



Beaumaris Waves

The Combined Probud Club of Beaumaris Bay Inc.

6 May 2020

“Snapback” Activities



Lunches and Day Trips

The Committee and Convenors of Lunches and Day Trips have been working during the lockdown on getting some activities up and running once we are permitted to by the government.

We are excited to advise you of some of the activities we have planned. As soon as we have permission to use the Golf club for meetings and gatherings, we plan to have a big:

Coming Out of Hibernation Party

It will be in the form of our usual Meeting /Morning Tea but with a party atmosphere. We would like you to dress up in your finest clothes and join in the celebrations and catch up with your friends. *Date to be confirmed.*

Arcobar (Lunch)

Next will be a lunch to be held at *Arcobar* in Heatherton. The restaurant is capable of having us spread out to whatever distancing will be required. Food is enjoyable and the staff will look after us. *Date to be confirmed.*

In addition, we have planned a day trip to:

The Dolphin Research Institute in Hastings



Leaving from Beaumaris with Spirit Tours we go straight to Hastings. Morning tea will be served from the bus. We then will enjoy a talk about the wonders that live in our bays with stunning images and footage of our marine treasures that you won't see anywhere else. After the presentation there's a two-course lunch at The Kings Creek Hotel, stopping at the Chocolate Grove in Carrum on the way home. *Date to be confirmed.*

Hope you will be ready to join us in all of our activities planned so far with lots more to come. Of course, these activities are all subject to the Government lifting restrictions and us having permission to go out.

Geraldine McGann

May birthdays



June Ferguson; Carol French; Marilyn Hubbard; Emelie Josephs; Barbara Leung; Lyn Mather; Judith Saxton; Brian Seddon; Christine Simmons; Frank Spencer; Val Strauch; Judy Tindale; John Wood. We wish them good health and many Happy Returns.



Happy birthday to us – the Club turns 19 on the 18th May. Unfortunately we're not able to share the virtual cake that the Editor has made for us! However, we still have nine Foundation members to help us celebrate: Peg Campbell; Laurie Gwillim; Emelie Josephs; Judith Saxton; Bill & Margaret Soding; Frank & Pamela Spencer; Shirley Tidex. Thank you for helping to establish the Club all those years ago.

COVID-19 cyber security threat

COVID-19 has created an opportunity for cyber scams to exploit the vulnerabilities of Australian individuals and organisations. Unfortunately, malicious cyber criminals are using this as opportunity to circulate scams and phishing emails, which are designed to exploit people's anxieties and need for information about the COVID-19 pandemic.

The Australian Cyber Security Centre has recently released a paper which covers how to spot and avoid such COVID-19 themed scams. The key points are summarised below:

How to spot if an email or text message is phishing *

- Look for anything that is out of the normal, such as tracking numbers, names, attachment names, sender, message subject and URLs.
- On a PC or laptop, hover your mouse over links to see if the embedded URL is legitimate, but don't click.
- Google information such as the sender address or subject line to see if others have reported it as malicious.
- Use sources such as the organisation's mobile phone app, web site or social media page to verify the message.

Protecting yourself against phishing emails

- Before opening an email, consider who is sending it to you and what they're asking you to do. If you are unsure, call the organisation you suspect the suspicious message is from, using contact details from a verified website or other trusted source.
- Do not open attachments or click on links in unsolicited emails or messages.
- Do not provide personal information to unverified sources and never provide remote access to your computer.
- Remember that reputable organisations locally and overseas - including banks, government departments, Amazon, PayPal, Google, Apple and Facebook - will not call or email to verify or update your personal information.
- Use email, SMS or social media providers that offer spam and message scanning.
- Use two-factor authentication on all essential services such as email, bank and social media accounts, as this way of 'double checking' identity is stronger than a simple password.

* The word "phishing" was coined by hackers stealing online accounts and passwords. By analogy with the sport of angling, these Internet scammers were using e-mail lures, setting out hooks to "fish" for passwords and financial data from the "sea" of Internet users.

Welfare Report

Dear Friends,

I trust you are keeping well, looking after yourselves and keeping busy during this difficult time. Who would have thought six weeks ago, that the present situation would worsen and continue to this extent. Here we are in blissful isolation that by all accounts will continue for some time. The consolation is that we are all in this together. All we can do is patiently obey the rules and hope for improvement. I am pleased to say, there seem to be some positive signs and a glimmer of light at the end of the tunnel. We just need to be patient for a little longer. Both Easter and Anzac Day have come and gone. They were celebrations with a difference and ones to remember. I trust you celebrated as best you could under the circumstances. Mother's Day is coming and again it will be different. Hopefully, the day will still be special for the mother's. *Jane Austen* said 'There is nothing like staying at home for real comfort'. Although we feel cut off from the world, we are privileged in so many ways when compared with the living conditions in other parts of the world.

Please let me know of anyone who is unwell.

Best wishes for a HAPPY MOTHER'S DAY'. Stay well, wash your hands and keep smiling.

Helga Anderson

Solitude by Ella Wheeler Wilcox (1850-1919)

Laugh, and the world laughs with you;
Weep, and you weep alone;
For the sad old earth must borrow its mirth;
But has trouble enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air;
The echoes abound to a joyful sound,
But shrink from voicing care.



Letter from the Emerald Isle



Dear Paddy

Some lines to let you know I'm still alive. I'm writing this letter slowly because I know you can't read fast. We are all doing very well. You won't recognise the house when you get home - because we have moved. Your dad read in the newspaper that most accidents happen within 20 miles from your home, so we moved 25 miles to Wexford. I won't be able to send you the address because the last family that lived here took the house numbers when they moved so that they wouldn't have to change their address. This place is really nice. It even has a washing machine. I'm not sure it works so well though: last week I put a load in and pulled the chain and haven't seen them since.

Your father's got a really good job now. He's got 500 men under him. He's cutting the grass at the cemetery. Your sister Mary had a baby this morning but I haven't found out if it's a boy or a girl, so I don't know whether you are an auntie or an uncle. Your brother Tom is still in the army. He's only been there a short while and they've already made him a court martial!

Your Uncle Patrick drowned last week in a vat of whiskey in the Dublin Distillery. Some of his workmates tried to save him but he fought them off bravely. They cremated him and it took three days to put out the fire.

I'm sorry to say that your idiot cousin Seamus was arrested while riding his bicycle last week. They are charging him with dope peddling.

I went to the doctor on Thursday and your father went with me. The doctor put a small tube in my mouth and told me not to talk for ten minutes. Your father offered to buy it from him.

The weather isn't bad here. It only rained twice this week, first for three days and then for four days. Monday was so windy one of the chickens laid the same egg four times.

We had a letter from the undertaker. He said if the last payment on your grandmother's plot wasn't paid in seven days, up she comes.

About that coat you wanted me to send you, your Uncle Stanley said it would be too heavy to send in the mail with the buttons on, so we cut them off and put them in the pockets.

John locked his keys in the car yesterday. We were really worried because it took him two hours to get me and your father out.

Three of your friends went off a bridge in a pick-up truck. Ralph was driving. He wound down the window and swam to safety. Your other two friends were in the flatbed at the back. They drowned because they couldn't get the tailgate down. There isn't much more news at this time.

Nothing much has happened.

Your loving Mum.

P.S. I was going to send you some money but I had already sealed the envelope.

Freaky Not So Good Friday

It's Good Friday and I'm on my usual walk from Beaumaris to BlackRock. But today, much to my irritation, I'm sharing the beach with every other person from Bayside and beyond. What are they thinking crowding onto my bit of beach? Seriously, this unseen corona enemy is turning me into a grumpy old woman.

In the space of about ten minutes, 57 people pass me from the opposite direction. The concrete beach path is narrow, with water on one side and steep cliff face on the other. Forget about keeping the mandated 1.5 metres apart. It's impossible. Many walk side by side, dog in tow. *Single file you crazies*, I want to shriek at them but some ancient lizard part of my brain stops me so I keep my mouth firmly shut – no point taking the risk of sucking in their infected air!

Oh no! There's a large group ahead! Definitely more than a gathering of two. Their lycra clad bodies are taking up the whole path while they stand there gossiping. Really. I suppose I could leap over the wall into the water to avoid them. But my leaping days are over and no doubt I would break something vital like a leg. So, I hold my breath and squeeze past. With so much breath holding I'll probably develop sleep apnoea and it will be your fault you stupid, stupid people!

My hand hovers over my mobile. No wonder the police receive 600 plus calls a day dobbing in rule breakers.

I return via Ricketts Point. There's an astonishing number of people on the sand. And their dogs. What happened to dogs on a leash and only before 10am? More rule breaches albeit not Covid-19 ones. A German Shepherd bounds up to me followed by a small yapping dog intent on starting a canine war. I stop, hands on hips. The Shepherd owner assures me her dog is harmless. *Yeah right. That's what they all say.* My voice is waspish so she glares at me.

Now I can see a big group of children on the sandstone reefs exposed by the low tide. Their heads are way too close together and they're probably interfering with the protected marine life. Where are their parents? Don't they know this is a marine sanctuary? Empty those buckets. Now!

All this stress is causing my eyes to itch. Just in time I remember. Stop. No face touching! I shove my hands in my pockets and twist my face in weird contortions till the itch disappears. Clearly, it's time to head to the safety of home.

When I arrive, my neighbour is getting into her car to go to work. She's an A & E nurse at the Alfred and lives with her 83-year-old mother. She worries she will infect her. In four days, she will be on holidays and plans to spend the time cooking meals for her colleagues who are self-isolating in hotel rooms after their shift instead of returning to their families.

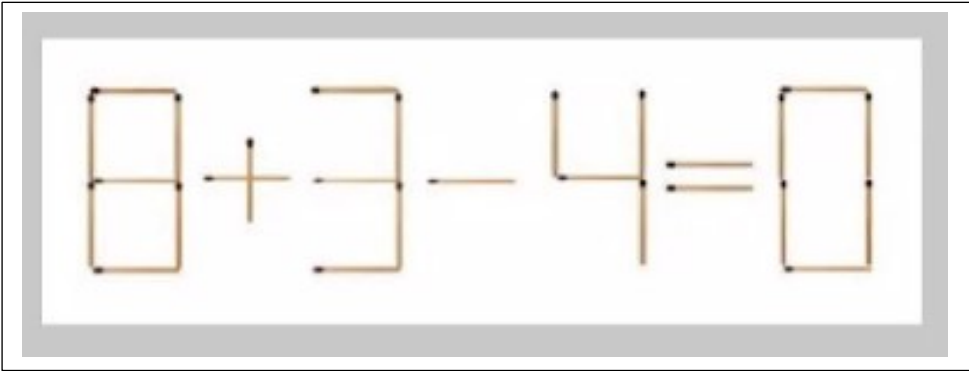
There are some good people out there.

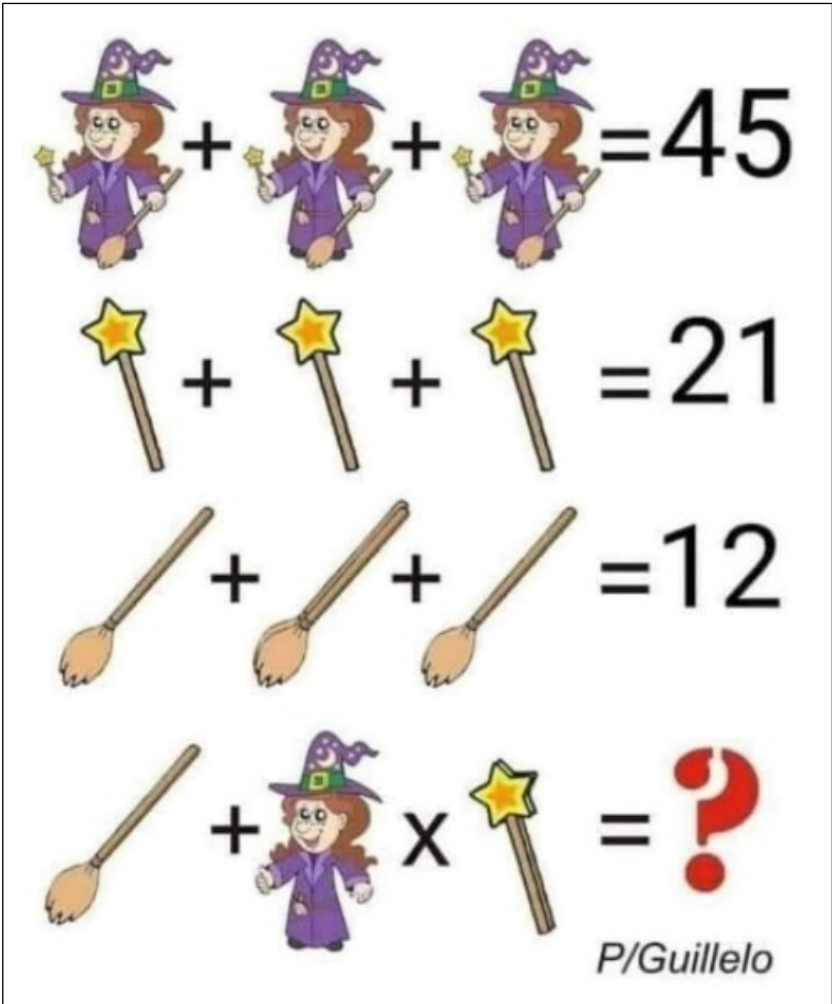
Jan Storey

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Brain teasers

Can you make the equation below true by moving just one matchstick?





What is the answer to the above puzzle? It's not just a test of your mathematical knowledge. Besides needing to remember from your school days the *order of operations* involved in calculating the value of the last line, viz the rules about which procedures to perform first, you will also need good powers of deduction and an eye for detail. (Clue: the total of the two digits in the answer is 10.)

Thanks to Marilyn Murray for contributing this puzzle.

HOW SMART IS YOUR RIGHT FOOT ???

This is bizarre!

How smart is Your Right Foot? ?

Just try this. It is from an orthopedic Surgeon.....

This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't. It's preprogrammed in your Brain!

1. WITHOUT anyone watching you and while sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number "6" in the air with your right hand. Your foot will change direction.

I told you so!!!

And there's nothing you can do about it! Send it to your friends and frustrate them too.

15:10

I liked the Friday Funnies mushroom story. Years ago, in the olden days, when I moved to my unit I found some mushrooms growing in the garden.

"Oh wow!" I said to myself. So I duly picked them.

They looked like mushrooms, smelt like mushrooms, so I peeled them, cooked them, and then started having thoughts about hallucinations, etc., but I didn't get as far as thinking about stomach pumps, and into the bin they went!!

Who knows, they may have been OK, but I'm still here to relate this.

Laurie Gwillim

Crafty ideas



We have asked Helen Scott who runs our craft group for some suggestions for those of you who have idle fingers and would like to make something out of scraps you might have around the house.



She has been using these ideas to help wile away the time. Helen continues to make cards for family and friends. Blank cards and decorations can be bought at the Two Dollar shops and we are sure you have a collection of birthday and Christmas cards that you can cut up to use. Helen has been engaged with neighbours' children helping them to make cards. She gives them the card, paper and decorations at the door, the next day they return with the card they have made and they talk about them and off they go to make another card.

Ends of wool can be used for beanies, fidget muffs, scarves and toys for grandchildren.



This idea and photo is courtesy of Penny McColl

Each day Helen walks with a friend and they discover Mid-Century Modern houses around Beaumaris. There is a walking tour from *Beaumaris Modern, A Walking Tour*. They find it great fun.

One of the craft ladies is making Christmas trees like the ones they made last year. Helen has the set of circles if anyone would like to have a go.

Helen often makes a pot of soup and shares it with her neighbours. A bunch of flowers on a friend's doorstep could be just the thing to, "make a day."

You can always find suggestions for other things to make on the Internet.

If you have been busy sewing, doing tapestry or embroidery, cooking, planting a veggie bed, repairing the bike or perhaps painting either a picture or the house we would love to see your creative ideas.

Take a photo and send it to us so we can show it to the other members in our next newsletter.

Opera in the Alps Tour 12-15 March 2020

Thursday 12th

Loyce Gibson and I were collected from our homes at 7am and travelled in a Rolls Royce to the pick-up spot at Brighton Bay Baths. Before arriving there we went to collect another passenger from St Kilda. The dead end street in which she lived was very narrow with cars parked each side and the driver had trouble turning in a street, managing to knock over an empty (I think) dustbin as he reversed – oops – no damage to car or bin. At Brighton passengers from three pick-up vehicles boarded and we were soon under way to two more collection points before leaving Melbourne. Before we left the ring road there was heavy traffic – going nowhere!!! A small truck had turned over. It took an hour before we were clear and moving again. This delay meant that the day's program had to be altered. Instead of going to Nagambie and cruising to Chateau Tahbilk we went straight to the Chateau and had lunch before going on the cruise. Unfortunately there was not time for a look around the winery. The cruise was delightful, very relaxing. We proceeded to Wangaratta where we stayed for three nights excellent accommodation at the Quality Inn.

Friday 13th

This day was spent mostly at Albury where we visited the historic Railway Station. As you know this was where the train passengers used to change trains because the different states had a different gauge for their lines. I have never seen such a long platform 455 metres. One of the interstate trains was at the platform while we were there. The old building was impressive with its grand clock tower.



Albury Railway Station

From here we went to the Gardens – first we were served morning tea and then left to explore the gardens. There is the most delightful children's garden with animal seats and large animal sculptures, the most impressive of which was at the entrance – a huge dinosaur with a smaller one nearby, both of which had what looked like sink strainers in their mouths which I suppose are used to emit smoke (unfortunately not while we were there.)

Leaving Albury we were taken to Bonegilla Migrant Camp for an escorted tour of block 19 which has been retained as a museum and record of those who lived there between 1947 and 1971. This was most interesting, very basic accommodation in unlined corrugated iron army huts – just imagine the heat of summer and cold in winter.

We returned to Albury for a smorgasbord lunch at the Commercial Club. Loyce and I had time for a very short walk. The next visit was to the Murray Arts Museum Albury (MAMA). As the name implies it was modern art and not really to my taste but understandably coach tours have to cater for all passengers.

We were meant to go to Monument Hill at Albury to see the magnificent views of the surrounding area but as the road was closed due to work being done to the monument the decision was made to

return to the motel. This gave Loyce and I a chance to go to see the mural around the door to the children's section of the Wangaratta library. It was most impressive with paintings of Australian native birds and animals.

Saturday 14th

This day we explored the Kiewa Valley, seeing stunning views of Mt Bogong and visiting the township of Mt Beauty at the foot of the mountain. Leaving there we went some way up Mt Bogong to Stephenson's Lookout and the views were magnificent. Lunch was at the Red Stag Deer Farm near Eurobin. The owner gave us an introductory talk about deer and she was a real entertainer, quite a comedian. After lunch we wandered outside to see the deer, emus, ostriches (much bigger than the emus), and a llama.

We returned to the motel for a short break before going to the Opera concert that evening. This was held on the Beechworth Golf Course and there must have been at least a thousand, people in attendance. The concert began at 6.30pm so we set off with our dinner boxes from the Motel about 5 to be early enough to get a good parking spot for the coach. Our seats were booked and close to the stage and also there was a huge screen at the side of the stage showing the proceedings so we had two choices for seeing the concert. It was absolutely freezing but the coach company had catered for this by providing rugs.

The programme began with a processional played by a didgeridoo player, and composer, William Barton as he came down the centre aisle to the stage. I have never heard such beautiful music from a didgeridoo except perhaps when I heard one played in the Cathedral Gorge in the Bungle Bungles. But this was amazing. He appeared twice more in the program - playing with the orchestra a piece which he had composed, and performing another solo with the didgeridoo and guitar (together) and singing with his guitar accompaniment.

Symphony Australis with Guy Noble conducting, provided the beautiful music from various Operas as well as accompanying the soloists and the students from Opera Scholars Australia. The soloists were Sylvia Colloca (Mezzo-Soprano), Samuel Dundas (Baritone), Thomas Strong (Tenor) and William Barton (didgeridoo). As well as these wonderful artists we had the winner of the "Opera Scholar of the Year" contest, Emelia Bertolini to sing for us. It was a great program with many well-known songs from operas as well as musical theatre numbers. Samuel Dundas sang "Some Enchanted Evening" and "You Raise Me Up", both of which were beautiful and uplifting. The final item, "I am Australian", was sung by the full company and the audience was invited to join in - an ideal finish to a wonderful evening enjoyed by all.

Sunday 15th

Time to head for home visiting the silos on the way; our first stop was in Tungamah where the paintings were of broilgas and a kookaburra. At St James the depictions were of GJ Coles of Coles Supermarkets and an example of an early delivery van, Clydesdale horses in harness and a farm worker sewing a full bag of grain out in the paddock. The next stop at Devenish showed a soldier and his horse, a nurse from WW2 and a present-day army nurse, all in uniform. Red poppies were in the foreground. At the final silos at Goorambat we saw a painting of a Barking Owl and its nest, a hollow in a gum tree, and Clydesdales at work. They were all amazing, so huge yet perfectly proportioned on the curved surfaces.

Nearby we visited the small Uniting Church and entered to see the depiction of "Sophia" behind the altar. She is meant to represent the Holy Spirit and it is a beautiful portrait.

We went on to Benalla where we stopped at the Rose Garden bushes where we saw the memorial to Weary Dunlop. We also drove around the town to see the Street art but it was difficult to see as the coach was unable to go slowly in the traffic and most of the art was down small lanes. Our lunch was at the Golf Club and then we returned to Melbourne. We were again taken home (in a Rolls Royce.)

It was a most enjoyable trip. We were had good weather each day, only having rain the night before the concert (luckily) and the concert was held just before the restrictions on numbers at a gathering came into force.

Jocelyn Besly