



October 2024 Newsletter
Edition No 201

MOCCO'S MUSINGS

Musings – a period of reflections
or thought



Greetings Probus Club members and
prospective new members

Probus Clubs throughout Australia are being encouraged by Probus South Pacific to acknowledge October as “Probus Month” by planning a special event. Probus South Pacific have set the theme for October this year to be **“Community and Companionship”** which seems perfect for what our Club is planning for October.

This year your Management Committee has decided to have a special lunch for the many new members inducted during 2024, together with their Mentors and the Committee Members.

With a record number of new Members inducted this year, it seemed a good opportunity to experience “Community and Companionship” by being together at a casual lunch in a member’s back garden. Invitations have been individually sent so we just need a perfect Spring day on Thursday 17th October!

Liz Pawsey and Ros Thompson are Co-ordinators for this event.

We are looking forward to welcoming new members, mentors and committee at this inaugural gathering.

As most of you will be aware our secretary, Lesley McQuire, has had to stand down due to ongoing health issues. I would like to thank Lesley for her contribution.

Fortunately Alison Soutter has volunteered to take over the position. Assistant secretary, Liz Pawsey, will be helping Alison settle into her new role.

At our last meeting Lesley’s husband, Bill, and a former work colleague, Laurie Bromley, gave a most informative and at times amusing presentation on the life of an air traffic controller which included a visual display. Vice President, Mike Hartnell gave the vote of thanks.

Special thanks to Rosemary Daly for organising a cinema outing at Warriewood. "Thelma" was an excellent choice, funny and feel good. Rosemary has kindly taken on the role while Gloria Attwooll is recuperating.

Our tour to Bowral and Tulip Tops departs on Wednesday and reports indicate there is still lots of colour to take in. Thank you Margaret Ayre for all your organising.

Take care

Peter Moxham - President



(From left to right) President Peter Moxham and new club members Ros Wells and Christine Bell.

Thought for the Month

*It was only a sunny smile
And little it cost in the giving
But like morning light
It scattered the night
And made the day worth living*

F. Scott Fitzgerald

COMMITTEE MEMBERS 2024/2025

President	Peter Moxham
Past President	Ros Thompson
Vice President	Mike Hartnell
Secretary	Lesley McQuire
Assist Secretary	Liz Pawsey
Treasurer	Colin Fordred
Assist Treasurer	Mike Staniland
Entertainment	Warwick Brady
Guest Speakers	Cherry Robinson
Membership	Tony Lovett
Newsletter	Jenny Jones
Social	Marg Lovett
Tours/Outings	Margaret Ayre
Welfare	Robyn Wood

To send a message, comment or suggestion to the committee, please email our club email address:

Combinedbelroseprobus@gmail.com

or use the suggestion box on the book exchange table:

CLUB SUB COMMITTEES 2024/2025

Audio Visual	Terry Stewart
Honorary Auditor	Chris Wood
Book Exchange	Judy Morton
Cinema Group	Rosemary Daly
Hospitality	Di Pill
Photographer	Peter Loveday
Reception	Warren Needs
Walking Group	Helen and Dennis Miles
Website Admin.	Ross Swadling
Welfare	Robyn Wood
Wine Apprec,	Mike Staniland
Wrap with Love	Margaret Hobson



OCTOBER - DECEMBER 2024

2-3 October – Tour
Tulip Tops Tour

10 October – General Meeting

17 October – New Members Lunch

24 October – Committee Meeting

25 October – Walk
Royal Botanic Gardens

27 October – Entertainment
The Australian Tenors

31 October – Social
Morning Tea, St. Ives Showground

14 November – General Meeting

28 November – Committee Meeting

28 November – Social
Morning Tea and tour, Glenaeon

29 November – Walk

5 December – Tours
Banana Cabana Primate Sanctuary

12 December – General Meeting

16 December – Entertainment
Christmas Celebration

16 December – Entertainment
Christmas Songbook

19 December – Social
Xmas Lunch, Monash Country Club

BOOKING CLUB ACTIVITIES AND PAYMENT

TO BOOK CLUB ACTIVITIES

- Please register online via our club website
<http://www.belroseprobus.org.au>
or
- During meetings at the back of the hall, Warwick Brady (entertainment), Marg Lovett (social) and Margaret Ayre (outings) will be happy to take your details for club events.

PAYMENT

Preferred method of payment is EFT.
VERY IMPORTANT — Please ensure that you include your surname and event name in the description section of your EFT payment or (if you cannot do this) send an email to the event organiser with a copy to the treasurer to notify them of your payment. Print the “transaction receipt” and give one copy of it to the event organiser and another to Treasurer Colin Fordred.

Our club bank details are:

Combined Probus Club of Belrose
BSB: 032123
Account No: 325864

If you need to pay in cash please place in an envelope for each event with your name on the front and give it to the event organiser. Separate payments in separate envelopes please.

Preferably no cheques or cash please.

BOOK EXCHANGE

Judy Morton (0412 235 400)



Please, no more than one book per member to be brought to the table and to be taken back if no one has taken it by the end of the meeting. PLEASE NO MAGAZINES, NATIONAL GEOGRAPHICS (OR SIMILAR).

Jigsaw puzzles may also be exchanged.

On the table there is also a "suggestion box". Your comments/suggestions are always welcome.

CINEMA/MOVIE GROUP

Rosemary Daly (0403 238 341)

Ten Probus members attended the movie "Thelma" at Warriewood on 11th September.

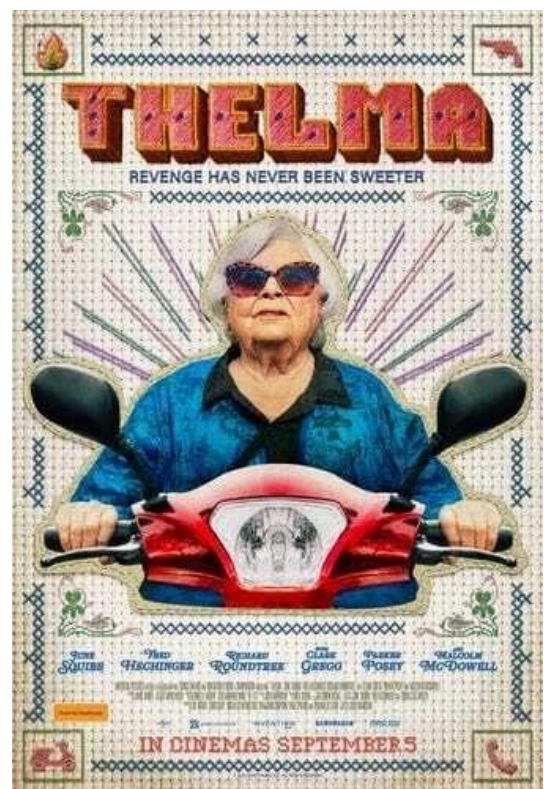
It was not an epic movie and slow in parts but overall a lovely heartwarming film about age & ability and resilience.

Not infantilisation of the elderly, just an honest depiction of old bodies, sharp minds and family bonds. The film showed the difficulties that come with ageing, e.g. getting up after a fall, walking upstairs, knowing how to navigate computers and loneliness, but it cleverly integrated jokes which added humour & lightheartedness.

It also showed the strong intergenerational bond between 93 year-old Thelma and her 23 year old grandson and focused on the importance of friends in our lives.

It was generally liked by all who attended.

Rosemary Daly



ENTERTAINMENT

Warwick Brady (0418 793 684)

Thanks to all the members who attended "The Mousetrap" and Mark Vincent shows. I received great reports for both productions and I am really pleased everyone who attended enjoyed themselves.

THE AUSTRALIAN TENORS

On Sunday 27th October at 2.00pm The Australian Tenors are bringing us the romance, excitement and humour of authentic tenor voices. The audience will be thrilled with songs of Broadway and many others. Tickets cost \$89.00 each.

I will be away until the 19th October. Jock Cameron will be looking after my portfolio whilst I am away. Don't miss this show it should be really fantastic.

CHRISTMAS CELEBRATION

Finally if you are looking for a wonderful Christmas Present, Glen Street is offering us two shows on Monday 16th December.

Firstly in the Morning at 11.00am Charlie Chech who in 2023 won the ACE Best Male Vocal Performer supported by his four-piece jazz quartet. Glen Street Management are offering us a lovely Morning Tea after the show and tickets are only \$30.00 each. Bookings are heavy, please don't be late if you want tickets for this show.

AND THEN AFTER AN AFTERNOON REST OR WHATEVER ELSE YOU WOULD LIKE TO DO!.....

CHRISTMAS SONG BOOK

At 7.30PM on 16 December you can return to Glen Street to enjoy the night show featuring the one and only DAMI IM with her first ever CHRISTMAS SONG BOOK a selection of all our Christmas Favourites that will remind you of the warmth and joy of the season. What a way to kick start of your holiday celebrations. Tickets are \$69.00 each. ARE YOU INTERESTED. IF SO PLEASE MAKE YOUR BOOKINGS AS SOON AS POSSIBLE. Payment will not be required until early November.

Please make any of your bookings with my friend Jock Cameron.

Thanks again for all your support given to me during the year.

Warwick Brady
Entertainment Officer



GUEST SPEAKERS

Cherry Robinson (0438 186 584)

How fortunate we were to have one of our members Bill McQuire and his colleague Laurie Bromley explain to us the intricacies of an Air Traffic Controller. I think we will all appreciate the work behind the scene which occurs every time we fly and be more aware of their role in our safety.

October Speaker

Capt. Liam Gavin - "The Propellor Keeps Turning" This is about a career in the Merchant Navy.

November Speaker

Andrew Campbell - "Hearing and Brain Health"

Cherry Robinson
Guest Speaker Coordinator



From left to right - Vice President Mike Hartnell and guest speakers Bill McQuire and Laurie Bromley

SOCIAL

Margaret Lovett (0414 872 189)

BREAKFAST AT TASTE BUDS CAFÉ TERRY HILLS

A very successful breakfast held on the 19th of September saw 36 people attending.

This was a good result. There were a few late withdrawals due to unforeseen family commitments which as we all know, are unavoidable.

The management at Taste Buds were excellent and our breakfasts all arrived with a minimum of fuss plus they serve great coffee.

It was very pleasing to hear the positive comments re the breakfast and the comments about sitting and chatting with people they don't have an opportunity to at the meetings.

That's what Probus is all about.





THE MUSHROOM TOAST



MORNING TEA

In Marg Lovett's absence Di Pill and Ros Thompson are organizing an outing. **Morning Tea Thursday 31st.October at St.Ives Showground near Black Knight Cafe.**

Bring your own chairs. Sit around picnic style, casual and relaxed. Bakery items and coffee/tea available or bring your own.

We need to record attendance for insurance purposes. A sign-up sheet will be at the back of the room at the next Probus meeting.

If the weather is inclement a broadcast will be sent out the day before cancelling the event.

XMAS LUNCH **MONASH COUNTRY CLUB**

Xmas Lunch at Monash Country Club is on the **19th of December at 12 md**

Price is \$85 per person and payments may be made online at any time.

I will be unavailable at the October general meeting but please book on the website to register your interest in attending this end of year function.

We are fortunate in having a guest entertainer who will surprise us with some great Xmas songs.

Don't forget to break out the BLING!!

There will be a welcome drink and canape on arrival BUT no other drinks included.

A full bar will be available on the day.

There will be table seating arrangements in place for the lunch as this helps to include our new Members and spreads the blokes around!!!

Please encourage as many as possible to attend this final function for the year.

Cheers,
Marg Lovett
Social Coordinator



TOURS AND OUTINGS

Margaret Ayre (0423 302 069)

Dear Members.

BOWRAL AND TULIP TOPS

The next outing is to Bowral and Tulip Tops on the **2-3 October 2024**

Leaving Hews Parade on Wednesday at 8am, returning approximately 5.30pm on Thursday

Don't forget your medical cards.



BANANA CABANA

The outing to Banana Cabana on **December 5th** is a car share day. Please organise your own transport.

Cheers

Margaret Ayre
Outings/Tours Coordinator
Ph; 0423 302 069
margayre1@gmail.com

BANANA CABANA PRIMATE SANCTUARY

10 Coppabella Road Middle Dural

**Thursday December 5th, 2024, At
10.30am.**



This is a 3 hour tour of the sanctuary including High Tea.

For 40 years Banana Cabana has been home to many monkeys retiring from Fauna Parks, Circus's, Research Facilities and private ownership.

We hope visitors to our Sanctuary will understand our residents may not be overly active, or looking quite as good as they did in their younger years, but they have done their bit in their former careers to educate and entertain us and can now sit back and enjoy retirement in a tranquil and peaceful environment.

At Banana Cabana we do not breed or trade animals, nor do we purposely seek to acquire monkeys of a different species to enhance our collection. Our monkeys stay with us for the rest of their lives, and we commit to providing the ultimate for each of them as an individual.

In consideration of our monkeys, we limit the days and times our Sanctuary accepts guests, and every guest is always accompanied by a qualified keeper at all times.

Your support in visiting our Sanctuary is truly, sincerely, appreciated, and enables us to continue to care for our beautiful residents.

Visitors experience a fully escorted keeper tour and personal introduction to each of our residents. Keepers provide guests with information about each monkey's unique history, the natural history and current conservation status of the species and the extraordinary ethnoornithological connection between human and non-human primates.

Visitors can hand feed some of the monkeys through the wire and are invited after the tour to relax with complementary light refreshments (tea/coffee/soft drinks/biscuits/scones etc.) overlooking the Sanctuary and gardens.

Limited to 30-40 people. This will be a car share day. **Cost of \$60.00pp.due by
October 31st 2024**

Sydney GPO Martin Place Sydney



Thursday 6th February 2025

Discover the rich history of the former Sydney General Post Office building with our resident guide on the GPO Heritage Tour.

The Sydney General Post Office (GPO) was constructed in two stages, beginning in 1866 and designed under the guidance of colonial architect James Barnet. It was regarded as a building which would come to symbolise Sydney in the same way the Houses of Parliament in Westminster represent London and the Eiffel Tower, Paris.

On September 1, 1874, the first stage of the GPO was opened, and Sydney was mesmerised by the first major building development in Sydney. In 1891, the clock tower was finally completed, and the bells rang out across Sydney for the first time.

Delve into the vibrant history and culture of Sydney's former GPO and let our resident tour guide bring you on a journey through time on the GPO Heritage Tour, to discover the stories, tales and legends of the city's iconic Grand Dame.

Meeting Point

The Fullerton Hotel Sydney – Concierge

Timing

Tuesday through Saturday at 11:45AM

The tour duration is 90 minutes. The tour takes approximately 2,327 steps to complete.

Please note that the Heritage Tours do not include access to the GPO Clock Tower.

Cost \$20.00pp

Margaret Ayre

Outings/Tours Coordinator

margayre1@gmail.com

Ph; 0423 302 069

There is a limit of 15 persons per tour. Followed by lunch PAYG.

Please don't be put off by the number of steps - when we did the Cricket Ground tour we walked about the same number of steps and you are not aware at the time of how many you have done.

**Purified Recycled Water Discovery Centre tour
Thursday 6th March 2025**



Thursday 6th March 2025

The Purified Recycled Water Discovery Centre is located next to the Quakers Hill Water Resource Recovery Facility (previously known as Wastewater Treatment Plant). Here, wastewater is tertiary treated before it is returned to the environment or enters the Discovery Centre.

The Discovery Centre opens to the community for tours in 2024.

What to wear and bring

You must wear sturdy, fully enclosed, flat soled shoes (no open toes shoes such as sandals, thongs, ballet flats, or heels). Long pants are preferred.

Safety glasses will be provided for a section of the tour, if you have your own you may wish to bring them.

Please bring a bottle of water with you. You can refill this on site.

How to get there

Address: 240 Quakers Road, Quakers Hill

Continue straight to Gate 1 'Welcome to the Purified Recycled Water Discovery Centre'.

Press and hold the intercom button located on the right side of the road and a Community Education Officer will open the gate.

Enter through the gate and park in the first car park on the right, opposite the Purified Recycled Water Discovery Centre.

Margaret Ayre

Outings/Tours Coordinator

margayre1@gmail.com

Ph; 0423 302 069

This outing will be confirmed later in the year.

WALKING GROUP

Helen Miles (0407 078 963) (9451 8777)

AUGUST WALK

Twenty-one walkers met at the Ku-ring-gai Wildflower Garden, St. Ives, for our August monthly walk led by Ted.

We set off down along the Solander Trail, just taking our time, and stopping often to study and enjoy the many Spring flowering wildflowers just coming out. One highlight was the amazing number of blue Dotted Sun Orchids (*Thelymitra ixioides* and *T. nuda*). Native orchids are not often seen, especially in such numbers. We were also lucky with the shade and protection from the wind for the whole walk.

We stopped at Lambert's Clearing for cheese and biscuits, our group photo and walk through the Fern House, then continued up the hill to our cars.

On our way home we stopped at the cafe at the St.Ives Showgrounds for coffees and delicious cakes then made it home in time for a light lunch.

Thank you Ted for a really great and interesting walk, which was enjoyed by the large group.

Helen Miles
Walks Coordinator
0407 078 963. (02)9451 8777

Some of the wildflowers seen on the walk. Photographs by Peter Loveday and plant information courtesy of our resident botanist extraordinaire Helen Miles



DOTTED SUN ORCHID. *Thelymitra ixioides*



NATIVE IRIS. *Patersonia services*



WEDDING BUSH. *Ticinocarpos pinifolius*



EGG AND BACON, PEA FLOWER. *Dillwynia* (many pea flowers in different specie)



BANKSIA ERICIFOLIA



RED SPIDER FOWER. *Grevillea speciosa*



Epacris obtusifolia or *Woollsia pungent*. Both *Epacris* family.



BORONIA. *Boronia pinnata*



SYDNEY GOLDEN WATTLE. *Acacia longifolia*



NATIVE DAPHNE. *Eriostemon*



GYMEA LILY. *Doryanthes excelsa*



TREE FERN



HIBBERTIA. *Hibbertia scandens*



Pomaderris intermedia



Grevillea "Moonlight". A hybrid Grevillea



Grevillea speciosa



TRAVELLER'S JOY or WEDDING VEIL. Clematis aristata

OCTOBER WALK

As our walk in the Royal Botanic Gardens in September was cancelled due to the weather, we have decided to carry it over to October. Unfortunately the Spring flowers will be finished but we should still have a pleasant day's walk in the lovely setting, weather permitting.

Our walk is on **Friday 25th October** in the Royal Botanic Gardens and is led by Helen.

Meet at the Glenrose bus stop at 8.50am for the 8.59am City Bus (271) to Wynyard, arriving at approximately 9.45am. We will have coffee on our way to the Gardens and cheese and biscuits during the walk. It can be as short or as long a walk as walkers want, with the possibility of lunch nearby.

Could anyone coming on a different bus or from a different direction please let Helen know and meet at the central entrance to Wynyard Park.

Helen Miles

Walks Coordinator

0407 078 963. (02)9451 8777



WELFARE

Robyn Wood (0424 243 457)



Dulcie Hermann

As I said at the last Probus meeting I attended Dulcie's Memorial Service. Four of us from Probus attended Saturday's service. The family were grateful that we and Glenaeon residents were there.

I spoke at the service. We were all better having known Dulcie, a lovely lady. She lost a son in his mid twenties in PNG on a caving expedition and he was never found.

She travelled worldwide even with tiny children and worked hard for all she achieved. Her parents did not have an easy life.

It was lovely to see so many photos, so keep your family stories alive so everyone can know you a little better

Robyn Wood
Welfare Officer

WRAP WITH LOVE

Margaret Hobson (0416 090 140)

Some of our recently completed wraps.







Margaret Hobson
Wrap With Love Coordinator

October Birthdays



2nd	Alan Bennett
3rd	Doug Davidson
4th	Dennis Miles
5th	Malcolm McLean
10th	Lyn Cameron
16th	Marsha Fordred
17th	David Barnes
21st	Greg Howard
25th	Phil Allan
26th	Margaret Knorr
28th	Lesley McQuire

2 More pages.....



On returning home after visiting the Ku-ring-gai Wildflower Garden with Probus our resident artist Judy Radford was inspired to paint this picture which she has called "Gymea Lily".

The painting is 4 feet in height and is for sale. Please contact Judee for further information (mobile 0416 211 902).



Combined Probus Club of Belrose Morning Tea

Join us for a presentation,
morning tea, and a tour at
Glenaeon Retirement Village!

Our research shows that being part of a
connected community enhances both health
and happiness. Just as joining a community
group can bring similar benefits, we invite
you to experience our vibrant village.

Come enjoy morning tea with us, where we'll
answer any questions you may have about
retirement living. Afterward, take a lovely
stroll around our village to explore our
amenities. We look forward to welcoming
you!

When Thursday, 28th November 2024
10:00am – 12:00pm

Where Glenaeon Retirement Village
207 Forest Way
(entrance via Glenaeon Avenue)
Belrose NSW 2085

RSVP Prior to **Monday, 18th November 2024**
to Past President - Ros Thompson
Mobile: 0416 086 766
Email: rosthompson@yahoo.com

Bookings essential as spaces are limited.



Glenaeon Retirement Village

1800 550 550
keyton.com.au

