



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: **23 September, 2025 10.30am**

From the President's Desk

Hello members,

I hope you all saw the article on our visit to the Alpacas in the Probus Digital Magazine. We sent 4 photos (including a nice one of the group) with the text but the editor chose to feature the one with Lynne. Or was it the Alpaca that took their fancy? We will never know.

We decided to give our half-yearly Probus Cluster Group meeting a miss and sent a report instead. This was because the meeting conflicted with the date of our last general meeting. Nevertheless, it was reassuring to hear that there were 19 participants from our Northern Beaches clubs who had a good catch up and exchanged details on guest speakers and outings.

Those of us going on the Cook Islands tour have styled ourselves "Cookies" and we are very much looking forward to our stay at the Moana Sands resort for some fun and relaxation. We will be back just in time to make up the numbers for the all-important vote on the new constitution, which will take place at the next meeting on 23 September. Please make sure you come along and have your say.

Until then, stay safe and well.

David McGrath
President



Guest Speaker

Peter Watson is the President of the Men's Kitchen Association which is a role he took on after retiring from more than 50 years in the IT industry.

Peter decided to support his wife in the kitchen in 2012 and has been developing his cooking skills ever since. You might say he's a slow learner.

Peter is a long term resident of Forestville with two adult children and three grandkids living in Perth.

"I founded the Men's Kitchen because I've seen firsthand the struggles older men face when left alone in the kitchen. My own dad outlived two wives and still couldn't cook a simple meal. Like so many men of my generation, he had always relied on his partner to handle the cooking. But what happens when she's no longer there?

The Men's Kitchen was born out of a deep desire to change that—to empower men with the skills they need to cook for themselves, but also to give them something much deeper: a sense of belonging. I wanted to create a space where men could learn, laugh, and connect with one another. It's about more than just food; it's about tackling loneliness and building a supportive community where every man feels seen and valued.

The cooking skills are just the start. It's the camaraderie, the shared stories, and the friendships that keep them coming back year after year. The Men's Kitchen is about giving men the tools not just to survive, but to thrive as they age."

Book, Film, Theatre and Travel Group



Due to a lot of sickness, holidays, meetings and appointments etc we decided to cancel the 9th September meeting and our next meeting will be **30th September**.

Lynne

EXECUTIVE COMMITTEE

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David McGRATH

Vice President

Shirley HUNTER

Secretary

Jenny BOYLE

Assist. Secretary

Frances KEATING

Treasurer

Frank BUHAGIAR

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Guest Speakers

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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

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0406 993 445

email:

beaconhillprobus@gmail.com

Welfare



Quite a few have come down with colds, RSV and of course the odd operation or two. There are still so many cases of Covid, RSV and influenza A around. Hopefully the vaccinations will keep these illnesses to minor cases and not needing hospitalisation.

Judy has had a very bad encounter with an oversized leach, where she had trouble extracting it from her leg and she swears that leach had the biggest mouth looking like it had many lip fillers. Robyn is recovering from her operation whilst Gary has had an op and is also successfully recovering. We wish them all well.

Roz is currently in Hospital with RSV and she would like to pass this onto our members.

RSV knocked down all her defences and as a result she developed a strep infection in her bloods as well as pneumonia. Roz would like to pass on her story to our members. She wants it put out there just how serious RSV can be at our age. Roz was also unaware there was a vaccination but, as soon as able, will be getting a shot. A lot of people don't know about this vaccination as it's not widely advertised due to the cost, around \$300, only free at present to pregnant women. It will be free to all one day but the medical profession, at this stage, don't know when. Roz's stay in hospital so far is three days and she hopefully will be out on the weekend.

In short if you can, get the vaccination! - Get well Roz!



Birthdays for October are....

Mandy, Simon, Bill, Helen, Barb J, Phyllis, Pam and Jenny de W

We wish all our October babies a very happy birthday, enjoy your special day!

Lynne 🤗



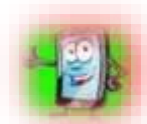
General Meeting Dates for 2025/2026

Tuesday 23 September	Tuesday 28 October
Tuesday 25 November	No meeting in December
Tuesday 27 January	Tuesday 24 February
Tuesday 24 March	Tuesday 28 April

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.



Events Calendar / Dates for your Diary



September 2025

Tue 23	10.30am	General Meeting	Manly Leagues Club
Wed 24	10.30am	Walk and lunch	North Head

October 2025

Wed 8	10.30am	Executive Meeting	Manly Leagues Club
Sat 18	2.00pm	Some Enchanted Evening	Glen Street Theatre
Wed 22	11.00am	Picnic & Games day	North Curl Curl Community Centre
Tue 28	10.30am	General Meeting	Manly Leagues Club

November 2025

Tue 4	TBA	Melbourne Cup lunch	Dee Why Builders Club
Wed 12	10.30am	Executive Meeting	Manly Leagues Club
Tue 18	11.45am	GPO Heritage Tour - Group 1	The Fullerton Hotel Sydney - Concierge
Thu 20	11.45am	GPO Heritage Tour - Group 2	The Fullerton Hotel Sydney - Concierge
Fri 21	11.45am	GPO Heritage Tour - Group 3	The Fullerton Hotel Sydney - Concierge
Tue 25	10.30am	General Meeting	Manly Leagues Club

December 2025

Tue 2	TBA	Pittwater cruise and lunch	Club Palm Beach
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North Head Walk and Lunch

Wednesday 24th September

Walk around the North Head area and lunch at the Bella Vista Cafe

RSVP: Caroline Greentree



Some Enchanted Evening

Saturday 18th October - Glen Street Theatre

Some Enchanted Evening presents Simon Militano (Baritone) and Justina Varkuleviciute (featured harp soloist) taking the audience on a theatrical journey featuring songs from the Golden age of Broadway and those made famous by big band specialists.



Probus Day Celebration - Picnic & Games Day -

Wednesday 22nd October

Probus Month celebrations at the North Curl Curl Community Centre.
Lunch provided by the club, BYO drinks, further details to come.



Melbourne Cup Lunch

Tuesday 4th November

Join us at Dee Why Builders Club for Melbourne Cup lunch and to watch the race.
Complimentary drink on arrival.
Prizes awarded for best dressed male and female

Cost: \$55.00



GPO Heritage Tour

Tuesday 18th November
Thursday 20th November
Friday 21st November

Discover the rich history of the former Sydney General Post Office building with the resident guide on the GPO Heritage Tour. Tour duration 90 min. with approximately 2,327 steps.

Maximum of 15 participants



Christmas Lunch

Tuesday 2nd December

Pittwater Cruise followed by lunch at Club Palm Beach

Cost \$55.00

More details closer to the date



For more details on the these outings, contact

Shanelle Breusch
Activities & Tours Officer

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.*

Sydney Male Choir - 'A Touch of Tango' - 23 August 2025

(Report by David McGrath and photos by Ursula Beutekamp)

How fortunate we were to be able to see and hear the Sydney Male Choir's performance on 23 August. There were nineteen of us including a few friends. Some of us had lunch at Cellinis in the QVB beforehand and we met the others at the Sydney Town Hall where we had reserved seats.

The Choir was founded in 1913 in Petersham and has a rich musical history. You may not know that when the ANZAC dawn service tradition commenced at the Cenotaph in Sydney, the Choir was engaged to sing and has done so at every subsequent dawn service. In its early years the Choir performed in local concert venues around Sydney and by the 1940's it was a regular part of live radio concerts broadcast by the ABC, often accompanying leading musical artists of the day. Since the 1980's there have been regular concert tours including international and the Choir has produced a library of recordings, thereby fulfilling its mission of "Bringing Joy Through Song". The Choir is recognised for its wide musical repertoire and has adapted its musical styles to the changing tastes of audiences, maintaining its status as an iconic part of the Sydney arts scene.

Although the performance was styled "A Touch of Tango" there were many other numbers ranging from sea shanties (Bound for South Australia) to Leonard Cohen's "Dance me to the end of love". The programme included 22 individual numbers. These were augmented by several guest artists: La Ola Tango, a sextet specialising in contemporary and more experimental Argentine Tango, tango dancers Mauricio Hernandez and Anna Griffiths, and soloist Scarlett Pearce who sang a number from the opera "Gianni Schicchi". It goes without saying that the Sydney Town Hall organ is absolutely fabulous and some numbers were accompanied by Robert Fox on the organ.

There was no way the crowd was going to let the Choir go without an encore and the Choir duly sang a rousing rendition of "Danny Boy" to finish up.

Thank you, Shanelle for incorporating a little bit of culture in our outings and activities.



Opal Day - Paddy's Markets - 4 September 2025

(Report and photos by Lynne McGrath)

Opal day to the famous Paddy's Markets, having a long history dating back to 1834 when Governor Bourke moved hay and grain traders to the Campbell St Markets. With food and second hand dealers, that developed into a Saturday night trading atmosphere, this night trading was well established by 1842 when Sydney Council took it over. In 1909/12 with the development of the Municipal Markets in the Haymarket precinct Paddy's Markets moved to the Market City buildings. In the 60's-70's the fruit and veggie markets moved to Flemington. A vast change today with numerous food/ restaurants and many stall holders to sell their wares — T Shirts, jewellery, leather goods, phone accessories, bags of all descriptions, novelties, souvenirs, fancy dress and many more including some fresh fruit and veggie stalls.

Fourteen of us met at the entrance to the markets where a group photo was taken and just as well as that was the last time we were all together. Even though we had arranged to meet to have lunch together at 12.30 this didn't seem to happen. I don't think any of us starved, I know we didn't with the biggest Banh mi you ever saw, having to eat most of the filling before attacking the bun 🤔, but it was delicious.

A great day once more Shanelle, thank you so much for once more organising and giving us the opportunity to explore a little more of our great city



Flashback to 'Paris after Dark' (featured in last month's newsletter)

Shanelle has sent through these photos which were taken after the end of the performance

