



August 2025 Newsletter

Edition No 211

CLUB PRESIDENT MIKE HARTNELL



Greetings everyone! Happy August, another active month for us.

Special thanks to our wonderful Margaret Ayre who has run yet another great outing, the Winter Yulefest. When Margaret announced earlier this year that she would be stepping down from the Tours and Outings role, I jokingly told you all that we would be looking for a woman or three men to take over the role.

Guess what! I was right! We'll be taking the three men option. I'll be looking after the Zig Zag Railway and Mudgee tour in October, and then Ted Morton will be taking over the Tours area, and of course we have Geoff Jones who has just run the second successful Magical Mystery Tour and has many more day outings in store.

Between the three of us, and with Margaret's valued support, you will all have a lot to look forward to.

It is really gratifying to see people who are standing up and contributing to our club in so many different areas to ensure that we have so much variety (the spice of life) in our club offerings. Past President Ros is always there to enthusiastically help to get new activities going. Thanks Ros, and everyone else who is helping. The people who put the most into the club get the most out of the club.

On August 7, we have another fine dining opportunity when we go to Doyle's at Watsons Bay on public transport. Thanks Megan. We are starting to get quite a bit of use from our \$2.50 a day Seniors Opal cards now.

Warwick and Lorna continue to make excellent shows available to us. We do get some terrific productions at Glen St. We are very lucky to have such a good theatre in easy reach, and going is a great way to socialise with other club members.

Cherry brings a wide variety of interesting speakers to our meetings. Wasn't the visit to the Titanic interesting.

In August Melinda Murray should be very entertaining too. Thanks Cherry.

On top of everything else, Jenny Jones produces our widely acclaimed newsletter, which draws so much praise from our members, and other clubs. Thanks Jenny.

On August 12, we will be asking new Members to a brunch together. This will make it easy for our newer members to make friends with committee members. We'll be asking the newer members about their experiences in the club and what we can do to make it better for new members. Your ideas will be welcomed and appreciated.

Thought for the month

If at first you don't succeed, then skydiving definitely isn't for you

Look forward to seeing you soon.

Mike

CLUB CONTACTS

President: Mike Hartnell 0419 717 382
Secretary: Alison Soutter 0400 525 700
Treasurer: Brian Soutter 0410 603 050
Newsletter: Jenny Jones 0405 310 537

Club Website: <http://www.belroseprobus.org.au/>

Club Email Address:
combinedbelroseprobus@gmail.com

COMMITTEE MEMBERS 2025/2026

President	Mike Hartnell
Past President	Peter Moxham
Vice President	Margaret Ayre
Secretary	Alison Soutter
Assist Secretary	Liz Pawsey
Treasurer	Brian Soutter
Assist Treasurer	Colin Fordred
Entertainment	Warwick Brady
Guest Speakers	Cherry Robinson
Membership	Tony Lovett
Newsletter	Jenny Jones
Social	Megan Hartnell
Tours/Outings	Mike Hartnell
Welfare	Robyn Wood

CLUB SUB COMMITTEES 2025/2026

Audio Visual	Terry Stewart
Honorary Auditor	Chris Wood
Birthday/	Ros Thompson/
Lucky Door	Mike Hartnell
Book & Jigsaw	
Exchange	Judy Morton
Book Club	Sandy Cameron
Cards & Games	Ros Thompson/
	Di Pill
Cinema Outings	Gloria Attwooll
	Rosemary Daly
Coffee Mornings	Ros Thompson and
	Di Pill
Hospitality	Di Pill
Mahjong Group	Sandra Murphy
Photographer	Peter Loveday
Reception	Warren Needs
Returning Officer	Mike Gibbs
Walking Group	Helen and Dennis
	Miles
Website Admin.	Ross Swadling
Wine Apprec,	Mike Staniland
Wrap with Love	Lesley Walker
	Liz Pawsey



AUGUST 2025

7 th	Doyle's, Watsons Bay
8 th	Picnic, St Ives Showground
12 th	Book Club
13 th	Mahjong
13 th	Cards and Games
14 th	General Meeting
21 st	Magical Mystery Tour
27 th	Mahjong
27 th	Cards and Games
28 th	Committee Meeting
29 th	August Walk
31 st	A Sunday Soiree

SEPTEMBER 2025

1 st	Breakfast/Coffee Morning
9 th	Book Club
10 th	Mahjong
10 th	Cards and Games
11 th	General Meeting
18 th	Magical Mystery Tour
20 th	The Grandparents Club
24 th	Mahjong
24 th	Cards and Games
25 th	Committee Meeting
26 th	September Walk



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), Megan Hartnell (social) and Mike Hartnell (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 Brian Soutter.

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.

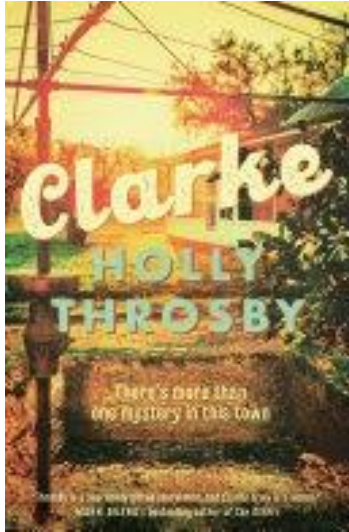
Preferably no cheques or cash please.

BOOK CLUB

Sandy Cameron (0417 829 449)

"Clarke"

Author Holly Throsby



Holly Throsby is a song writer and musician and author of 5 books. Clarke is a book loosely based on the Lynette Dawson (Teachers Pet Podcast) disappearance and murder. There were similarities in the story of police digging up a rented property looking for a body.

The main characters Leonie, Barney, Dorrie and 4 yr old Joe all have back stories, slowly drawn together. The book was more of a character study than a murder mystery and sadly I feel our group felt the author should get on with it. The ending was abrupt and disappointing after taking so long to get to the point.

I think the group thought it to be a very average read. Looking forward to our next read and discussion.

Lyn Low
Book Club Member

BOOK & JIGSAW 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.

Jigsaw puzzles may also be exchanged.

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

Judy Morton

Book Exchange Coordinator

Mobile: 0427 235 400

Email: judy.morton@hotmail.com

BREAKFASTS/COFFEE MORNINGS/PICNICS

Ros Thompson (0416 086 766)

Di Pill. (0403 003 639)

BREAKFAST/COFFEE MORNING

Another enjoyable morning spent at Acacia on Monday 7th. July. 11 ladies attended and there was much talking and laughter. All welcome to come along and join in the fun. Our next breakfast/coffee morning will be on **Monday 1st. September** at the same time and location.

Ladies at Acacia Glenrose.

Men at Imbue Cafe cnr Yindela and Pound Ave Davidson **9:30 AM**.

Please contact Ros or Di by phone, text or email if you would like to attend.

PICNIC

The next St. Ives Showground picnic will be **Friday 8th. August at 10:00 AM.** Bring your own chair.

Di Pill

Mobile: [0403 003 639](tel:0403003639)

Email: dp1926@optusnet.com.au

Ros Thompson

Mobile: [0416 086 766](tel:0416086766)

Email: rosthompson@yahoo.com

CARDS AND GAMES

Ros Thompson (0416 086 766)

Di Pill (0403 003 639)

Dates for August

Wednesday 13th

Wednesday 27th

At : Forest Kirk Church Hall,
Fitzpatrick Avenue, French Forest.

Time: 9:30 am to 12:00pm.

You are most welcome to come part of the time. It's a great time for a chat and fellowship. You're welcome to bring a friend or a favourite game.

We look forward to seeing you.

Di and Ros.

ENTERTAINMENT

Warwick Brady (0418 793 684)

Hi to Everyone,

We have enjoyed some wonderful Productions in the last month. Both "Carousel" and the Mark Vincent Show were brilliant - everyone who went to either of these shows had a fabulous time.

Then on 27th July a group of members went to see Le New Paris Skies which has The Award - Winning Entertainer Mike Faucault and the Parisian leading lady Corinne Andrew again. Many of our members had tickets.

THE GRANDPARENTS CLUB

The Grandparents Club is a wonderful really feel-good show about the celebration enjoyed by grandparent life. All the fun with telling the fun of a holiday with friends. This show features Lynne McGranger from "Home and Away", Wayne Scott Kermond the star of "Singing in the Rain" "The Producers" and "Spiegelesque" presented earlier this year with "Vaynes World" also Meredith O'Reilly who appeared in My Fair Lady recently and Andrew James of "The Buddy Holly Story"

This will be a great show for **Saturday 20th September at 7.00pm.** We have had many bookings already. We have Tickets and the **cost is \$67.50.** If you are interested please contact Warwick Brady as soon as possible.

BACH TO BROADWAY

A great Morning Musical Event - "Bach to Broadway" - a great Musical Journey through the Classic Music of Bach, Beethoven and Mozart to the hits of Broadway such as - Phantom of the Opera, West Side Story, Chicago, Beauty and the Beast, Boy from the Oz and More. Our Show is on **Monday 20th October at 11 am at \$30.00 per ticket**. If you are interest please make your booking as soon as possible.

A SUNDAY SOIREE

Sunday 31st August at 3.00pm is A Sunday Soiree - Viva Pavarotti. Experience the power and passion of one of the greatest Opera Singers of all times with a special performance honouring the late Luciana Pavarotti. Regarded as Australia's own Bocelli lyric tenor, Paul Tabone has performed to audiences across the globe. **Tickets cost \$45.00 each**.

MUSIC OF THE NIGHT

The sensational stage show with breathtaking musical performances including some of Andrew Lloyd Webber's most beloved productions is "Music of the Night" With melodies of Phantom of the Opera, Jesus Christ Superstar, Joseph and his Technicolour Dreamcoat and also be treated to West End Musicals from Les Miserables, The Sound of Music, Miss Saigon, Jersey Boys and Boy from Oz among others.

Enjoy and Celebrate the very best of Musical Theatre on **Sunday 9th November at 2.00pm Ticket Price \$75.00**. I received 30 bookings last week and I still have another 10. If you are interested please confirm as soon as possible.

Thanks again for all your support.

Best wishes,

Warwick Brady
Entertainment Officer

Mobile: 0418 793 684

Email: warwickandlorna@yahoo.com

GUEST SPEAKERS

Cherry Robinson (0438 186 584)

JULY SPEAKER



Home Care Guest speakers and Mike Staniland who gave the vote of thanks

Our last speaker Tash Wooley and her associate explained some of the details of Home Care Packages to us and what was available now or in the future. I hope it assisted members and we saw Jan and Mike Staniland who are featuring in advertisements explaining the benefits. Only a few days later I saw Jan and a Youside advertisement on the bus I was driving behind.

AUGUST SPEAKER

Melinda Murray - A Senior policewoman in the Mounted Police Unit.

SEPTEMBER SPEAKER

A Representative from Trade Travel which partners with Probus will be the speaker on possible tours.

Best Wishes

Cherry Robinson

Guest Speaker Coordinator

Mobile: 0438 186 584

Email: cherryrobinson259@gmail.com

MAHJONG CLUB

Sandra Murphy (0457 388 325)

We continue to meet on the second and fourth Wednesday of the month at 9.30 in The Forest Kirk hall.

Experienced players as well as beginners most welcome. We pack up at noon after having fun playing Mahjong and chatting over coffee.

Would love to see you next month.

Sandra Murphy

Mahjong Coordinator

Mobile: 0457 388 325

Email:

sandramurphyffoz@yahoo.com.au

SOCIAL

Megan Hartnell (0402 102 055)

DOYLE'S LUNCH

We have 31 people registered for our lunch at Doyle's at Watsons Bay on **Thursday 7th August**.

We will be meeting between 10:00 and 10:15 at Manly Wharf to catch the ferry at 10:30. It arrives at Circular Quay at 11:00am.

Suggestion from Glenrose: Catch the 9:35am 141 bus from Glenrose via Seaforth to Manly Wharf. It arrives at Manly Wharf at 10:09.

Don't forget your Seniors Opal cards

For those meeting at Circular Quay, we are getting the 11:15 ferry (Wharf 2, B side) to Watsons Bay arriving in time for our 12 noon booking.

Please let me know if you are travelling independently by car to Watsons Bay.

Thank you.

Megan Hartnell

Social Convenor

Mobile: 0402 102 055

Email: megt11@bigpond.com



TOURS (DAY EXCURSIONS)

Geoff Jones (0412 420 213)

JULY MAGICAL MYSTERY \$2.50 OPAL CARD TOUR

Where did we go? Some clues to the mystery for you to solve: The name of our mystery destination is a corruption of the indigenous term apparently taken from the local Darkinjung Aboriginal people in 1789, and reputedly means 'big lagoon' or 'much water', referring to the deep tidal channel adjacent to the town centre. It was originally known by the white fellows as Webb's Flat, named for James Webb, the first European settler of the Brisbane Water region in 1823, and was first explored by a party led by Governor Arthur Phillip 1789 who called it by what he thought was its aboriginal name

A literary connection to this area is with Spike Milligan. Author, poet and in the 1950's a member of the radio Goon show. At our destination we can even walk to the Spike Milligan bridge.

After their emigration to Australia, our destination became the hometown of his parents and Spike Milligan became a frequent visitor to the town which he at one point described as the "world's only above-ground cemetery".

Now a royal connection;

Prince Charles had been a fan of the comic since Milligan's days on The Goon Show, an irreverent radio comedy show from the 1950s. The two first met when Charles became the Prince of Wales in 1969. They enjoyed a close

friendship over the years, despite Milligan's comical outbursts against the prince.

Spike did spend extended visits in **Woy Woy** and he loved the name. **Woy Woy**, he quipped, was its own sister town: "Woy, a town twinned with Woy". He wrote his comic novel Puckoon in 1961 during a stay in Woy Woy.

A few more of Spike's words of wisdom:

- "You can fool some of the people all of the time, and all the people some of the time, which is just long enough to be president of the United States." He said this some 50 years before Donald Trump became president.
- "Money couldn't buy friends, but you got a better class of enemy."
- "I have the body of an 18-year-old. I keep it in the fridge."
- "I'm a hero with coward's legs."
- "All I ask is the chance to prove that money can't make me happy."
- "The best cure for sea sickness is to sit under a tree."
- "I thought I'd begin by reading a poem by Shakespeare, but then I thought, why should I? He never reads any of mine."
- "How long was I in the army? Five foot eleven."
- "I turned and rubbed my hands with glee. I always keep a tin of glee handy."
- To the Scotsman "Is there anything worn under the kilt?"
- No, it's all in perfect working order."

17 July - On a beautiful sunny day 14 of us set off on the 197 bus from the Belrose Supercentre to Gordon Station, then boarded a train to Hornsby and another train to our destination (Woy Woy) enjoying the bush and beautiful water views along the way.

On arrival in Woy Woy we visited a nearby community arts centre (our visit organised by Judee Radford) and were extremely impressed with the high quality of the art that we saw.



A short walk then to Fisherman's Wharf for a freshly cooked seafood lunch.



After lunch we crossed the road and visited Vinnies, then some went round the corner to a coffee shop for coffee and a chat, one walked to Spike Milligan Bridge and watched the seabirds there.



A few decided to take an early train home.

The Transport NSW website was invaluable in providing an itinerary for our journey, the trains were on time, comfortable, clean and quiet with plenty of information about when and where the train would arrive and where the train would stop next. We arrived back at Belrose just after 4pm.





Here a Spike Milligan poem specially for you:

"Smiling is infectious
You catch it like the flu
When someone smiled at me today I
started smiling too
I walked around the corner
And someone saw me grin
When he smiled I realised I had passed
it on to him
I thought about the smile
And then realised its worth
A single smile like mine
Could travel round the earth
So if you feel a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected"



Spike Milligan

AUGUST MAGICAL MYSTERY \$2.50 OPAL CARD TOUR

THURSDAY 21 AUGUST 2025

This is our first magical METRO mystery tour which starts when you board the #283 Bus from Glenrose to Chatswood Station and then get onto a Metro train either going north west to Tallawong or south east via Sydney CBD to Sydenham.

The quick ones of you may get to the front and sit where the driver would sit and drive the train!

I have not yet been on the Metro and would appreciate you telling me where to go.

TTFN+KBO

Geoff Jones

Mobile: 0412 420 213

Email: geoffjones1874@gmail.com

TOURS (LONG STAY)

HAWKESBURY WINTER YULEFEST

Dear Yulefest outing Members,

Thank you all for coming on the Camden/Yulefest Hawkesbury outing. The outing at the weekend was a great success. We had fantastic weather both days.

Saw great improvements at the new airport getting ready for the grand opening in 2026 but will not be fully complete until around 2060!!

The 2-course lunch at Barenz was delicious. For our age group a little too much food as we had the Yulefest banquet in the evening. The visit to Camden art gallery and museum was excellent, we had the opportunity to write with pen and ink, like we did in primary school.

The Crown Plaza Hotel was well presented, our rooms being very spacious and comfortable. The Yulefest feast was delicious, lots of fresh seafood to enjoy. I've never seen such huge prawns before, followed by traditional Christmas food, salads, and loads of desserts. We were spoilt for choice. As one member said we were full up to pussy's bow.

Sunday, we started off with a late breakfast for a change. Then off to Ebenezer Church where we were met by Ted a local historian and ex schoolteacher, he gave us a brief history of the area. Morning Tea was a Devonshire tea; the scones being made by Ted that day. Delicious, we went into the church for a brief history of church and the early settlers of the district. Followed by lunch at the Clarendon Hotel Next a visit to St Matthews Church Windsor where we were met by 2 local historians and given history about the graves of early settlers in the area. On to the bus once more for the journey home.

Thank you once again for supporting me over the past 3 years

Margaret Ayre

For photos please see separate "magazine" newsletter section

ZIG ZAG RAILWAY/MUDGEETOUR 11th to 14th OCTOBER 2025

Getting close to last chance to join this trip. We have 28 going now and there are a few more spaces available for what should be another fun Probus trip. We have asked for our driver to be Hans who took us on the Yulefest trip last weekend and we are looking forward to four fabulous days of friendship, fellowship, fun and food. Please book in with me, (mikes@interpeace.com) or at the next general meeting.

Thanks

Mike Hartnell

TRADE TRAVEL

As mentioned at the July meeting I will be taking over the Tours part of the Tours and Outings position.

After looking at some options I have chosen to partner with Trade Travel. Trade Travel is a gold partner of Probus South Pacific. Their original operation was a wholesaler (developer) of tours and have expanded to the role of retailer as well as developer. They work with Probus Clubs to satisfy their travel requirements. I attended one of their "expos" earlier in the year and was impressed by the range of holiday options they provide access to.

Like our previous dealings with On Course Tours, Trade Travel offer a range of tours in different parts of Australia.

There are short and long tours on offer mainly between 5 days and 14 days. In addition to Trade Travel tours they can book tour offerings from other providers – such as train travel (think Indian Pacific etc and Heritage Train travel). They can also organise cruises and offer some of their own overseas travel options. The advantage of this is that we will all be able to arrange these options through our Probus Club. There is no financial kickback to the Club or to me.

While I might organise a tour especially for our Club – one or two each year – the advantage is that all members can access the tours on offer - firstly through me and then through the consultant looking after the tour. This can be done as a single, a couple or a small group. Your fellow travellers will most likely be members of other Probus Clubs – what a great way to meet like-minded people.

Trade Travel have a reward offer for people who travel on three or more tours – currently a rebate of \$100pp for the third and subsequent tours. When we book our own tour and we have at least 20 people there is a single financial return of \$500 to the travellers. This can be divided equally amongst the travellers or the most favoured option amongst Clubs is to put that money towards a bus to pick people up and take them to the starting point be that airport or other specific location.

As I see it, there are pros and cons to the arrangement, the pros being –

- Any member can organise a tour through me either for themselves or with a small group,

- We will have access to a different range of tours and all bus tours have a host,

- We can still have an arranged tour or two each year just for us (12 months to plan),

- Tour size is limited to between 20 and 30 travellers (not like my recent travel to the Melbourne Flower Show where there were 48 travellers),

- Tour cost is similar to other providers at around \$500 pp per day.

The main con that I can see is they do not offer a home pick up and return like On Course Tours. There is, however, an offset for group travel with the \$500 rebate as mentioned previously and a single boarding point for our own tour with a Sydney start. Another con is that their tours fill up quickly! I have personally booked a tour for Judy and myself in late September as a “test” of the Trade Travel experience and there were only two rooms available for that tour – now full.

A Trade Travel representative, Trish, will be the guest speaker at our September meeting and she will tell us about some of their tour experiences. There will be material for you to look at and ask questions. At the September or October meeting I will canvas you all to see if there is interest in having our own tour to an interesting new area from our presentation - likely October next year.

Ted Morton

THE GREAT ZIG ZAG RAILWAY & MUDGEES TOUR

11TH TO 14TH OCTOBER 2025

4 DAY TOUR

Join us on an unforgettable journey to the majestic Blue Mountains and Mudgee, where nature's wonders await. Our specially curated 4-day tour is designed to offer a perfect blend of relaxation, exploration, History and breathtaking scenery. Our journey takes us over the Blue Mountains and home through Merriwa, Denman and the Hunter Valley.

Step back in time as we ride the historic Zig Zag Railway, a remarkable engineering feat that winds its way through the rugged terrain of the Blue Mountains. Soak in the panoramic views of lush valleys and dramatic cliffs on our unforgettable journey filled with nostalgia and awe-inspiring scenery.



Mudgee, aboriginal for 'nest in the hills', is a charming town nestled in the Central West region of New South Wales. Boasting a rich history dating back to the 19th century, the town is characterized by its well-preserved heritage buildings, many of which now house boutique shops, cafes, and galleries.



A flourishing wine industry has seen the town expand in recent years, however Mudgee has retained its character with settlement here dating back to the 1820s and its 'golden' past remains very evident. Surrounded by rich grazing country and a diversity of agriculture and horticulture, all framed by stunning National Parks, the district has seen enormous interest in recent years. In 2023, Mudgee made history by becoming the first town to be inducted into the Australian Tourism Awards Hall of Fame in the Top Tourism Town category!

Our accommodation for this tour is at the Parklands Resort Mudgee (Ph 6372 4500), set on 15 hectares of gardens and pasture land, where we will enjoy its friendly country hospitality and excellent facilities.

Highlights include:-

- Zig Zag Railway
- Mudgee Honey Haven
- Mudgee Cheese & Wine Tasting
- Historic Gulgong - the Ten Dollar Town
- Henry Lawson Centre & Holtermann Museum
- Lunch, Stud Tour and Tasting at Gooree Park
- Songs from the bush at Gulgong Opera House
- Merriwa & Pokolbin

Cost per person for a minimum of 30 passengers is \$1,390.00 twin share

Cost per person for a minimum of 25 passengers is \$1,490.00 twin share

This includes group discount and pick-up, accommodation, all meals (except for 1 lunch), admissions and guides. Single supplement is \$360.00.

*** Due to unforeseen circumstances the itinerary may change ***

WALKING GROUP

Helen Miles (0407 078 963)

JUNE WALK

Our June walk was on Friday 27th June, Darling Harbour to the Anzac Bridge, led by Helen. Nineteen walkers set out for the QVB on a hazy winters day. We enjoyed our morning coffee at the Cafe on the wharf outside the Maritime Museum. We were hoping for a bright, sunny day but unfortunately it was rather grey, although at least no rain, and we did manage to find some sun for our coffee break. We then continued on our walk past wharf units and their amazing, accompanying boats and on to Pirrama Park for cheese and biscuits. From here we continued along the water's edge to the Anzac Bridge before looping back to the Pirrama Park Kiosk for a very tasty lunch and rest. Refreshed we headed back to the city and our bus trip home to Glenrose.





JULY WALK

Our July walk was on Friday 25th, Manly and North Head and was led by Lyn and Jock. The Twenty-one walkers set out on a cold but sunny Winter's day. After two years of cancellations in November due to wet weather we finally made it on our third attempt.

We enjoyed our coffee break at the amazing Norma's Deli in the Corso, Manly, and reluctantly left there to catch the bus outside the wharf to North Head. Alighting at the Bella Vista Cafe, we set off, walking out to the new viewing platforms on the Fairfax Track, enjoying the perfect weather conditions, amazing views and cheese and biscuits, but sadly no whales. Retracing our steps to the Cafe bus stop we decided on lunch in Manly, some walking down while others caught the bus. Here the group split with many returning to Norma's Deli for lunch while a few enjoyed takeaway overlooking the beach before catching the bus back to Glenrose.

Thank you Lyn and Jock for a great day out in the glorious weather.





AUGUST WALK

Our August walk is on **Friday 29th August** and is to the Japanese Gardens in the Auburn Botanic Gardens, to hopefully see the Cherry Blossoms. This walk was suggested and researched by Malcolm and will be led by Helen.

Meet at the Glenrose bus stop at 8.25am for 8.36am Chatswood bus to Forest Way to change for 160x bus to Chatswood. All meet at Chatswood Station outside train entrance approx. 9.00am (maybe a bit later) for Metro to Central. Morning coffee and toilet break at Central before catching train to Auburn and 11.20am bus from Auburn Station to Botanic Gardens. We will enjoy a leisurely stroll and cheese and biscuits in the gardens and suggest taking a sandwich if required for lunch as no cafe available at gardens.

There is the option of a return bus back to station at 1.12pm or 2.37pm for return trip home. Auburn to Central for Metro to Chatswood and bus or Auburn to Town Hall and bus to Glenrose. Anyone meeting up along the route please let Helen know to ensure we all meet up at Chatswood or Central.

The gardens are supposed to be free to the general public during the week and it is possible to walk to or from the station in approx. 35mins = 2.6km.

Helen Miles

Walks Coordinator

Mobile: 0407 078 963

Email: milesawile@bigpond.com

And from Ted Morton

When we stopped for lunch at a waterside cafe near the Anzac Bridge on our Probus walk (27/06/25) they had a large board with this message.

If a dog was the teacher, you would learn stuff like...

- When loved ones come home, always run to greet them!
- Never pass up the opportunity to go for a joyride.
- Allow the experience of fresh air and the wind in your face to be pure ecstasy.
- When it's in your best interest, practice obedience.
- Let others know when they have invaded your territory.
- Take naps and stretch before rising.
- Run, romp and play daily.
- Thrive on love and attention, and let people touch you.
- Avoid biting, when a simple growl will do.
- On warm days, stop to lie on your back on the grass.
- On hot days, drink lots of water and lie under a shady tree.
- When you are happy, dance around and wag your entire body.
- No matter how often you're scolded, don't buy into the guilt thing and pout..... run right back and make friends!
- Delight in the simple joy of a long walk.
- Eat with gusto and enthusiasm, stop when you have had enough.
- Be loyal.
- Never pretend to be something you're not.
- If what you want lies buried, dig until you find it.
- When someone is having a bad day, be silent, sit close and nuzzle them gently.

August Birthdays



3rd Ros Thompson

11th Silvia Gore

16th Di Pill

19th Carole Stewart

23rd Jane White

26th Les Bassett

26th Judy McClory

28th Alison Soutter

29th Maree Stuart