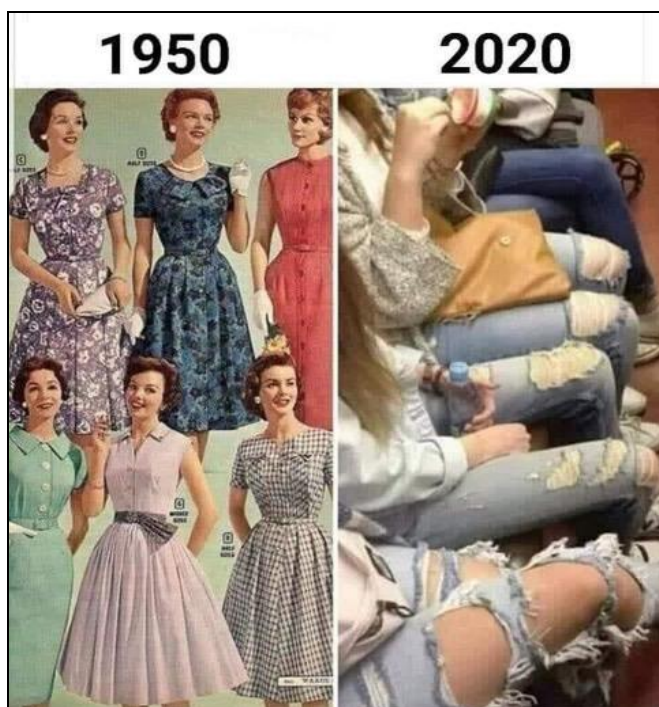


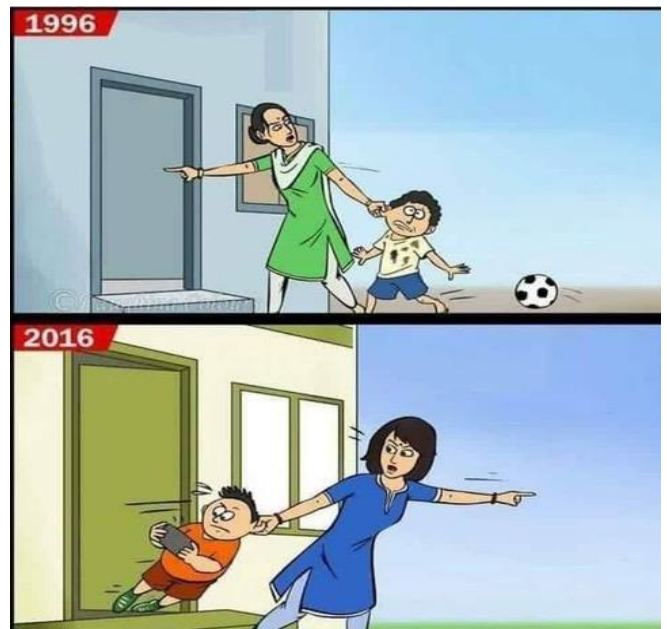
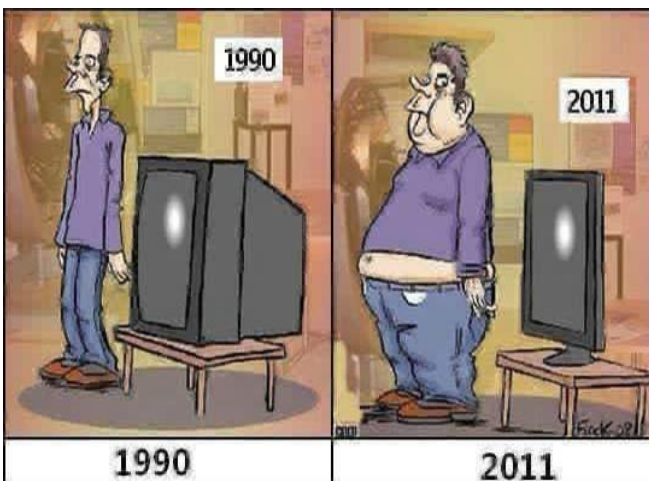
Stanhopea has a vanilla fragrance. It prefers the subtropics of more northern Australia.

However, it is happily growing under the Eucalyptus Nicholli in my garden at Mulawa Place, Frenchs Forest.

Kevin Radford

THEN AND NOW





AND.....

HOW DID THE WORLD GO FROM THIS...



TO THIS ???

Repetition does not transform a lie into the truth.
 Franklin D Roosevelt
"no, but it helps" Donald Trump

Pandemic - The Spanish Flu

From early 1918, doctors in Europe began to report deaths from a highly infectious, pneumonia-like illness. Many of the victims were healthy young adults. Similar to the plagues of earlier centuries, this severe and deadly influenza spread with its human carriers along trade routes and shipping lines. But this time, its spread was compounded by the social and political conditions of late 1918 with the end of the first mass, industrialised war. Hundreds of thousands of soldiers exiting Europe were joined by displaced persons and political refugees taking the 'Spanish Flu', as the pandemic became known, with them to every corner of the world.

Some speculated that the virus was a result of German biological warfare, others that it originated in China or Kansas. The exact origins of the outbreak are unknown but recent research has shown that the pandemic was caused by a subtype of avian strain H5N1.2 The pandemic lasted from 1918 to 1919 and claimed an estimated 40–50 million lives: 12,000 in Australia.

With rigorous quarantine, immigration and passport controls, Australia should have been well-placed to shield its population from the virus but 167,000 men were on their way home – 87,000 from France and Belgium. In mid-October 1918, Australia's Director-General of Quarantine decided to declare the disease an 'enemy' within the meaning of the Australian Quarantine Act. Thus, returning soldiers were prevented from disembarking in the transit port of Capetown, which was in a state of pandemic siege and on arrival in Australia, were quarantined on board until the ships on which they travelled were declared uninfected. From October 1918 to April 1919 the quarantine service dealt with 149 uninfected vessels and 174 infected vessels, with a total personnel of 81,510, including 1102 actual cases.

At the same time, strict documentary controls were introduced for incoming civilians, particularly aliens. Section 3D of the Immigration Act stipulated the Commonwealth's right to deport anyone attempting to enter Australia suffering from a contagious disease. On 17 October 1918, influenza, 'or any febrile toxic septicaemic condition similar to influenza', was added to the official list of communicable diseases by proclamation. Passports were not mentioned in the

proclamation but, in November 1918, delegates at an emergency medical conference in Sydney recommended the refusal of landing rights for anyone presenting a passport or permit from a country reported to be suffering a pandemic. Up-to-date reports on these outbreaks were now more readily available through improved international telegraphy.

At the time, the stringent quarantine control was deemed the key to containing mortality rates in Australia. This is a fair assessment given that the returning soldiers made up the largest group of potential carriers entering the country from infected areas. Australia's strict passport controls during this crisis also would have contributed to the containment of the pandemic in the country, although this factor received little attention in contemporary government reports. Nevertheless, the pandemic reinforced the linkage between health and national identity, becoming a popular metaphor for the possible detrimental effect of foreign influences on Australian's perception of their unspoiled and vulnerable way of life.

Richard White in his study of image and identity in Australia contends that the terrifying pandemic confirmed suspicion of foreign contagion, and domestic political and social discourse began to reflect the global trend towards withdrawal. Macintyre concludes that the strain of war forced a 'realignment of Australian politics' driven by the forces of conservative nationalism

British Medical Journal, 31 July 1918

The pandemic was dubbed "Spanish Flu" because the press in Spain – not involved in the war and free from censorship – were the first to report extensively on its impact. Spain was afflicted early and suffered a high mortality rate.

Cablegram from Governor-General of South Africa to Australian Officials, 12 December 1918. .

The malady is infectious in the highest degree and produces prostration with an appalling death rate among coloured persons and natives...Prime Minister is anxious that your country should be spared a similar calamity and accordingly takes this step to give you timely warning

Taken from the Department of Foreign Affairs and Trade publication "Every Assistance & Protection"

2021 International Year of Fruits and Vegetables

The United Nations is marking 2021 as the International Year of Fruits and Vegetables, spotlighting their vital role in human nutrition and food security, as well as urging efforts to improve sustainable production and reduce waste.

In a message launching the campaign, Secretary-General António Guterres said that despite tremendous benefits of fruits and vegetables, “we do not consume enough of them.”

“Fruits and vegetables are the cornerstone of a healthy and varied diet. They provide the human body with an abundance of nutrients, strengthen immune systems and help lower risks for a number of diseases,” he said.

“As the COVID-19 pandemic continues to affect the health and livelihoods of people across the world, we must come together to ensure that nutritious food, including fruits and vegetables, reaches the most vulnerable, leaving no one behind,” the UN chief added.

Health benefits

Consuming sufficient, or even more than the recommended amounts, of fruit and vegetables has many health and nutrition benefits. Rich in fibres, vitamins and minerals, fruits and vegetables are crucial for growth and development of children and help boost immune systems.

They are also linked to lower risk of depression and anxiety, obesity and non-communicable diseases; promote gut health; and counter micronutrient deficiencies.

According to the World Health Organization (WHO), people should eat a minimum of 400 grams of fruits and vegetables daily, as part of a healthy diet.



CLASSIFIED ADS – BUY/SWAP/SELL/SHARE

It has been requested that our newsletter contain a classified ads column where club members can buy swap and sell items and share information.

If you have an advert for the March newsletter please send it to the editor – geoffjones1874@gmail.com

Discretion guaranteed

PERSONAL COLUMN ADVERTS

From “The Villages”, a Florida retirement village newsletter

MINT CONDITION

Male 1932 model, high mileage, good condition, some hair, many new parts including hip, knee, cornea, and valves. Isn't in running condition but walks well

FOXY LADY

Sexy. Fashion conscious blue-haired lady 80's slim 5'4 (used to be 5'6). Searching for sharp looking, sharp dressing companion. Matching white shoes and belt a plus

LONG-TERM COMMITMENT.

Recent widow who has just buried fourth husband. Looking for someone to round out a six-unit plot. Dizziness, fainting, shortness of breath? Not a problem

SERENITY NOW

I am into solitude, long walks, the ocean, yoga, and meditation. If you are the silent type, let's get together, take out our hearing aids and enjoy quiet times

WINNING SMILE

Active grandmother with original teeth, seeking a dedicated flosser to share rare steaks, corn on the cob and caramel candy

MEMORIES

I can usually remember Monday through Thursday. If you can remember Friday Saturday and Sunday let's put our two heads together