

# NARRABEEN LAKES PROBUS CLUB INC.

## PROBUS EMAIL NEWSLETTER – OCTOBER 2021

Dear Fellow Probians

Freedom at last! I trust you all have been out and about, meeting up with friends and family after nearly four months in lockdown. However, our meeting on Wednesday will still be on Zoom, as the church is not yet ready for us. But we will all be welcome back there in November.

Our BBQ on Wednesday 3 November will go ahead, assuming good weather, so it will be great for us all to reunite over lunch. Christmas lunch at Bayview Golf Club is definitely happening again, a lovely, happy occasion as it was last year. All the details are below. Best wishes to everyone, see you all very soon.

PLEASE CHECK YOUR **JUNK MAILBOX** – THE PROBUS NEWSLETTER MIGHT ACCIDENTALLY SLIP IN THERE AND NOT BE NOTICED.

*Lynn Grierson, President*

### FINANCES AND MEMBERSHIP – SEPTEMBER 2021

There were no financial transactions during September, so the balance at the bank remains **\$3519.27**.  
Membership Status in September – 85

*Norma Moran, Treasurer*

**Our Probus Monthly Meeting is going to be held on ZOOM next week, Wednesday 27 October, from 10-12 noon.**

We hope you can join us so please email Ron Allars [ronallars@gmail.com](mailto:ronallars@gmail.com) **latest by Monday, 25 October**, and let him know if you wish to participate. He will send you a link to join the Zoom meeting.

At the Zoom meeting:

**Committee Members** will speak about current business and welcome some of our newest members. Distribution of membership badges will have to wait until we can have our face-to-face meetings again, hopefully in November.

Although we are only meeting on Zoom, our monthly speakers are willing and able to present extremely interesting talks. Martin will continue his life story, wrapping it up to give someone else a go starting next month, when we are back at the Auditorium of the Baptist Church.

## SPEAKERS

**September:** **Julie Hughes**, from the Hughes Foundation, gave a very informative talk last month on the importance of immediate action when dealing with cardiac arrest which is significantly different from a heart attack. We had 20 of our members attend the Zoom presentation.

**October:** We have the great pleasure to present **David Hunt**. David has many amusing stories to tell about our early Australian history. His very popular books, "*Girt*" and "*True Girt*" present a myriad of obscure but very interesting facts. He will also be presenting his just released new book called "*Girt Nation*". He is a most entertaining and highly recommended speaker. Do not miss him.

**November:** We shall welcome **Tony Park**, prolific Australian thriller and biographies writer. Tony normally spends six months of the year in Africa where he gets the inspiration and subject matter for his exciting books. Tony has developed a great sympathy and understanding of Africa and his talk is sure to be a most interesting one.

*Martin Bes, Speakers*

## OUTINGS, LUNCHEAS AND ACTIVITIES

**Wednesday, 3 November: BBQ at Winnererremy Bay** (Flying Fox Park) in Mona Vale. It was so much fun and enjoyed by all participants that we have decided to repeat this event on a regular basis. If you feel up for it, we'll go for a little stroll around the park, either before or after the picnic. Please don't forget to bring your own chair as seating possibilities are limited. Most of the members have already paid their contribution of \$5 to the lunch, but if you haven't, please pay \$5 on the day.

**PLEASE WEAR YOUR PROBUS BADGE ON THE DAY** – it makes remembering names so much easier

**Friday, 17 December: Traditional Christmas lunch at the Bayview Golf Club.** Cost is \$60/pp to be paid by bank transfer to **Narrabeen Lakes Probus Club, BSB 062205, Account 00902285** (no cash payments accepted).

Please let Helen Howes [helsim@internode.on.net](mailto:helsim@internode.on.net) and Norma Moran [nonny.moran@gmail.com](mailto:nonny.moran@gmail.com) know by email when you have paid and also advise whether you have any special dietary requirements.

## STILL PLANNED FOR 2022:

**Lunch at Limani's Narrabeen** – will be rescheduled in 2022 and we'll let you know the date when available.

## Our Seaside Week Away at Fingal Bay, Port Stephens 5 -12 March 2022

If you have not yet booked to join us from 5 to 12 March 2022 at Fingal Bay seaside resort, now is your opportunity.

With COVID receding rapidly our escape will be fun for all especially at a cost of **\$749 per 2 bedroom apartment.**

Reserve one for yourself or share and split the cost

We have 10 apartments reserved with many already booked so don't delay and pay a \$100 deposit to our account as below to confirm

**Narrabeen Lakes Probus Club BSB 062205, Bank Account Number 00902285**

It will be a great week with Picnics, BBQ's, Games Nights, Bay Cruise and Restaurant Dinners

*Ron Allars, Vice President 0418 236 980*

This Newsletter is a short email version of the regular Newsletter which is usually distributed at the meeting. Because we have a few members who are not connected by email, we are happy to print a paper version and snail-mail it to them.

If you do not wish to receive a paper version, could you please let us know.

Please also check your JUNK MAILBOX – the Newsletter might accidentally slip in there and not get noticed, which means you miss out on the latest Probus News

If you would like to keep up to date with what is happening in the Probus world, here is the link to the Active Retirees Digital Magazine which is published by Probus South

Pacific [https://www.probusouthpacific.org/pages/magazines\\_active\\_retirees\\_current\\_issue](https://www.probusouthpacific.org/pages/magazines_active_retirees_current_issue).

SOME INTERESTING READING:

### **The FUTURE is approaching faster than one can handle....!**

In 1998, Kodak had 170,000 employees and sold 85% of all photo paper worldwide. Within just a few years, their business model disappeared and they went bankrupt.

What happened to Kodak will happen in a lot of industries in the next 10 years and, most people won't see it coming.

Did you think in 1998 that 3 years later you would never take pictures on film again?

Yet digital cameras were invented in 1975. The first ones only had 10,000 pixels, but followed Moore's law. So as with all exponential technologies, it was a disappointment for a time, before it became way superior and became mainstream in only a few short years. It will now happen again with Artificial Intelligence, health, autonomous and electric cars, education, 3D printing, agriculture and jobs.

Welcome to the 4th Industrial Revolution. Welcome to the Exponential Age.

Software will disrupt most traditional industries in the next 5-10 years. Uber is just a software tool, they don't own any cars, and are now the biggest taxi company in the world.

Airbnb is now the biggest hotel company in the world, although they don't own any properties.

Artificial Intelligence: Computers become exponentially better in understanding the world. This year, a computer beat the best Go-player in the world, 10 years earlier than expected.

In the US, young lawyers already don't get jobs. Because of IBM's Watson, you can get legal advice (so far for more or less basic stuff) within seconds, with 90% accuracy compared with 70% accuracy when done by humans.

So, if you study law, stop immediately. There will be 90% less lawyers in the future, only specialists will remain.

Watson already helps nurses diagnosing cancer, its 4 times more accurate than human nurses.

Facebook now has a pattern recognition software that can recognize faces better than humans. In 2030, computers will become more intelligent than humans. (NEVER!/Albert)

TO BE CONTINUED.....

MINUTES OF A MEETING OF THE NARRABEEN LAKES PROBUS CLUB INC. HELD ON 22ND SEPTEMBER 2021 VIA ZOOM

WELCOME by PRESIDENT

Lynn Grierson opened the meeting at 10.08am and welcomed all members who logged in to the meeting

MINUTES

The minutes of the meeting held on 28<sup>th</sup> July, 2021, were circulated by newsletter or email but not approved at this ZOOM meeting. This will be attended at the next meeting where members are present.

PSPL INFORMATION DAY

Lynn, Norma and Liz attended the PSPL Information Day on 21<sup>st</sup> September which was held via ZOOM. They reported that compared to many clubs Narrabeen Lakes are doing well. When we are back to having face to face meetings we will order some flyers from PSPL for distribution.

GUEST SPEAKERS

October – David Hunt who is the author of Girt and True Girt.

MEMBER SPEAKER

Martin Bes provided the fourth instalment of his talk on the early years of his arrival in Australia. This instalment reverted back to when Martin was living in Spain. When he was 7yrs old the family moved from Spain to Chile to join his father and brother Xavier who had moved a year earlier. Martin was one of 8 children. Martin spent a considerable time with his brother Xavier who was 3 years older than him. Martin entertained the meeting with some of their exploits, one of them being sneaking into the Spanish Club by crawling under the fence. They stayed for a show and when they came to leave found their NEW clothes had been stolen! In 1966 his father and brother Edward who was the eldest migrated to Australia with the rest of the family following later. A few years later his mother wanted to return to Spain but Martin did not want to go back as he did not want to do the 18 months National Service and he was enjoying his life in Australia. His mother reluctantly agreed that he could stay when his brother Xavier said he wanted to stay too. Xavier bought the house that his parents had been living in and Martin stayed with Xavier paying rent until he was unceremoniously kicked out when he bought a car which Xavier did not want him to buy. Martin was 20yrs old.

We wait expectantly for the next instalment!!! Thankyou Martin.

SEPTEMBER GUEST SPEAKER

Julie Hughes who is the Executive Director of the Michael Hughes Foundation provided the meeting with some very valuable information with regards to Cardiac Arrest.

The foundation was started when sadly her husband Michael suffered a cardiac arrest whilst at home in 2013 and passed away. Their baby was only 9 weeks old when he died. Michael had been diagnosed with a heart problem.

Julie started the foundation in 2015 and in 2017 obtained Vice Regional Patronage from the Governor General.

In 2018 the foundation was awarded the Western Sydney Awards for Business Excellence (WSABE) for excellence in social enterprise and also approved Panel Provider for NSW Office of Sport Local Defibrillator program.

On 16<sup>th</sup> October there will be a “Restart a Heart Day” to learn how to save a life.

Julie advised that cardiac arrest is an electrical problem, it is not a heart attack. Generally, there are no warning signs. The patient will be unresponsive, have no pulse and not breathing. CPR and defibrillation are key to survival.

This was an incredibly informative talk but too much to detail in these minutes. The foundation is all about teaching people to help save a life. You can visit the Michael Hughes Foundation website and you will find some very valuable information there and you can refresh your CPR knowledge.

The meeting finished at 11.50am. Confirmed, and signed by President.....