



Newsletter



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Vice President
Roger Freney
Imm. Past Pres
Peter Davenport
Secretary
John Metcalf
Treasurer
Barry Friere
Committee
Ian Ashbrook
David Bruce-Steer
Ross Bruwel
Richard Hannaford
Ted Kraegen
Yiu Lam Kwan
Bob Pearce
James Ritchie
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
Jim's Jaunts
Jim Holloway
Meetings
Martin Grover
Membership
Peter Turner
Minute Secretary
Ian Ashbrook
Movies
David Bruce-Steer
Music, Art
John Brooks
Gerald Christmas
Newsletter
Ted Kraegen
Yiu Lam Kwan
Postmen
John Metcalf
Bob Pearce
Sailing
Ross Bruwel
Speakers
Barry Stone
Tennis
Peter Turner
Tours, Outings
Bob Pearce
James Ritchie
Website
David Bruce-Steer

FROM THE PRESIDENT

Dear fellow members, partners and guests.



As we approach the cricket season we think of those players who take the ball on the front foot. The late Dean Jones was an outstanding example as he took on the world's fastest bowlers with his proactive play. Stephen Covey in his book THE SEVEN HABITS OF HIGHLY EFFECTIVE PEOPLE makes the first and fundamental habit, BE PROACTIVE DON'T BE REACTIVE. Proactive people start with people's strengths. Reactive people concentrate on their weaknesses. He calls an underlying principle to this habit THE EMOTIONAL BANK ACCOUNT. It's a metaphor "By proactively doing things that build trust in a relationship one makes deposits. It's a level of closeness and trust." As an illustration if I am continually drawing on the goodwill of others with my frequent needs and do not positively give something back to the relationship I bankrupt the relationship.

His second habit BEGIN WITH THE END IN MIND describes how things are created twice, first mentally and then physically.

The third habit FIRST THINGS FIRST raises the question of priorities, what is urgent, what is important. It calls for good scheduling and at times delegation. My favourite habit is the fourth, THINK WIN-WIN. We see the abuse of this played out daily in the political arena with win-lose attitudes. When these habits are observed we have SYNERGY or the habit of creative cooperation. Synergy is evident when the outcome is greater than the sum of the individual contributions.

I often marvel how our club synergistically reaches certain outcomes. Our aim is to establish fun, build friendship and experience fellowship or a rich bond of relationship. Often I delight in the way executive members take initiative and produce great results in our activities, outings, entertaining speakers and opportunities to stay in contact. Our web and newsletter are vibrant and informative We continue to face the challenge of personal contact.

Our committee is looking at a picnic at Balls Head in December should the planned Manly Golf Club Christmas gathering not eventuate. In the meantime there is a possibility of viewing the Archibald Art In a guided tour. If interested please contact the Secretary.

Finally, I was kindly invited by the sidelined Sandy Lamb to view the monthly tennis tournament. I was more than impressed with the skill and agility of our mature troop. It proved a deep deposit into my emotional bank account. To the team and our Neutral Bay Probud team a sincere thank you for your kindness and continued support.

Kevin Fitzpatrick President

October Meeting is on ZOOM

The October Meeting will be held **over the Internet at 10.30am** on Tuesday October 13th using Zoom.

[NOTE STARTING TIME AT 10.30am].

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

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

Personal Corner

John Sildever

Residence: John and Gillian live in Roseville.

Career: Sales & Marketing, Packaging & Paper Industries

Last position: North Shore Mitsubishi

Interests: Tennis, swimming, Legacy, U3A, Mens Shed (Willoughby)

Cartoon of the Month



Darth
Vader



Taxi
Vader

Tennis Players and Supporter Oct 6th Middle Cove (Thanks to "Court Reporter " Sandy Lamb for photos)





“Viruses and Diagnosis in SARS CoV2/COVID19”

Prof. Bill Rawlinson AM is Senior Medical Virologist, Director of Serology, Virology and OTDS Laboratories (SAViD), NSW Health Pathology Randwick. In addition he holds a Conjoint Professorial appointment at UNSW.

His research interests include viral pathogenesis, particularly respiratory viral



infections, congenital infections, and enteroviruses in type 1 diabetes mellitus. He established, and oversees, serology and virology clinical research programs, state-wide transplant donor screening, and national quality programs for serology and biosecurity. His publications in basic research, diagnostic and clinical virology number over 400 and, as evidence of their impact, have been cited over 18000 times in the clinical and scientific literature.

Areas to be covered in Prof Rawlinson's Presentation will include.....

- What is a virus and what are the unique features of the SARS family of virus?
- Modes of spread and methods of prevention
- Clinical features of COVID-19 and treatment options
- Vaccine development strategies and current front runners
- Current global status and the foreseeable future, and what we have learned from the pandemic thus far.

OUTINGS

Jims Jaunts Thurs 22nd Oct. Railway Square to Circular Quay

A repeat of a popular walk we did 4 years ago

Start at Railway Square Bus Island at 10am, dive under George St and follow the old railway line to Darling Harbour, then lunch at Barangaroo and either walk or ferry to Circular Quay

A flat walk of about 4 km over 3 hrs

Jim Holloway 0421 559 618 **Ian Machin 9908 4423**

Update on Christmas Function Tuesday 8th December

We still have a lunch booking at Manly Golf Club on 8th December, although it's in doubt due to Government restrictions on group dining. As advised last month we are looking at the possibility of having an **outdoor event** as an alternative, similar to our annual High Tea at Balls Head. Another suggestion was a **“Zoom” lunch**, with food supplied by a catering company. We will keep you informed as the months progress.

Update on Orange Tour

Unfortunately very unlikely for this year. Hopefully a possibility in 2021.

Bob [bobpearce37@gmail.com] and James [jamesfr@ozemail.com.au]

2.50 Club Royal Botanic Gardens in Spring



CULTURE, ART & MUSIC

John Brooks 9908 2820

MOSMAN ART GALLERY is open daily between 10 and 4 but closed on Public Holidays. There are 3 interesting exhibitions: “TAMWORTH TEXTILES”, “WRITING in the RAIN” and “AMANDA GOSSE: SHINE”. (see example of her work above).

NSW ART GALLERY - Entry is free from 10am to 5pm, except for the **ARCHIBALD, WYNNE & SULMAN PRIZES** at \$20 Adult, \$18 Concession and \$18 for Members on show until 10Jan21. There is another major exhibition by the Australian Impressionist painter **Arthur Street**, Entry dates are from 7Nov20 to 14Feb21. One can save \$7 with a Gallery ticket covering both exhibitions.

S.H.ERVIN GALLERY is on Observatory Hill, behind the National Trust. It is open 11am to 5pm but not on Mondays. The general entry costs \$12 but only \$4 for NT Members. In the **Salon des Refuses 2020**, you can view about 50 paintings until Sun 29Nov20. They were not selected for the Official Exhibition.

CYCLING Contact Bob on 0400 291 373

Now back to 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 9419 7017

Meets on the 4th Monday of the month

[**Note** We are also looking at the feasibility of a “Virtual Movie Group” ie individually watching an accessible movie by streaming, and then meeting by Zoom for Discussion. Comments to David or C'tee are welcome]

ROLL-UP LAWN BOWLS

Peter Cornish 0421 012 538

Reverting to previous arrangement (Norths Greens, St Leonards at 10am Wednesdays)

SAILING Ross Bruwel 0421 817 106

TENNIS Peter Turner 0428 611 456

Tennis has resumed on the first Tuesday of the month at Middle Cove from 10am to 12pm. Extra players are invited to join in.

NOTE For further updates and information contact Coordinators listed above