Combined Probus Club of Belrose Inc.



March 2021 Newsletter
Edition No 158

PRESIDENT'S REPORT

NEXT MEETING AND AGM 10AM, THURSDAY 11 March 2021 BELROSE UNITING CHURCH, MORGAN ROAD, BELROSE

Members and Friends of the Combined Probus Club of Belrose Inc

Members we have a problem, our next meeting is the AGM and we still do not have a Vice President or Treasurer. Whilst the club can continue to operate without a Vice President, that is not the case in regards to a Treasurer.

Our current treasurer is willing to assist whoever takes on the role, however, that still leaves us in the position of quite possibly not being able to continue running the club.

If you are willing to take on the role or know someone who can, now is the time to step forward, the situation needs to be addressed asap.

See you soon.

Terry Stewart

President

Combined Probus Club of Belrose Inc

CLUB CONTACTS

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MEETING THURSDAY 11 March 2021

REGISTRATION and AGM

The C19 restrictions have been partially lifted by the church and we are now allowed 140 people to attend meetings there. So, we no longer need to register to attend meetings. However, it would be appreciated that should you not be attending that you record your apology through the website

APRIL MEETING

Please note that because a group of members will be away on the Life of Riley Tour, the date for this meeting has been put back a week to Thursday 15 April.

GUEST SPEAKERS

Jan Staniland (0409 455 652)

Our February guest speaker, Greg de Moore, Associate Professor of Psychiatry at Westmead Hospital delivered an informative and fascinating insight into the shortened life of Tom Wills, a man passionate about sport in the nineteenth century who not only started the game of Australian Rules Football and took the first Aboriginal team to England in the 1870's but also prepared the first Aboriginal cricket team for its inaugural visit to England. Greg has written a book about Tom Wills which many members bought at the meeting — a testament to his commitment to Australian History.

The good news is that Greg de Moore has agreed to talk to us on another topic next year — so all those members who missed out this time will hopefully be able to hear this excellent speaker then.

In March we have the AGM but also a guest speaker from within our Club. About this time last year, Malcolm and Heather McLean embarked on a planned exciting overseas trip. A few weeks into their holiday, their plans were changed dramatically by the realisation that as Covid-19 became rampant in Europe in particular, they needed to return home. This is their personal story, told by Malcolm, which is worth revisiting one year on.

Jan Staniland – Guest Speaker Coordinator

ENTERTAINMENT

Warwick Brady (0418 793 684)

On the **14th February** we saw the show **Echoes of the Jazz Age.** WOW what a sensational show. Simon Tedeschi was absolutely fabulous,(did he know our page 3 girl) he is world class. Everyone enjoyed this special show for Valentines Day.

Next Day the morning show featured Geraldine Turner in the show **Turner's Tour**. Twenty Six of our members attended. The show brightened up our Monday morning.

On **March 15th** we are part of a full house ready to join the world of French popular music with the songs of **Edith Piaf and Charles Aznavour**. We are fortunate we booked early for this sell-out show.

A small number of seats are still available to see I'm Just Wild about Harry on the 12th April. Jonathan Welch will pay a tribute to Harry Secombe, one of the world's most popular Welsh Tenors. Very limited seats are still available and should be booked on-line Ticket costs are \$27.00 each.

I advised our tickets for the Global Phenomenon Come From Away have now been transferred to 11th August at 1.00pm. All tickets previously booked have been reserved. Payment of \$75.00 each should be made as soon as possible.

We can also Secure our seats today for **Miss Saigon** which is being presented by Noble Theatre Company in July this year at Glen Street Theatre. Concession Prices are \$59.00 each. Payment must be made before tickets can be confirmed. Please make your reservations as soon as possible. Our suggested date is **Thursday 8th July at 8.00pm.**

Thanks again for your support. Theatre this year has been very good so far.

Warwick Brady - Entertainment Officer

SOCIAL

Liz Pawsey (0403 206 460)

At the AGM on March 11th, my two years of being your Social Coordinator comes to an end.

I thoroughly enjoyed the social lunches, dinners & even breakfast etc I organised for you all during 2020 and I had so hoped 2021 would be similar if not better. Who would have imagined that a simple virus

escaping from China would develop into a pandemic, affecting millions and cause us to learn to live with restrictions to our social activities? Because we, as a nation, obeyed the rules and lessened the spread of Covid 19, we have very few deaths per capita and now we eagerly await the vaccine to assist us to return to "normal".

The 2021 Probus year started optimistically with various lunches booked:

- Lunch at the Ivanhoe Hotel on 30/4/20 @ \$40
- Anniversary Lunch booked at Royal Motor Yacht Club on 16th July, postponed & now booked for 15th July 2021

Both these events were cancelled or postponed and we accepted that the Covid restrictions would limit our activities until December at the earliest. We went ahead and planned the **Christmas Lunch for 11**th **December** and almost by a miracle we were able to attend and enjoy. Under the circumstances we were thrilled to have 83 members attend. Not long after this event, our area was in a strict lockdown and we would have been forced to cancel altogether.

The success of our Christmas Lunch and the wonderful cooperation we received from the Events Manager, Vanessa Finch, prompted me to book our Christmas Lunch for 2021. We have been trying to avoid the hectic Christmas schedule for many years but have not managed it, but this year we have been successful and have THGC booked for **Thursday 2**nd **December**. So with this early knowledge your own Christmas activities can be worked around this date. That is called forward planning!

Our breakfast on **21/1/21** was our last Social event for this Probus year. 33 members enjoyed a delightful breakfast in a relaxed situation at a reasonable amount of \$18 per person.

I wish the new incoming Social Coordinator all the very best and sincerely hope Covid restrictions will be sufficiently eased to enable more success in providing a fun year of socialising.

Liz Pawsey Outgoing Social Coordinator

PAGE 3 GIRL

Joanna Lumley born 1 May 1946.

Some of us remember Joanna when she was a model in London in the 1960's and some of us have worn as well as her





Absolutely fabulous!!!!!!!!

TOURS AND OUTINGS

John Robinson (0438 456 808)

ARTHUR STREETON RETROSPECTIVE

Twenty-three members and friends enjoyed an excellent tour of the Streeton Exhibition in February.

Our guides had remarkable knowledge of his painting and life story which went such a long way in describing how he became an icon of Australian art.



CHINESE GARDENS TOUR PLUS LUNCH IN CHINATOWN - THURSDAY 6TH MAY

In May we are having a joint outing at the Chinese Gardens Darling Harbour followed by lunch at a Chinese restaurant in Chinatown.

Full details, including travel times in the April newsletter.

The Chinese Garden of Friendship is a serene place of beauty at the southern end of Darling Harbour.

The Garden was built to symbolise the friendship between Sydney, New South Wales and the city of Guangzhou in the province of Guangdong, China (sister cities of sister states) and was formally opened as part of Australia's Bicentennial Celebrations on 17 January 1988.

Designed in 1986 by landscape architects and gardeners from Sydney's sister city, Guangzhou, the Chinese Garden of Friendship follows the Taoist principles of 'Yin-Yang' – the balance of opposing yet complementary forces – and 'Wu-Xing' – the harmonious five elements of wood, fire, earth, metal and water. Wander serene pathways and take in exotic plants, blooming flowers and a lake of shimmering Koi.

For all those who wish to continue In the Chinese theme, we intend to take a short stroll to Chinatown for lunch.

Final details of the Restaurant will be in the April Newsletter. Chopsticks optional





SNOWY MOUNTAINS TOUR 6th – 11th APRIL 2021

Good afternoon, deposits have been paid to Riley, full payment of \$795.00 per person to be paid into the club account no later than Wednesday 17th March.

Don't forget bedding and dietary requirements if appropriate.

We have five spaces available on the tour, remembering a full refund is available up to day of departure and there is no single supplement.

Please refer to earlier newsletters for the full itinerary.

PAYMENTS DUE REMINDERS

Life of Riley tour - Full payment of \$795.00 per person is required no later than Wednesday 17th March

WALKING GROUP

Helen Miles (0407 078 963)

FEBRUARY WALK

Our February walk was on Friday 26th and we were blessed with a perfect day after all the grey, wet ones. Eight members enjoyed the clear blue sky and gentle breeze as we walked around the Cremorne peninsula. Cheese and biscuits were eaten looking across the sparkling harbour towards the city, then coffee at the Cremorne Point Wharf and finishing with lunch at Mosman Rowers Club. Thanks, Ted, for providing such a fantastic day.











MARCH WALK

Our March walk is on **Friday 26th March** and is **North Harbour Reserve to Manly and return**. Park and meet at North Harbour Reserve, Condamine Street, Balgowlah at 9.15am for a 9.30am start.

The walk has a short part along streets but is mostly along the foreshore with harbour views. Coffee will be at Manly to give us strength for the return walk. Toilets and a coffee shop are also by North Harbour Reserve.

Helen Miles

WELFARE

Robyn Wood (0424 243 457)

One of our members said to his doctor, "I think my wife is going deaf, but I don't want to mention it. It'll be tactless and insensitive. Is there any way of checking, without her knowing?"

The doctor replies, "Choose a moment when she has her back to you. Say something in a normal voice and, if she doesn't answer, move a little closer and say it again. Then you'll get an idea about her hearing."

So, when he comes home from work, his wife is standing with her back to him in the kitchen. He asks, "What's for dinner, love?" but gets no answer.

He moves in a little closer. "What's for dinner, love?" he repeats. Again, no response.

He moves even closer. "What's for dinner, love?" Nothing.

By now, he's right behind her. He says again, "What's for dinner, love?"

She turns round and shouts, "For the fourth time - chicken!"

WINE and FOOD APPRECIATION



WRAPS WITH LOVE

Margaret Hobson (0416 090 140)

Since 2012, when our Probus Club first started producing wraps, we have now reached a total of 963 wraps. A fantastic effort and I thank all members and their friends who produce completed wraps and squares to make into wraps.

Shown below are some of our latest wraps.

Margaret Hobson







MARCH BIRTHDAYS



4th Jean Scott

1678 - Antonio Vivaldi

7th Merle Fox

1874 - Maurice Ravel

10th Barry Hackshall

1957- Osama Bin Laden

21st Lesley Walker

1685 - Johann Sebastian Bach

22nd John Worboys

1948 Andrew Lloyd Weber

23rd Geoff Huntington

1904 - Joan Crawford

A First Birthday



THE IDES OF MARCH

The Ides of March is the 74th day in the Roman calendar, corresponding to 15 March. It was marked by several religious observances and was notable for the Romans as a deadline for settling debts. In 44 BC it became notorious as the date of the assassination of Julius Caesar which made the Ides of March a turning point in Roman history.

The Ides is actually a day that comes about every month, not just in March—according to the ancient Roman calendar, at least. The Romans tracked time much differently than we do now, with months divided into groupings of days counted before certain named days: the Kalends at the beginning of the month, the Ides at the middle, and the Nones between them. In a 31-day month such as March, the Kalends was day 1, with days 2–6 being counted as simply "before the Nones." The Nones fell on day 7, with days 8–14 "before the Ides" and the 15th as the Ides. Afterward the days were counted as "before the Kalends" of the next month. In shorter months these days were shifted accordingly.

In modern times, the Ides of March is best known as the date on which Julius Caesar was assassinated in 44 BC. Caesar was stabbed to death at a meeting of the Senate. As many as 60 conspirators, led by Brutus and Cassius, were involved. According to Plutarch a seer had warned that harm would come to Caesar no later than the Ides of March. On his way to the Theatre of Pompey, where he would be assassinated, Caesar passed the seer and joked, "The Ides of March are come", implying that the prophecy had not been fulfilled, to which the seer replied "Aye, Caesar; but not gone. This meeting is famously dramatised in William Shakespeare's play Julius Caesar, when Caesar is warned by the soothsayer to "beware the Ides of March

Caesar's death was a closing event in the crisis of the Roman Republic, and triggered the civil war that would result in the rise to sole power of his adopted heir Octavian (later known as Augustus). On the fourth anniversary of Caesar's death in 40 BC Octavian executed 300 senators The executions were one of a series of actions taken by Octavian to avenge Caesar's death.

'My Country' BY Dorothea Mackellar

The love of field and coppice,
Of green and shaded lanes,
Of ordered woods and gardens
Is running in your veins.
Strong love of grey-blue distance
Brown streams and soft, dim skies - I know but I cannot share it,
My love is otherwise.

I love a sunburnt country, A land of sweeping plains, Of rugged mountain ranges, Of droughts and flooding rains. I love her far horizons, I love her jewel-sea, Her beauty and her terror -The wide brown land for me!

The stark white ring-barked forests, All tragic to the moon, The sapphire-misted mountains, The hot gold rush of noon. Green tangle of the brushes, Where lithe lianas coil, And orchids deck the tree tops And ferns the warm dark soil.

Core of my heart, my country!
Her pitiless blue sky,
When sick at heart, around us,
We see the cattle die But then the grey clouds gather,
And we can bless again
The drumming of an army,
The steady, soaking rain.

Core of my heart, my country! Land of the Rainbow Gold, For flood and fire and famine, She pays us back three-fold. Over the thirsty paddocks, Watch, after many days, The filmy veil of greenness That thickens as we gaze ...

A opal-hearted country,
A willful, lavish land All you who have not loved her,
You will not understand Though earth holds many splendors,
Wherever I may die,
I know to what brown country
My homing thoughts will fly.



Dorothea Mackellar was the third child and only daughter of physician and parliamentarian Sir Charles Mackellar and his wife Marion Mackellar (née Buckland), the daughter of Thomas Buckland.

She was born in the family home *Dunara* at Point Piper, Sydney in 1885. Her later home was Cintra at Darling Point and in 1925 she commissioned a summer cottage (in reality a substantial home with colonnaded verandah overlooking Pittwater), "Tarrangaua" at Lovett Bay, an isolated location on Pittwater reachable only by boat (this home is currently the residence of the novelist and author Susan Duncan and her husband, Bob Story, and features prominently in a number of Susan's books).



A woman of independent means, Dorothea published poetry and other works between 1908 and 1926 and was active in the Sydney literary scene of the 1930s, being involved with the Sydney Publishers, Editors and Novelists Club, the Bush Book Club of New South Wales and the Sydney P.E.N. Club.

Although she was raised in a professional urban family, Mackellar's poetry is usually regarded as quintessential bush poetry, inspired by her experience on her brothers' farms near Gunnedah, in the northwest of New South Wales. Her best-known poem is My Country, written at age 19 while homesick in England, and first published the London Spectator in 1908 under the title Core of My Heart: the second stanza of this poem is among the best known in Australia. Four volumes of her collected verse were published: *The* Door (published in 1911, contained the first appearance of My Country); The Witch Maid, and Other Verses (1914); Dreamharbour (1923); and Fancy Dress (1926).

In addition to writing poems, Mackellar also wrote novels, one by herself, *Outlaw's Luck* (1913), and at least two in collaboration with Ruth Bedford. These are *The Little Blue Devil* (1912) and *Two's Company* (1914).

In the New Year's Day Honours of 1968, Dorothea Mackellar was appointed an Officer of the Order of the British Empire for her contribution to Australian literature. She died two weeks later in Paddington, New South Wales after a fall. She is buried with her father and family in Waverley Cemetery overlooking the open ocean. Her poem *Colour*, her own favourite, was read at the service.

A federal electorate covering half of Sydney's Northern Beaches is named in her honour as well as Mackellar Crescent in the Canberra suburb of Cook.

On Australia Day, 26 January 1983, a memorial to Dorothea Mackellar was unveiled and dedicated in ANZAC Park, Gunnedah.



These are classified ads, which were actually placed in U.K. Newspapers:

FREE YORKSHIRE TERRIER.

8 years old, Hateful little bastard. Bites!

FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky neighbour's dog.

FREE PUPPIES.

Mother is a Kennel Club registered German Shepherd. Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED. Also 1 gay bull for sale.

JOINING NUDIST COLONY! Must sell washer and dryer £100.

WEDDING DRESS FOR SALE.

Worn once by mistake. Call Stephanie.

**** And the WINNER is... ****

FOR SALE BY OWNER.

Complete set of Encyclopedia Britannica, 45 volumes.

Excellent condition, £200 or best offer. No longer needed, got married, wife knows everything.

Thought from the Greatest Living Scottish Thinker--Billy Connolly.

"If women are so bloody perfect at multitasking, how come they can't have a headache and sex at the same time?"

Grandfather clock

Up until the mid-1800s most floor standing clocks had a variety of names but in 1876 a generic term came into use covering all stand-up, long case, chronometers and collectively they became known as grandfather clocks due to a song.

Henry Clay Work was an American Composer and during the Civil War sympathised with the South. He wrote many anthems for the Confederates, the most famous being "Marching Through Georgia".

On a holiday trip to England he stayed at a wayfarers Inn in Piercebridge, North Yorkshire called The George Hotel, once owned by two bachelor brothers, the Jenkins. He noticed that in the lobby of the inn there stood an upright long case clock which no longer worked and enquired of the new manager why it was not wound and keeping good time. The manager told him the following story.

The old clock had stood there for many years and had one unusual characteristic, that it kept perfect time. (These clocks were not known for their accuracy due to the mechanical nature of the workings which could be affected by many things). However, when one of the Jenkins brothers died the timepiece started losing up to fifteen minutes a day, despite the efforts of several clock smiths to repair it.

The ailing chronometer's problems soon became a local talking point as it's precision had become legendary. Then when the second brother died at the age of 90, although fully wound, the clock stopped completely.

No attempt was ever made to restart the old time piece and it was left in the sunlight corner of the lobby, its hands resting in the same position at the moment the second brother passed away.

Henry was so intrigued by what he had been told and the fact that the clock had matched time with the brothers lives, on returning to America he published the lyrics of the song "My Grandfather's Clock" which sold over one million copies of sheet music. The song had a revival in the 1950s and 1960s when it was popular on British children's programmes on the radio and is still being played today.

If you are in Yorkshire at any time and happen to be near The George Hotel you can visit the famous old clock, now standing in the bar, and if you are lucky (as others have done) when the pub is empty you may hear the voices of the two brothers bickering or see a ghostly figure standing next to the clock wearing oldfashioned gaiters.



Words from the song "My Grandfather's Clock"

My grandfather's clock was too large for the shelf, So it stood ninety years on the floor; It was taller by half than the old man himself, Though it weighed not a pennyweight more. It was bought on the morn of the day that he was

And was always his treasure and pride; But it stopp'd short — never to go again — When the old man died.

Ninety years without slumbering (tick, tick, tick, tick),
His life seconds numbering,
(tick, tick, tick, tick),
It stopp'd short never to go again when the old man died

From our foreign correspondent - My brother John who is Covid locked down in the UK and has far too much time on his hands – Jenny Jones

BRAIN HEALTH

When it comes to protecting your brain health what you eat can make a huge difference. A diet that relies heavily on natural plant-based foods while limiting red meat, saturated fat and sweets can reduce the risk of developing Alzheimer's disease by up to 53 percent as well as slow cognitive decline and improve verbal memory.

Researchers at the Mayo Clinic in the USA developed a diet by looking at different diets then focusing on the foods with the most compelling findings in dementia prevention. Vegetables, especially leafy greens, rose to the top. In general, fruit didn't, though berries made the list.

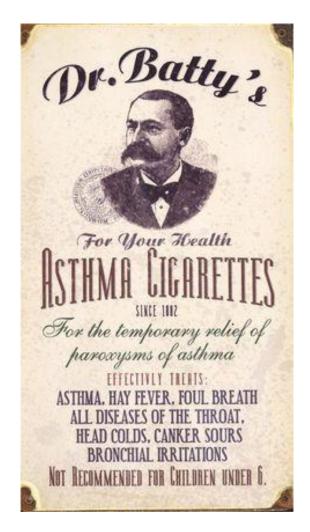
Then researchers tracked detailed eating logs in an older adult population for an average of 4.5 years to uncover trends among the diets of those who developed dementia versus those who didn't. Their discovery: Older adults whose diets most closely resembled the pattern they recommended had brains as sharp as people 7.5 years younger. That's a substantial difference, since delaying dementia by just five years has been suggested to cut the cost and prevalence of the disease in half.

Want to see how your diet stacks up? Give yourself a point for each of the following diet rules you typically follow in your life (up to a max of 15 points).

- At least three servings of whole grains a day
- Green leafy vegetables (such as salad) at least six times a week
- Other vegetables at least once a day
- Berries at least twice a week
- Red meat less than four times a week
- Fish at least once a week
- Poultry at least twice a week
- Beans more than three times a week
- Nuts at least five times a week
- Fried or fast food less than once a week
- Mainly olive oil for cooking
- Less than a tablespoon of butter or margarine a day
- Less than a serving of cheese a week
- Less than five pastries or sweets a week
- One glass of wine or other alcoholic drink a day

Another interesting takeaway: You don't have to have a perfect diet to benefit. While the adults in the study who followed the diet most closely (an average score of 9.6 points out of 15) saw the biggest drop in their Alzheimer's risk, the ones who scored in the middle (7.5 points) still cut their risk by over a third. Consider targeting just one or two of the habits above to improve your score — and your brain health.

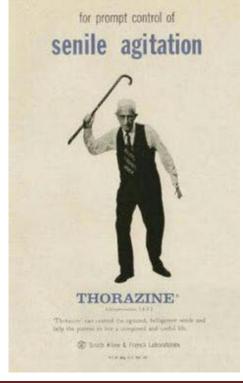
Some old adverts you may remember











COMMUNITY COLUMN - BUY/SWAP/SELL/SHARE

COTTAGE TO RENT – FRENCHS FOREST

- Two bedrooms, one bathroom.
- Fully refurbished. New carpet, painted throughout, new stove, soundproofed from Warringah Road and close to Forestway Shopping Centre with all local bus routes on Warringah Road.
- Weekly rent is \$470 which includes electricity
- Contact: Phil Allan. Ph: 0408 417 430 or Email: pallan28@bigpond.com

For further information or to arrange an inspection Phil will be happy to arrange.

BEAR COTTAGE GARAGE SALE

We are planning to hold a garage sale on **Saturday 22 May at 11 Morgan Road, Belrose** in aid of Bear Cottage. Please bring any items for sale from Monday 17 May.

Please come along on the day. We will be serving teas all day and will need some helpers.

Robyn Wood (0424 243 457)

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NEW CHILDRENS BOOKS - FREE

- 4 "Hairy Maclary" books by Lynley Dodd (suitable for pre-schoolers)
- 4 Billie B Brown Books by Sally Rippin (early reading books)

For further information please contact Jenny Jones Mobile: 0405 310 537 or email Jennifer mary jones@hotmail.com

SAMSUNG TV

31inch Samsung TV for sale (FREE) plus Remote and

Please contact Judee Radford Mob: 0416 211 902 Or email jarcards@hotmail.com

FOR SALE - WHEELCHAIR LIFT

Wheelchair lift for sale
Lifts up 5 steps or 1m.
\$3000 ono
Can deliver and install
Usual 2nd hand is double the price.
More details phone Barley Stewart 0492999367

If you have an advert or personal notice for the April newsletter, please send it to the newsletter editor

END OF YEAR COMMITTEE LUNCH



Especially for English Language Lovers.. Can any one tell the difference between 'Completed' and 'Finished'? No dictionary has ever been able to define the difference between 'Complete' and 'Finished.' However, in a linguistic conference, held in London England, Sun Sherman an Indian American, was the clever winner. His final challenge was this. His response was: When you marry the right woman, you are 'Complete.' If you marry the wrong woman, you are 'Finished.' And , when the right woman catches you with the wrong woman, you are 'Completely Finished.' His answer received a five minute standing ovation.