

THE PROBUS CLUB OF WEST COAST (CAPE)



YOUR WHALETALE NEWSLETTER



October/November 2010

WE CARE - ONS GEE OM!

President's Corner

Dear Fellow Probians

First of all I would like to once again, express my condolences on behalf of us all, to Anthea on her very sad loss, and hope that I may continue Malcolm's year in the vein that he would like. Thank you, one and all, for unanimously voting for me to take over the reigns and for the confidence shown in me.

As you all know, Fellowship (We care/Ons Gee Om) has always been a very big aspect of my outlook on how we should approach our Retirement. Life is too short not to care about those around us who share the same goals and are all retired from hectic and stressful careers. In this last year we have lost two Committee Members in Malcolm Calf and Joan Williams and a recently resigned member, Johann Liebenberg. It is this fact that brought the Committee to the idea of having a 'memorial' section on our Podium for those who passed away whilst still active members. I am so pleased that the suggestion was approved by the members at our November lunch meeting, and we now will have a permanent reminder of those gone before us. We will make a heading of "Probians Remember..." on the Podium, and then the late members' name tag pasted below this. This will all be done for us by Ron Miller, the creator of the Podium, and will be ready for our next lunch meeting in February 2011.

On a lighter note, our Friendship Dinner is coming up on the 30th November 2010, and it is pleasing to note how many of the members will be attending. This is our last official function for the year, and it is a good way to enter into the "silly season" - and hence I wish you all Season's Greetings and a Peaceful New Year. Enjoy your visits with families and friends, please drive safely and I look forward to seeing you all at our next lunch meeting on Tuesday, 1st February 2011.

Your President
Alice Ball

“Life has taught us that love does not consist in gazing at each other, but in looking outward together in the same direction.” Antoine de Saint-Exupery

Club News:

I feel pleased with myself that I found our little whale picture again. To the older members, you might have recognised him at the top of the page? For the record, who started using him, and when was it?

It has been awhile since the Whaletale appeared. As a club we had some sudden, traumatic losses. Alice came up with the idea to remember all our members who had died, on a honorary roll. The committee totally supported this idea and all members seemed that it was the right thing to do. Ron Miller was ‘volunteered’ for this job.

All the sudden deaths, sort of got to all of us and forced me specifically to do ‘stock taking’ of my life! Maybe Gandhi said it best, when he said; *Be the change you want to see in the world?*

Our Probus members are real ‘staatmakers’ and Jeanine Stuyck came back on board the committee to fill Joan’s place, to plan outings and events. Joan had planned a tea dance for us, but as none of us had any idea of what that really meant, we shelved that project to do more research and maybe bring the idea back in the future?!

Alice offered to step in and take over, when our president died. This was cleared with EXCO, as we never had such a precedent before. (Was it the old president or the vice president to take over???) So welcome back to Alice as the President until the end of the term!

We have made an economic decision, to rather send out birthday cards via e-mail, which most people have. The few people with no internet, will still receive cards by post. The savings thus accrued could be better spent to subsidise our Friendship Dinner, or outings. The cards will arrive via www.123greetings.com and you must click on the link to view it. We have had about 2 or 3 peoples whose cards came back as unopened or undelivered. (Anne Dixon, Magie Heydenrych, Rosil Jager and Toekie du Plessis) We apologise for this, it does not mean that we had forgotten you! Someone suggested it might happen when your inbox is overfull, no new messages can be accepted???

Malcolm still asked for a anonymous questionnaire about what our members want from the Whaletale. 27 People responded that day. I assume in many cases one form was returned per couple? Thank you for responding. On the whole it would appear that people are happy with the Whaletale as it is. All who voted would like to see photos of recent events and activities. I have made a note of that and will use photos as and when I get them, so please forward them to me! I have noticed some keen photographers amongst us! We always have our Probus photo album at our meetings and that is usually up to date, thanks to Jeanine Stuyck! Do take time to browse and have a trip down memory lane!

On some topics like interesting things that happened to members and holiday summaries, we had a 2/3 majority in favour. An amusing score was 26/27 want humour and jokes in the Whaletale, one person did not..... but someone made two ticks so I think we are back to full count in favour of humour???

Some suggestions put forward were;

-To publish coming events in the Western Cape.

-Linkage with other Probus chapters for people wanting to make contact with overseas.
(You can use the following link to access the same;
<http://www.probus.org.za/Attachments/Probus%20Directory%202009%202010.pdf>

-News items & events from other Probus clubs. Go to www.probus.org.za to access the various clubs and information. Whoever asked for it, we have included a Probus Newsletter of what is happening on a 'higher' level, send out by Bob Goebel.

-A request for life and work experiences of 'old' members as well, because we forget!!
As you can see, for most of the content, the editor is reliant on member contribution..... so please make yours in whatever form. Thank you.

Wishing everyone who was sick and had operations a speedy recovery and hope to see you all soon, happy and healthy again. We do miss you!

Anthea is rounding up her affairs to return to her visit with the children in the UK and Norway on November 12th.

We have one function left this year, our Friendship Dinner which will be on Tuesday 30th November at the P.O. Yacht Club at 18h00 and will take the form of a spitbraai! Both Rob and Elaine have been busy planning, buying, organising etc., not much left to do for the other members. Thanks to you too!

We gained 8 new members this past year. Probus West Coast has members living in most towns, except Vredenburg and Jakobsbaai! With so many "inkommers" as the locals would call most of us, and our meetings held in Velddrift, did you know?

Laaipek: Is literally the loading place.

A safe anchorage at the mouth of the Berg River, originally used for loading the wheat of the Swart -land bound for Cape Town.

The man credited with much of the early development of this area was a Cape Town merchant by the name of Johann Stephan who anchored an old sailing ship, the Nerie, at Laaipek to serve as a warehouse and a home.

Velddrif: drift in the veldt

Wikipedia has this to say about Velddrif "*The name Velddrif is derived from a local farmer, Theunis Smit, who took his stock through a drift in the field (Afrikaans: veld), to find grazing across the river.*"^[3] In 1899, a pont was built to cross the Berg River" The Bridge was only built in 1950!

This was the highest point drift in the veldt navigable by ocean going boats. (This was mentioned in an old Cape Odyssey article,) but it somehow sounds strange..... *in the veldt navigable by ocean going boats???* So to our local historians, Jeanine Stuyck, Nic Mostert and Ryck Melck, what is your take?

FROM THE PROBUS.ORG WEBMASTER

Bob Goebel

Your Webmaster. <bob.goebel@polka.co.za>

Dear Fellow Probians,

Our Website www.probus.org.za was updated this morning with a number of Probus Club Newsletters and other important information. Please browse through and let me know if you find it interesting and informative. Your Webmaster needs your input and all suggestions, criticisms and contributions are most welcome.

Newsletters.

From the "Notice-board" variety like Atlantic, to the interesting and informative, (Champagne and many others) they come mostly in English, some in Afrikaans and one or two in both. Please continue sending your Newsletters to me as a pdf attachments. bob.goebel@polka.co.za. There's plenty of space for many more.

Reports & Information.

The first item in this section is "SARS and the Probus Club". From my contact in the Tax Exemption Unit I gather that most Probus Clubs are now Tax Compliant and in possession of a Tax Exemption Certificate. If you're not sure, send me your club's Tax Reference Number and I'll find out for you.

Probus Manuals.

The "Member Edition" is now used by a number of clubs as a hand-out to new members. Die Afrikaanse weergawe skep n' goeie indruk by Afrikaans spreekende lede. Instructions on how this Manual can be made up into an A5 handbook can be found on the last page. If "Handicraft" is not something you do, go to your local "Post Net". They'll be happy to do the job for you. Some clubs have customised this edition with a club history at the end and their own bylaws replacing the suggested bylaw format.

Please give me feedback when you've had a good look.

Kind regards,

Bob Goebel



Weird facts about beer

Beer is one of the most common beverages in the world, but there are some facts you probably didn't know? Benjamin Franklin said; "Beer is proof that God loves us and wants us to be happy," Most beer drinkers would agree with him. How many of the following facts do you know?

The earliest beer recipes are so old that they predate the birth of Christ by millennia.

According to an article on suite 101, one of the earliest recognizable beer recipes comes from the ancient Sumerian civilization. The beer recipe itself was a hymn to the Sumerian goddess Ninkasi. This recipe was made out as a prayer because many people were illiterate, so it was a method for them to remember the recipe itself.

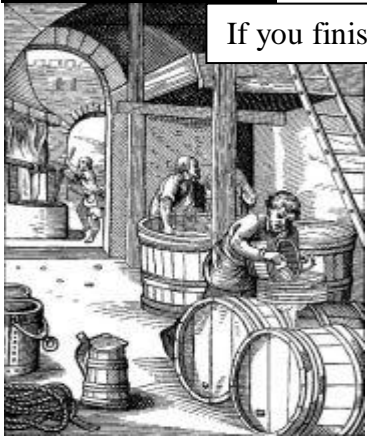
Women and beer. Historically, brewing beer was always a women's job. It was considered a very important and noble task. In ancient Peru, the breweries were staffed by women of the elite. The criteria used to choose the women was very strict – you had to be either of noble birth or extremely beautiful. "Brewster" is the correct term for a woman who brews beer.

In ancient Egypt there was a written law that prevented, men from selling and making beer.

A flood of beer. St Giles in London was the victim of the world's largest beer flood in history. According to www.bbc.co.uk, on the 17th October 1814, the Meux's Brewery Co Ltd on Tottenham Court Road, had a 1.2 million litre beer explosion that caused the deaths of nine people, the destruction of the brewery, two nearby brick houses and a pub. Even though, the beer tsunami may have killed nine people and destroyed four buildings, but it brought joy to hundreds!

World's most expensive beer. Vielle Bon Secour, is the world's most expensive bottle of beer. This beer is so expensive that it is only sold in one bar, Bierdonne, in London. The funny thing about the R5,500 bottle of beer is people in the know say apparently it does not taste all that great!

Beer equals energy. One bottle of beer equals the kilojoule value approx. seven slices of bread.



If you finish a six-pack, it's the same as 2 loaves of bread!

The Oldest Brewery

Weihenstephan (near Munich in Bavaria) brewery is the oldest brewery in the world and has been operating for almost a millennium. The building was founded in 740AD and was originally a Benedictine monastery. It wasn't until 1040AD that the owners received the brewing license. Now the building not only makes beer but also acts as a research centre for brewing technology. When the monastery and brewery were secularised under [Napoleon Bonaparte](#) in 1803, they became possessions of the State of Bavaria.

The famous Inca beer.

Chicha is a beer that is common in Latin America, This beer was traditionally made by Inca women. The weird thing about chicha is that it was usually made by little girls aged 8-10. The girls would take corn and chew it until it turns to pulp. The pulp would then be added to the warm water and left to stand a few days before it can be consumed. These girls, called Acllas or Acallacunas, were sent to a school called Acllahuasis to learn how to brew chicha.

The most popular beers

Here's a list of the most popular beers in the world:

America:	Budlight
Canada:	Labatt Blue
Brazil:	Skol
Mexico:	Corona
Germany:	Krombacher
Netherlands:	Heineken
United Kingdom:	Carling
Ireland:	Guinness
Belgium:	Jupiler
Japan:	Asahi Super Dry
Australia:	Victoria Bitter

The most popular beer in South Africa, is Carling Black Label.

At about 3AM, I was drunk as a skunk. I came home just in time to hear the cuckoo clock cuckoo three times. Quickly coming up with a plan, I cuckooed nine more times, hoping my wife would think it was midnight. I was very proud of myself.

The next day, my wife asked what time I got home, and I replied, "Midnight, just like I said."

She said that was good, and for some reason she said we needed a new cuckoo clock. When I asked why, she answered, "Last night when it cuckooed midnight, it cuckooed three times, said 'Shit!,' cuckooed four more times, farted, cuckooed three times, cleared its throat, cuckooed two more times and then started giggling."

Ogh mense, jul redakteur is nou nog naar by die gedagte hoe hulle Chicha gemaak het,en ek het dit gedrink? Aan 'n besoek in Peru, was die volgende my aantekeninge en ondervinding van wat en hoe Chicha is; Hierdie was buitekant Ollantaytambo in die Sacred Valley.

“Ons ry slegs 'n kort entjie en kom buite die dorp by 'n paar huise aan wat half versteek onder die bome langs die pad is. Nou is ons by 'n chicha brouery, Peru se inheemse alkoholiese bier.....gemaak van mielies! Die woord brouery was erg oordrewe, vir my het dit na 'n tuisnywerheid gelyk! Die gids vertel vir ons enige huis of gebou wat aan die buitekant 'n stok met 'n rooi sak, lap of toue aan sy punt het, is 'n teken dat daar chicha verkoop word. Elke huishouding het omtrent sy eie resep vir die brousel, maar dis basies gemaalde mielies, natuurlike suurdeeg, rou suikerriet en gegeur met appel, kaneel of ander vrugte. Dit neem omtrent 5 dae om te gis en raak met tyd al hoe sterker vir amper 'n maand. Ons het twee verskillende chichas te proe gekry. Die eerste een die mees tradisionele een. Dis in kleur amper soos gemmerbier, maar het so 'n skuim laag op. Ek hou niks van die reuk en nog minder van die smaak en gee my glas vir Simon om klaar te maak. Die tweede soort was dieselfde resep maar aarbeie by, en dit was heel drinkbaar, ook soeter. Weet nie of dit meer suiker in gehad het en of dit die vrugte was wat dit so soet gemaak het nie.”

Maar die ander Peruviaanse nasionale drank Pisco Sour, het hoe langer die toer was, al hoe lekkerder vir my geword. En nee, ek wil liewers nie weet hoe hulle dit maak nie!

Grootmensbril -

(Geneem uit: Die Taalgenoot van Mei -Junie 2010 ingestuur deur Magie Heydenrych)

Toe ek 'n klein kind was, het dit vreeslik lekker gelyk om 'n grootmens te wees. Want grootmense het tjekboeke en motorliksense en hulle mag nagmaalwyn drink en doen net wat hulle wil.

Vroue dra hoëhakskoene en sykouse, en ons kinders moet tevrede wees om skool-skool te speel met geleerde sykouse en garetolletjies vasgeskroef aan ons ou skoene. Grootmense eet die soet waatlemoenkrone, en ons kinders moet die waterige skywe eet. Hulle mag kies watter stukkie hoender hulle wil hê. En dan mag ons nie ons monde opblaas oor die benerige vlerkie waaraan daar partykeer nog haartjies vassit nie.

Kinders moet altyd maak soos grootmense sê. Al is jy nie vaak nie, moet jy gaan slaap as jou ma so sê. Jy moet jou kool eet omdat jou pa sê jy kry nie tiekiepoeding met eiervla voordat jou kool nie opgeëet is nie. Nooit as te nimmer mag jy waag om in grootmensgeselskap rond te sit nie, want dan tel jy tande. Die slegste van alles was as jou ma jou roep om vir die grootmense klavier te speel. En niks kan jou naarder maak as kasterolie nie. Jy moet dit drink, want jou ma sê jy gaan wurms kry van speel in die sand om modderkoekies te bak en paaie te bou. Want die

werfkatte grou hulle gaatjies in die sand.

Uiteindelik het dit toe so gekom dat ek 'n grootmens met 'n man en twee kinders geword het. Met hoëhakskoene, lipstiek, gepermde hare, bestuurslisensie en tjekboek. Eers toe het ek gesien dis nie altyd lekker om 'n grootmens te wees nie. Partykeer is dit baie moeilik. Want nou is

jy die een wat moet sorg vir kos, petrol, skoolgeld, kamping, klere, medisyne, vakansie. Toe jy 'n kind was, het jy geglo die kerk gee Gesangeboekies en Bybels en Sondagskool boeke weg. En tannie Mabel de Waal sny jou hare verniet uit liefde. Musiekboeke en netbalklere val

seker uit die lug. Vader Krismis is 'n miljoenêr en die tandmuis kan wrintiewaar 'n halfkroon in jou skoen sit.

Maar nou sien jy alles kos geld, en voor jy 'n tjek kan uitskryf, moet jy eers die geld in die bank sit. Voor jy hoëhakskoene en lekkerruikgoed en mooimaakgoed koop, sorg jy dat jou kinders alles het wat hulle nodig het. Van raketten tot handelsmerkkere, 'n skootrekenaar, selfoon. En nog en nog. Sonder dat jy dit hardop sê, staan jy in slaafskap by jou kinders. 'n Vrywillige slaaf, gebore uit liefde en instink. Soggens is jy eerste uit die bed en in die kombuis om 'n skoolhemp te stryk en skoolbroodjies te smeer. Saans as almal lê, maak jy kombuis aan die kant. Jy vat nooit

die grootste peer in die vrugtebord nie, en as daar net twee frikkadelle in die bak is, sê jy nee dankie, want jou maag is vol. As jou kinders hartseer is, troos jy hulle. As jy hartseer is, gaan huil jy in die nag by die visdammetjie.

So werk dit nog al die eeue. En as die wêreld nie intussen vergaan nie, sal dit oor vele eeue steeds so werk.

Ek wens ek kon net een keer weer 'n kind wees en dat my pa en ma nog leef sodat ek vir hulle kan dankie sê vir al die opofferinge wat hulle gemaak het. My ma wat op die bed se rant sit en my hoesmedisyne met 'n teelepel gee. My pa wat die plaasbakkie met die trekker deur die vloedrivier trek om ons op 'n Vrydag by die koshuis te gaan haal. As ek my oë toemaak en terugdink, sien ek eindelose onbaatsugtige ouer-offers. En ek wens ek kon vir vandag se kinders 'n grootmensbril opsit sodat hulle die offers van hulle ouers kan raaksien. En betyds kan

dankie sê, want dalk kom eendag nooit.

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Nostalgia isn't what it used to be.

Nostalgia: When you find the present tense and past perfect

[Simone Signoret](#)

[The Lion](#)

And for the more scientifically minded;

Two New Additions To The Periodic Table of Elements.

Element Name: WOMANIUM

Symbol: WO

Atomic Weight: (Don't even go there!)

Physical properties: Generally soft and rounded in form. Boils at nothing and may freeze any time. Melts when treated properly. Very bitter if not used well.

Chemical Properties: Very active. Highly unstable. Possesses strong affinity for gold and silver, platinum and precious stones. Violent when left alone. Able to absorb great quantities of exotic food. Turns slightly green when placed next to better-looking specimen.

Usage: Highly ornamental. An extremely good catalyst for dispersion of wealth. Probably the most powerful income reducing agent known.

Caution: Highly explosive in inexperienced hands!

Element Name: MANIUM

Symbol: XY

Atomic Weight: (180+/- 50)

Physical Properties: Solid at room temperature, but gets bent out of shape easily. Fairly dense and sometimes flaky. Difficult to find pure sample. Due to rust, ageing samples are unable to conduct electricity as easily as young samples.

Chemical Properties: Attempts to bond with WO at any chance it can get. Also tends to form strong bonds with itself. Becomes explosive when mixed with KD (Element: CHILDIUM) for long periods of time. Neutralize by saturating with alcohol.

Usage: None known. Possibly good methane source. Good samples are able to produce large quantities on command.

Caution: In the absence of WO, this element rapidly decomposes and begins to smell.

Stroke and something worth remembering:

One of our own members, Anne Dixon, suffered a mild stroke earlier in the year. I came across the following and thought it worth sharing with all. Hopefully we might never need this info, but should we have to, may it be to help someone survive!!

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue

How to recognize a stroke

Sometimes symptoms of a stroke are difficult to identify. What may have appeared as a stumble and falling, might have severe consequences. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms.

A Neurologist says that if you can get a stroke victim within 3 hours he can totally reverse the effects of stroke. He said getting the patient medically cared for within 3 hours, is what is tough.

We are to remember the first 3 letters of stroke. S-T-R

S – Ask the individual to SMILE

T – Ask the person to TALK and Speak a simple coherent sentence.

R – Ask him/her to RAISE BOTH ARMS

If he/she has any trouble with ANY ONE of these tasks, call emergency number immediately and describe symptoms to the dispatcher/dr.

New signs of a stroke – Ask them to STICK OUT YOUR TONGUE, if the tongue is ‘crooked’, or goes to one side this is also a sign.

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A REVIEW OF OUR PROBUS YEAR

Our membership stood at 49 members when we resumed our meetings. We started our first meeting of 2010 in February, with Hal Hofmeyer having most of us enthralled with his life travels and experiences. Definitely one speaker we could have listened to for longer!

The Gifberg overnight visit was scheduled for 16 & 17 February and attended by 12 people, who really seemed to have had a super time.

March had us taking a look at investments for seniors and Nicholas Russel sharing his rather positive view of South Africa's economic future. Who doesn't need a positive view?

During March our club also hosted the Probus Association Buzz Group. A first for our area!

April was the AGM, no guest speaker.

In May we went 'visiting' the ORBIS Flying Eye Hospital and the tremendous work they are doing.

Joan Williams organized a boat trip and picnic for members, and this was enjoyed by all who attended!

At the June meeting we learned more about the Consumer Protection Plan, by an attorney, (RW Darroll,) with a sense of humour.

Then in July, dr Dennis Thoens lectured on Nuclear Energy for the Layman.

The outing was to the Perlemoen Hatcheries in St Helena with lunch at the Swiss Deli. We had to split up into 3 groups to accommodate us all, and at least our little group thoroughly enjoyed this interesting guided tour!

The whole committee was invited by Probus Langebaan to a braai, beetle drive and sing-songs to accordion music. Except for Ron Miller who was still Down-under, we all attended. This will be hard to reciprocate!!

During the August meeting, Mark Duckitt shared the pro's and con's of the 'supposedly' envisioned R83bn West coast boom, announced in the media.

In September dr Jane Bewsey shared about her life and training and above all the lesson that life taught her.

October saw us 'travelling' to St Helena Island with Mervin Watson. Ah travel, the second most important thing that pensioners do. (A British survey brought to light that pensioner's spend their money on gardening and travel, in that order.)

At our November meeting, both dr's Barry Clark and Danie Schreuder gave us an update on the Berg River Estuary Management Plan. The ecology, but also the practical implementation, the lack of manpower, funds and accountability of local government.

Still outstanding for November is our Friendship Dinner on the 30th, which will this year be a spitbraai held at the Port Owen Yacht Club! 51 members and guests will attend this!

So let's celebrate the beginning of the 'silly season' as our president calls it with friendship and caring....and as one member was recently overheard; "Ag, wat is Probus dan nou sonder 'n ou drukkie?"

We end the year with 53 members on our list.



*It doesn't matter
Whether you are
A vegetarian,
Fruitarian
Or meatarian,
You can always
Be a humanitarian!*

Our regular meetings will commence Tuesday 1st February 2011.

An informal outing to Draaihoek is scheduled for Tuesday 15th February 2011. Just getting together on the beach to be 'strandlopers' or for a game of Patong and a meal at the restaurant.

May you all have a peaceful and joyous festive season.

Happy Christmas

And a New year that is blessed and not stressed.

Monika Basson (Editor; mbasso@telkomsa.net)