

Newsletter

FROM THE PRESIDENT



Dear Fellow Members, Partners and Guests

“Still Going Strong”

Our Club, like our magnificent Olympians, is “Still Going Strong”, as Don Orr reminded me of The Johnnie Walker Black Label Motto. In these tiresome lockdown days, our members are showing their fighting colours. Some have celebrated memorable milestones and others have instigated new club activities.

Encouraged by Robin Lewarne’s suggestion, David Bruce-Steer is conducting very practical seminars, by Zoom, on the use of phones and computers. I have learnt a lot about my iPhone in David’s first two Friday morning Zoom seminars. In the third seminar, he discussed the use of Android phones. I strongly recommend any member who would like David’s help to contact him, and suggest topics for forthcoming seminars. David intends to conduct a seminar each week during lockdown. Already, some 10 to 15 members have joined each Friday session.

Also John Pike is offering to conduct on-line bridge. That would be a great addition to our armoury of lockdown past-times. So be ready to sign up with John for bridge. You might have me as a partner, but don’t let that put you off!

At the time of this Olympiad, it is noteworthy that Neville and Stella Voges were stalwart volunteers for the Sydney 2000 Olympics. They worked at Olympic Park in various volunteer roles, including in the swim centre when Ian Thorpe, then 17, scooped the pool. Neville and Stella have preserved their volunteer uniforms in pristine condition. You will remember how the charming volunteers, including Neville and Stella, were one of the outstanding features of “the best games ever”! Please see more on Page 2.

May I also mention that Jim and Marty McCallum have recently attained an amazing milestone: their 70th -yes 70th- wedding anniversary. On behalf of the club may I congratulate you both for such a lovely achievement.

I welcome warmly Tony Michaels as a new member. Tony is a “semi-retired” businessman who has a wide range of sporting, maritime and other interests. You will meet him when we can have a physical meeting.

It is disappointing that we have had to postpone or abandon some club activities in August (as detailed elsewhere). But our August club meeting by Zoom promises to be entertaining. About 63 members and guests joined our July meeting. Kevin Fitzpatrick won an Oscar for his presentation of Mawson’s Antarctic exploits. If you would like help using Zoom, please contact David Bruce-Steer (0455 655 451), who gives a great helping hand, making it easy to participate.

We have many attractive activities planned when we come out of Covid lockdown. Please see them in the calendar in this newsletter and note them in your diary.

Just to come back to Don Orr, an architect on the Opera House project and Heritage Architect. Don has been an absolute champion of our club for 31 years: Life Member, President twice, Outings organiser for a decade or so (including instigator of mystery outings), designer of our Club banner and sailing flag (at right), outdoor arts group organiser and Club historian/archivist. Don has just celebrated an amazing birthday. On behalf of the club, thank you Don, happy birthday and best wishes.



If any member would like help during the Covid lockdown, please ask me (0458171355) or any Committee member for help. I wish you and your families safety from the virus.

Warm Regards

Roger Freney, President

Aug Meeting is by Zoom

The August Meeting will be held over the Internet at 10.30am on Tuesday Aug 10th using Zoom.

Login procedures will be advised by email. Agenda is as follows:

- 10.30 - 10.50 General business
- 10.50 - 11:00 Personal Corner
- 11.00 - 11:50 Guest Speaker
- 12.00 Questions and Wrap Up

PERSONAL CORNER

Max Connery

Max is a lawyer with a broad range of interests from opera to sailing and is a generous supporter of many charities, especially Stepping Stones, halfway houses to support disadvantaged young people and to help them get back on track.

John Beckhaus’s Personal Corner presentation last month about tramways, Sydney’s in particular, attracted considerable interest. Some members have asked for more information or the text of his talk. John would be pleased to respond and if you are interested, his email address is hjbckhs@tpg.com.au



Congratulations to Jim and Marty McCallum for celebrating their 70th Wedding Anniversary recently. What a wonderful occasion. Jim has been an active member of our bowling group for many years, many times a winner. Our Club honours you both for celebrating such a magnificent achievement that only very few attain

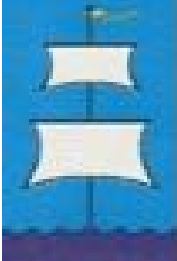
For the Diary

September 28th - Rhododendron Gardens Blackheath

October 26th - Sydney Heritage Fleet

November 16-19 - Orange Trip

December 14th - Christmas Lunch



COMMITTEE

President

Roger Freney

Vice President

Yiu Lam Kwan

Imm. Past Pres

Kevin Fitzpatrick

Secretary

John Metcalf

Treasurer

Barry Friere

Committee

Graeme Adam

Ian Ashbrook

David Bruce-Steer

Ross Bruwel

Peter Davenport

Richard Hannaford

Ted Kraegen

Bob Pearce

Barry Stone

Peter Turner

OTHER ROLES

2Fifty Club

John Pike

Bowls & Welfare

Peter Cornish

Cashier

Philip Brook

John Hirst

Cycling

Allan Blake

Stewart Horwood

Golf

Murray Mair

Hon Auditor

David Lloyd

Hospitality

Richard Hannaford

Lost Soles

Strollers

Stewart Horwood

Meetings

Yiu Lam Kwan

Membership

Peter Turner

Minute Secretary

Ian Ashbrook

Movies

David Bruce-Steer

Music, Art

John Brooks

Gerald Christmas

Newsletter

Ted Kraegen

David Bruce-Steer

Postman

David Bruce-Steer

Sailing

Ross Bruwel

Speakers

Barry Stone

Tennis

Peter Turner

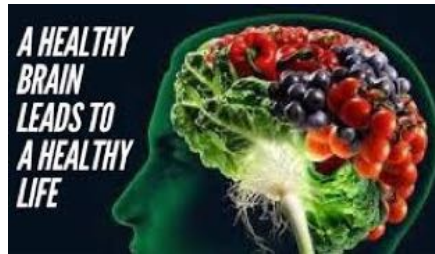
Tours, Outings

Bob Pearce

Website

David Bruce-Steer

Keeping your brain healthy is essential for living a fulfilling, healthy and long life. In fact, scientific research suggests that a brain-healthy lifestyle can reduce your risk of developing dementia later in life. Whether you are old, young or in-between, there are simple changes you can make to improve and protect your brain health. It is never too late to get started.



Sandra Ryan is a trained volunteer peer educator with the Health Promotion Service for Older People. This is a joint project of the Combined Pensioners' and Superannuants' Association and NSW Health. It aims to provide older people with up to date and authoritative information which will help them improve and maintain their health and enjoy an active and engaged life.

Sandra is a semi-retired physiotherapist who thoroughly enjoys presenting various health topics to others in their senior years.

This talk presents evidence-based information about normal and abnormal brain changes with age. Dementia, as an abnormal aspect of ageing, is discussed. The emphasis is on a positive proactive approach and key strategies are outlined.

CULTURE, ART & MUSIC

John Brooks 9908 2820



Public museums and galleries etc are currently closed due to Covid regulations and are likely to remain so in August. Please **check websites** for reopening and other details.

Some websites are

Mosman Art Gallery
<mosmanartgallery.org.au>

Conservatorium of Music
<sydney.edu.au/music>.

NSW Art Gallery
<artgallery.nsw.gov.au>

National Trust, S.H.Ervin Gallery
<shervingallery.com.au>

Normal scheduling of activities and/or contact person are shown below. However all are cancelled for August and will be reviewed in September subject to COVID-19 Regulations.

CYCLING Contact Bob on 0400 291 373
Normally Monday rides at 10am. Also Sats at 7.30am from Milsons Point Station for a 23km ride around the Opera House then wharves to near Anzac Bridge.

GOLF Murray 0419 488 609

MOVIE ENJOYMENT

David Bruce-Steer 0455 655 451
Meets on the 4th Monday of the month.
Cremorne Orpheum theatre

ROLL-UP LAWN BOWLS

Peter Cornish 0421 012 538
Norths Greens, St Leonards 10am Wed

SAILING Ross Bruwel 0421 817 106
No August sailing. Contact Ross.

TENNIS Peter Turner 0428 611 456
Normally first and third Tuesday of the month at Middle Cove from 10am to 12pm, followed by coffee at a cafe. Extra players are invited to join in.

FUTURE OUTINGS

[Outings subject to Covid-19 Regulations at the time]

Winter Feast, Hawkesbury River Cruise and Archibald Exhibition Tour Cancelled

Refunds available to those who have paid.

2.50 Club: Museum of Sydney and Club York. Now Tuesday 31st August

Meet at 11am at Museum of Sydney Cnr Bligh and Philip Sts, Tuesday Aug 31st. \$15 or use Discover NSW and get a month pass for an extra \$10. Then by tram to Club York, near Town Hall. Text **John Pike** 0403 007 273

Lost Soles Strollers: Glebe Walk Postponed - New Date to be Advised

Meet at Central light rail stop (Dulwich Hill line) at 10.00am. Lovely level walk along Blackwattle Bay, historic Burley Griffin incinerator, Chinese temple plus top drawer Victorian Glebe streetscape. To the Tramshed Markets for lunch (big choice) and light rail back to Central (or Paddy's Market for those seeking fruit/veg/fish). About 3km, nearly all level. Bring Opal card, water, walking shoes. Register in advance with **Stewart Horwood** (stewh444@tpg.com.au , **9439 9609**), for advice and in case of wet weather cancellation.



Neville and Stella Voges in Volunteer uniforms of the Sydney 2000 Olympic Games Photo taken at Olympic Park on the tenth anniversary of the games. As well, a former Club President (1988-1990) Gill Webb carried the Olympic Torch in its relay, through a section of the Northern Beaches. Bruce Adams and Tom Ingham were volunteer drivers during the games; and other club members may well have participated.

TV VIEWING DURING LOCKDOWN

David Bruce-Steer offers the following:

Much 'TV' is now available via the internet. No doubt you are aware of ABC iview, SBS On demand, Netflix, Stan, Apple TV+, Disney+, BINGE and Amazon Prime Video.

However there are two services that offer alternatives to the latest Hollywood movies etc.

Iwonder (iwonder.com) has a great supply of documentaries from all over the world.

Shelter (shelter.stream) has a great series of documentaries on architecture, design, lifestyle and outdoor living

What's a FUN way of spending time in lockdown?



Join your friends at Probus for a **Virtual Trivia Quiz by Zoom**

When: Tuesday 24 Aug 2-3pm

Where: In your home in front of the PC with a drink and snacks.

Zoom link details will follow by email.