

# PROBUS NEWSLETTER

Information in this  
Newsletter is for  
Probus members only

## FOR YOUR DIARY

**Tuesday 5<sup>th</sup> July**  
General Meeting  
Gladesville Sporties Club - 09:30  
Guest Speaker: Henk Lohman  
"Anecdotes from an  
Engineer's Career"  
\*\*\*\*\*

**Thursdays**  
Coffee Morning  
Sunroom 10:00  
All Welcome  
\*\*\*\*\*

**Friday 8<sup>th</sup> July**  
Exotic Lunch  
"Little Snail"  
See Page 4  
Dean Letcher  
\*\*\*\*\*

**Friday 15<sup>th</sup> July**  
Book Club  
Hunters Hill Museum  
Margaret Timbs  
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**Sunday 17<sup>th</sup>/18<sup>th</sup> July**  
Yulefest  
Carrington Hotel Katoomba  
Barbara Banner  
\*\*\*\*\*

**Tuesday 19<sup>th</sup> July**  
Movies  
None for July  
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**Wednesday 20<sup>th</sup> July**  
Scenic Dining  
"Bondi Icebergs Club"  
See Page 4  
Dean Letcher  
\*\*\*\*\*

**Friday 22<sup>nd</sup> July**  
Art Group  
See Pag 5  
TBA  
Margaret Timbs  
\*\*\*\*\*

## From the President

Fine sunny Sydney winter days make a change from eternal rain and they may reduce hanker-ing after Port Douglas and Fiji.

VIVID produced huge crowds in the CBD while the harbourside parks are crowded with walkers and more dogs than you thought existed. With the winter solstice passed, the days are increasing although sunrise is stubbornly staying close to 7:00 am while sunset is later by several minutes – a quirk of the earth's tilt, I am told.

Covid is not over. Forty people died of it in NSW last Monday. Recent research indicates that a quarter of covid sufferers had some form of 'long Covid' and this includes some cognitive decline in the most vulnerable [read "us"] even where the actual Covid produced no or minor symptoms. Essentially it is increasingly important to have that 4<sup>th</sup> injection.

The Italians do it standing up, the French barely open their lips, the Germans like it with a roll and the Japanese like it with pickled ferns. Breakfast of course! So, is breakfast big or little for you?

Do you break your fast with only a cup of tea or do you follow the Millennials with avocado smash and a an expensive tomato slice? Some folks have a winter brekkie but not all cold-climate countries go for porridge [obligatory in jail] and not all have a Yorkshire repast of black pudding eggs and fat bacon. In fact breakfast is a very individual thing and suitable according to your own metabolism. In any event, enjoy your choice!

Few presidents have wise words and fewer seem to know it. That's because one set of words does not fit everyone. Like most things in life it's best if you do what works for YOU – that applies to politics, lifestyle and breakfast.

Dean

## President's Lunch

45 members and guests attended although during the last couple of days this number varied almost hour by hour. A large number of cancellations for various reasons together with some late additions followed a day later by those being cancelled had Barbara Banner being put to the test.

However, her organisational skills carried her through and I think it far to say a good time was had by all.

President Dean kicked off proceedings with the usual welcome formalities and pre-warned us all of a "Presidential" speech which would follow later in the proceedings.

Between entree and main and true to his word, he gave a party political speech in Presidential style on behalf of President's globally both existing and Presidents yet to be elected.

A lucky door prize number was drawn with Betty Judge winning a bottle of Frangelico. The raffle followed shortly thereafter with the lucky winners being:

Rod Stewart	Wine
Irene Ryan	Wine – re-donated and re-drawn
Les Banner	Wine
Ross McBride	Champagne
Richard Jones	a Ross McBride Hand Made Dish
Norbert Snashall	Coffee Grinder

It should be noted that all the prizes were donated by Ross McBride (Dish), the remainder donated by Committee members. All proceeds will go to bolster our 50<sup>th</sup> Birthday celebrations.

Ashlyn thanked all those who purchased tickets and Irene for folding the many ticket stubs.

President's Lunch (Cont)



**FOR YOUR DIARY****Tuesday 2<sup>nd</sup> August**

General Meeting  
 Gladesville Sporties - 09:30  
 Guest Speaker:  
 Snr Constable Shane Carn  
 "Local Policing"  
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**Thursdays**

Coffee Morning  
 Sunroom 10:00 am  
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**Tuesday 9<sup>th</sup> August**

Technical Outing  
 TBA  
 David Lorsch  
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**Friday 12<sup>th</sup> August**

Exotic Lunch  
 TBA  
 Dean Letcher  
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**Saturday 13<sup>th</sup> August**

Sydney Male Choir  
 Sydney Town Hall 14:00  
 Tickets \$45  
 Barbara Banner  
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**Tuesday 16<sup>th</sup> August**

Movies  
 Sandy Mower  
 TBA  
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**Wednesday 17<sup>th</sup> August**

Scenic Dining  
 TBA  
 Dean Letcher  
 \*\*\*\*\*

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

Book Club  
 TBA  
 Margaret Timbs  
 \*\*\*\*\*

**Friday 26<sup>th</sup> August**

Art Group  
 TBA  
 Margaret Timbs  
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**Thursday 20<sup>th</sup> October**

Ballina & the Margaret Olley Gallery  
 See or call Jill Regnis  
 9808 2482 or 0467 322 244

**A Reminder for the July 5<sup>th</sup> Meeting**

Hardship collection for Hunters Hill Community Aid at our July 5<sup>th</sup> meeting.

The following includes some suggestions for us to donate:-

- Longlife milk (Full Cream and Light) in one Litre cartons
- Vegemite
- 2 minute noodles
- Tins of Spam or other meals, casseroles etc, in tins
- Packets of instant potato and instant peas
- Packets of cereals
- Packets of pasta meals
- Shampoo, soap, toilet paper toothpaste

Thank you

*Vincie*

**Barbara's Thoughts for the Month**

If you want others to be happy, practice compassion. If you want to be happy, practice compassion

*Dali Lama*

Twenty years from now you will be more disappointed by the things you didn't do than the ones you did. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover

*Mark Twain*

Fear less, hope more;  
 Eat less, chew more;  
 Whine less, breathe more;  
 Talk less, say more;  
 Hate less, love more;  
 And all good things will be yours.

*A Swedish Proverb*

**Standing Resolutions**

Attached to this Newsletter email are two proposed changes to our Standing Resolutions for your consideration.

One relating to the commencement time of our monthly meeting, the other proposes changes the the fee associated with Non-active members.

The Committee recommends these proposed changes and will be asking you to vote on the two motions at the August 2<sup>nd</sup> meeting.

*Ed*



### Exotic Lunch

On Friday 10<sup>th</sup> June, 14<sup>th</sup> Probusian Argonauts (Greek oarsmen for Jason seeking the Golden Fleece) settled down in the classic Diethnes restaurant for a classical Greek banquet.

All agreed it was another Athenian triumph and great value – even Jim Likidis from Suez. How much does a Grecian urn? Old joke but super variety from tzatziki to roast lamb and spanakopita. No photo – everyone busy eating or sampling a glass of retsina. Exotic lunch by name and it truly was'

Our next Exotic lunch remains in Europe and goes to the heart of European high cuisine on Friday 8<sup>th</sup> July [just 6 days before Juliet 14<sup>th</sup>, French National day] at 12 noon Little Snail, 30 Murray Street Pyrmont – highly visible on the corner of Pyrmont Bridge Road and Murray Street [ diagonally opposite the Maritime Museum].

Best access is by the 501 bus from Victoria Road to the corner of Pyrmont Bridge Road - just a short block to the restaurant. Ferry to Barangaroo is possible but then 10 minutes walk and across the old Pyrmont Bridge .

Fixed price \$42 for THREE courses of genuine rib-tickling French food – a sensational bargain. Rare to find authentic French at these prices. Limited numbers so sign up fast at the meeting.



Dean

### Scenic Lunch

Think waterfront luxury, think sunshine, think the Double Bay 18 Footers Club ideally situated on the ferry wharf. Over a dozen Probusians, several dozen oysters, many prawns and the odd veal limone were the ingredients for a classic Sydney harbourside lunch on Wednesday 15<sup>th</sup> June. Very nautical with photos of the racing yachts of the past.

Great access with the ferries. The only traffic problem was parking at Huntley's Point. The canny newcomers parked at Kissing Point.



The next Scenic lunch takes you from placid Double Bay to raging Bondi Beach. On Wednesday 20<sup>th</sup> July at 12:00 noon join the rich, famous, notorious at Bondi Icebergs Club perched over the surf at the southern [Bronte] end of Bondi Beach.

It's NOT the grotesquely expensive Icebergs Restaurant, this is the club (entrance in 1 Notts Avenue but only 50 metres off the main road). Best access is the 333 direct bus from Circular Quay (parking can be VERY difficult) after another gorgeous ferry ride.

Pay as you go – everything from bouillebaise to bream and chips and a fantastic million dollar view of the surf beneath you,

Dean

### Prince Henry Hospital

David Lorsch has been up in Arnhem Land with little or no communication facilities. He was unable to prepare a report on the Prince Henry Hospital Museum outing in the short time before he left home on his trip.

However, he has since reported that 13 people attended and that former medical personnel in the group particularly enjoyed reminiscing about their experiences with some of the equipment displayed.

Mike

### Town Hall Concert

Eight of our members travelled to Sydney Town Hall to listen and watch some fabulous swing music and performances of very talented Australian artists, with the 14 piece Good Old Days Concert Big Band

A good time was had by all and we finished off with lunch at the Queen Victoria Building enjoying plenty of chat and good humour.



Ashlyn

### Art Outing

Eight members of our Probus club visited the Salon des Refusés exhibition at the S. H. Ervin Gallery on Friday morning, the 24<sup>th</sup> June 2022.

It was a very well displayed exhibition of 38 works from the Archibald Prize entries and 17 works from the Wynne Prize entries.

We all lingered long before the paintings which spoke to us the most and also those which were perhaps more intriguing.

Many works were self-portraits and a number were of other artists. A dominant theme was the isolation enforced by the Covid pandemic and the impact it had on their creativity.

The Wynne Prize paintings tended to have more colourful works. There was only one work of sculpture titled Jazzbo, by James Rogers.



We all then went to the adjoining Trust Cafe where we enjoyed a meal and friendly conversations.

Margaret

*Margaret will not be organising an Art Group outing next month due to circumstances beyond her control. An alternative activity is being discussed at present.*

*Watch this space.*

Ed



## Book Club



Extinctions  
By Josephine Wilson

Oh my goodness, your reviewer thought it should have been euthanased at birth!

But that wasn't the unanimous verdict. There was some dichotomy of opinion, thus following is a precis of comments from our esteemed members, expletives depleted!

Let's start with Vincie who opined "this is a miserable depressing book i.e. apart from two lovely people including the foster lady. The principal player, Fred Lothian the Roman concrete expert even undergoes an unbelievable change of character".

Carol enjoyed it, other than not liking the inconclusive ending. Perhaps she mused that trendy themes influence the award (granting of Miles Franklin) and how the past affects future life.

Margaret C didn't engage, thought it pointless and humourless. Margaret T was perhaps a little disgusted and there was no flow.

Well, dear reader, Fred, the concrete engineer, is in his twilight years, Room 7, and he's not going quietly.

Characters die frequently and reappear in memories. Those memories are like shells, not dissimilar to Fred's Roman concrete!

It's all there, misery, guilt, inherited family violence, the stolen generation, adoption.

And to top it all, we have cancer, subdural haematomas, traumatic brain damage and a cavalcade of novel exit plans. There are so many exits that the author has to reincarnate the deceased!

And let's face it Fred is not a very desirable character and perhaps with his penchant for designer Scandinavian furniture and weird photos, he could have made it easier for us if he had stuck with "Ikea" flat packs.

Did it end happily, I don't think so. Fred—still in a phantasy world of what might have been!

Perhaps not the best of books for Probians.

*Richard Jones*

## Greg Griffiths - 20 Years

Peter Kelly, introduced Greg Griffiths and spoke of Greg inviting him to join the Club and then taking the time to familiarise him with its activities.

Greg has served as President and Past President, and has always taken part in welcoming members to meetings at the door. He has been (and is) a wonderful friend.

Dean added that he also experienced the attention from Greg when he joined the Club. In accepting the award, Greg spoke of how much he enjoyed the company of a wonderful group of people.



Greg responding to Peter's introduction prior to being presented with his 20 year Service Pin.

Well deserved congratulations Greg.

**PROBUS CLUB OF HUNTERS and DISTRICT**  
**PO BOX 1041 HUNTERS HILL 2110**

**Committee**

President	Dean Letcher	9816 5357
Vice President	David Lorsch	0428 247 708
Secretary	Margaret Bowman	0438 165 016
Treasurer	Jim Likidis	0412 090 400
Activities Convenor	Barbara Banner	0405 427 259
Speakers	Deborah Lohman	0404 865 621
Welfare Officer	Josephine McBride	9817 5632
Membership Officer	Kevin Manie	0412 349 270
Newsletter Ed / Comms	Mike Allum	0417 596 300
(email: <a href="mailto:mike.allum@bigpond.com">mike.allum@bigpond.com</a> )		

**Useful Numbers**

Book Club & Art Group	Margaret Timbs	0438063620
Exotic & Scenic Lunches	Dean Letcher	9816 5357
Movies	Sandy Mower	0478 630 620
Honorary Auditor	Anthony Alexandrou	

**WEBSITE: [www.huntershillprobus.org](http://www.huntershillprobus.org)**

## Probus Club of Hunters Hill & District Inc

PO BOX 1041  
HUNTERS HILL NSW 2110



### July Birthdays

John Johnson	6
Ross McBride	7
Chris Schofield	8
Richard Jones	9
Judy Davey	12
Helen Earp	20
Kevin Manie	23
Margaret Conley	23
Carol Pelham	31

*Don't let old age get you down ....  
It's too hard to get back up!*

## Kim Oates - Emeritus Professor of Paediatrics

John Saalfeld introduced our speaker, the former Chief Executive of the Children's Hospital at Westmead, Emeritus Professor Kim Oates AO, an expert at dealing with safety and quality in medical settings.

His presentation was a mixture of good humour, common sense and a startling revelation of the risks associated with hospital. However, he shared his opinion on how we can make the healthcare system safer.

He commenced by comparing some statistics showing the inherent "dangers" of such activities as Bungee jumping, mountaineering, flying, driving and hospitalisation and displaced a graph indicating, contrary to what you may have thought, that hospitalisation was the most risky. Some 8% of hospital admissions in Australia are associated with a **reported** adverse event which **could have been prevented**.

He had identified a number of factors that compromise patient safety including: fatigue distractions, interruptions, poor supervision, not checking, poor team-work, poor communication, lack of knowledge, lack of compliance with standards, lack of standardized equipment and an over-reliance on technology. He had also identified that a "blame" often exists whereby reporting of errors could be career limiting, resulting in not analyzing the root cause and applying corrective actions

That said, he suggested that the medical profession has and is continuing to implement a "no blame" culture pioneered by Qantas. Such a culture increases the willingness to raise the issues and spend time and effort in identifying the often **many** factors that need addressing, it is often not a single cause.

When discussing the topic of teamwork, he pointed out that the patient must be part of the "team" in resolving any issues. He suggested that complacency was also a factor both on the part of the medical staff and the patient. He said that it might be a bit daunting to challenge and question a course of action by a medical professional, particularly with a title such as "Professor" and several letters after their name. However, in the patient's own interest he encouraged us not to accept the status quo. Why is it done this way? Is there a better way?

He finished his presentation with a few suggestions for "us" to ask - where relevant:

- \* What is the condition or test called?
- \* What are my options?
- \* What are the risks or side effects of a procedure or medication?
- \* Is the procedure / medication necessary? How effective is it?
- \* When / how will I get the results?
- \* What will it cost?
- \* Can I have another opinion?
- \* What will happen if nothing is done now?
- \* For a surgical procedure, ask "How many times have you done this operation and what are your results?"
- \* It is Ok to ask the common, often unvoiced, concern of many patients, particularly parents: "What caused it?" "Is it my fault?" "Can I pass it on to others?"

A thoroughly interesting and thought provoking presentation given by an expert in the field. He was instrumental in driving patient safety education throughout his 50-year career.

**Mike**

### Editors Musings

- \* Why doesn't Tarzan have a beard?
- \* If poison expires, is it more poisonous or is it no longer poisonous?
- \* Every time you clean something, you just make something else dirty
- \* 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- \* If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.



### July's Birthday Photo

*Can you guess who?*

*I'm sworn to secrecy.*

**Ed**