



September 2026 Newsletter
Edition No 224

~ MARGARET'S MANTA ~

Manta meaning - the ultimate destination for captivating stories



Dear members and friends

At our last meeting, we were delighted to welcome 103 members, 6 prospective new members and 1 visitor. This represents approximately 82% attendance — a wonderful result and a real reflection of the enthusiasm and support within our club. Well done, everyone!

Our last guest speaker was Evan Penn, who gave an excellent talk about his father, Issy Penn, and his life in Cambodia, including all that he achieved in such a short time. Please don't forget to recycle your old laptops through Evan so they can be given to students in Cambodia.

Another fantastic lunch at Terry Hills Tavern. Good choice Megan and Trish.

Many members were disappointed to hear that Ted Morton's tour had to be cancelled because there were not enough bookings.

A great deal of thought, research and planning goes into organising club events for members to enjoy, so it is always encouraging when people take part. If there are outings or social activities you would like to see offered, please let us know by using the suggestion box.

Our next outing is an Opal card day out on 3 September to the Lucy Osburn Nightingale Museum at Sydney Hospital. The tour costs \$10, cash only, and will be followed by lunch at your own expense. Other Probus clubs have enjoyed this tour and have commented on how worthwhile it was. Please register with Geoff Jones.

Spring is in the air; to celebrate, you may like to wear something floral to our September meeting. We look forward to seeing a bright splash of spring colour around the room!

Thought for the month

"Think positive, feel positive and positive things will happen."

Yours Truly
President Margaret



National Wattle Day is celebrated on 1 September each year. It marks the first day of spring and honours the golden wattle (*Acacia pycnantha*) as Australia's national floral emblem, representing unity, resilience, and the green and gold national colours.

COMMITTEE MEMBERS 2026/2027

President	Margaret Ayre
Past President	Mike Hartnell
Vice President	Margaret Lovett
Secretary	Alison Soutter
Assist Secretary	Christine Humphries
Treasurer	Chris Nielsen
Assist Treasurer	Colin Fordred
Entertainment	Warwick Brady
Guest Speakers	Cherry Robinson
Membership	Tony Lovett
Newsletter	Jenny Jones
Social	Megan Hartnell
Tours/Outings	Peter Moxham
Welfare	Lesley Walker

SUB COMMITTEES 2026/2027

Audio Visual	Terry Stewart
Honorary Auditor	Chris Wood
Birthday/Lucky	Di Pill
Door	Ros Thompson
Book & Jigsaw	
Exchange	Judy Morton
Book Club	Sandy Cameron
Cinema Outings	Gloria Attwooll
	Rosemary Daly
Coffee Mornings & Picnics	Di Pill
	Ros Thompson
Extended Tours	Ted Morton
Geoff's Journeys	Geoff Jones
Mahjong Group	Sandra Murphy
Reception	Jackie Taylor
Photographer	Peter Loveday
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
	Merle Fox



Payments for the following activities are now due. Please pay into our club bank account

\$ 48.00	Little Snail
\$111.00	Vaucluse House

SEPTEMBER 2026

2 nd	Picnic, St Ives Showground
3 rd	Lucy Osburn Nightingale Museum
3 rd	Taste of Ireland, Glen Street Theatre
8 th	Book Club
9 th	Mahjong Club
10 th	General Meeting
10 th	Gospel According to Paul, Glen Street Theatre
18 th	September Walk
23 rd	Mahjong Club
24 th	Committee Meeting

OCTOBER 2026

1 st	Vaucluse House/Kokoda \$111
6 th	Coffee/Breakfast, Blue Gum Cafe
6 th	Book Club
8 th	General Meeting
9 th	California Dreamin', Glen Street Theatre
14 th	Mahjong Club
15 th	Past Presidents Dinner
22 nd	Committee Meeting
28 th	Mahjong Club
29 th	Little Snail Restaurant \$48
30 th	October Walk

~ HOW TO BOOK AND PAY FOR CLUB ACTIVITIES ~

REGISTER

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 Peter Moxham and Geoff Jones (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.

If you cannot do this please send an email to combinedbelroseprobus@gmail.com

to notify the event organiser and the treasurer of your payment

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. But preferably no cheques or cash please.

Club Contacts

President: Margaret Ayre 0423 302 069
Secretary: Alison Soutter 0400 525 700
Treasurer: Chris Nielsen 0409 242 888
Newsletter: Jenny Jones 0405 310 537

Club Website:

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

Club Email Address:

combinedbelroseprobus@gmail.com

~ BOOK AND JIGSAW EXCHANGE ~

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.

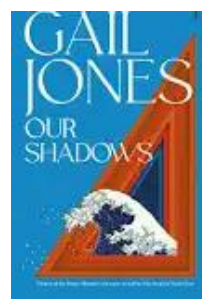
On the table there is also a “suggestion box”. Your comments and suggestions are always welcome.

Judy Morton

0427 235 400

~ BOOK CLUB ~

BOOK CLUB REVIEW



The recent book read was “Our Shadows” by Gail Jones, an Australian author. It tells the story of three generations of family living in Kalgoorlie and also in Sydney for a time before returning to Kalgoorlie to find more of their family history. Gold was discovered there in 1890’s by Patrick Hannan and his story is also woven through it, as are more recent events including the Thai schoolboys trapped for 12 days in a cave and rescued successfully. The author certainly did her research as all the facts woven through the story were historically correct.

The Kelly sisters are raised by their grandparents after their mother dies and their father finds work away from them and never is in touch. They live in Sydney for many years but have limited contact with each other and eventually one returns to Kalgoorlie to look for their father, but to find he has recently died.

The storyline skips backwards and forwards and includes some historical events.

Cherry Robinson

~ COFFEE/BREAKFAST MORNING ~

~ PICNIC ~

PICNIC

Our next picnic is at St Ives Showground, just near the Black Knight Café.

Date: **Wednesday, 2nd September,**

Time: 10:00 am

Coffee and yummy snacks from the cafe, or you might prefer to bring your own. Please bring a chair for a most relaxing and enjoyable morning.

COFFEE/BREAKFAST MORNING

On the 18th August another enjoyable breakfast/morning tea at Blue Gum Cafe occurred with seventeen people attending. We had fun reorganizing the furniture to suit our requirements. The staff did not mind as they had been notified as to approximate numbers. Our orders were quickly delivered. Good food, good coffee, good company.

All welcome to join us at our next event, same time, same place **Tuesday 6th October,** 9.30am

Looking forward to seeing you at the picnic and/or for coffee/breakfast.

Take care.

Di Pill

0403 003 639

Ros Thompson

0416 086 766



~ ENTERTAINMENT ~

Hello Everyone

Here is my Report for the next few months

A TASTE OF IRELAND

Thursday 3rd September at 7:30 pm

Direct from off Broadway and London West End - the International acclaimed production is touring Australia in 2026. Performed by world Irish dancing champions.

THE GOSPEL ACCORDING TO PAUL – THE SECOND COMING

Thursday 10th September at 7:30pm

Jonathan Biggins is a Masterclass in biographical theatre - Biggins superb acting alone carries the play.

CALIFORNIA DREAMIN'

Friday 9th October 7 30pm \$60

The featured artists are the BEGGARS who entertained us brilliantly last December. This time they feature music of the 60s and 70s including Fleetwood Mac, The Eagles, Linda Ronstadt, Crosby, Stills & Nash, Neil Young, Carole King, James Taylor and many more. The Show features the Beggars fabulous vocal harmonies They have toured locally and worldwide extensively. Please book your tickets NOW

NEWK – THE JOHN NEWCOMBE STORY

Monday 9th November 11am \$35

A sense of nostalgia comes across in this play which is a treat for all ages. It is set in 2024 at Newcomb's 80th Birthday in Sydney. Newcombe travelled from a 1960s schoolboy to the No 1 player in the world in 1970.

NEWK - The John Newcombe Story is a grand story about wanting life to be a huge ride for one of Australia's legends and greatest sportsmen. Bookings are open

BACK TO THE TIVOLI CHRISTMAS SPECTACULAR

Monday 7th December 11am \$30

Celebrate the most wonderful time of the year with a dazzling dose of Christmas Cheer. This joyous variety show is packed with festive favourites, toe-tapping tunes, big laughs, a touch of holiday magic all performed by a star-studded lineup of entertainers including comedians and dancers. This show promises to get you into the holiday spirit

Join us for morning tea after the show to celebrate the end of another wonderful year of Entertainment

Warwick Brady
0418 793 684



~ GUEST SPEAKERS ~

AUGUST SPEAKER



August guest speaker Evan Penn and Lesley Walker who gave the vote of thanks

Evan Penn, our August Speaker, gave us a fascinating insight into Cambodia, whose history dates back to 800 A.D. and included vast areas of modern day Thailand, Laos and Vietnam. It is the home of Angkor Watt, the largest religious structure in the world.

A horrific time commenced in 1975 with the Pol Pot and Khmer Rouge regime when more than 2 million residents were killed or died of starvation.

Even's late father moved there in 2010 and established numerous schools and charitable projects which have been continued by Evan and his family, particularly through education and vocational guidance.

SEPTEMBER SPEAKER

The September speaker is Karen Elliff, C.E.O. of the Sir David Martin Foundation which works with youth with drug and alcohol problems.

If you would like to donate to this worthy cause a collection box will be on the book table at the back of the room.

Cherry Robinson
0438 186 584

~ MAHJONG CLUB ~



If you play cards, you have four suits but in mahjong there are only three. There are also, winds, dragons and seasons to make things interesting.

If you would like to know more about this fascinating Chinese game come along to the Kirk Church Hall on the second and fourth Wednesday of the month at 9.30am and join our happy group.

Sandra Murphy
0457 388 325

~ OUTINGS AND TOURS ~

VAUCLUSE HOUSE

Over 20 members have indicated they will be taking the Vaucluse House and beyond tour on **October 1st.**

The cost will be **\$111 pp.** **Payment is now due.** Please pay into our club bank account including your surname and the word "Vaucluse".

Peter Moxham

GEOFF'S JOURNEYS \$2.50 OPAL CARD OUTINGS LUCY OSBURN-NIGHTINGALE MUSEUM

Here are your travel instructions to get to the Lucy Osburn Nightingale Nurses Museum on **3 September 2026**

Belrose crew take the # 281 8.36am bus from Belrose to Chatswood where it arrives @ 9.21 in time for you to get a Metro train to Martin Place Station

The Mona Vale crew get the 9am B Line bus to Wynyard, have a gentle stroll down to get the light rail on George Street to Martin Place

We all walk up Martin Place to the Il Porcellino Statue in front of the Sydney Eye Hospital. The statue is right in front of the hospital where we are going for our tour of the Lucy Osburn Nightingale Nursing Museum @ 11 am. The tour will last just over one hour

Entry to the museum is \$10 (cash only).

Before the tour we will gather for coffee in the forecourt of the hospital at the Il Porcellino café from 10.30am and after midday return there for a delicious repast.

If you get lost please call me.

Geoff Jones
0412 420 213

And now a history lesson about Florence Nightingale and improvements in healthcare.



Florence Nightingale

Florence Nightingale is most known as the founder of modern nursing and "The Lady with the Lamp" for her compassionate care of wounded soldiers during the Crimean War. She also revolutionized hospital sanitation and pioneered the use of data visualization in healthcare.

Modern Nursing & The Crimean War and the influence of Florence Nightingale

- Florence organized care for injured soldiers at a military hospital in Scutari during the 1850s.
- She earned the nickname "The Lady with the Lamp" by making late-night rounds to comfort patients.
- Proved that proper hygiene, clean water, and fresh air drastically reduced fatal infections that killed more soldiers than the enemy
- Used data graphics (like the polar area diagram or "coxcomb" charts) to show that poor sanitation killed more soldiers than battle wounds.
- Florence Nightingale discombobulated the generals with this information
- She established the first professional nursing school at St. Thomas' Hospital in London in 1860.
- Became the first female member of the Royal Statistical Society.
- Wrote [Notes on Nursing](#), a foundational guide that shaped health practices globally.

~ SOCIAL ~

LUNCH AT TERREY HILLS TAVERN

Perfect "Spring-like" weather made for a delightful lunch 32 of us enjoyed at Terrey Hills Tavern. We were able to sit outside, where it was warm and quiet, to enjoy good food in wonderful company. We also shared in the celebration of Marsha and Colin's 60th Wedding Anniversary which was very special ! Photos on next page.

THE LITTLE SNAIL

Thursday 29th October 12 noon

What a popular lunch this has turned out to be!! Last year we had 40 and this year we are up to over 60 already !!!

Needless to say I've adjusted the booking and, yes, they can take a few more if we like !! So rush if you haven't registered already !!! For those who have already registered can you **please pay \$48 pp into the club account asap** so I really can confirm those numbers ! Thanks.

CHRISTMAS CELEBRATION CROMER GOLF CLUB

Thursday 17th December 12 noon. Hawaiian / Summer theme.

More details at the September meeting but please save the date !

Meg Hartnell
0402 102 055

Trish Nielsen
0419 998 742





~ WALKING GROUP ~

SEPTEMBER WALK

PLEASE NOTE - SEPTEMBER WALK ALTERED TO 18th SEPTEMBER. (The 25th September is the last day of the School Term 3 and is the Final Assembly for HSC Students with parents and grandparents invited to attend)

Our next walk is on Friday 18th September around Rozelle Bay and Blackwattle Bay and is led by Ted. Meet at the Glenrose Bus Stop at 8.50am for the 8.59am City bus (271) to QVB. This walk is as much about Public Transport as it is about walking. Firstly we will catch a bus to the QVB, then the Light Rail to Haymarket, then Light Rail from Haymarket to Rozelle Bay Station. The walk then starts around Rozelle and Blackwattle Bays and concludes at the new Fish Markets.

This is a picturesque walk around the foreshore - all flat and easy walking.

There are many dining options in the Fish Markets. The quality of the offering seemed very good when checked out. We will depart via the Light Rail at Glebe Station. Anyone wishing to depart early will be shown how to get to the Glebe Station.

When we get back to Haymarket, some may wish to visit Paddy's Markets. There is a light rail stop next to the Markets where we will all get out before continuing back to Town Hall on the George Street light rail and bus home.

Anyone using alternative transport meet at the Market Street entrance of the QVB building at 9.50am and let Ted or Helen know you will be there before the walk.

Ted Morton - Walk Leader.
Mobile. 0427 235 400

Helen Miles - Walk Co-Ordinator.
Mobile. 0407 078 963

~ WELFARE ~

THANK YOU!

After recovering from Breast Cancer Surgery, I felt immense gratitude to the lovely Probus people, who kindly dropped in with home cooked food, flowers, cards, trips to the coffee shop and phone calls.

Also to see Lesley the Welfare Office drop in with her smiling face and cheerful conversation.

The support and kindness I have been shown has indeed helped in my recovery.

These times in our lives can be challenging, with health issues, we are indeed fortunate to be part of a compassionate Club such as the Combined Probus Club of Belrose, with its hard-working committee.

Judee Radford

FAREWELL PETER AND ROBYN STEEL

After many years as members of our Probus Club, Peter and Robyn Steel have made the difficult decision to resign from the Club due to increasing health issues.

Peter and Robyn have been valued members of our Probus family for many years, and although they would not wish us to make too much fuss, we certainly want to acknowledge their long association with the club and the contribution they have made to our fellowship.

Many members will remember Robyn for her wonderful cooking, particularly the Christmas cakes and puddings she generously made for our members over many years. Robyn is also known for her delicious jams and relishes. Peter, meanwhile, has a great passion for steam trains and has spent many hours creating and building beautiful models – a hobby that has clearly given him enormous enjoyment.

Peter and Robyn are fortunate to have three married daughters who are often there to lend a helping hand and support them.

We will certainly miss seeing Peter and Robyn at our meetings and outings, but we hope they will look back on their many years with Probus with happy memories and know that they remain very much part of our Probus family.

We wish them both good health, happiness, and every blessing for the years ahead.

Kindest regards,

**Lyn & Jock Cameron and all their friends
within the Combined Probus Club of
Belrose**

A RETINAL TEAR?

After what Judee Radford experienced recently - advice for members to be aware of - the signs and symptoms.

What is a Retinal Tear?

The retina is the thin, light-sensitive tissue lining the back of the eye. A retinal tear is a small hole that develops in the outer layer of the retina – it occurs when the vitreous gel inside the eye pulls away from the retina, creating a tear.

Ophthalmologists warn that while a retinal tear itself might not immediately cause vision loss, it can allow fluid to seep underneath the retina, leading to a detached retina – a more severe condition that can cause permanent blindness unless treated promptly. With a detached retina, the retina peels away from its supportive layers, cutting off its blood supply.

The Symptoms of Retinal Tear

It's important to understand the signs of a possible retinal tear. The symptoms may be subtle – look out for the following:

- You see new or more floaters than usual – appearing as tiny little specks, cobwebs, or threads drifting across your eyesight.
- Flashes of light – You may encounter brief lightning streaks or sparkles. With retinal tears, these flashes typically occur in your peripheral vision (a result of the retina being pulled).
- Blurred vision – This happens when the tear affects the macula or causes bleeding.
- A shadow or curtain-like effect – This typically signals a more advanced stage, such as a progressing retinal detachment.

What is The Most Common Cause of Retinal Tear?

- Posterior vitreous detachment (PVD) is a naturally occurring process within the eye. Here, the vitreous gel inside the eye shrinks and shifts away from the retina over time (typically after the age of 50). PVD is mostly harmless, but in some cases, the vitreous can tug on the retina with enough force to create a retinal tear. This is more likely to happen when the retina is already thin or weak.
- Most retinal tears happen spontaneously during PVD – but risk factors (severe near-sightedness, trauma, family history) can increase the chances. Recognising the symptoms of PVD (as we have discussed earlier) can prevent complications like retinal detachment when addressed quickly.

The Risk Factors to Consider

Factors that can cause a retinal tear are outlined below:

- Eye trauma – Retinal tears may form when a direct blow to the eye causes the vitreous to tug violently on the retina, leading to a tear.
- Myopia (near-sightedness) – People who have myopia tend to have longer eyeballs, which can stretch and thin the retina, making it more prone to tears.
- Prior eye surgery – such as cataract treatment may weaken the retina, which can lead to tears.

- Family history – Genetics where the family has a history of retinal tears or detachment may be more prone to developing them later in life.

- Aging – People over 50, are more likely to get posterior vitreous detachment (PVD) – this is the leading cause of retinal tears.

Don't delay in looking for professional assistance



SEPTEMBER

4th Adrienne Bowman

6th Barry Lowe

9th Judy Morton

18th Pam Allan

18th Warren Needs

19th Keith Wilson

25th Cherry Robinson

28th Chris Wood