



*October 2022 Newsletter
Magazine Section*

*FRIENDSHIP, FELLOWSHIP
AND FUN*

*1st October
Probus Day*



On 1st October 2020 our community celebrated the inaugural Probus Day in line with the United Nations Day of Older Persons.

I've done my duties
Paddington, please
take me to my
husband



*Phillip came to me today,
and said it was time to go.
I looked at him and smiled,
as I whispered that "I know"
I then turned and looked behind me,
and saw I was asleep.
All my Family were around me,
and I could hear them weep.*

*I gently touched each shoulder,
with Phillip by my side.
Then I turned away and walked,
with My Angel guide.
Phillip held my hand,
as he led the way,
to a world where Kings and Queens,
are Monarchs every day.*

*I was given a crown to wear
or a Halo known by some.
The difference is up here,
they are worn by everyone.
I felt a sense of peace,
my reign had seen its end.
70 years I had served my Country,
as the people's friend.*

*Thank you for the years,
for all your time and love.
Now I am one of two again,
in our Palace up above.*

Russia

The earliest human settlements in Russia date back to around A.D. 500 when Scandinavians moved south to areas around the upper Volga River. These settlers mixed with Slavs from the west and built a fortress that would eventually become the Ukrainian city of Kiev.

Kiev evolved into an empire that ruled most of European Russia for 200 years, then the country broke up into Ukraine, Belarus, and Muscovy. Muscovy's capital, Moscow, remained a small trading post until the 13th century, when Mongol invaders from central Asia settled in the city.

In the 1550s Muscovite ruler Ivan IV became Russia's first tsar after driving the Mongols out of Kiev and unifying the region. In 1682, 10-year-old Peter the Great and his older brother, Ivan, both became tsar (though Peter's aunt, Sophia, was effectively in charge). Soon after, Sophia was overthrown, and Peter was considered by most to be the real tsar, though he allowed his brother to keep his official position. For 42 years, Peter worked to make Russia more modern and more European.

In 1725, Peter took a trip to Germany, and his wife, Catherine, named herself the sole ruler of Russia. Just six months later the tsar died—perhaps on his wife's orders. Now known as Catherine the Great, the empress continued to modernize Russia; supported arts and culture; and expanded its territory, claiming Ukraine, Crimea, Poland, and other places. She ruled for 34 years.

In 1917, Russians unhappy with their leadership overthrew Tsar Nicholas II and formed an elected government. Just a few months later, though, a communist group (the Bolsheviks) seized power. Their leader, Vladimir Lenin, created the Union of Soviet Socialist Republics (U.S.S.R., or the Soviet Union) uniting Russia and 11 other countries.

The Soviet Union fought on the side of the United States in World War II, but relations between the two powers and their allies became strained soon after the war ended in 1945. The United States and many of its allies were worried about the spread of communism

These concerns led to the Cold War, a long period of tensions between the Soviet Union and the United States. That ended in 1991 when the Soviet Union broke up after many of its republics—such as Ukraine, Lithuania, and Estonia—decided they didn't want to be part of the communist country anymore.

After the Soviet Union dissolved under the moderate Soviet leader Mikhail Gorbachev, the former republics became 15 independent states, or nations. The largest and most powerful of these is Russia. Others include Ukraine, Lithuania, and Belarus.

During this time, Boris Yeltsin became president, and Russia went through many changes. Instead of the government being controlled by the Communist party, people were elected to serve in a representative democracy with many political parties.

Yeltsin was re-elected in 1996, but his bad health prevented him from completing his term. He resigned a few years later and named his prime minister, Vladimir Putin, to replace him as acting president.

In 2000, Putin was formally elected by the citizens of Russia. In the first years of his presidency, Putin continued many of Yeltsin's reforms and supported the United States in the war on terror after the attacks on September 11, 2001. But he abolished some of the cultural freedoms and took control of the national television networks. This allowed his government to influence news reports.

Putin was elected to a second term in 2004. But as in the United States, he couldn't serve more than two consecutive four-year terms. So in 1998 he appointed an aide, Dmitri Medvedev, to take his place as prime minister. Many believe that Putin still ruled Russia from behind the scenes during this time.

In 2012, Putin ran again for president and won. But he wasn't as popular, and there were protests against unfair elections. His government arrested many political opponents and called the protesters traitors to Russia who wanted to be more like the West.

In 2014, Russian troops invaded the Crimean Peninsula, an area of land in southern Ukraine bordered by the Black Sea. Putin claimed the people of Crimea had voted for independence.

In March of that year, Putin signed a treaty with some Crimean leaders that said that Crimea was part of Russia.

Ukrainian officials announced that they would not recognize the agreement and still considered Crimea part of Ukraine, not Russia.

Russian forces remained in Crimea to keep Ukraine from taking it back. Later in 2014, fights along the eastern border broke out between Ukrainians and Russian-backed rebels who wanted all of Ukraine to become part of Russia.

In 2019, comedian and actor Volodymyr Zelensky was elected president of Ukraine. Zelensky ran on a platform of uniting the country and ending border battles in the east with Russia. To help with that, the United States planned to give Ukraine millions of dollars in military aid to help fight the Russian occupations.

In July 2019, U.S. president Donald Trump was accused of withholding those funds unless Zelensky investigated Trump's political rival, Joe Biden. Zelensky refused, and Trump was formally accused of misconduct in office, by the U.S. House of Representatives over these claims. (Ukraine received the aid later in the year.)

In February 2022, Putin announced an invasion of Ukraine and sent troops to take over major cities, including the capital.

Tenors

The tenor is the highest male voice type you will find in a typical choir.

This is the voice type with the smallest range, it barely covers two octaves. Despite this fact, tenors are the most sought-after choir singers for 2 major reasons. The first reason is that there aren't many men singing in choirs to begin with. The second reason is that most male voices, singers or not, are baritones.

In the opera, the primo uomo – literally translated as first man or more easily understood as leading man or main character – is most often a tenor. You'll know he is a tenor from the ringing quality which is very audible in this voice type.

Depending on characteristics such as: volume, colour and style, the tenor voice is classified in following groups:

- The light tenor. This is also called tenor leggero. An example is Peter Pears, who sang the tenor solos in Benjamin Britten's operas.
- The lyric tenor. The lyric tenor is a tenor with a well timbered voice, such as "The Three Tenors" (Luciano Pavarotti, Jose Carreras and Plácido Domingo).
- The spinto tenor. They have special abilities in the high tones (e.g. Franco Corelli and Enrico Caruso).
- The dramatic tenor. They have a high volume and a dark voice. An example is Mario Del Monaco.

When writing four-part choir music the tenor line will be the third line down, between alto and bass. It is usually written in the treble clef but will sound an octave lower than written. Sometimes, it is written in the "C-clef", which is also called a tenor clef.

- Soprano
- Alto
- Tenor
- Bass

In barbershop singing, the tenor part is a harmony part sung predominantly higher than the melody.

Until the 18th century, composers wrote about tenors mainly as secondary character roles, because the protagonists were the castrates (male performers, who were castrated in childhood so as to retain their ability to deliver very high notes). At the end of the 18th - beginning of the 19th century, a new generation of composers dominated using techniques ideal for tenors. Thus, from relative obscurity, the tenor voice began to play an increasing role in the vocal works of the late-Baroque and Classical composers

"The voice is something very mysterious. It's difficult to say what is inside a voice that moves people" - Andrea Bocelli

Undoubtedly, Andrea Bocelli's voice is one of the most beautiful in the world. He is a widely popular singer with a substantial fan base worldwide. He was born in 1958 in Italy.

Unfortunately, after an accident at a football game, Bocelli was diagnosed with congenital glaucoma and became completely blind at the age of 12. Fortunately, this didn't stop him from continuing and achieving his goals. Music was always by his side to comfort him. From the age of 7, Bocelli could recognize the famous voices of the time and tried to imitate the greatest artists. At the age of 14, he won his first song contest with the amazing song "O sole mio".

The year 1992 was a milestone in his career. He was asked by Italian pop star Zucchero Fornaciari to record a demo of "Miserere", which was intended for the already famous tenor Luciano Pavarotti. The importance here was that Luciano Pavarotti was highly impressed with Bocelli's voice and these two great tenors became friends. The next year, Bocelli signed a recording contract and his debut album with the name "Il mare calmo della sera", made him famous.



Andrea Bocelli

The Governors Rum Pie

Pastry

1 ½ cups of flour
3 tablespoons butter
2 tablespoons hot water
1 teaspoon sugar

Rum Cream Filling

3 egg yolks
1 tablespoon soft butter
½ cup sugar
3 teaspoons gelatine
¼ cup cold water
300 ml cream
¼ cup dark rum

Sift flour and rub in butter. Dissolve sugar in hot water before adding to flour mixture. Mix to a soft dough. Chill 15 to 20 minutes. Roll out and line pie dish. Cook in moderately hot oven 15 minutes. Allow to cool before filling.

Meanwhile beat egg yolks, butter and gradually add sugar until frothy. In saucepan soften gelatine in water and bring to boil over low heat. Slowly pour into egg mixture beating well all the time. Whip cream until stiff and fold into egg mixture. Gently fold in rum.

Refrigerate until stiff enough to form peaks when dropped from a spoon. Heap into crust and chill 3 to 4 hours before serving. Decorate with grated chocolate or cherries

Jan Staniland

The Mousetrap

The *Mousetrap* is a murder mystery play by Agatha Christie. *The Mousetrap* opened in London's West End in 1952 and ran continuously until 16 March 2020, when the stage performances had to be temporarily discontinued during the COVID-19 pandemic. It then re-opened on 17 May 2021. The longest-running West End show, it has by far the longest run of any play in the world, with its 27,500th performance taking place on 18 September 2018.

A "Whodunit", the play has a twist ending, which the audience are traditionally asked not to reveal after leaving the theatre. There are eight members of the cast, and by 2012 more than 400 actors and actresses had played the roles. Richard Attenborough was the original Detective Sergeant Trotter, and his wife, Sheila Sim, the first Mollie Ralston – owner of Monkswell Manor guesthouse.

The play began life as a short radio play written as a birthday present for Queen Mary, the consort of King George V. It was broadcast on 30 May 1947 under the name *Three Blind Mice* starring Barry Morse. The story drew from the real-life case of Dennis O'Neill, who died after he and his brother Terence suffered extreme abuse while in the foster care of a Shropshire farmer and his wife in 1945.

The play is based on a short story, itself based on the radio play, but Christie asked that the story not be published as long as it ran as a play in the West End of London. The short story has still not been published within the United Kingdom but it has appeared in the United States in the 1950 collection *Three Blind Mice and Other Stories*.

When she wrote the play, Christie gave the rights to her grandson Mathew Prichard as a birthday present. In the United Kingdom, only one production of the play in addition to the West End production can be performed annually and under the contract terms of the play, no film adaptation can be produced until the West End production has been closed for at least six months.

The play had to be renamed at the insistence of Emile Littler who had produced a play called *Three Blind Mice* in the West End before the Second World War. The suggestion to call it *The Mousetrap* came from Christie's son-in-law, Anthony Hicks.

The play's longevity has ensured its popularity with tourists from around the world. In 1997, at the initiative of producer Stephen Waley-Cohen, the theatrical education charity *Mousetrap Theatre Projects* was launched, helping young people experience London's theatre.

The play's storyline is set at "the present", which presumably means England as it was around the time when the play came out in 1952, including post-war continuation of World War II rationing.

The Home Vegie Garden

Now is a good time to start one

The key ingredients are:

- Sunshine – at least 6 hours
- Soil preparation – it must be rich organic material with additives such as cow manure, potash, blood and bone and lime. Mix in well.
- A raised garden bed which helps promote good drainage

I try to keep it simple. I don't plant exotic fruit and veg. In Spring I am planting silver beet, celery, spring onions (shallots), baby spinach and kale. Also going in is eggplant, dwarf beans and Lebanese cucumber. The cucumber will do best on a tall trellis or wire frame. And, available through the year, try thyme, coriander, dill, oregano, sage and flat leaf parsley. Also easy to grow is rocket and basil.

Lettuce can be grown throughout the year. I use the "salad variety" seedlings. On extremely hot days in summer I cover the garden bed with shade cloth, available at Bunnings.

Flower Power has the best variety of seedlings. The seedlings require a fortnightly dose of liquid fertiliser high in nitrogen to push them along.

If space is a problem you can use pots or tubs, making sure to keep the water up.

Bird netting from Bunnings protects plants from white butterflies that arrive as the weather warms up. They lay eggs on the leaves which become caterpillars that will devour our precious plants.

If all this appears too much trouble then stick to the herbs if you wish. They are expensive to buy at the shops and often you only need a small quantity, so no wastage.

Mulch everything with sugar cane.

Good Gardening!

From one of our resident garden experts

Peter Moxham





King parrots

The King Parrot named after NSW Governor Phillip Gidley King in 1804 after he arranged a survey of local birds.

The photo is of Mr and Mrs King parrot eating seed on our back deck where they are occasional visitors

Their range is from Cooktown in Queensland south to Port Campbell in Victoria. Further from their normal eastern upland habitat, they are also found in Canberra during winter, the outer western suburbs and north shore of Sydney, and the Carnarvon Gorge in central Queensland.

They live in rainforests or wet sclerophyll forests where they forage for seeds and fruit. They are usually seen in pairs or family groups

Mrs King lays between 3 and 6 eggs in a nest of decayed wood dust at the bottom of a deep hollow in the trunk of a high tree. She incubates them for 20 days by herself and Mr King provides food.

They have a peep peep call and when disturbed fly off with a harsh screech. They prefer to fly swift and strong, with deep rhythmic wing beats, below tree top level weaving in and around tree trunks

King parrots can live for over 30 years, and mate for life but sometimes, like people, swap partners

Geoff Jones

The Good Bird Garden

A good bird garden cannot be built to a formula. If you have the space, you should choose plants that will become a “community” of diverse heights and kinds of foliage, with flowering times that follow one another in rotation through the year.

The aim of a good bird garden should be to provide a diversity of levels and structures of vegetation which will furnish feeding opportunities, shelter, refuge, roosting places and nest sites. There should be if possible, at least one tall leafy tree or a high bare perch to attract the passing trade and give birds a safe lookout over the garden before they risk coming down. And you will certainly want to supply plentiful clean water in ponds or baths.

When all these aspects have been seen to you should think about providing artificial food, and nest boxes or hollows.

If all of this sounds impossibly long term, may I pass on a piece of high-toned graffiti I once read in a washroom at the Australian National University, Canberra. It simply said: "Time was invented by nature to prevent everything happening at once."

A Garden of Birds
Graham Pizzey

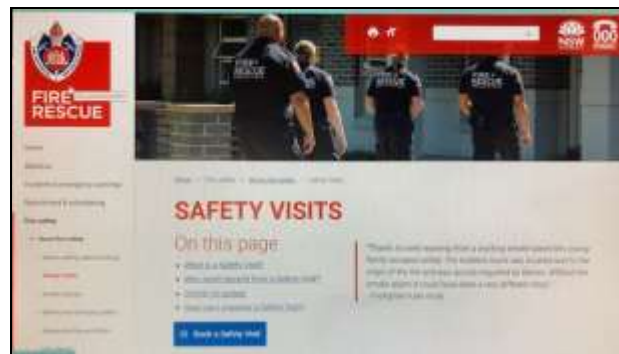
Daylight Saving

Daylight saving in NSW begins at 2am, Eastern Standard Time, on the first Sunday in October ...

Sunday 2nd October
Clocks go forward one hour.



Free Smoke Alarms



Following on from Jan's Fire Brigade guest speakers, we recently applied for a safety visit. The process is really easy. You can either phone your local fire station and arrange for someone to come or you can do it on-line as we did:

Google: www.fire.nsw.gov.au/visits

You will be taken to the above screen. Click on the blue "Book a Safety Visit" icon, enter your details and the times of the week that would suit you and submit the form. We received a call a few days later to say they would come that day at 12 noon. Two firemen arrived exactly on time, installed two brand new smoke alarms, free of charge and were gone within 15 minutes. They were very friendly and helpful. I mentioned I had heard about the safety checks at our Probus meeting and they were pleased "that the news is getting out".

Our new smoke alarms, and the batteries, will last for 10 years.

If you are worried about your smoke alarms, this was a really easy process. And it is law that a smoke alarm be installed on every level of a house.

Jenny Jones

I picked up this brochure from the Woolcock Institute for Medical Research and Sleep Studies which is attached to Sydney University.

Judee Radford

SLEEP TIPS

FOR OLDER PEOPLE



✓ DO

-  Get lots of exercise during the day
-  Meditate before bedtime
-  Make sure the temperature of the room is just right - not too hot or too cold
-  Keep the bed a place for sleep, rest and intimacy

✗ DON'T

-  Drink excess alcohol before bedtime
-  Drink coffee or drinks with caffeine
-  Eat a big or heavy meal
-  Drink lots of water before bedtime

 Daytime naps are fine - but keep them short, 15 to 45 minutes

IF I WAKE UP DURING THE NIGHT

- ✓ Get out of bed
- ✓ Listen to the radio or a podcast
- ✓ Meditate
- ✓ Have a small cup of a warm drink
- ✓ Stay away from screens

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Dr Wai Kuen Chow, Medical Director and Respiratory and Sleep Physician
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