

# PROBUS NEWSLETTER

Information in this  
newsletter is for  
Probus members only

## From the President

They say that the beginning of spring brings a new spirit of optimism. The only thing in my mind, and I am sure most of yours, is the optimism of getting back to life as we knew it. Hopefully, Covid restrictions will be relaxed once the State reaches the fully vaccinated target of 70%, expected to be in mid-October.

I hope you have taken advantage of the small change made to the restrictions that came into effect on 13<sup>th</sup> September, where 5 people can have a picnic. We did and it was so wonderful to sit with friends and enjoy face to face interaction and catch up for a couple of hours. We went to a picnic area at Linley Point. I have lived in the area for the past 49 years and was not aware of this place. It was so nice and felt wonderful to be out in the fresh air with friends.



You may recall, in my last report I mentioned that the PMC was considering holding an online Trivial Pursuit game, were our members could participate. This was subject to the level of interest received from our members. Given the lower than expected level of interest received, we have decided not proceed.

Regarding other major activities planned for the balance of this year, the President's Lunch has been suspended and will now be combined with the Christmas Party lunch and be named "The Presidents Christmas Party". Other activities, namely the Sausage Sizzle and Seafood BBQ will hopefully be rescheduled for November.

We will advise when we have confirmed dates for both events.

Our next meeting is planned to be held on Tuesday, November 9<sup>th</sup> when we will celebrating the Club's 500<sup>th</sup> meeting and we plan to do this with doing lots of fun things. This meeting will take a little longer than usual especially as we have nine new members to be inducted and three Service awards to be presented.

To attend this meeting, we anticipate that the NSW Health Orders and the Sporties Club will be mandating that all attendees must be double vaccinated. However, I feel very confident that this will not be a major issue with our members.

In closing, please stay safe and well.

*Jim*

## Activities Update

As far as we are can tell at present, we might well be back to near normal in November, hence the schedule on Page 2, is as per our original plans.

Please note our November meeting is delayed one week to Tuesday, 9<sup>th</sup>, due to the Melbourne Cup.

*Mike*

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### Tasmania Trip – 17-29<sup>th</sup> November, 2021

So far, the Tasmania Trip is still on. It is of course dependent on us being able to depart from Sydney Airport. So fingers crossed! I do have 3 available seats which translates to 1 double (or twin share) and one single room.

Please give me a call on 9808 2482 or 0457 322 244 if you are interested.

*Jill Regnis*

## FOR YOUR DIARY

**Tuesday 9<sup>th</sup> November**

General Meeting  
(delayed due Melbourne Cup)

Gladesville Sporties Club  
Guest Speaker  
Deb Wallace  
"Women of Force"  
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**Thursday 11<sup>th</sup> November**

Scenic Roaming

TBA  
Rick Collins  
Tel: 0411 023 473  
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**Friday 12<sup>th</sup> November**

Exotic Lunch

TBA  
Dean: 9816 5357  
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**Tuesday 16<sup>th</sup> November**

Movies - TBA

Sandy Mower  
Tel: 0478 630 620  
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**Wednesday 17<sup>th</sup> November**

Scenic Lunch

TBA  
Dean: 9816 5357  
\*\*\*\*\*

**Friday 19<sup>th</sup> November**

Book Club

Hunters Hill Museum 14:00

Tel: 0438 063 620  
Margaret Timbs  
Book TBA  
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**Friday 26<sup>th</sup> November**

Art Group - TBA

Margaret Timbs  
Tel: 0438 063 620  
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**17<sup>th</sup> - 29<sup>th</sup> November**

Tour of Tasmania

See update from Jill Regnis (page: 1)

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**Sausage Sizzle, Seafood BBQ & Sydney Welsh Choir**

TBA

Anybody interested in a Private  
Group Walking Tour of the SCG  
See Barbara Banner. Cost \$22 pp

## Twenty Years Since "9/11"

This year, the twentieth anniversary of that terrifying and catastrophic day in 2001, was even more difficult to relive than in past years. Last Saturday was a very sad and uncomfortable day, so I decided the best way to deal with those feelings was to write about it from my memories.

This period of my life began with a group of my family and friends being in Yorkshire, UK, for the wedding of my second son to a beautiful Yorkshire lass, on the 2<sup>nd</sup> September 2001.

Two days later, the happy couple went to Ischia for their honeymoon. Four days after that, the 8<sup>th</sup>, my husband and I had a farewell dinner in London, with our eldest son who was flying to New York the next day for a business meeting in New York, on the morning of Tuesday 11<sup>th</sup>. You've guessed it....it was to be in the World Trade Centre.

Various other family members flew home to Australia. We, my husband and I flew to Italy on the 9<sup>th</sup> September, to holiday with friends in the beautiful walled town of Todi, in Umbria. We were scattered in various parts of the world.

Tuesday the 11<sup>th</sup> September, dawned a very hot day in our part of Italy, so with friends we drove down the valley and up the mountain to another beautiful, ancient town, Spoleto.

We were on the top floor of an Art Gallery, when the guide said to us, "You can't be Americans", to which we replied, "No, why?"

She then proceeded to tell us the Twin Towers had been attacked by hijacked planes.

**TIME STOOD STILL.**

Everything was in slow motion as my brain slowly grasped this news and then I crumpled as I thought about my son. The Gallery Director and his wife sat me down and tried to calm me, as by now I was silently crying. They brought me iced water and Cognac which I obediently drank.

We walked down the piazza, into the coolness of the Duomo, where, even though I'm not religious, I prayed. We tried MANY times to ring my son but all phone coverage in New York had been shut down. It was a number of hours later, as we were almost back in Todi, that we received a phone call, via a circuitous route, to tell us our beautiful son was alive and safe. The numbness I was feeling very slowly wore off. Richard, (first son), was now safely in Toronto, Canada, having escaped New York on a bus, but not before enduring 2 bomb scares when the Bus Station had to be evacuated. Panic was everywhere.

He phoned me the next day and as you can imagine there were tears and huge relief. He related how fate had intervened in his life and how plans for the business meeting on the Tuesday morning had been changed. All those participating from countries around the world, had arrived early, so the meeting was brought forward to the Monday afternoon.

We were able to view the scenes of absolute horror on TV, all in Italian of course, but luckily one of our friends spoke fluent Italian and so we slowly learned more of the diabolical details.

On the 14<sup>th</sup> September all the people in Todi met in the town piazza at 12 noon in total silence for three minutes, in memory of all those who died and were maimed at the Twin Towers. It was very moving.

On Sunday 16<sup>th</sup> September, we flew from Rome's Fiumicino airport to London. The Terminal was swarming with soldiers carrying sub-machine guns. It was very confronting. As our plane descended to land in London all the passengers clapped and softly cheered with tears rolling down cheeks.

We were safe.

*Margaret*

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*This article is a true heartfelt account of the experience of Margaret Timbs on that fateful day.*

*Mike*



## Great News

Here's a good news item for our members! It seems that we aren't doddering and stupid it's just that we are so much better adjusted than those — what do you call them again? —young people!!

The director of the George Washington University School of Medicine argues that an aged person's brain is far more effective than is commonly believed.

Although the brain is no longer as fast as it was in youth, it gains in flexibility as we age resulting in better decisions and fewer negative emotions. The peak of human intellectual and creative activity occurs around age 70, when the interaction of the right and left hemispheres of the brain becomes harmonious and the brain begins to function at full strength.

Over time, the amount of myelin in the brain increases. This substance facilitates the rapid passage of signals between neurons. Due to this, intellectual abilities are increased by 300% compared to younger adults. After 60 years, a person is able to use both hemispheres of the brain at the same time. This unified brain power allows us to solve more complex problems.

Professor Monchi Uri, of the University of Montreal, believes that in advanced age the brain chooses the path that consumes less energy, eliminates the unnecessary and leaves only the right options to solve problems and he is supported by a study which included different age groups. He found that while young people were very confused while undergoing the tests, those over 60 made the right decisions.

Neurons in the brain don't die, as many people think. However, connections between them will disappear if the brain does not engage in mental work. Distraction and forgetfulness arise because of an overabundance of information. Therefore, one should not waste time on the unnecessary.

From the age of 60, a person uses both hemispheres of the brain when making decisions, unlike young people, who use only one. If one leads a healthy lifestyle, is physically active and has full mental activity, intellectual abilities DO NOT decrease with age, they keep GROWING, reaching a peak at the age of 80-90.

So don't be afraid of old age. Strive to use and develop your intellect. Adopt new crafts, make music, take photos, paint pictures! Dance! Get interested in life, meet and communicate with friends, make plans for the future, travel (when it's allowed!). Visit shops, cafes, shows. Don't stay home alone, it's not healthy. Live with the thought: many good things are still there for me to find!

For us to ponder on:

- The most productive age of a person is from 60 to 70 years;
- The 2nd most productive human stage is from 70 to 80 years;
- The 3rd most productive stage is from 50 to 60 years;
- Before that, a person has not yet peaked:
- The average age of Nobel Prize winners is 62 years;
- The average age of the CEOs of the 100 largest companies in the world is 63 years;
- The average age of pastors in the 100 largest churches in the United States is 71;

Therefore, if you are 60, 70 or 80 years old, you are at the best level of your life.

\*SOURCE: New England Journal of Medicine\*.

**Rod Stewart**

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*Thanks Rod, I've read this 6 times now and feel so much better already.  
Not sure what to make of the last dot-point though!*

**Mike**

### Contact with a UK Probus Club.

Last July, the President of Haywards Heath & District Probus Club in West Sussex, UK, phoned Kevin Manie to ask if our Club would be interested in exchanging newsletters or in visits by members between Clubs when conditions allow.

Subsequent investigations by Committee members showed that the Haywards Heath Club has a website at:

<https://www.hugofox.com/community/haywards-heath-and-district-probus-club-13542>.

The website shows lots of information about that Club and its activities, similar to our own Club website. However, a thing that is different on the UK website, in a “drop down” from the “Home” tab, is a connection to “Nil Desperandum”. This is a monthly compendium of information in varying detail on numerous topics, jokes, puzzles, quizzes, links to video and music, etc., etc. It started in April 2020 to entertain Club members while they were locked down and continues. It will serve the same purpose for any member of our Club who looks via the internet.

Your Committee agreed to point out to the UK Club that most information about each Club, including copies of newsletters or similar material, is on each Club’s website. The Committee also supported the suggestion of reciprocal visits by members to Club meetings when conditions allow. So there is another possible activity on your next visit to the UK!

All you need to locate the meeting place, time and contact Club officers is on the website. (Just as the UK Club President used our website to find and contact Kevin.)

*David Lorsch*

### Gardens Group

I will be proposing at the next members meeting, whenever it may be, a new Probus small group limited in numbers only by the number of members likely to be interested. The idea is to go to a particular Botanical Garden in the Sydney area for a detailed look at its specialities, hopefully assisted by a talk from one of the staff and then to have a morning tea or lunch (or both) as required. This will be a spring-summer activity initially and starting only when we are free of COVID restrictions.

The sort of places proposed are:

- The Japanese Garden at Auburn – what makes a garden ‘Japanese’ rather than “Tropical” or “Chinese”, is it the layout, choice of plants, methods of pruning etc? How do the Japanese enjoy a garden differently from our perspective?
- Kuringai Wildflower Garden at St Ives – Why do these elegant orchids choose to grow out of barren sand stone rocks? Why are Australian shrubs flowering in winter? Why don’t they do the decent European thing and lose their leaves in autumn?
- Prof Waterhouse’s Camellia garden at Pymble
- The Chinese Garden in the city – a little manicured oasis with every stone carefully placed

More suggestions greeted warmly.

*Dean*

### Two Essential Lockdown Items Every Home Should Have



## Things You Never Knew

*I knew but wasn't sure about you guys so have shared it.*

- **Glass** takes one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!
- **Gold** is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.
- **Your tongue** is the only muscle in your body that is attached at only one end.
- **If you stop getting thirsty** you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.
- **Zero** is the only number that cannot be represented by Roman numerals.
- **Kites** were used in the American Civil War to deliver letters and newspapers.
- **The song Auld Lang Syne** is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.
- **Drinking water after eating** reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.
- **Peanut oil** is used for cooking in submarines because it doesn't smoke unless it's heated above 450F.
- **The roar** that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.
- **Nine out of every 10** living things live in the ocean.
- **The banana** cannot reproduce itself. It can be propagated only by the hand of man.
- **Airports at higher altitudes** require a longer airstrip due to lower air density.
- **The University of Alaska** spans four time zones.
- **The tooth** is the only part of the human body that cannot heal itself.
- **In ancient Greece** tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.
- **Warner Communications** paid 28 million for the copyright to the song Happy Birthday, which was written in 1935!
- **Intelligent people** have more zinc and copper in their hair.
- **A comet's tail** always points away from the sun.
- **The Swine Flu Vaccine** in 1976 caused more death and illness than the disease it was intended to prevent.
- **Caffeine** increases the power of aspirin and other painkillers, that is why it is found in some medicines.
- **The military salute** is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.
- **If you get into the bottom of a well or a tall chimney and look up**, you can see stars, even in the middle of the day.
- **When a person dies** hearing is the last sense to go. The first sense lost is sight.
- **In ancient times** strangers shook hands to show that they were unarmed.
- **Strawberries and cashews** are the only fruits whose seeds grow on the outside.
- **Avocados** have the highest calories of any fruit at 167 calories per hundred grams.
- **The moon** moves about two inches away from the Earth each year.
- **The Earth** gets 100 tons heavier every day due to falling space dust.
- **Due to earth's gravity** it is impossible for mountains to be higher than 15,000 meters.
- **Mickey Mouse** is known as "Topolino" in Italy.
- **Soldiers** do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.
- **Everything** weighs one percent less at the equator.
- **For every extra kilogram** carried on a space flight, 530 kg of excess fuel are needed at lift-off.
- **The letter "J"** does not appear anywhere on the periodic table of the elements.



**Probus Club of  
Hunters Hill**

**PO BOX 1041  
HUNTERS HILL NSW 2110**



**Message from Barbara Banner**

As you have read earlier in this issue, the President's Lunch and Christmas Lunch have been combined, resulting in the President's Christmas Party.

We are currently negotiating with the Alcott Club to host the event.

Many of you have already paid for the President's Lunch and hopefully will keep that booking to attend the combined event.

However, any member wishing to cancel the earlier commitment, would you please email or phone Barbara Banner, (bannerbarbara@gmail.com) or (0405 427 259).

After the year we have had I'm sure we are all looking forward to letting what hair we have left down and celebrating.

*Mike*

**September Birthdays**

Judith Dewsnap	4
Tony Saunders	4
Judith Dunstan	5
Pat Cox	5
Bob Mostyn	18
James Hemmings	23
Caye Higgs	25
Mike Regnis	25

**Things to do during Lockdown**

Ann's grandson and his wife are keen followers of GWS football club. With Ann looking for things to do during lockdown, she made a decision to knit the family a beanie each in the club's colours. After finding a pattern and the right colour wool she spent many happy hours knitting 3 beanies. The family were delighted as the photo shows.



*Garth & Ann Juster*



Have two of your five group picnic outing play hide and seek.

*Peter Kelly*



