

Seniors@Monash

The Newsletter of the Monash Branch NSA - Your guide to our information and events
August 2020

Meetings: No meetings at present – we'll be in touch before they resume.

From the President

Did any of us believe we would still be in lockdown in August? Not seeing friends and family, not meeting with our groups and now we continue, with the compulsory wearing of masks and Stage 4. I know some of you have made your own masks - with time on your hands, why not?

At this stage we still have availabilities for the King Island tour in October. It will be a small tour group so if you are still debating joining us, please let me know and I will forward a complete itinerary to you.

I hope you are still receiving NSA'S CONNECT and going into the various subjects being covered in each issue. If you are not receiving the Connect email, please let me know and I will advise Brisbane Office. Likewise if you have not received your "Our Generation" recently, please let me know.

It was good to see Christina Ward looking well and overseeing Danny doing the wedding when I called into their home recently. It is good to note that I have not heard of any health problems with any other members. Certainly those I have contacted who do not have an internet connection are all keeping well, and naturally we are all hoping for a real end to the COVID 19 situation after the current emergency measures finish.

And finally – please look at the “Help Wanted” section on Page 2 and give some real consideration to how you can help to keep us afloat.

Keep safe and well – and indoors during this cold winter spell.

Cheers.....Elaine

NATIONAL SENIORS SPECIAL SUPPORT LINE

As we all know National Seniors Australia together with a number of other Seniors groups have set up a **support telephone line**.

I have now been advised that National Seniors also have their own Covid19 Support Line should anyone like to have a friendly chat, or discuss a specific problem.

THE NUMBER IS - 1300 887 626

Please call this number if you would like to discuss any issue about National Seniors or any other topic, the staff are also happy to just have a general chat about day to day life and how you are feeling about the world in general!

COVID-19 RESTRICTIONS

For those who need some indication of 5 kilometres from your residence, check the State government website below:

<https://www.vic.gov.au/coronavirus-5km-from-home-map>

Positions Vacant

(or really: **Help Wanted!!**)

Secretary, Webmaster and Newsletter Editor

Even in lockdown, time doesn't stop, and the end of our NSA Branch year is fast approaching. When you look at the last page of this Newsletter, you can see the number of people who contribute to making this Branch work, for the benefit of all of us.

Now while we have secured people to fill some of the positions, there are still some vacancies; and it is critically important that they be filled for the forthcoming 12 months. Please give careful consideration to your skills and to putting your name forward to help:

SECRETARY

Les Cooper has served this Branch of NSA and its predecessor with great distinction for many years, in just about every role there is: most recently as Secretary, and also as Policy Officer. But Les has found that it is time for him to retire, and we need to replace him. Now we know that these are big shoes to fill, but there will be lots of help, and **IMPORTANTLY**, there will also be a separate Minutes Secretary. And also importantly, the Branch cannot legally function without a Secretary.

So please contact Elaine (9790 5073) or Les (8759-5450) to find out more and then put your name forward if you would like the Branch to continue.

NEWSLETTER EDITOR/ASSISTANT EDITOR

Blair has now been editing our Newsletter for three years and there have been several changes over that period. But while he is still enjoying the job, there are two considerations which make it important to find a new Editor – Blair feels that three years is the right time for anyone to perform the one job, and also with any luck (ie the COVID emergency coming to an end) he and Rewa plan to be away from Melbourne for some time during 2021 and 2022. And one thing about the Newsletter is that it has deadlines, which he will be unable to meet.

Blair gave us notice 12 months ago that he wished to retire from this job, but now with the COVID emergency he is willing to continue to help with the Newsletter, but needs to share the responsibility. So we are looking for a new Editor to take over from Blair, who would continue to help as Assistant Editor; or alternatively, an Assistant Editor who can help, especially with those deadlines.

If you can help in either role, please contact Blair (9560 0829) or Elaine (9790-5073)

WEBMASTER

This role is basically attached to the job of Editor, and is responsible for managing the loading of news and other items onto our page of the NSA website, where these can then be seen by the whole NSA membership. So if you have some computer/internet skills, please consider this and contact Elaine on 9790 5073.

Tour to King Island

Our proposed King Island trip is still planning to going ahead - **leaving Friday 23rd October, returning Friday 30th October.**

There are still some spaces available, so let me know if you would like to join us. It should be a really interesting trip, certainly off the usual beaten tourist track, and will help those who have been disadvantaged in their business through the Pandemic.

Call me on 9790 5073 if you are interested in being one of the party, and I will send you a copy of the complete itinerary.

Elaine

Playing with other people's toys

At a meeting before we were in lockdown, David (Knobby) Clarke gave us a talk on his career in the IT industry. This is his story:

In the early 1980s I visited Canberra for the National Championship of the Mirror Dinghy Association. The Championships were family affairs, so it was customary for the members of the host club to invite visiting sailors to dinner. The Commodore of the Canberra Yacht Club was an ex-pat Englishman, so as someone with a similar accent I was deputed to go to dinner with him. Over dinner his wife enquired: "What do you do?" I replied that I worked in computing. "Oh," she said, "I thought computers were toys for children!" I replied, "Well, I have been fortunate that for the last twenty years people have paid me to play with their toys!"

Today, I want to give you my personal perspective on the evolution of computing over the last fifty years.

I was born in the Isle of Wight in the UK, and educated at St. John's College, at Southsea – a direct-grant grammar school run by the De la Salle brothers, under an 11+ scholarship from the Education Act 1944. I took GCE "O" level in 11 subjects and then specialised in Physics and Applied Mathematics at "A" level and "S" level.

I gained an Industrial scholarship from Bristol Siddeley Engines, who made jet engines for the Avro Vulcan bomber, the Anglo-French Concorde and all the British helicopters, and read Physics at Balliol College, Oxford, the oldest College in the oldest University in England; it claims its foundation from 1263.

At Oxford, I programmed the English Electric KDF9. For its day it was state-of-the art – it used transistors rather than valves, had a paper tape reader, a line printer, magnetic tape units, a floating point arithmetic unit, and memory of 16,000 words each of 48 bits – about 96 kilobytes in today's terms.

My first programming language was Algol 60, which I learnt during the Christmas vacation in January 1964. Most undergrads chose simple implementations of formulae for their projects, but my first program calculated the result of a single transferable vote election (preferential voting in Australian terms). The program took me two terms to write and delivered the result in less than two minutes.

After graduation I entered on a two-year post-graduate apprenticeship with Bristol Siddeley Engines. This was merged into Rolls-Royce, which did nothing for my prospects of promotion – after the merger my boss was two years older than me and his boss was five years older than him. It was going to be a long time waiting for dead men's shoes, so I left and joined International Computers and Tabulators (ICT), an expanding business, where I was paid nearly twice as much.

At ICT, I worked on the 1900 series, which was designed to compete against IBM's 360 series. These were third-generation machines: a whole series of machines all with the same architecture, common order code and common peripherals. These third-generation machines still initially used transistors, capacitors and resistors on circuit boards. I spent four years developing the GEORGE 2 operating system that organised the running of successive programs as "Jobs" and replaced the need for machine operators to understand how to load and run programs.

About a year after I joined ICT, it merged with English Electric Leo Marconi and Elliot Automation. The 2900 series was launched in 1974 as a replacement for both the ICT 1900 series and the EELM System 4. I spent the 1970s designing, selling and delivering the 2900 series, and by 1979, I was one of ICL's small group of database experts.

I accepted a 6-month assignment in Melbourne to introduce the IDMS database to the Victorian Motor Accident Board (now known as TAC). My family and I liked it, so we stayed, and we are now naturalised Australian citizens.

My next project was an online teller system for the State Bank of Victoria. The existing EELM System 4 hardware and software could not be enhanced to support over two million customers, so we sold them a four-processor 2966 which we called a Dual 2988.

The crucial point was that we replaced a heavily customised system by one that used the standard transaction processing system and a standard database, and still achieved a superior performance to a demonstration system that was hand-crafted to use a modified operating system and a custom-built file handling system.

Database resilience was (and is) important. The 2900 series disc drives were free-standing units about the size of a domestic washing machine, with capacity 500MBytes, and an expected failure rate of once in 10,000 hours i.e. once a year. We needed 50 drives – not so much for capacity as to spread the transaction load.

I designed the scheme whereby the database was split into lots of logical files each supported by two physical files. By spreading these across 50 drives we were able to ensure that data could only be lost by an unlucky simultaneous failure of two drives. Generally, a failure of a single drive would simply leave some logical files supported by single physical files. When this occurred, we recovered by copying the good physical files to pre-determined locations on other drives. This system ran successfully for 12 years, with only 20 minutes unscheduled down time during that period.

My last project was a disaster-proof system. The necessary configuration, which was itself resilient to hardware and software failures, was replicated in a city 100kms distant. The remote database was updated in real-time across a high-speed communications link. In the event of a disaster, the on-line transaction load was automatically switched to the remote site, taking about 15 minutes, without loss of data. Previous techniques required hours or even days for recovery and involved significant loss of data.

After retiring from formal employment, I joined the U3A. I gave courses on Astronomy and the occasional presentation to the Science and Technology group. I also maintained my interest in the French language with the Conversation class. Then I took four years out to prepare a thesis dealing with Computer Science for which I received a PhD from University of Melbourne.

When I was young, I was a Rock Climber, but I stopped when I married, because Liz gets vertigo standing on a chair! I learned how to sail Mirror dinghies and taught all my children to sail. I graduated to ocean racing and participated in two Sydney-Hobart races. I like observing the stars and the planets through my telescope, but I don't much like the cold nights! I have always had an interest in scale aeromodelling but my hand-eye coordination has deteriorated and I was never a very good pilot. In the last few years I have led a Recorder Ensemble for the U3A and I have recently formed a Viol Consort.

I am married with three children, and four grandchildren. I discovered a half-brother back in England with whom I maintain an enthusiastic social contact.

I spent 2003-2005 working in Paris, which gave Liz a persistent love of that city. We own a motorhome which we have driven to many parts of the Eastern half of Australia, including a trip to the Tip of Cape York.

JOIN US FOR AN ONLINE COFFEE AND A CHAT

This is the year of Zoom, it seems. So we are thinking of holding online Coffee and Chat sessions with Zoom. Please let me know if you would like to join us. Numbers may be limited, (more than a few on Zoom requires stringent discipline, and who wants that?) so please call me soon on 9790-5073 to indicate your interest. There is an answering machine for you to leave a message if I am (I emphasise legally!) out.

Cheers.....Elaine

Family Dynamics

My husband purchased a world map.

He gave me a dart and said: "Throw this and wherever it lands I'm taking you for a holiday once this pandemic is over".

Turns out we're spending two weeks behind the fridge.

In the interests of safety we are not disclosing who submitted this item.

The History of 'Aprons'

I don't think most kids today know what an apron is. The principal use of Mum's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses, and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Mum walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

Grandma used to set hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron. Yet I don't think we ever caught anything from an apron – but love.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

Thanks to Les for this voyage into the past.

Vale Pat Bain

Pat had a fall early June and sadly passed on 4th July.

When Pat joined NSA, at the very first meeting she attended she immediately volunteered to help in the kitchen.

She also enjoyed attending the monthly lunches and loved being with other people.

Pat was a wonderful caring friend; she will always be remembered for her concern for others and was very involved in charity work.

She will be sadly missed.

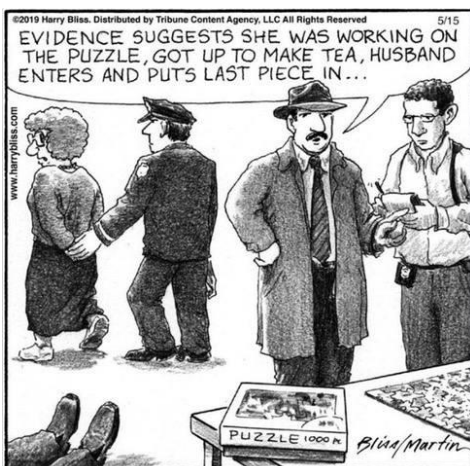
Merrill Moore


Irish Medical Definitions

Do the Irish and some other groups have low stress levels because they do not understand the seriousness of much medical terminology?

Artery	The study of paintings
Bacteria	The back door to the cafeteria
Benign	What you be after be eight
Caesarian section	A district in Rome
Barium	What doctors do when patients die
Cat scan	Searching for kitty
Cauterise	Make eye contact with her
Colic	A sheep dog
Coma	A punctuation mark
Dilate	To live long
Enema	Unfriendly female
Fester	A Kiwi who is quicker than someone else
Fibula	A small lie
Impotent	Distinguished, well known
Labour pain	Getting hurt at work
Medical staff	A doctor's walking stick
Morbid	A higher offer
Nitrates	Pay for working at night
Outpatient	A person who has fainted
Pelvis	Elvis's cousin
Post-operative	A letter carrier
Recovery room	Where they do upholstery
Rectum	Nearly killed him
Secretion	Hiding something
Seizure	Roman Emperor
Tablet	A small table
Terminal Illness	Getting sick at the airport
Tumour	One plus one more

And again thanks to Les!



When asked the similarities between
Woman 
&
Alcohol 
Shakespeare replied,
They both have the amazing quality of giving
Pleasure at night and
Headache in the morning !

A Virtual Challenge

Is Stage 4 getting you down, are you feeling flat, not exercising or moving as much as you would like? The Active Monash Health and Fitness team is here to help with their Virtual Challenge: A free 4-week challenge to improve or kick start your health and fitness routine whilst at home

- Workouts developed by our Personal Trainers
- Virtual classes by our Group Exercise Instructors
- Healthy tips
- Tasty recipes
- Wellness tips and resources
- Webinars
- A weekly support email from our team

The challenge includes a calendar that will help you keep track to your goals. Points will be allocated to our different activities, workouts, webinars, recipes, blogs and more. Your goal is to collect 80 points during the 4 week program

Here's a [link](#) to the live web-site:

<https://www.monashaquaticrecreationcentre.com.au/Fitness/Active-at-Home/Virtual-Challenge>



*To all members who have been unwell,
we hope you feel better soon.
Best Wishes for a speedy recovery and we look forward to you being back with us fit and well.
If you know of a member who is unwell, please contact our welfare officers
Danny and Christina Ward on 98071524*

Thanks from the Editor

Thanks to everyone who sent in material for this issue of Seniors@Monash. I haven't been able to include it all, but rest assured I'll try to put in those I missed next month. Do keep the contributions coming – jokes, good advice, tips and tricks, recipes -- they are all of interest.

Monash Theatre Lovers – Future Theatre Events



Contact Leonie: leonietlc@y7mail.com or 9899 1990
(leave message with your name and contact details)

It's a gloomy outlook but here is Leonie's latest information

I have been trying to get some information regarding theatre events...however not much luck with trying to speak to someone on the phone...My usual contacts are very helpful with finding me great seats/dates/ etc. I am hoping that they will be available in the not too distant future.

THEATRE - ARTS UPDATES:

I have been notified that Cirque du Soleil "KURIOS" has a new date for a tour.
(I had booked and paid for seats for May 2020, which was cancelled.)...

Now updated to: Sunday 9th May 2021. at Flemington Racecourse.

MELBOURNE OPERA COMPANY

"Das Rheingold" at Regent Theatre - Collins St. MELBOURNE.

Rescheduled from 2nd August 2020 to Sunday 07 February 2021

MUSICAL "9 TO 5" – MUSIC BY DOLLY PARTON.

At Her Majesty's Theatre

Waiting NEW rescheduled dates – we previously had a booking for September 2020.

MALVERN THEATRE COMPANY (Amateur Theatre Company) Malvern East.

Due to Covid 19 they have cancelled all their productions for 2020.

We look forward to seeing them perform most of the plays listed for 2020, next year.

Their Gala Nights are very popular: included in the ticket price (\$30) is a chance to eat, drink, and chat with friends and the cast.

THE ARCHIBALD PORTRAIT EXHIBITION

The Finalists and the Packing Room Prize Winner will be announced on 17 Sept. 2020

The Prize Winner will be announced on 5 September 2020

The Exhibition will be open at the Art Gallery of NSW from 26 Sept 2020 to 10 Jan 2021, and then will be on tour around Australia.

We are looking forward to a day trip in 2021 to view the Exhibition when it comes to Melbourne – probably at the Tarra Warra Art Gallery – Yarra

'HARRY POTTER" at the Princess Theatre.

Bookings have been cancelled over past months, and will need to be re scheduled, which will have an impact for our future booking date.

IT GIVES US A CHANCE TO SAVE UP FOR THE TICKETS,
AND TO LOOK FORWARD TO A SPECIAL THEATRICAL EXPERIENCE IN 2021

I suggest that we aim to see Part 1 and Part 2 on the SAME day...
(say Wednesday matinee/afternoon)

(Or we would have to see Part 1 one week and Part 2 the next)

Seating / Dress Circle cost approximately TOTAL \$355 + booking (total two shows)

Dates will depend on availability.

I LOOK FORWARD TO SEEING YOU ALL SOON.

Leonie



Trade Persons Register

Many members need jobs done and are looking for reliable and economical Tradespersons.

We have a list covering the various trades. Please add to the list if you have used someone recently whom you can recommend; However please keep in mind that we will be having only one person in each category.

Some of the Tradespeople have advertised below. Other Trades are shown on the following list:

Garden Maintenance; Plumber; House Painter; TV Service; Pest Control; Auto Mechanic Mobile Service; Upholsterer; Curtain Maker; French Polisher; Handyman.

For the details of the relevant tradesperson, contact any member of the Committee

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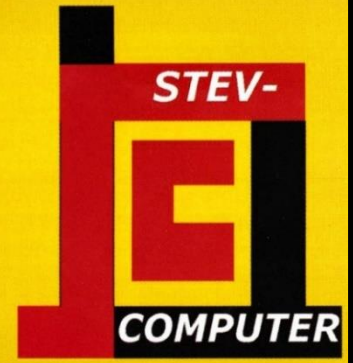
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Email: stevpc@tpg.com.au
Web: www.stevpc.com




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Domestic, Commercial, Industrial

Mobile: 0466 650 930

Email: leekeskic@gmail.com



Australian Dental Prosthetists Association (Victoria)

Gary J. Linkin
Dental Prosthetist

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Wednesday Lunches	Anne Walker	9560 7424	len.walker73@bigpond.com
Saturday Dine Outs	Russell & Patricia Mills	9764-4415	russmills36@bigpond.com
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Kitchen	Shirley Miller & Helpers		