



Beacon Hill Probus Club

"Activities with Friendship"

Meeting venue: **Manly Leagues Club, 563 Pittwater Road, Brookvale NSW 2100**

Meeting times: 4th Tuesday of every month (except December) at 10.30am

Next meeting: **27 January, 2026 10.30am**



From the President's Desk

Dear Members,

Happy New Year everyone. I hope you thoroughly enjoyed the Festive Season with friends and family.

Over the break, your committee has been working on the exciting plans that we have in store for our Club in 2026. From interesting guest speakers to new activities and interest groups, along with trips away, this new year, being the 50th year of Probus in Australia, is going to bring even more Probus fun and friendship to you all.

Very soon we will be inviting you all to renew your membership. As you already know, the benefits of being a Probus member extend far beyond fun and friendship. Our Club provides a vital service to the community by giving all our members the opportunity to stay engaged and connected.

Social engagement is important at any age, but as we enter our later years, it becomes even more important.

We hope that all members will continue to be part of the Probus family and renew their membership.

David McGrath
President

Guest Speaker

We're pleased to announce that our first guest speaker for 2026 will be **Annie Bartholomeusz** from **Proveda**.

Join us in January as Annie shares the latest updates on the recently launched *New Support at Home* program—what's changing, and how you can access the right services with confidence.

Proveda, formerly known as Community Care Northern Beaches, is a trusted not-for-profit service provider that has been supporting our community for more than 30 years. Their work spans a wide range of aged-care services, NDIS support, and specialist programs. With offices right here in Frenchs Forest, Proveda has a deep understanding of life on the Northern Beaches—and the unique needs of local residents.

Annie herself is very much part of that story. Having lived and worked on the Northern Beaches for over 25 years, she brings extensive experience in aged care and dementia care. For the past five years, she has played a key role in delivering Proveda's services, helping older adults and their families navigate the often-complex world of in-home support. Annie genuinely loves what she does, and her warm, practical approach makes even tricky topics easier to understand.

This will be an invaluable session for anyone wanting to stay informed about aged-care options—or simply to hear from someone who truly understands our community. We hope to see you there!

COMMITTEE

Executive

President David McGrath

Vice President Shirley Hunter

Secretary Jenny Boyle

Assist. Secretary Frances Keating

Treasurer Frank Buhagiar

Assist. Treasurer Robert Steele

Officers & Coordinators

Guest Speakers Xandra May

Membership Natalia Dunkley

Assistant Membership John Hartley

Outings, Activities & Tours Shanelle Breusch

Assist. Outings, Activities & Tours Shirley Hunter

Book, Film, Theatre & Travel Lynne McGrath

Walks

Newsletter / Website Ursula Beutekamp

Welfare Lynne McGrath

Technology Tony White

ENQUIRIES

Phone: 0418 207 471 or 0406 993 445

email: beaconhillprobus@gmail.com

Book, Film, Theatre and Travel Group



AT TIMES I THINK TO
MYSELF, 'DROP THE
BOOK AND GET
STUFF DONE!' THEN, I
LAUGH AND TURN
THE PAGE.



And so the year begins.....our first meeting for 2026 is
Tuesday 3rd February at 11am at the Manly Leagues Club.
Hope to see Book Clubbers there....

Lynne

Welfare

Before Christmas I spoke to those on our sick list and happy to report all are doing well. However since then we wish Barb M well for her hospital visit

Hopefully everyone managed to get through the Christmas and New Year season without adding themselves to that list.

HEALTH CHAT....

Heart Health regular blood pressure checks are a simple way to stay on top of your heart health. Monitoring changes over time helps you catch potential issues early and make informed choices about your well-being. Your local pharmacy is there to support you with quick checks and advice when needed in between visits to your doctor.

Stay well!

Birthdays for February are.....

Lynsey, Robyn, Di, Ronda and Evelyn

Happy birthday to all the girls - enjoy your special day



.....and very special wishes to Don and Barb who are celebrating 60 wonderful years of marriage.
Barb you've certainly had more than your share of jokes...imagine, 60 years of them !!!!!!! Happy Anniversary....



Lynne

Events Calendar / Dates for your Diary



January 2026

Tue 27 10.30am General Meeting

Manly Leagues Club

February 2026

Tue 3 11.00am Book, Film, Theatre and Travel

Manly Leagues Club

Wed 11 10.30am Committee Meeting

Manly Leagues Club

Tue 24 10.30am General Meeting

Manly Leagues Club

March 2026

Wed 11 10.30am Committee Meeting

Manly Leagues Club

Tue 24 10.30am General Meeting + Annual General Meeting

Manly Leagues Club

April 2026

Wed 8 10.30am Committee Meeting

Manly Leagues Club

Tue 28 10.30am General Meeting

Manly Leagues Club

May 2026

Wed 13 10.30am Committee Meeting

Manly Leagues Club

Thu 21 2.00pm An Evening with Rodgers & Hammerstein

Glen Street Theatre

Tue 26 10.30am General Meeting

Manly Leagues Club

October 2026

Fri 23 - Fri 30 Murray River Cruise

General Meeting Dates for 2026

Tuesday 27 January	Tuesday 24 February
Tuesday 24 March	Tuesday 28 April
Tuesday 26 May	Tuesday 23 June
Tuesday 28 July	Tuesday 25 August
Tuesday 22 September	Tuesday 27 October
Tuesday 24 November	No meeting in December

Technology



For any technology puzzles or problems please contact Tony White and he will try to help you or find a solution.

If there are recurring issues members are encountering then we will organise a specific training session on that topic as we have done in the past.

IMPORTANT PROCEDURES

- If you cannot attend a meeting please contact the Secretary or Membership Officer with your apology. Preferably by email to beaconhillprobus@gmail.com (put 'apology' or 'meeting apology' as the subject)
- If you need to leave the meeting early, please advise the membership officer, when you arrive and sign out when you leave indicating the time of your departure
- In the event of illness, members are encouraged to contact either the President or the Welfare Officer.
- **Permission for guests to attend must be obtained prior to the meeting by contacting the Secretary or Membership Officer.**
- Only fully paid up members are allowed to move/second motions and vote at meetings.
- **Please advise the Membership Officer of any address and/or contact details changes**

An Evening with Rodgers & Hammerstein

We have received an invitation from Simon Miltano to enjoy the music of *Carousel*, *South Pacific*, *The King and I*, *Oklahoma!* and *The Sound of Music* presented by the Sydney Musical & Opera Society on **Thursday 21st May at 2pm**.

<https://glenstreet.com.au/whats-on/evening-rodgers-hammerstein>

The production features seven principal vocalists, a full ensemble and choir, and a magnificent 23-piece orchestra, enhanced by elegant staging and projections. It has been created especially for audiences who love classic musical theatre and orchestral performance.

Cost per person is **\$55.00** (at a special Probus price) otherwise \$70.00.

Contact Shanelle or put your name on the list at the meeting.



The Murray River Cruise ... 23rd October - 30th October 2026

Our upcoming cruise on the Murray Princess offers more than just a cruise, visiting historic towns such as the German village of Hahndorf, a wildlife tour at Monarto Safari Park. We also have a two night stay on Kangaroo Island with a visit to the beach where you can have an up close and personal visit with the seals as they loll about on the sand or watch them as they waddle down to the water. There's also a visit to a Honey Farm, a Eucalyptus Oil Distillery and you can even get to hold and feed a Koala with so, so, so, many more wonderful experiences. If you'd like to come along please give Shanelle a call or simply add your name to the list at the next meeting.



Visit to Dee Why Gardens Retirement Village - 19 December, 2025

(Report and photos by Lynne McGrath)

A visit made by 13 members, to Dee Why Gardens Retirement Village mid December, to enjoy a morning tea after which we were taken on a tour of the village, inspecting independent and care units.

Immaculate gardens surround the units, which are all on level grounds, there is a common BBQ area where residents can invite friends to enjoy a picnic BBQ, surrounded by a large garden that also homes a large fishpond.

A great cafe/restaurant for all the residents is available adjacent to the large common/reception area. It's in this area where residents can socialise, play cards and games etc.

At the village you will also find a well equipped library, indoor swimming pool, hairdresser, billiard room and even doctors rooms.

Photos showing our group fitting right in, looking like they're residents of the village. It was a delightful and informative morning..... thank you Dee Why Gardens.



Bank Details: Westpac - BSB: 032-123, Acc. No.: 464223

Email: beaconhillprobus@gmail.com



Password Pain

I decided to make my password "incorrect"

Because if I type it wrong, my computer will remind me with: "your password is incorrect".

Enter new password - "chicken"

Password must contain a capital - "chicken kiev"

You should not use 'beef-stew' as a password.

It's not stroganoff.

Normal people use their children's names to set their email passwords.

Elon Musk uses his email password to name his baby.

What is Forrest Gump's password?

1-Forrest-1

My father told me that his password is "MickeyMinnieGoofyDonaldPlutoHueyLouieDeweyCanberra"

Why? Because he was told his password should contain at least 8 characters and one capital.

All my passwords are protected -

by amnesia.

Hacker sent me an email that he has hacked into my computer.

I said "prove it" and he sent me the username and password of my email, bank and social media accounts.

I replied "Thank you, that was the easiest Forgot Password process I have ever come across".

"Sorry, your password has been in use for 90 days and has expired - you must register a new one."
roses

"Sorry, too few characters."

pretty roses

"Sorry, you must use at least one numerical character."

1 pretty rose

"Sorry, you cannot use blank spaces."

1prettyrose

"Sorry, you must use at least 10 different characters."

1bloodyprettyrose

"Sorry, you must use at least one upper case character."

1BLOODYprettyrose

"Sorry, you cannot use more than one upper case character consecutively."

1BloodyPrettyRose

"Sorry, you must use no fewer than 20 total characters."

1BloodyPrettyRoseShovedUpYourBehindIfYouDon'tGiveMeAccessRightNow!

"Sorry, you cannot use punctuation."

1BloodyPrettyRoseShovedUpYourBehindIfYouDontGiveMeAccessRightNow

"Sorry, that password is already in use."

And for the scientifically minded:

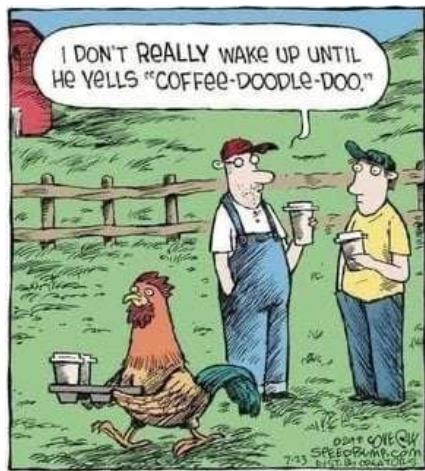
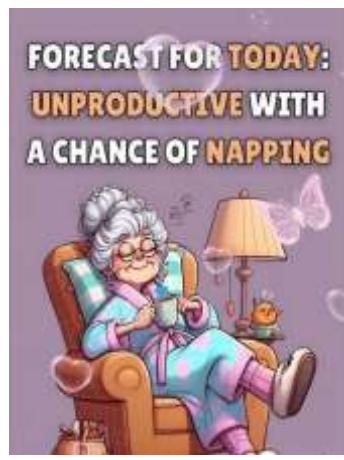
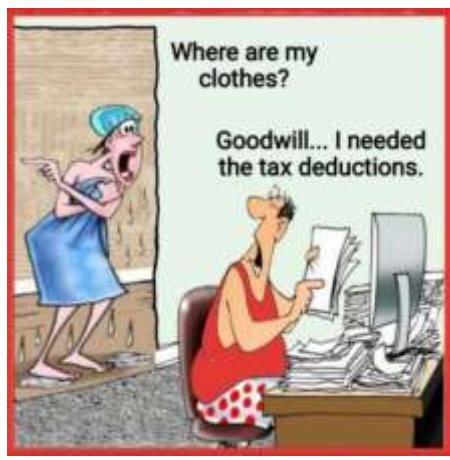
Enter password: 'snowflake'

Confirm password: 'snowflake'

Error, your passwords are not alike

I correct autocorrect more than
autocorrect corrects me.





"You put a round thing on a spinning plate with a needle and then you play with buttons and knobs ... only old people know how to do it!"

