



Glenhaven Probus

Founded 2nd October 1997

Newsletter

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Website: [Glenhaven Probus](#)

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Monthly Meeting: Our General Meeting is held on the second Tuesday of each month at 10:30 am in the Auditorium of the Castle Hill Bowling Club – Castle Street, Castle Hill

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Please visit [Glenhaven Probus](#) website information about

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Brett Wood

President's Report

Carolyn Broadhead

It's February! **Love is in the air.** Valentine's day follows our meeting. This day reminds us of all those near and dear to us who we must continue to care for and love.

I look at the TV news and read the newspaper and start to think there is little love in the world these days but when I watched the Australian of the Year broadcast on Australia Day I felt reassured that there really are so many people in our communities who are out there helping others through love and caring. If only we heard more about these people.

I am always impressed by the concern our Glenhaven members have for each other. We have some great events coming up so become involved. It's the way to get to know each other. Please remember to wear your name badges. I'm not the only one who forgets names I'm sure.



President's Challenge

Embrace the Love theme. Wear red! Find some hearts to wear!!!



Guest Speaker Lynne Malcolm - Insights from All in the Mind

Leigh File

Lynne Malcolm is a science journalist and broadcaster with a deep passion and fascination for people, their behavior and the workings of the human mind. She has a degree in Science and Psychology, and a Graduate Diploma in Communications. For the final nine years of her 38-year career at the ABC she produced and presented the ABC radio program podcast All in the Mind. In her recent book *All in the Mind – Fascinating, Inspiring And Transformative Stories From The Forefront Of Brain Science*, she draws on her research and interviews with neuroscientists, psychiatrists, psychologists and people with lived experience of mental health challenges to discover how new knowledge is not only changing the way we understand the brain but is also changing lives.

In her presentation she will discuss some of her fascinating insights into how the brain and mind work, living with mental difference and debilitating mental conditions, and new pathways to healing, through some of the powerful stories she has had the privilege to hear in the course of her career.

She will also discuss her latest venture called '*Stories we Share*' in which she and her colleague make a beautiful audio recording of your life and family stories to share with friends and family – leaving future generations with a connection to the past.



Getting to Know You

Michael Harrison


Please for the benefit of our new members could everybody wear their Probus Name Tags at the General Meetings. **Not everybody knows who you are!**

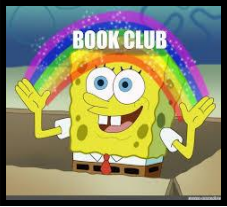
The Welcomers for February are Liz and Bruce Kilborn.


Please note Meeters and Greeters are required for March, April & May 2026.


Last Meeting – at the Beach





Croquet		Brett and Kerry Wood
		Our first game back for 2026 saw a bumper crowd of 16 people playing on the rejuvenated lawns. There were holes in one and jump shots galore. Wendy and Mark D will be happy to tell you all about them. A special mention to Ruth Pobje making a successful return after injury.
Next game	Our February games will be Thursday 12 th & Thursday 26 th with a 9:00am start for a 9:30am draw. New members are always welcome to join the group. Just send us an email or register your interest with Brett or Kerry at the next meeting. Play is at the Cheltenham Recreation Club , 60-74 The Crescent, Cheltenham. Mallets are available to borrow for those in need.	
Cost	\$15 per person in cash as no EFTPOS is available.	

Book Club		David Short
		<p>Margaret and Graham Fletcher hosted the bookclub at their house for our January discussion. Each month two books are set; members can read one book, two books or none at all if they just came for the morning tea, which is always good!</p> <p>This month we read one of Jeffrey Deaver's books in the Lincoln Rhyme series; each member had a different book that was generously supplied to us by Joan Stone. The general impression of Deaver's books was very favourable, although plots were complex and the number of characters numerous. All members, however, agreed that would read more of his books, which is always a great verdict for the author.</p> <p>The second book for January was <i>The Widow of Ballarat</i> by Darry Fraser. Set in the gold rush years of the Eureka Stockade (mid-1850's), the book not only told a story of the widow, but it contained a chronicle of social history, social conditions and the role of men and women during the gold rush period. Most members considered the book to be good from that perspective even if the story, and particularly the love plot, was a little corny and predictable. I guess that it depends on what one is looking for in a book.</p> <p>We have a couple of vacancies in the bookclub if anyone wants to share in the fun, discussion and morning tea. If you are interested in joining, please talk to David Short. It would be good to have more ideas and opinions.</p>
Next get-together	Wednesday 25 th February, 10am -12 noon at a Helen McGregor's home.	
Book Selection	February's books are <i>The Count of Monte Cristo</i> by Alexandre Dumas and <i>The Workhouse Lass</i> by Chrissy Walsh	

Movie Group		Karen Green
	First Monday of each month. 12:00 noon at the Café outside the theatre.	
	Event Cinemas Castle Towers	

Golf		Graeme Giles
	Our first game for this year is on Monday the 23 rd February 2026 to be played at Glenmore Heritage Valley Golf Course situated at Mulgoa. We were quite impressed with this links course when we played it for the first time last year.	
	Cost: 2 players sharing a cart = \$90, Walking = \$28 If you would like to play on this day please enter your name on the starter's sheet at the February meeting.	

Garden		Jenny Kington and Wendy Hennessy
	The garden group is meeting in the Cumberland State Forest on Tuesday 3rd February outside the cafe at 12 noon. We will have lunch first and then look through the nursery, or go for a walk on one of the tracks - for the energetic ones.	
	We meet on the first Tuesday of the month 12-2pm. If any other members would like to join our group you would be most welcome. Send me an email, text or talk at the meeting.	

Madame Thai Restaurant – 6:00pm Thursday 19 th February 2026		Di Hulthen
	Madame Thai Restaurant is a family run restaurant nestled in the heart of Castle Hill. Head Chef John's journey began with a deep love for food and he is excited to share this with his guests.	
	Where 3/33 Terminus St Castle Hill. Cost \$40 per head - Payment Now!  Entrees: Spring Rolls, Curry Puffs, Fish Cakes, Satay Skewers Main Course: Garlic King Prawns, Chicken with Cashew Nus, Red Duck Curry, Thai Beef salad served with Jasmine Rice. Coffee not included. BYO with NO corkage.	

High Tea and Tour of Government House - Friday 13th Mar 2026

Maureen Baker



Please note the change of date for this fully booked tour

We have been asked to meet no later than 11.15am at Reception for an 11.30am Tour as it will take time to pass through security.

Once our Tour is complete, we will make our way to Strangers Restaurant where we will have a private room waiting for our High Tea.

There is bar service available, however they ask that each table (8 or 10 members per table) choose one person to pay for the drinks for that table and then get reimbursed by their fellow members at their table.

I must stress that they have made it very clear that anyone who is **dairy intolerant** cannot be catered for under the High Tea format.

Travel to Parliament House can be via the Metro to Martin Place. Those who wish to travel via the Metro to Martin Place can meet at 9.30am (if they wish) at Castle Hill Metro station and we can all travel together.

Date: 13th March 2026.

Place: Strangers Restaurant at NSW Parliament.

Time: 11.30am Tour (meet at 11.15am) followed by 12.30pm High Tea.

Payment: \$70.00 due February meeting.

Dietary: Chef can cater for Gluten Free/Vegetarian/Vegan but **cannot** cater for **Dairy Free**.

An email will be going out shortly asking you to confirm your attendance. Please respond in the positive or negative as this helps with the organisation of this event.

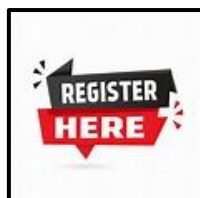
Berowra Waters Evening – 5:00pm Friday 6th February 2026

Kerry Wood



Bring your own chairs for our annual BYO picnic dinner on the banks of the river at Berowra Waters. Relax and enjoy the water views and passing boats.

Please click the link below to register for the event.





Despite the uncertainty of the weather this year's Breakfast in the Park was an outstanding success. Five dozen eggs, two kg of bacon, four dozen sausages, twelve litres of orange juice and three bottles of champagne were consumed. Congratulations to our axe throwing finalists, being Dawn Harrison, Cheryl Sotter, Peter Wadick and Mark Dransfield.

All the photos taken by Ruth Garbutt are available on our website.





On Tuesday 20th January the photo group joined their Probus friends for Breakfast in the Park. Action shots showing axe throwing and candid photos can be seen on the Glenhaven Website. It was a typical Probus outing - a morning complete with fun, friendship and food. Thank you to Brett and his team for the organization.



Next Photo Walk: 10am to 12 Noon on Tuesday 17th February

CASTLE HILL – CENTRAL - COMPOSITION

We will meet at Central **METRO STATION** by **10am** and wait for all the group **ON THE PLATFORM** before heading up the escalators.

You will receive a list of photos to take using certain composition guidelines and other points of interest, as we walk around Central Railway Station. We covered these guidelines in the Mobile Phone session.

If weather is suitable, we will walk to the old Mortuary Station. This outing will be undercover most of the time and **IS NOT WEATHER DEPENDENT**.

If you are interested in joining the group, please email Ruth or register your name at the February meeting.

**THE BEST
CAMERA IS
THE ONE
YOU HAVE
WITH YOU**



MOBILE PHONE CAMERA PHOTOGRAPHY

Part 1: Tuesday 3rd February (Fully Booked) &

Wednesday 4th Feb – (Places Available)

Part 2: Tuesday 3rd March (Fully Booked) &

Wednesday 4th March – (Places Available)

Take a step up with your phone photography by focussing on Composition, Lighting, Backgrounds and Editing. A basic hands-on learning session for iPhone and Samsung.

Contact Ruth Garbutt if you are interested in the Wednesday groups.

Botanica Gin Distillery - Bus Trip – Wed 11th March 2026

Maureen Baker



Start with morning tea at Edogawa Japanese Gardens at East Gosford then to Distillery Botanica to explore their gardens.

Immerse yourself in the world of fine gin, spirits and liquors. As you savour each sip, sit back and relax in the picturesque surroundings of a beautiful distillery located in the Central Coast.

Thank you everybody who is joining us for this fabulous day out. If you know of anyone else who may be interested, please let me know by the February Meeting. We have a few spots left to bring the numbers up to 30.

Payment of \$100 now due.

Arrival time: Please arrive no later than 8.15am.


Pick up time: 8.30am at the Castle Hill Bowling Club.


Parking: Please park in the top RSL car park nearest the Bowling Club.


Please **do not** park in the Bowling Club car park.


Return: Approx 5pm.




Leisure Walking		Michelle Goldsworthy
	<p>The Walking Group will resume in March when the weather has cooled down.</p>	

Dad Jokes		
	<p>A really good friend of mine is in hospital after eating a bacon sandwich. I was Mine.</p>	
	<p>Vegetarian. An ancient Tribal name for someone who cannot hunt, fish or light fires.</p> <p>The wife told me the cat needed to be chipped. I only used a 9 iron, but I still got it over the shed.</p> <p>I tried blind archery for the first time today. You really don't know what you are missing.</p> <p>I named my phone Titanic, Now when I use Bluetooth it says "Titanic is syncing".</p> <p>Just went to the doctor. He said he would like to ask me about my weight. I said, "well it was about 45 minutes but at least the chairs were comfy".</p> <p>Saw a golf buggy in a disabled parking space at the supermarket today. I couldn't help wondering what their handicap was.</p> <p>People often ask me why I prefer to teach Mathematics instead of English I tell them it's because fractions speak louder than words.</p> <p>Hiking in your 70s is a great way to meet new people. Today I met two paramedics, three nurses, a cardiologist and nearly met Jesus.</p>	


Craft		Ann Farthing
	<p>Next Meeting</p>	
	<p>Date: Monday 23rd February 2025 . : Time: 10 – 12am. Venue: To be confirmed.</p> <p>Should you like to join the group, send Ann an email to be added to the list.</p>	

Darts		Graham Fletcher
	<p>As our normal monthly darts day in January fell on New Year's Day the darts meeting was put to one side to enable members to party with family and friends.</p> <p>Why not join us for the next game which will be held on 5 February 2026, and if interested, followed by lunch afterwards. There is no cost for playing and lunch costs approximately \$15.00.</p> <p>Please do not be concerned if you feel that your dart skills are not the best – you won't be alone and the game we normally play is not designed as a competition but more a game of luck.</p>	
	Next Darting	<p>Date: Thursday 5th February 2025.</p> <p>Time: 11am.</p> <p>Venue: The Dural Club.</p> <p>Should you like to join the group, send an email so I can add you to our list.</p>

Theatre		Kathy Dransfield
	<p>The Graduate - The Castle Hill Pavilion - 29 March 2026 must sign up and pay at next meeting</p> <p>A delightful yet searing comedy of mismatches and generational divisions, of acceptance of social norms versus following your instincts. With a tune or two from the era thrown in, The Graduate, based on the novel by Charles Webb and the classic 1967 film, is bound to knock your socks off. Here's to you Mrs Robinson!</p>	
	<p>Lion King – Capitol Theatre 3rd June 2026 – Tickets available at Meeting</p> <p>Disney's Lion King making its triumphant return to Sydney! Giraffes strut. Birds swoop, Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist</p>	
	<p>A Shot in the Dark - The Castle Hill Pavilion - Sunday 26 July 2026</p> <p>A Shot in the Dark is a riotous whodunit that flips the murder mystery genre on its head and was the inspiration for Peter Sellers' 1964 film of the same name.</p>	
	<p>Home, I'm Darling – The Castle Hill Pavilion – Sunday 4th October 2026 (Long Weekend)</p> <p>What happens when a couple decide to keep their marriage sparkling by living a fully authentic 1950's lifestyle – down to the last teaspoon, coat button, Formica table top and devilled egg?</p>	

UPCOMING THEATRE SHOWS

Date	Show	Cost	Payment by
29 th March 2026. Sunday 4pm	The Graduate Castle Hill Pavilion	\$22 / \$27 10 Seats Only	February Meeting
29 th April 2026 Wednesday 1pm	Anastasia Lyric Theatre	\$71 / \$76	Pick Up Tickets
3 rd June 2026 Wednesday 1pm	Lion King Capitol Theatre	\$85 / \$90	March Meeting
26 th July 2026 Sunday 4pm	A Shot in the Dark Castle Hill Pavilion	\$22 / \$27 10 Seats Only	June Meeting
4 th October 2026 Sunday 4pm (Long Weekend)	Home, I'm Darling	\$22 / \$27 10 Seats Only	September Meeting
	<ul style="list-style-type: none"> • Refer To Banking & Payment Details later in the Newsletter • Payment via Direct Debit preferred • Please quote your Surname & Event Name on every payment. • NB: Please present payment receipt when collecting your ticket/s. • No refunds after the payment date. 		

Activities & Events		Maureen and David Baker
	<p>Please ensure that you sign up to each activity prior to making your payment.</p> <p>Each sign on sheet requires participants to agree to the conditions for each activity, including the level of fitness required to undertake them and the expectation that they will be carrying their completed medical card.</p>	
Payment	Refer To Banking & Payment Details later in the Newsletter.	
Visitors	Visitors are always welcome to attend events, but a further \$5 fee is added to cover insurance. Visitors from other Clubs who attend must provide their Probus Number but will not be required to pay the fee.	