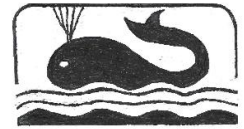




THE PROBUS CLUB OF MOSMAN COMBINED INC



PO Box 264, Mosman NSW 2088

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ABN: 96 728 384 926

Fun and Friendship in Retirement

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			REVIEWER					Sally Cullen
								Jenny McDonald

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NEWSLETTER

22 October 2025

* **Next Meeting: Wednesday, 22 October 2025**

* **Venue: Mosman Art Gallery Hall 10:30 – 12:30pm**
Doors will open at 10:00am

* **Speaker: Jenny Wainwright- Nurse Bessie Pocock**

Jenny will recount the story of her great-aunt, nurse Bessie Pocock, about whom she has recently published a biography. Bessie began nursing in Sydney in 1890 but in 1900 enlisted for service in the Second Boer War. She returned to active service as a Matron during the Great War, working in areas of active fighting such as Gallipoli and France. Bessie recorded her day-to-day activities during both wars in diaries now held in the Australian War Memorial. She was awarded many medals in recognition of her outstanding service. Copies of Jenny's book will be on sale at a special price of \$20.00.

Member's 5-Minute Spot: Graham Levido – Machu Picchu 1966

◆ **Following Meeting (26 November, 2025): tba**

YOU ARE INVITED TO COME TO A CLUB LUNCH AFTER THE GENERAL MEETING

Members and guests are invited to join a Club lunch after each meeting. It is held upstairs in the Upper Duck Restaurant, Hotel Mosman, Military Rd, Spit Junction, just a short walk from the Mosman Art Gallery.



Kris began her career as a hairdresser before she moved into fashion retail and later became a pharmaceutical representative. She has just returned from visiting her daughter, who lives in Chicago, while her son lives in Brisbane. Kris loves to travel but while at home, she enjoys walking and dining out.



Lynette is a Registered Nurse, who has worked in a variety of hospitals and has also done bush nursing. She is a past-President of both North Sydney and Mosman Bowling Clubs, as well as Cremorne Probus and Mosman VIEW Clubs. Lynette still relishes playing lawn bowls whilst also enjoying walking, tai chi, and ballet/symphony/opera/drama.

Lower North Shore Probus Open Day*Margaret Badger*

The day was a huge success. We had 120 registered and 93 attended. Many of the attendees were interested in Cremorne or Mosman Probus Clubs. Thank you to all those members who passed the word on. With you, and Mosman Council working so hard on advertising the event, it worked!

Sarnie Hay and Robyn Yates took registrations of interest at our table. Our table was enhanced by Vichy's Portuguese Tarts and Sarni's Madeleines. Delicious. Rob Taggart introduced our club to the attendees.

We made history as we are the first Cluster to hold an Open Day. South Pacific Probus predicted we would have 30 to 50 attendees. Thanks also to Rayna Brown, who capably filled in at short notice for Waverton Probus, who had a sick member unable to come, and thanks to Monica Anastasia for her help.

As we are expecting an influx of new people, wishing to join Probus, it would be lovely for us to make them feel welcome. Daunting for them to come. Any suggestions of how we do this?



Gotta love this Club! (& the Duck!)

Unsurprisingly, the September General Meeting and the Lower North Shore Cluster meetings didn't finish at the Mosman Art Gallery but rather at the Duck, where the Club nitty gritty was squarely on the table without an agenda in sight.

In the former, a core of club Members finished lunch with an interactive discussion about the operational issues of the recently introduced \$2.50 outings. Not the destination or who might lead the next one, but the practical matters of recording attendance, satisfying the underlying insurance, risk and liability requirements in the environment in which we pursue fun and friendship in the Club today.

And the follow up of a very well attended Probus Open Day with those who registered interest in our Club at the Mosman table. What a delight to hear of "ordinary Members" behaving in an extraordinary way. Not expecting others to do things for them but accepting the maxim that their primary responsibility in continuing to enjoy the benefits of the Club, is to contribute to its' on-going health. A separate report on the Open Day from Margaret appears later in the Newsletter.

*Dates for Your Diaries: Activities**Robyn Yates*

* **Thursday 23 & Friday 24 October 2025: Blue Mountains Get Away with Alura Coaches.** This tour is fully booked. Members of Mosman, Waverton, Lane Cove & Northbridge Probus Clubs will be travelling to Blackheath & Govetts Leap Lookout before enjoying a tour & high tea at the Hydro Majestic. After staying overnight at the Leura Gardens Resort, they will travel west to experience the Zig Zag Railway & lunch at Lithgow.

* **Tuesday 4 November: Melbourne Cup Lunch at The Duck.** Here's your chance to enjoy the running of the Cup. Come in race day attire or just attend the fun-filled lunch at 12:30. Join in the sweep & have a festive time upstairs at The Duck. Lunch & one drink are included in the **\$85pp cost**.

* **Friday 21 November: Sydney Rotary Regatta Lunch Cruise.** Members thoroughly enjoyed this activity in 2024. A good lunch onboard & the opportunity to have a bird's eye view of the racing boats. Speak to Rob to sign up for this event. **Cost \$135pp.**

* **Friday 28 November: 2025 Schools Spectacular** in the Qudos Bank Arena. **Only 4 tickets** available at a **cost of \$52pp**. The performance will start at **11am** in the arena however, outside the arena, attendees can watch SpecFest 2025. There are musical performances by individual students, marching bands and ensembles from 9:15am to 10:30am or after the show. Information about transport to and from the performance will be available at the activities desk.

* **Wednesday 10 December: Christmas Lunch, Mosman Art Gallery** at **noon**. Enjoy a fully catered traditional Christmas lunch with the

Art Gallery transformed into an elegant dining space. The live music starts at noon. Canapes & drinks are served before the main meal. **Cost: \$80pp.**

*** Wednesday 14 January: 2026 Picnic at Balmoral Beach.** Join us at **5 pm** under the big tree at the south end of the beach, near the sailing club. Please bring your own picnic & drinks but feel welcome to share pre-dinner nibbles. While there is a table under the tree, suggest bringing your own chairs & perhaps a table if possible. It is a great chance to celebrate the New Year with friends & get to know new people who are interested in our Club.

*** Thursday 26 February:** Sarah has secured a booking for lunch at the Oz Harvest restaurant **Refettorio, Surry Hills.** At the next Probus meeting, you can put your name on the waiting list for this lunch. The cost of lunch is a donation of at least \$30pp, placed in an envelope which you give to the restaurant at the end of the meal. The people on the waiting list will have the first option for the February booking.

Report on Lunch at Refettorio



On Thursday 9 October, Mosman Probus members had a wonderful lunch experience at Refettorio in Surry Hills. The 3 course vegetarian meal, using food donated to OzHarvest, was incredibly creative & delicious. The menu is based on what food is available on the day. We were lucky to be served by some wonderful volunteers, including one from Mosman. Of course we didn't miss the opportunity to invite her & her husband to visit our Club.

18-23 September Bellingen Gourmet Adventure

Robyn Yates

Fourteen Mosman Probus members enjoyed a fun & food filled 6 day trip. We shared the coach with Bobbin Head Probus & the 2 clubs quickly became a cohesive group. Our driver, Peter & his wife Narelle, went well beyond what could be reasonably expected to ensure we had a good time.



The first day was spent travelling to the Hunter Valley via Mangrove Creek Dam. We arrived at the Hunter Vally in time to enjoy lunch at Harrigan's Hotel before tasting chocolate, visiting a cheese factory & participating in a wine tasting at Tamburlaine. All this before having a multi course dinner at the Mercure Resort Hotel.

Day 2 involved a trip through historic townships. We stopped for morning tea in Murrurundi before heading to Tamworth for lunch. In the afternoon we visited Ebor Falls with several levels of spectacular waterfalls before arriving at the Lookout Mountain Retreat, Dorrigo. This would be our base for the next 3 days.

Unfortunately, the Bellingen Community Markets were cancelled due to overnight rain. Day 3 thus provided the opportunity to explore the Bellingen township & visit the myriad of coffee & specialty shops before lunching at the Old Butter Factory. The artisans at our lunch venue were so interesting that we returned for further exploration after attending a beer tasting at the Bellingen Brewery.



On Day 4 we explored the rainforest in the Dorrigo National Park. We walked the elevated Skywalk & trails. After another opportunity to view Waterfall Way, we enjoyed a walking tour of the family-run Levenvale Farm. We had a wonderful experience tasting their products produced using sustainable & ethical farming practices. All this before we lunched at Three Blue Ducks & then explored Dangar Falls.



Day 5 was another treat. We had a relaxed stroll along the Urunga Boardwalk above the wetlands which offered idyllic scenery & stunning birdlife. We stopped at The Honey Place for an informative documentary, observation of native & European bee hives, honey tasting & the purchase of honey products. Following morning tea at Nambucca we travelled to Cassegrain Winery where everyone

enjoyed an extensive wine tasting followed by a gourmet lunch. We travelled to Rydges Port Macquarie where we had time to walk the riverside promenade before another multicourse dinner.

Our final day started with a visit to Sea Acres Rainforest Centre where we walked the trail. We encountered a goanna blissfully sunbaking. Following morning tea we continued to Newcastle where we stopped for lunch on the waterfront. We had a quick tour of Newcastle & the coastal area before arriving home late afternoon.

The Mosman Probus group had a wonderful time. Having satiated ourselves for 6 days, dinner was not an option.

Editorial Note: Sarnie spoke for all of the Mosman Probus travellers to Bellingen when she wrote: *"I wanted to express my sincere thanks to Robyn for leading our group on the Bellingen tour. I appreciated the amazing company, laughter, shared experiences and special moments. It was indeed a wonderful trip due to Robyn and Malcolm's support and guidance along the way."*

UPCOMING: \$2.50 Club Visit to Wendy's Secret Garden**Sarnie Hay****Date of Visit: Wednesday 12th November**

One of the most spectacular public gardens in Sydney, Wendy's Secret Garden has been continuously created like a giant living painting since 1992, by Wendy Whiteley, artist in her own right, and wife and muse of Australia's eminent artist, Brett Whiteley.

There are steep inclines and a range of steps. Members with limited mobility may only access the uppermost sections of the garden via Clark Park. A series of ramps have been added within the garden to allow visitors to navigate the garden's levels with greater ease and gain access to the garden's lower level.

Getting There: Take the 230 bus from Mosman to Lavender Street, opposite Cliff Street stop. We will meet at the corner of **Lavender Street** and **Harbourview Crescent** at **10:00 am**. Those who need a coffee can buy a takeaway. We will then make our way to the lovely little Clark Park to contemplate the amazing view of the Bridge and Harbour. The Garden is a short walk through the Park. You can sit under the giant fig and enjoy Wendy's Garden or wander down to the lower level.

Lunch: For lunch, we revisit a true bistro classic at **LOULOU: the Sandwich Américain** (those who went on the Australia Square trip will remember it fondly). You can enjoy it with your choice of house wine, beer, or soft drink – all for just \$25. However, if you prefer you can order from the menu. There is also a **PETIT LOULOU: OH LÀ LÀ LUNCH-\$15 Lunch baguette+bubbling Orangina Combo**.

Trip Leader: Sarnie Hay 0400 471 607

Past: \$2.50 Club Visit to Epping & Brush Farm on 10 September Sarnie Hay

Fifteen brave members of the Mosman Probus \$2.50 Club gathered under grey skies at Epping Metro. We made our way to the Country Women's Association tea rooms at Eastwood, where the lovely ladies were waiting for us with baskets of freshly baked scones and tea. After morning tea, we took the bus to Brush Farm, a rare



early colonial mansion built in a Georgian style. Gregory Blaxland built Brush Farm in 1820. Over the decades the house has had several owners. It was restored by the City of Ryde in 2006.

The weather, having been kind for most of the trip, decided to bucket down on us, while we waited at the bus stop. Expedition over, eight of us dined on Peking Duck. The others made their way home, some with delicious scones in a paper bag.



PAST: \$2.50 Club Visit to Woy Woy on 8 October *Pam McLeland*



On Wednesday 8th October, 17 members (including 2 guests of the Mosman Club and 4 guests from Bobbin Head Probus Club, who joined us at Hornsby) met at Epping Metro station and then transferred to the Newcastle train for Woy Woy.

We were guaranteed a lucky day as Sally managed to be the recipient of a dropping from a passing bird.

On arrival at Woy Woy on a beautiful sunny day, we split into three groups: some did the Fishermans Wharf restaurant for lunch, others did the Woy Woy hotel lunch that was also very well received and the remainder took the return ferry trip to Empire Bay (this included one member returning after 80 years). There were also a few purchases made in the local shops.

Everybody returned home safely, happy that they had joined us.

\$2.50 Club's Instagram Account

Pam McLeland

The Club now have an Instagram account for its \$2.50 Club. It can be accessed by '*Mosman Probus 250 Club*'. This account could be used to ask questions of the person leading the outing or to notify members if any changes due to weather must be made. Such changes would be posted on Instagram by the trip leader. This will save members needing to ring

should there be a change in the weather. It could also be used to organise a catch up with other people attending the \$2.50 outing.

MEMBERS ARE REQUESTED TO WEAR THEIR NAME BADGES AT MEETINGS

Financial Report: July to September 2025 *Helmut Regelein*

01.07.2025 – 30.09.2025

Opening Balance per Statement 01.07.2025 **\$ 19,500.03**

Credits:

Total Deposits for July - September \$ 7,940.38

Debits

Total Debits for July - September \$ 11,331.39

Closing Balance Bank Statement 30.09.2025 **\$ 16,108.87**

Estimated Liabilities:

Art Gallery Rent \$ 1,415.00
Mosman Council \$ 2,000.00

Estimated Liabilities: **\$ 3,415.00**

Club Funds 30.09.2025 **\$ 12,693.87**

Previous Speaker: Danika Armytage – *Big Stories Little Films*



Danika began her talk by urging members to turn their life stories into short films. Films, she said, were a better way of recording life stories than using just words, as in a memoir, or photos. They best preserve family history for the generations to come.

Only a few Club members have apparently recorded their life story to-date, despite there being a number of ways of doing it. *Storywork*, for example, provides weekly story prompts on which to write for a year that can form the basis of a memoir. Danika said that there can also be audiorecordings, photoalbums and unexpectedly, even poems. The benefit of short films is that they provide additional nuances with your voice and sense of humour/laughter coming across to later generations.

Danika then introduced herself to members by recalling her very successful 20-year career producing and directing a number of TV series, mainly for Channel 9. These included *Big Miracles* (2 series), *The Block*, *Travel Guides*, *The Living Room* and *River Cottage Australia*. From this experience, Danika realised that being an interviewer was the aspect of her TV experience that she most enjoyed.

This led her to interview her own grandmother, who lived in Brisbane. Danika felt that she did not know her granny adequately, especially as she was her only remaining grandparent. She also wanted her future children to be able to meet their great-grandmother.

Her grandmother had grown up in pre-war London and during WW2, she had worked at Bletchley Park with Alan Turing on decoding the German Enigma battle messages. After the War, she migrated to Australia as a Ten Pound Pom where she met and married Danika's grandfather.

The inspiration provided by her granny's short film resulted in Danika forming her own company, *Big Stories Little Films*. Little films are usually 15-20 minutes long but can be longer or shorter as required. They provide a very well received intergenerational family history gift.

Danika then showed 5 short films clips made by her company that included one made so that her father could share his wisdom. He had three lessons for his grandchildren: first- follow your passions, whatever they be; second - find your talents for you have boundless potential; and finally – do not become dispirited by failure, crises or turmoil because you can learn from all three and gain courage as a result.



There are four different types of little film packages that Danika's company offers: Life Legacy (most popular); Couples Story (tells the story of two people); Family Ancestry (for those who have a detailed knowledge of their family tree); and Bespoke (a totally unique film). The cost varies according to the film type but is of order \$3-4,000.

The steps involved in making the film include the initial planning and preparation, then filming, followed by selecting say, 40 photographs for inclusion and lastly, reviewing and editing the final version.

Danika's well-presented and well-received talk introduced members to new ideas about legacy films that store family history for generations to come.

Privacy Statement: Information provided in this Newsletter must be kept private and confidential; it can only be used within the confines of Probus and shall not be used for any other purpose.