

April 3, 2020

Hello Everyone,

As I think about you all – each and every one, I hope you will join with me this morning to celebrate the arrival of **'Keeping in Touch'** ... our first newsletter for 2020! (Attached)

'Keeping in Touch' will be delivered to your virtual doorstep via email on the first Friday of each month for as many months that we are not able to meet and greet at the Community Hall. We hope you enjoy this month's issue as much as we did putting it together.

Be sure to let us know your thoughts - what you enjoyed, what you might like to see – so that we can make sure each issue actually enables us to be 'Keeping in Touch'.

I have been quite overwhelmed to see the way many of you are reaching out to one another over the airwaves and through other acts of caring and kindness. These gestures are truly humbling as well as a reminder of how lucky we are to be part of the Probus community.

So let's begin to discover the many areas you can link to, interact with and just enjoy the journey that these take you to for Friendship, Fellowship and Fun.

Warm Regards,

Kathy Beresford
President

Keeping in Touch

The President's Greeting

Hello and welcome to our first issue of 'Keeping in Touch'. The newsletter will draw us together each month instead of our regular meetings.

Over the coming months we will bring you a variety of insights from the different Interest Groups. This month, Ingrid Kaschik shares with us her tips on 'Getting Started with Podcasts'. Written in an easy to follow 'ABC' style, this article tells you everything you need to know to get you started – including some favoured podcasts from the 'Poddlers' group.

Meanwhile, Colin Peterson introduces us to the world of photography – with an emphasis on fun whilst honing some skills along the way.

We are also seeking contributions for future editions from members. This could be about hobbies you have that might be of interest to others. In this month's edition Patricio Parrague shares his passion for Vintage Postcards.

If you'd like to have something included in the

May edition, please send this to the Secretary by April 17th.

secretarypcbp@gmail.com

The Newsletter will also keep you up to date with important information from the Management Committee.

So, put on the kettle for a cuppa, get that coffee brewing or sit back with a cheese platter and your favourite wine. Make yourself comfortable and ready to while away some time browsing through the newsletter.

Keep safe and well.
Happy reading until next time,

Kathy Bereisford,
President

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Member Support

Don't forget, if you or someone you know in the Club needs some support or perhaps a friendly call, please let Helen O'Neill, our Membership Support Officer know:

hmon1969@gmail.com

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Quote of the Month

*Life isn't about
waiting for the storm
to pass, it's about
learning to
dance in the rain!*



Getting Started with Podcasts

Ingrid Kaschik

A: Overview

You could think of a podcast as a radio program available to stream or download free so that you can listen when it suits. Unlike reading a book, it's doesn't have to be a solitary activity and you can be simultaneously engaged in other pursuits. Note: if you want to listen when you're out and about, download using home Wi-Fi rather than streaming to save your data allowance.

Topics are broad ranging: current affairs, history, politics, economics, science, music, literature, film, pop-culture, crime, reviews and more. They can be informative, educational, diverting, horrifying, amusing and just plain quirky.

Formats can range from interview, to commentary, through to programs serialised over a number of sessions. The advantage of coming to a serialised program late is that you can binge listen and avoid cliffhanger situations.

B: Practicalities: Get organised; get an app. Apps will organise your playlist, identify new and already listened to files, and usually allow you to subscribe to a whole series.

Apple users The *Podcasts* app comes preinstalled on iPhones and iPads. Tap on search. Ignore any messages telling you that you need an iTunes account if one should pop up, just continue your search.

Android users Download the *Stitcher* app from Google Play. When you find a podcast of interest, tap the plus sign to add to your favourites list.

ABC Listen App This is an easy to use repository of Australian content from the resources of the Australian broadcaster. There is a variety of apps available, both free or at minimal cost. If you want to **explore further**, here are a couple of links:

What's the best podcast app for iPhone (updated 2020)

<https://9to5mac.com/2020/03/08/best-podcast-app-iphone/>

Best Podcast Apps for Android 2020

<https://www.androidcentral.com/best-podcast-app-android>

C: Some favourite Poddlers Group podcasts

Quick and quirky

The Way I Heard It with Mike Row
99% Invisible
Everything is Alive
The Allusionist

True crime

Unravel True Crimes (Season 4 Snowball)
Phoebe's Fall
Wrong Skin

Music

The Five of My Life
Disgraceland
Dolly Parton's America

Contemporary Issues / Politics

Global Truths with Dr Keith Suter
Caliphate
Chat 10 Looks 3: Leigh Sales and Annabel Crab

Getting Stared with Podcasts cont'd

Contemporary Issues / Politics

I Spy
The Few Who Do
Life Matters
Conversations
Background briefing

History

Revisionist history
Great Leap Years Stephen Fry
The History Listen
Dan Carlin's Hardcore History: The Celtic Holocaust

IT

Download this Show

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Vintage Postcards!

Patricio Parrague

Many years ago, I started collecting old postcards, I buy them in antique stores and before I bought them on the internet, now I am retired and I no longer buy, I only do it when I find something very special.

I am a member of the NSW Postcards Collectors Society. Vendors meet every 4 months. I go with Elizabeth if there is something new from Chile or Jerusalem.

You can see some of my collection here:
<https://www.flickr.com/photos/patopostcards/>

Some of the albums are in 3D, in the system called Anaglyph. You have to see them through special glasses that are red and blue. Just like the ones below.



We used these in comic magazines when we were children.

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Hints for 'Pops and Grannies' to Pass the Time

Helen O'Neill

Facetime your grandchildren and ask them to read a story of their choice.



This simple instruction serves many purposes:

- It helps to improve their reading skills
- Gives working from home parents some respite
- Brings back many delightful memories of your schooldays
- Most importantly they can see you and know that you are well!

Something equally enjoyable is to do a jigsaw. That might mean you have to dig them out of the cupboard – don't let that deter you. It doesn't mean you have to tidy it up! Just be sure you don't start with 1,000 pieces – 100 might just get you interested!



The Photography Group

Colin Peterson

What we do

The Photography group aims to combine an interest in photography with visits to appealing places and to improve your skills by learning from others. The emphasis is on Fun. We don't judge our photos or become hung up on what sort of camera or lenses are being used. A number of our members use their phones (which take a pretty good picture and are easy to carry around). We have also organised a few experts to come and talk to us. Recently, there was a fun session on portrait photography using professional equipment.



Where we've been

We have toured the Rocks (with refreshments), Ballast Point, Sculptures by the Sea (with refreshments), the Auburn Japanese Garden and the Botanic Gardens (did we say with refreshments?) Most recently, we visited the Biennale on Cockatoo Island (with refreshments). Often, a few members tag along just because we go to interesting places.

What photos we've taken

The collection of our Photography Group photos can be accessed on-line by copying this link into an up to date Internet browser. Take a look and you can see where we've been.

https://drive.google.com/drive/folders/1sM7uinSdUrOpuo_ATyLCrXLmlqojBn0j?usp=sharing

Join Us on an Isolation Project

As we are now confined to Barracks (ie home), we can have fun by taking some interesting pictures of everyday house objects but with flair. So, grab your camera or phone and snap away. Anyone is welcome to participate. Upload your best one or two photos to the previous link. Place them into the folder named "My House Photos" Perhaps, there are some really interesting ideas already forming in your head.

Every computer comes with some basic photo editing software. Even your phone has quite powerful editing features. Use the software to lighten or darken the photo or crop the photo to highlight the subject. Use the filters to change the look of the photo or to make it a black and white.

Look at the examples to give you some ideas.



If you want to know more about our Photography Group, send Colin Peterson an [email](#).



The Biennale on Cockatoo Island

Connie Fraser

A small and brave band of photographers were fortunate to view The Biennale on Cockatoo Island before it was later closed due to COVID-19.



The Biennale is a bi-annual art exhibition held in different venues throughout Sydney. The Biennale was entitled "NIRIN" which means "edge". NIRIN is a word used by the Wiradjuri people of western New South Wales. NIRIN brought together artists, makers, scientists, academics and thinkers from around the world.



In keeping with the usual Probus tradition, the first stop was coffee at Cafe Societe Overboard. This outdoor cafe has one of the best views of the blue waters of the harbour and the Sydney Harbour Bridge.



Cockatoo Island is an interesting place to explore with its enormous industrial workshops where large ships were built. The huge halls with steel structures and open spaces provided a dramatic backdrop to the art works displayed.



One of the more striking exhibits, by Ghanian artist Ibrahim Mahama entitled



No Friend but the Mountains, took years to sew 3000 hemp sacks together. The sacks were originally used to hold charcoal and cocoa. This monumental art piece lined the huge walls of the workshop, dwarfing spectators

Lhola Amira's work of beaded curtains suspended above a ceremonial bed of salt was large enough to walk amongst.





Léuli Eshrāghi, *re(cul)naissance*, 2020

Lunch was enjoyed at the Marina Cafe near the historic dock.



On the rocky outcrop of the island, is the convict precinct built in 1843. Here sandstone isolation cells were used to house unco-operative second offender convicts for up to 28 days. The prisoners were dropped into rat infested isolation cells by a trap door and presumably forgotten.

One member commented that he did not realise the wealth of convict and shipbuilding history on the island.

Having the Biennale held on this World Heritage site makes it worthy to be a regular outing every two years.

Membership Update

Gil Vella

Hello Everyone,
I would like to thank you all for the magnificent response in paying your Membership Fees with over 90% paid.

The Application Form to join our Club will be emailed to all that expressed an interest and is available on the website:

<https://probuschbp.org/membership/apply-for-membership/>

If you would like an Outings Badge, when normality resumes, would you please let me know so they can be ordered with those I order for new members?

In the meantime, please keep safe and mentally active!

Gil Vella

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At the Opera!

In recent years members have enjoyed 'Opera on the Harbour' around this time of year. An alternative this year is to indulge in Opera at the Metropolitan Opera House, New York! Yes, you can enjoy a live performance every day - all from the comfort of your living room!

Follow the link to stream for free:

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

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Support your local community

Don't forget - if you're out stocking up on groceries, take the time to support your

local coffee shop with a take-away while they're still open!

Health Tips

Connie Fraser

As the weather becomes cooler, the flu seasons is not that far away. One of the best ways to protect yourself is to be vaccinated.

The vaccines available are:

1. Flu vaccine which will be released in April.
2. Pneumococcal vaccine to stop the effects of pneumonia

While there isn't a vaccine against COVID-19, having the flu and pneumococcal vaccines is important. This helps to prevent you having a secondary respiratory infection (flu or pneumonia) if you developed COVID-19.

Both vaccines are free for people 65 years or older through the National Immunisation Program (NIP) or your doctor.

3. Shingles (herpes zoster) vaccine protects you from getting shingles

This vaccine is free for people aged 71 to 79 years through the NIP or your doctor.

For further information on vaccines for seniors, [see Australian Government Dept of Health](https://www.health.gov.au).



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The Armchair Traveller

Jan Sayers

In life there's an upside to everything. Yes, your travel plans may have been interrupted this year, but we've all experienced exciting and challenging journeys over the years. And we want to hear about them.

The 'Armchair Traveller' is all about sharing your experiences with others. It's surprising what we have in common (or not!) when it comes to travel. Some love the great outdoors enjoying fresh air, blue skies, a pack on their back, and a goal - reaching the summit of a mountain peak, or trekking for a few days through lesser known areas. For others it's about cruising down the Nile or enjoying an aperol spritz on a balmy evening in St. Mark's Square in Venice!

In my twenties I spent many a long weekend with a pack on my back in the Snowy Mountains with like-minded friends. Off we'd set with the freeze-dried food or in my case, a frozen casserole (I soon learnt that freeze dried was the way to go!) And condensed milk from a tube was great in a cup of tea!

The 'leader' of this intrepid lot was a guy whose father had been a ranger in the National Park so he knew this area like the back of his hand. On hot days when we were weary, feeling parched and over swatting flies I vividly recall asking 'are we there yet?' Mm... we're all familiar with that catchphrase! And the response from said 'leader' was 'just around the next corner' which would subsequently morph into 'just around the next bend' or 'after we cross the river'. I soon learnt not to ask!

I always came home feeling alive, refreshed and energised. My thirst for travel has yet to be quenched and in recent years the call to Europe has been very strong.

And what about you? Whether its memories of yesteryear or recent travels we'd love to hear about them in this column. But then, perhaps this is where you're at!

STILL HAVENT DECIDED
 WHERE TO GO FOR EASTER
 THE LIVING ROOM
 OR THE BEDROOM

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You've Got to be Joking!

Keith Stockall

"5 People on a plane and only 4 parachutes."

A plane with 5 passengers on board is about to crash -- Donald Trump, Boris Johnson, Angela Merkel, the Pope and a 10-year-old schoolgirl -- and there are only 4 parachutes.

Trump says "I need one. I'm the smartest man in the USA and I'm needed to solve the pandemic!" He takes one parachute and jumps.

Johnson says 'I'm needed to sort out the COVID-19 mess in Britain'. He takes one and jumps.

The Pope says, "The world's Catholics depend on me for comfort in a time of fear." He takes one and jumps.

"You can have the last parachute," Merkel says to the 10-year-old. "I've lived my life. Yours is only just starting."

The little girl replies:
 "Don't worry, there are 2 parachutes left, the smartest man in the USA just took my school bag."