

COFFEE/TEA MORNING Maria Caldow 0414690794 mariacaldow@gmail.com



Coffee Morning, Civic Cafe, 10.30am on Wednesday 5th November.

Inflation has hit them also so it is now \$15 each for coffee or tea with selection of sandwiches, scones and cake. Gluten free catered for.

This will be last one for the year next one not until February 2026.

CRAFT Kerrie Murphy 0408417210 eyepc.craft@gmail.com.au



Eleven members, in attendance and one visitor.

We had 16 ladies at our craft/chatter/coffee day which included 1 visitor and 2 defectors from our Probus tennis group.

Cathy proudly showed us a couple of her cross-stitch projects and a newly completed jumper that she's been working on for 3 years! Well done legend, keep up the good work.

Special mention goes to the bead sorting team of Kerry B, Joy, Jan and the rest. I'm sure Ann W thanks you as it will save her hours of work.

Thank you to Ginny who made up and supplied us with kits for making poppies for



Remembrance Day. That's so thoughtful of you as you can't even make it on Fridays due to baby duties. Good job to Debbie W, hope the family were suitably impressed with your magnificent effort.

After all our hard work we were grateful for morning tea supplied by the ladies. Thanks Kerry D, loved the new recipe for cream cakes.



Anne S couldn't be with us yesterday but will be back in October.

Our Christmas get together will be 5th December, 12pm at The Arbour Heathcote. Many thanks again and always to Ann and Brian for letting us use their home for our meetings.



TENNIS Chris Stewart 0431886109 stewart.50@bigpond.com



Hello everyone,

I just wanted to let you know that there is a slight time change for tennis commencing Friday 10/10. We will be playing from 9am-11am during summer.

New players are always welcome. Please contact me if you would like to play and have any questions.



WALKERS Gerard Reyerink 0410477692 eypc.walkers@gmail.com



Walking Group

The walks for rest of the year will be as follows

Friday 31 October Harbour Bridge Walk from Milson's Point Station to Circular Quay, an all-time favourite, but easy walk with lifts at either end of walk. Meeting Point at 3rd carriage from front. Train times Heathcote 9:29, Engadine 9:32, Loftus 9:36, Sutherland 9:39, Milson's Point 10:34

Friday 28 November Kogarah to Ramsgate via Scarborough Park. Meeting Point 9:30am at Cooper Street Reserve, Starting point Cnr Civic & Marshall Street Kogarah

The attendance sheets, maps and notes will be presented at the October meeting

Table Tennis

So far, each week we have had sufficient members to play, but we would like more members for this activity. Just turn up on any Wednesday at 2:30 pm at Engadine Health (Dolphin Swimming Pool) at 62A Anzac Ave Engadine. If required bats and balls are provided by them. The cost per session is \$8.00

DISCUSSION GROUP Garriock Duncan 0415978054 giduncan48@hotmail.com



Next meeting Wednesday 15th October

Topic: Medical intervention in sport

Discussion Group Report.

TOPIC: BEST BEFORE / USE BY

We are all familiar with these numeric codes. They are designed to improve food safety. Products with a shelf life of two years or more do not need to display them. A 'best before' date indicates the date at which the manufacturer feels the quality of the item will start to deteriorate. A 'use by' date indicates the date after which the item should no longer be consumed.

There are two other dates, which may occur on items we purchase. The first is the 'sell by' date. This is the date when unsold items are to be removed from the shelves. Hopefully, when shopping, we find items, which have exceeded their sell by date. The second is slightly esoteric. It is the 'Julian' date, which indicates the date of production of an item. This is a four number code, e.g. 5273. Such a product was produced on the 273rd day of the fifth year of the decade. This might be found on products with a very long shelf life.

For a fairly mundane topic, it saw the largest number of attendees so far. All spoke of products, which did not last till the appropriate date or which were still edible after the date had passed. However, you can still rely on the old standbys – SMELL, TOUCH, APPEARANCE and if truly desperate TASTE.

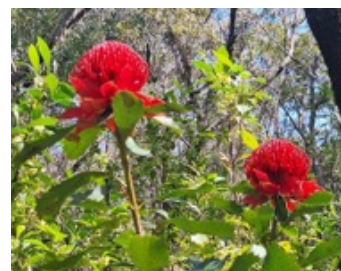
GARDEN CLUB Lesley Penny 0422973081 eypc.gardening@gmail.com

Margaret Duncan 0405220754



Report September outing.

On Thursday 18th September, the garden group were very happy to find the waratahs in the Royal National Park at Bottleforest Rd., Heathcote in full bloom. Many other natives were also flowering well especially the gymea lillies. They have been spectacular this year. Following the walk, we had a scrumptious lunch at the Arbour, Club Heathcote. I personally had not been back since all the renovations had been completed. What a lovely spot it is now.



Version 2:

The Waratah Gambit

By Ian, certified scenic route survivor

It began, as all great misadventures do, with a confident declaration:

“We’ll just pop in and see the Waratah.”

No one knew who said it. Possibly the neighbour. Possibly the wind.

The Gardening Group, still recovering from the Shire Succulents Expedition, assembled at a carpark that smelled faintly of eucalyptus and regret. Spirits were high. Shoes were clean. Someone had brought a laminated map, which was immediately ignored.

The track was promising—flat, shady, and lined with suspiciously cheerful signage. Within minutes, Waratahs were spotted. “*Telopea speciosissima* something-or-other”. The experts began muttering again. Latin flowed. Phones clicked. Someone tried to pronounce “*Proteaceae*” and pulled a hamstring.

Then came the fork in the path.

“Let’s take the scenic route,” said a voice.

It was not scenic. It was vertical.

The group ascended. Slowly. Botanically. With commentary.



The track narrowed. The sun intensified. The Waratahs vanished.

In their place: scrub, sweat, and a suspicious number of spider webs.

The author, now regretting his choice of socks, began hallucinating garden beds and iced tea. The laminated map reappeared, now damp and unreadable. Someone suggested they were near the coast. Someone else pointed out they were inland. A third person asked if Grevilleas were edible.

Eventually, the group emerged—sunburnt, dehydrated, and spiritually altered—into a clearing where a single Waratah stood. Mocking them. Possibly laughing.

They returned to the Arbour, where drinks were poured, stories were exaggerated, and the Waratah Gambit was declared a tactical success.

Sort of.



Our next outing is to **the Sylvan Vale Native Garden**, 7 Sylvan Grove, Picnic Point. As the native orchids were in flower from the middle of September, I tried to move the outing forward to the 2nd October. However, we only had two people indicate they could go on this date, so we put it back to **16th October** as per the social event calendar. Most of the orchids have now finished but it is still a lovely place to walk through with plenty of seats to have a rest at various intervals along the way. There is a short walk and a longer walk to choose. Jim, the caretaker, is on site to give us a tour or just to have a chat about all the plants. Thank you to Ros Campbell for letting us know about this beautiful garden last year. Following the walk, bring a picnic lunch to have at Lambeth Reserve, Henry Lawson Drive & Lambeth St, Picnic Point. We will meet at Cooper St Park at 10am for car pooling.

BOOKSWAP Ruedi Soltermann 0451468438 ruedi.soltermann@icloud.com

Paul Copland 0413530132 pegmaul@optusnet.com.au



Now is a good time to snuggle up with a book. We also appreciate donations of books as we are running low on stock.

Thanks to everyone who returned books



Book Review: *Rapture* by Emily Maguire.

If this book were a series on the ABC, it would come with an M A15+ warning. It contains lots of sex, graphic accounts of violence and suffering, plus long discussion of religious issues. It has something for everyone I can't wait for the miniseries!

Emily Maguire is a Sydney based novelist and *Rapture* is her seventh novel but the first to be thought of as a historical novel. Maguire has made a conscious choice with the title. *Rapture* conveys the notion of overwhelming delight, joy and/or ecstasy, both physical and religious. The title aptly sums up the various phase of the life of the principal character Agnes.

The novel traces the life of Agnes from the age of ten living Mainz in northern Germany to her death at about the age of forty in Rome during the 8th century AD. Agnes is a precocious child and in breaking with of the customs of the day, her father, an English ex-priest has allowed to be educated in Greek and Latin. Learning will be a factor throughout her life. Her learning is what initially attracts Ranulph, a brother from the nearby monastery of Fulda. Ranulph disguises Agnes as a fellow brother and smuggles her into the monastery.

Ranulph soon realises that Agnes has more to offer him than mere learning. He knows a woman lurks under that clothing. Agnes eventually succumbs in and agrees to lie with Raulph. The sex is clumsy – first time for both? - but a new journey has just begun for Agnes, though slowly.

After disease strikes Mainz and their life unravels, the pair decide to flee to Athens. They travel through a wasteland of death and disease. But, it is on this journey that Agnes finally discovers the joy of sex, another form of love

. By the time she reaches Athens, Agnes is alone. She joins a group of non Orthodox scholars and soon acquires an international reputation. She is summoned to Rome.

Once in Rome her fame grows until she is elected to the papacy as Pope John VIII. Love proves her undoing. Ranulph reappears to pay his respects to the Pope. He, of course recognises her and they fall back into old habits. Agnes soon falls pregnant. Unfortunately, Agnes goes into premature labour and gives birth during a papal procession through Rome. The crowd becomes enraged and tears mother and child limb from limb. Agnes' fate reveals another truth. Women pay the price. Men get off scot free.

The myth of Pope Joan survives still.

Garriock Duncan [Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

Movie News by Michelle Hayward

MICHELE'S BEST PICS FOR OCTOBER

DEEPER - documentary thriller

Follows unassuming and humble Dr Richard Harris, who was instrumental in the rescue of 12 Thai schoolboys trapped in an underwater cave, as he attempts to explore one of the deepest underwater caves in New Zealand, 'Pearse Resurgence', where there are no accidents, only life or death.

THE TRAVELLERS - heart-warming Australian drama

Stephen Seary, an opera stage designer, returns to Australia to see his dying mother. What was to be a quick visit turns into a drama as he navigates family relationships with his father (Bryan Brown), sister and old friends, all while trying to get ready for a major overseas contract.

BEAST OF WAR – thriller

A group of Australian soldiers in WW2 find themselves stranded at sea and at the mercy of a great white shark after their troop ship carrying 200 men is sunk. Based on a true story.

AFTER THE HUNT - Psychological thriller

Julia Roberts delivers a powerful performance as a college professor who finds herself in the middle of a sexual abuse accusation involving a star pupil and a colleague, forcing her to face her own secretive past.

REGRETTING YOU - Family Drama

Explores the strained relationship between a young mother and her teenage daughter as they come to terms with the death of the husband and the discovery that he was having an affair with his wife's sister. Grief is intertwined with feelings of betrayal, high emotion and the efforts of the mother to save her daughter from making the same mistakes she did as her daughter navigates first love.

GOOD FORTUNE – comedy

Keane Reeves stars as an angel, who swaps the lives of two friends, one wealthy, one struggling, to demonstrate how superficial wealth is. Things don't go to plan, and on losing his wings and immortality as punishment, he finds himself navigating the world as a mortal with often hilarious results.

***Members are welcome to meet up on **Tuesday morning 28th October** for " REGRETTING YOU" .
Session times have not been released, but will be notified closer.

Poet's Corner Contributed by Barbara Bell

The Golden Years

When do they occur?
I think mine are yet to come
for at now my years seem more like rusty tin.

Our lives are lived in stages
First we become a child with no fear of the future
ages
When we progress thru various life stages
we don't notice the years flying by
Till suddenly the years seem to whizz away
And then with a startled mind we realize that
the golden years are not before us but are
behind.

The Golden Years.
What are they?
Who said years became gold?
I suspect they are not even silver.
More likely it is the years to become old
So I've been told.

Life can get boring waiting for the Almighty to call
us
For many years of work, we have been driven
we have to be thankful for
the years we have been given
Maybe those lovely words are meant to gild
the sadness of getting old.
AI version **Copilot**

message about aging and reflection. Here's a
lighthearted version of "**The Golden Years**":

The Golden Years (With a Wink)
author Barbara Bell Sept 2025

When do they occur?
I think mine are still in the wind and coming—
because right now, my years feel more like rusty
tin
With a squeak in every joint and an unwelcome
double chin
Life comes in stages, or so they say:
First, you're a fearless kid, having fun and making
hay
Then you grow up, pay bills,
and sometimes not,—
I don't remember being told that youth was
short.
I ask myself "Hang on was I ever young"?
I in my previous years didn't get puffed playing
sport.
I must have been young although I don't
remember.
Because my 90th birthday is this coming
December
Blink twice and my youth is... where?
Where'd it go? I forgot.
You realize the golden years aren't ahead—
they're sneaky,
They whizzed past while you were losing your
memory weekly.

Golden Years.
What are they?
Who decided they were gold?
I suspect they're not even silver, truth be told .
Maybe they meant "golden" sardonically—
Or maybe it's just a clever phrase
to make aging sound like a prize, not a phase.
We wait for the Almighty's call,
while binge-watching shows and avoiding a fall.
We've worked for decades, earned our stripes,
Now we nap like pros and complain with gripes.
Still, we're grateful for the time we've got,
Even if our knees say help and our back is shot."
Perhaps those lovely words are meant to gild
The relentless truth: getting old is not so hot.

EYPC Social Events Calendar

Mon	EYPC Event	Date	Time	Event Coordinator	Cost & Code	Pay By	Name on List	Have I Paid
O c t o b e r	Club General Meeting Tradies Gynea	Monday 13-October-25	10:00AM	Greg Deane				
	Discussion Group 5/30-32 Bullecourt Ave, Engadine	Wednesday 15-October-25	10:00AM	Garriock Duncan				
	Sylvan Grove Native Garden Henry Lawson Drv. Picnic Point. Garden Group	Thursday 16-October-25	10:00AM	Lesley Penny Margaret Duncan	Walking around native gardens & flower native orchids. BYO lunch at Lambeth Reserve.			
	Craft Group Ann Walton, 7 Dural Cres, Eng.	Friday 17-October-25	10:00AM	Kerrie Murphy				
	Footloose - Musical Engadine Musical Society Engadine Community Centre	Saturday 18-October-25	1:30PM	Sue O'Brien	\$45/50PP - Engadine Musical Society Pymt by 8th Sep. Code - FOOTLOOSE			
	Wollongong Harbour Opal Trippers	Monday 20-October-25	Heathcote-9:29AM Engadine-9:32AM Loftus-9:38AM W-gong-9:58AM	Denise Weltshire	Train. Free City Bus to W'gong harbour. Café over looking harbour for lunch 			
	Club on East 7 East Pde Sutherland Gourmet Wanderers	Thursday 23-October-25	12:00PM	Kerry Deane	PAYG - Travel By Car. 			
	Grafton Jacaranda Festival On Course Tour & Travel Coach Tour	Monday 27-October-25	08:30AM-05:00PM Bus Departs 08:45	Pauline Herring	Dates - 27-10-25 to 02-11-25 - 7 Day Tour TS \$2,350 S \$2,905 - Final Pymt 24th August Code - JACARANDA			
	Sunset Cocktails	Thursday 30-October-25	4:30-6:30PM	Kerry Deane				
N o v e m b e r	Milsons Point to Circular Quay (Via the Harbour Bridge) Walk, Walking Group	Friday 31-October-25	09:29AM	Gerard Reyerink	Train to the City.			
	Morning Coffee Civic Cafe, Waratah Rd Engadine	Wednesday 5-November-25	10:30AM	Maria Caldow	PAYG			
	Craft Group-Christmas Party The Arbour Oliver St, Heathcote.	Friday 5-December-25	12:00AM	Kerrie Murphy	Craft Group Christmas Party 			
	Club General Meeting Tradies Gynea	Monday 10-November-25	10:00AM	Greg Deane				
	Quarantine Station, North Head Coach Trip	Friday 14-November-25	7.45AM for 8:00AM Departure Returns 4.30pm	Pauline Herring	\$124/129PP Included: Morning tea, guided tour & lunch - Pymt by 13th October Code - STATION			
	Tones of Money Guild Theatre	Saturday 15-November-25	2:00PM	Sue O'Brien	\$25/30PP Pymt by 9th September Code - MONEY			
	Club Menai 44-60 Allison Cresant, Menai. Gourmet Wanderers	Monday 17-November-25	12:00PM	Kerry Deane	PAYG - Travel By Car. 			
	Discussion Group 5/30-32 Bullecourt Ave, Engadine	Wednesday 19-November-25	10:00AM	Garriock Duncan				
	Austral Watergardens 1295 Pacific Hwy. Cowan. Garden Group	Thursday 20-November-25	TBA	Lesley Penny Margaret Duncan	Car Pooling at Cooper Street Park at 10:00AM Lunch at the Watergardens.			
	The UK Rod Stewart Show The Pavilion, Sutherland Theatre Group	Thursday 20-November-25	7:30PM	Laraine Lischeld	\$60/65PP Pymt by 13th October Code - STEWART			
	Craft Group Kerry Murphy-Host 6 Birgalow Place Engadine	Friday 21-November-25	10:00AM	Kerrie Murphy				
	Manly Trip. Opal Trippers	Wednesday 26-November-25	Heathcote-9:59AM Engadine-10:02AM Loftus-10:06AM Suth'land-10:09AM	Denise Weltshire	Train/Ferry. Cafe meals.			
	Sunset Cocktails	Thursday 27-November-25	4:30-6:30PM	Kerry Deane				
D e c	Kogarah to Ramsgate. Via Scarborough Park Walking Group	Friday 28-November-25	10:00AM	Gerard Reyerink	Meeting point, Cooper Street at 09:30AM			
	Christmas Party - Como Hotel 35 Cremona Rd, Como Club Function	Monday 8-December-25	12:00PM	Kerry Deane	\$60/65PP Pymt by 10th November Code - XMAS			
Weekly Events								
	Tennis Group Warabin St Waterfall	Each Friday	09:30AM	Contact Chris Stewart	PAYG			
	Table Tennis Group 62A Anzac Avenue, Engadine.	Each Wednesday	02:30-04:30PM	Contact Gerard Reyerink	PAYG			
Future Events								
F e b	Pretty Woman the Musical Theatre Royal 108 King St Sydney Theatre Group	Wednesday 18-February-26		Laraine Lischeld	\$96/101PP Pymt by 10th Nov 25 Code - PRETTY			
M a y	Cunnamulla Tour Indulgence in the Outback Coach Tour	Tuesday 12-May-26	TBA	Pauline Herring	\$2998TS/\$648SS Trade Travel - 6 Days 12th to 17th May			