



October 2026 Newsletter
Edition No 225

~ MARGARET'S MANTA ~

Manta meaning - the ultimate destination for captivating stories



Dear members and friends

Sadly, since our last meeting we received the news that Gloria Attwooll passed away on 10 September. Our deepest sympathy is extended to Ken and his family at this very sad time.

A warm welcome to our four new members — Denise Egger, Barbara Harvey, Georgina Kennedy, and Debbie Van Hoek — as well as returning Probus member Steve Howat. We encourage you all to join in our activities, outings, and tours, and we look forward to getting to know you.

Our two speakers from the David Martin Foundation were exceptional, offering clear and compassionate insight into the challenges faced by young people who are dependent on alcohol and other drugs. Thank you, Cherry, for organising such an informative session.

The outing to the Lucy Osburn Nightingale Museum was a momentous success. Many thanks to Geoff and Jenny for their efforts.

October is Probus Month. Please join in the celebration by wearing something Blue or Yellow at our next meeting. The committee has prepared a lovely surprise for you on Thursday 8th. October 2026

I recently returned from a four-day holiday on Kangaroo Island and enjoyed every minute of the tour — though I must admit, I wished it had been much longer.

A small travel tip from my journey: while passing through Sydney Airport, I wore the Sunflower Lanyard and was ushered straight through to security. On the return trip, staff advised me to use the accessible lane next time. It certainly saves walking through all those taped-off queues.

What is the Hidden Disabilities Sunflower?

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

Just because you can't see it, doesn't mean it is not there

But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions. These disabilities can be temporary, situational or permanent. They can be neurological,

cognitive and neurodevelopmental as well as physical, visual, auditory and include sensory and processing difficulties. They can also be respiratory as well as chronic health conditions such as arthritis and diabetes, chronic pain and sleep disorders.

Making the invisible visible

As diverse as these conditions are, so are your individual access needs and the barriers you face in your daily life. So, you can opt to wear the Sunflower to discreetly be seen in shops, at work, on transport, or in public spaces.

Sunflower Lanyards available at the Information desk Warringah Mall.

Thought for the month

Write it on your heart that every day is the best day in the year!

Yours Truly
President Margaret

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

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
Extended Tours	Ros Thompson
Geoff's Journeys	Ted Morton
Mahjong Group	Geoff Jones
Reception	Sandra Murphy
Photographer	Jackie Taylor
Returning Officer	Peter Loveday
Walking Group	Mike Gibbs
Website Admin.	Helen and Dennis Miles
Wine Apprec.	Ross Swadling
Wrap with Love	Mike Staniland
	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
\$ 60.00	California Dreamin'
\$ 35.00	The John Newcombe Story

OCTOBER 2026

1 st	Vaucluse House/Kokoda
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
30 th	October Walk

NOVEMBER 2026

9 th	NEWK – The John Newcombe Story
10 th	Book Club
11 th	Mahjong Club
12 th	General Meeting
18 th	Picnic, St. Ives Showground
19 th	Barefoot Bowls, Club Belrose
25 th	Mahjong Club
26 th	Committee Meeting
27 th	November Walk

~ CLUB ACTIVITIES ~

~ HOW TO BOOK AND PAY ~

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.

~ BOOK AND JIGSAW EXCHANGE ~

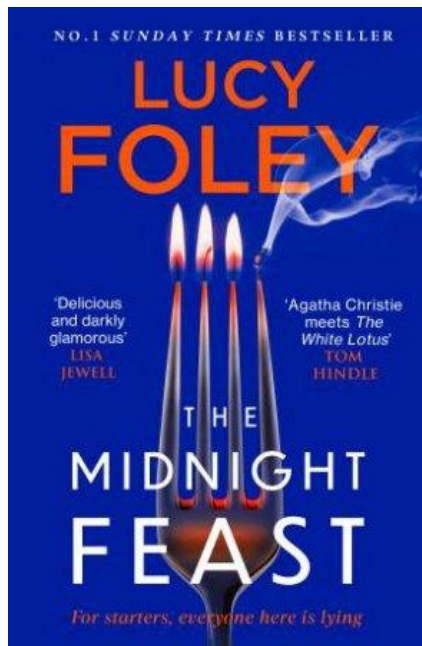
Please, no more than one book per member to be brought to the table and to be taken back if no one has taken it by the end of the meeting. Jigsaw puzzles may also be exchanged.

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 Midnight Feast
by Lucy Foley

This murder mystery is set in a small farming village on the Dorset coast an area known for myths and eerie folklore.

The old Manor has been refurbished and will be opened as The Manor Hotel, a wellness retreat. An elaborate midnight feast will be held on the Summer Solstice. The owner who inherited the Manor from her grandmother has spared no expense and her wealthy guests pay accordingly.

The story actually starts 15 years earlier with a number of local teenagers including Frankie who would inherit the Manor and Bella who was holidaying at the caravan park. They spent a wild Summer they would never forget, but wished they could. They separately, and in some ways disguised, return for the feast. But someone was pulling the strings and drawing them back.

A number of threads run through the story. The first is class, the haves and the have nots. next is power and insecurity and the third is the ancient wood and its sinister secrets.

The beauty of this novel is just when you think you've worked out what is going on there's a dramatic turn, and then another and another.

Just a little aside, there are people in the novel that belong to a book club and just like our Probus book club they meet in the local pub.

Sandra Murphy

~ COFFEE/BREAKFAST MORNING ~

Tuesday 6th October '26

At: Blue Gum Café, Glenaeon
207 Forestway, Belrose
Time: 9:30 am

We would love you to join us for a relaxing morning for a coffee or to enjoy a lovely breakfast.

Please RSVP by Monday 5th October '26

Di Pill
0403 003 639

Ros Thompson
0416 086 766



~ PICNICS ~

On 2nd. September a beautiful spring morning at St. Ives Showground was enjoyed by a small group of Probians. Rosemary's well behaved dog also joined us (see photo).

All welcome to join us amongst the trees on **Wednesday the 18th November at 10:00 AM.**

St. Ives Showground was officially opened in January 1926 as a 53 hectare community space for agricultural and horticultural exhibitions. This area was formerly known as "Paddy's Forest". During WW 2 the ADF took over the ground and it was used as an infantry training base. The site is heritage listed.. Many activities take place at this precinct - Orchid shows, markets, equine events and playgrounds for all to enjoy.

(Information from Ku-ring-gai Council site.)

Di Pill
0403 003 639



~ ENTERTAINMENT ~

Recently we had the pleasure of seeing two special shows at Glen Street – “A Taste of Ireland” and “The Gospel According to Paul the Second Coming”. They were both so entertaining for us all and it was a pleasure to be there.

CALIFORNIA DREAMIN'
Friday 9th October at 7.30 pm \$60

Tickets still available but **must be paid for immediately.**

The show features the Beggars with their famous vocal harmonies presenting the famous Counter Culture of the 60s and 70s such as Fleetwood Mac, Linda Ronstadt, Carole King, Crosby Stills and Nash and many more

NEWK – THE JOHN NEWCOMBE STORY
Monday 9th November at 11am \$35

This show is a grand story about wanting life to be a huge ride for one of Australia's legends and greatest sportsman. Bookings are open

BACK TO THE TIVOLI
CHRISTMAS SPECTACULAR
Monday 7th December at 11 am \$30

Celebrates the most wonderful time of the year This joyous variety show is packed with festival favourites, toe-tapping tunes, big laughs and a touch of holiday magic all performed by a star studded lineup of entertainers including comedians and dancers

After the show MORNING TEA will be served to celebrate the end of another wonderful year of entertainment

Warwick Brady
0418 793 684



~ GUEST SPEAKERS ~

SEPTEMBER

Our speakers were Jenny Leahy and Ruth Markham who gave us an insight into the Martin Youth foundation, previously the Sir David Martin Foundation. Sir David was a very popular Governor of N.S.W., 1989-90 unfortunately only for 18 months due to ill health. He had a vision of offering hope, safety and opportunity to young people in crisis. Shortly before his death he began making plans to establish a foundation which is continuing to do wonderful work for 16–25 year old youth who are experiencing drug, alcohol, homelessness and abuse problems. He believed with the right support they could reshape their lives.

There is in the Southern Highlands a live-in facility where up to 12 can be accommodated and stay from 2-12 weeks with constant support and assistance afterwards in finding work and accommodation if necessary. Continuous follow up ensures a very high success rate.

Members were very generous in giving to this worthy cause.



Guest speakers from the
Sir David Martin Foundation

OCTOBER

Rather than a speaker there will be a group of Banjo players entertaining us with Dennis Quinlan as the organiser.

Cherry Robinson
0438 186 584

~ MAHJONG CLUB ~



As usual we will meet at The Kirk Hall on the second and fourth Wednesday of the month for our morning of Mahjong commencing at 9.30.

Some special things have been happening lately. A long-time member of our Mahjong group has joined Probus, which is very good but even more exciting was when she shouted 'Mahjong' this week, winning her first game. Well done, Barbara.

Sandra Murphy
0457 388 325

~ MEMBERSHIP ~



New club members (from left to right)
President Margaret, Georgina Kennedy,
Denise Egger, Barbara Harvey,
Debbie Van Hoek, Steve Howat

GEORGINA KENNEDY

My early years were spent in the Hunter Valley region, which is where I grew up, went to school and then eventually left to do my nursing training at the Marta Hospital in Newcastle.

I came to Sydney because my husband Brian was transferred here for his job at the time. I've now been in Sydney for 45 years. For the majority of those years I was working part time as a nurse while raising a family.

My interests now are gardening, knitting and crocheting, as well as walking. As well as spending time with my eight lovely grandchildren and my children.

DEBBIE VAN HOEK

I am a semi-retired High School Teacher having taught for 43 years, finishing my career as a Head Teacher at Westfield Sports High School. I now do some casual days at local Northern Beaches High schools.

I have competed in sport throughout my life. This includes playing softball, hockey, indoor cricket and Judo at a competitive level. By joining Probus I am hoping I can continue to stay active.

My husband and I have two daughters and a son as well as five beautiful grandchildren.

We love to travel and have travelled extensively both internationally and nationally.

~ OUTINGS AND TOURS ~

VAUCLUSE HOUSE

For those visiting Vaucluse house and beyond on **October 1st**, the Coach is scheduled to depart from **Hews Parade at 8am**. We have 25 members and guests registered.

BAREFOOT BOWLS

Thursday 19th November will be our next activity. It's Barefoot Bowling at Club Belrose. The time is **4pm till 5:30pm** with dinner available at the restaurant after the bowls. No experience is required. Just a fun day out. If you don't wish to bowl come along anyway. Enjoy the afternoon.

There is a fee of **\$20 pp for those bowling**.

Peter Moxham
0417 299 283

GEOFF'S JOURNEYS LUCY OSBURN-NIGHTINGALE MUSEUM

17 of us gathered at Sydney Hospital for coffee before our tour of the Lucy Osburn Nightingale Museum. Our tour guide had actually worked at the hospital before her retirement and was a mine of information. After her talk she showed us around the museum.



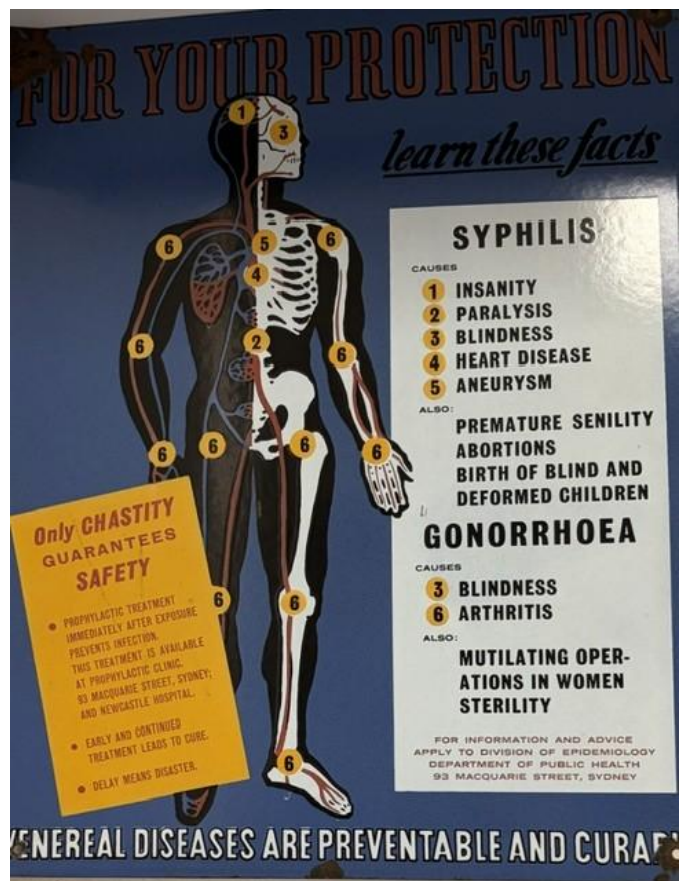
The museum is up the stairs on the left or there is a lift



Giant magnet for extracting metal from wounds



Anaesthesia





Organ Specimens



Lucy Osburn

In September 1866 Florence Nightingale received a letter from Henry Parkes on behalf of the New South Wales Government requesting a team of nurses to reform nursing at the Sydney Infirmary and Dispensary (later renamed the Sydney Hospital) and also to train nurses in Nightingale's methods for hospitals throughout the colony. Osburn was selected to head the team of nurses and she and her nursing team of five nurses arrived in Sydney on 5 March 1868

Despite facing significant challenges, including poor hospital conditions, conflicts with governing boards, and criticism of her management style, Osburn successfully implemented the Nightingale model of nursing. She was instrumental in establishing a nursing school and advocated for improved patient care, culminating in a Royal Commission that recognized her contributions.

After leaving Australia in 1884, she continued her work with the poor in London until her retirement. Osburn passed away on December 22, 1891, leaving a lasting legacy as a transformative figure in nursing, commemorated by this museum.

Dr Lawrence Herschel Harris

One of the exhibits in the museum is this plaque for Dr Lawrence Herschel Harris an ancestor of one of our probus members.



Lawrence Herschel Harris arrived in Sydney, Australia when only an infant.

A keen photographer, Dr Harris became interested in X-rays in the second half of 1896, one year after Röntgen's discovery, and founded an X-ray unit at Sydney Hospital. In 1900 he became honorary skiagrapher (later radiographer) there and was also assistant surgeon for a time. He also became honorary radiographer for the Royal Alexandra Hospital for Children in 1902 and the Royal Prince Alfred Hospital in 1911 and was connected with other institutions.

He also established specialized training for nursing sisters, who he appreciated and respected, wrote at least twenty-eight papers on radiology, and worked as an honorary radiologist at many Sydney hospitals. During World War I, Dr Harris enlisted in the Royal Army Medical Corps and was sent to France and Greece.

1914

Career position - Captain and Radiologist, Australian Voluntary Hospital in Wimereux, France

1915

Career position - Major with the 3rd Australian General Hospital in Lemnos, Greece

Kindly, generous and popular, Harris was ready to share his knowledge and experience. He was handsome with dark wavy hair and a handlebar moustache and was known for his consideration for nurses: during the war, he had devoted part of his military pay to assist them and at Lemnos spent much of his off-duty time trying to find extra rations for them.

Dr Harris died in 1920 from encephalitis as a result of immune deficiency caused by his work and research into radiology whose dangers were then unknown..

All of us have benefited from x-rays

His descendant is our fellow Probus member Peter Moxham, also a keen photographer.

I notified our tour guide, Nancy, of Peter's connection to the hospital and this is her reply to me

WOW!

What a wonderful connection and will include in future tours.

We so enjoyed the visit of your group.

Thanks to Peter for enlightening us!

Regards

Nancy

After our tour we enjoyed lunch together in the Long Bell Café in NSW Parliament House.



Geoff Jones
0412 420 213

~ SOCIAL ~

THE LITTLE SNAIL AT PYRMONT

29th October at 12 noon

To date we have 71 registered for this very popular lunch, 60 of whom have paid ! Thank you. I will be confirming numbers by 22nd October so **please pay \$48 pp into the Club account** when possible.

Due to the large number of people coming we will have some seating upstairs as well as our usual downstairs. If you arrive early and have good mobility could you please fill the tables upstairs first. Hopefully I will be there early....ish ! and will help seat people.

CHRISTMAS CELEBRATION

CROMER GOLF CLUB

Thursday 17th December at 12 noon

Christmas Celebration Hawaiian theme !
Colourful summer clothes and perhaps a lei ?
Shorts quite ok also but thongs !!!! 😊

This year we will be enjoying a selection of 3 canapés and a welcome drink followed by a sit down main, dessert and tea/coffee with chocolates.

The cost for this Christmas fun and frivolity is **\$97 pp. Please pay into our Club account by 10th December.**

We hope you are all enjoying this beautiful Spring weather by making the most of these sunny days.

Meg Hartnell

0402 102 055

Trish Nielsen

0419 998 742



~ WALKING GROUP ~

OCTOBER

Our next walk is on **Friday 30th October**, in the grounds of Macquarie University and is led by Elaine.

Meet at the Glenrose Bus Stop at 8.50am for the 8.59am City bus (271) to Forestway shops where we will change to the 160X bus from the Rabbett Street stop to Chatswood Station. We will then catch the Metro to the Macquarie University stop. After coffee we will enjoy a stroll through the grounds of the University, enjoying a stop for cheese and biscuits en route. There will be the option for lunch before returning home on the Metro and bus.

Please let Helen know if you are coming by another bus and meet at the entrance to Chatswood Railway Station. Hopefully we should be there by approximately 9.45am.

Helen Miles

0407 078 963

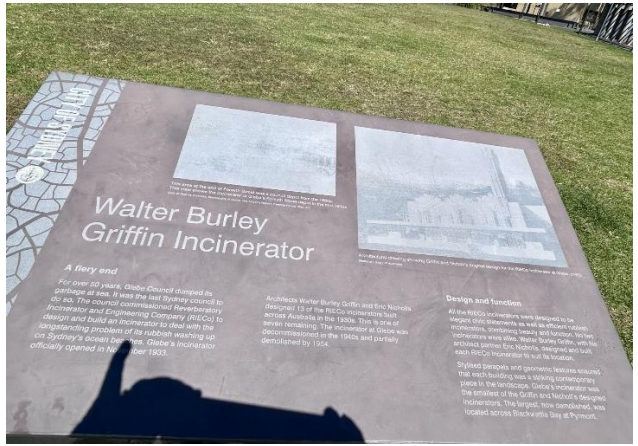
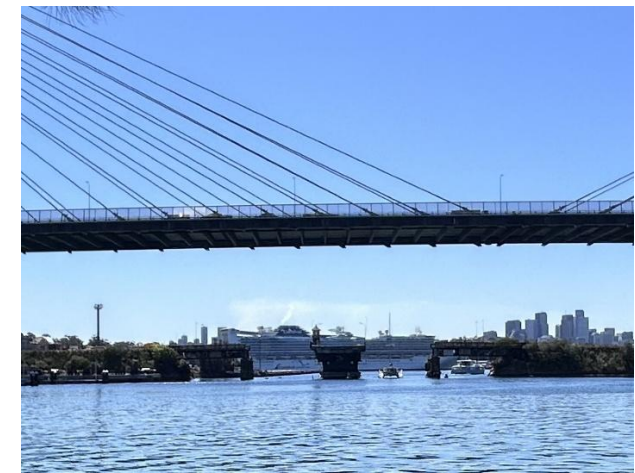
SEPTEMBER

On an absolutely perfect morning, twenty walkers, led by Ted, set out to enjoy harbour views and a fish lunch.

After a bus and two different Light Rail trips we arrived at Rozelle Bay and the start of our walk to the new Fish Markets. It was an easy, flat stroll through parklands and along the foreshore around Rozelle Bay and Blackwattle Bay with many interesting things to see. (expensive boats, huge trees, colourful gardens, massive cruise ship, old buildings and clear water with fish). We enjoyed a shady rest for cheese and biscuits and arrived in good time for our fish lunch.

The new Fish Markets are certainly spectacular and extremely popular with a large number and variety of shops to choose from.

Thank you Ted for planning and leading us on this walk and providing such perfect weather.



AUGUST

Eighteen walkers set out in perfect weather for our walk, Como to Oatley. All transport was on time and linked up perfectly and we arrived, as planned, in Como for morning tea at the Blackfish Cafe, overlooking the Georges River.

Refreshed we set out on our walk over the bridge and up the path to Oatley, stopping for cheese and biscuits in a shady spot. Fortunately, we were lucky to find the gazebo in the park at Oatley available and we enjoyed lunch in the shade before catching train and bus back home.

A big thank you to all who support the walking group.





GLORIA ATTWOOLL



Gloria Attwooll has passed away after her 3 year journey battling cancer.

When I heard that Gloria was in the Mona Vale Hospital I went to visit her and spent a very pleasant hour with her, much of it in the company of her good friend Rosemary Daly.

Gloria was bright and alert and aware of her situation. She wanted me to pass on her thanks to everyone for all the wonderful times she had with the club and its members. She really enjoyed being with us, as we did with her.

Rest in peace beautiful Gloria.

Mike Hartnell



OCTOBER

4 th	Dennis Miles
5 th	Malcolm McLean
10 th	Lyn Cameron
15 th	Julia Poole
16 th	Marsha Fordred
17 th	David Barnes
25 th	Phil Allan
26 th	Margaret Knorr
28 th	Lesley McQuire
30 th	Kay Tink