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### Web Version

This is a web-version of Willoughby North Probus Club's monthly newsletter, *WillowWay*. It does not contain personal contact information. The full version is available to Willoughby North Probus members.

### Executive Committee

#### **President**

Steve Tufts

#### **Vice Presidents**

Ruth Browne  
Bruce Miller

#### **Secretary**

Greg Naimo

#### **Treasurer**

Stephen Baker

#### **Guest Speaker Officer**

Ann Louise Cameron

#### **Newsletter Officer**

Josephine Lindquist

#### **Membership Officer**

Vicki Bell

#### **Welfare Officer**

Regina Smith

#### **Activities Officer**

Jan Bouveng

### Activities Committee

Jan Bouveng (Coordinator)  
Diane Baker  
Joy Carrigan  
Marianne Reich  
Gabrielle Ross  
Wendy Tufts (Walks)

# WillowWay



## The Willoughby North Probus Club Inc

### **President's message – Steve Tufts**

For many the new year is a time to reflect on the previous year, possibly take stock of our lives, consider what went well, what didn't, what surprised us, changed us, made us laugh and myriad other factors. Perhaps we learnt something, or maybe not, but nonetheless every challenge we overcame becomes a victory that strengthens our foundation for the year ahead.

In whatever way 2025 worked out for each of us, it is now a part of our history, another year of life experiences that helped make us the people we are. So, recognising the resilience that carried us through the previous twelve months it is best not to dwell on the negatives if you had a few last year. It is time to look forward with positive aspirations to 2026 and, if you feel like it, include a New Year's resolution or two.

But in reality, the beginning of a new year is less about resolutions and more about a chance for renewal. It is a reminder that time offers us endless opportunities to begin again, adjust our course, and choose hope over hesitation. In that sense, the new year is not just a date on the calendar - it is an invitation to embrace and enjoy another year.

Here in our community at Willoughby North Probus we are looking forward to sharing fun, friendship and fellowship with you and all our members in 2026 through our many and varied organised meetings, outings and activities.

Whatever your ambitions and aspirations may be for 2026 I hope that you achieve them while enjoying a wonderful and healthy year.

Steve

## Diary Dates

**Wednesday unless noted otherwise**

### 21 January

Probus meeting speaker:  
Noel Phelan – Navy at  
Gallipoli

### 28 January

Watsons Bay Ferry & Lunch

### 4 February

“Aircon” Light Rail and lunch  
at The Juniors Kingsford

### 11 February

Men’s breakfast – Shuk, 260  
Victoria Ave, Chatswood

### 25 February

Riverboat Postman,  
Brooklyn



### 4 March

Walk, Pyrmont and New  
Sydney Fish Market (TBA)

### 25 March

Lunch – the Manly Club  
(TBA)

### 26-30 March

Orange/Mudgee Escape  
(TBA)

### 22 April

Lisa Frost-Foster Mosaics,  
Killara

### 30-31 July

Christmas in July (TBA)

## General information

### Monthly meeting

Willoughby North Probus (WNP) Club meets at 9:45am on the third Wednesday of each month at the Uniting Church Hall, 10 Clanwilliam Street, Willoughby. If you can't attend, please send your apologies to the Secretary.

### Bank details

Willoughby North Probus Club, Westpac Chatswood  
BSB: xxxxxx Account: xxxxxx

For EFT payments, please add your name (and activity code if there is one) as the reference.

### Welfare

If you know of a member who is experiencing illness or bereavement or just needs help with transport to Probus Club meetings and events, please advise our Welfare Officer.

### Newsletter

*WilloWay* is our monthly newsletter giving you important WNP Club information and information about our latest activities. It's emailed to members each month and a web version is published on our website.

## Treasurer's Report

### Stephen Baker, Treasurer

| Members' Financial Position at 31 December 2025 for Two Months |                          |          |          |          |
|--|--------------------------|----------|----------|----------|
| Accumulated Club Funds   |                          | \$       | \$       | \$       |
| Opening Balance (1 November):                                  |                          |          | 5,677.68 |          |
| plus Income  | Fees                     | 158.75   |          |          |
|  |                          |          | 158.75   |          |
| less Expenses  | Morning Tea              | 40.07    |          |          |
|  | Guest Speaker Gifts      | 125.40   |          |          |
|  | Christmas Lunch Expenses | 73.48    |          |          |
|  | Badges                   | 20.26    |          |          |
|  |                          |          | 259.21   |          |
| Accumulated funds at 31 December:                              |                          |          |          | 5,577.22 |
| Plus Social Activity Funds                                     |                          |          |          |          |
| Funds held at opening (1 November):                            |                          |          | 1,161.25 |          |
| plus Received  | Christmas Lunch          | 1,253.00 |          |          |
|  | Riverboat Postman        | 118.00   |          |          |
|  |                          |          | 1,371.00 |          |
| less Paid  | nil                      |          |          |          |
|  |                          |          | 0.00     |          |
| Funds held for activities at 31 December:                      |                          |          |          | 2,532.25 |
| Bank Reconciliation  |                          |          |          |          |
| Opening Bank Balance (1 November):                             |                          |          | 6,838.93 |          |
| Income&Deposits for month                                      |                          |          | 1,529.75 |          |
| Expenditure for month  |                          |          | 259.21   |          |
| Closing Bank Balance at 31 December                            |                          |          | 8,109.47 | 8,109.47 |

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Welcome to our new members:  
Lynne Gerber, Geoff Kopping and Terry Rochios

## Regular activities

### **Book Club**



The WNP Book Club meets on the first Friday of each month at 3:30pm. Contact Jenny Burnell if you would like to join. NB there will be no book club meeting in January 2026.

### **Bridge Group**



The WNP Bridge Group meets on the second and fourth Friday of each month at Ruth's home in Killara. You book your seat the week before each session. You are not obligated to attend all meetings.

Email Ruth Browne for further information.

### **Bushwalking group**



This group meets for bushwalks once a month on a Friday and walks are between one and three hours. If you are interested in receiving emails regarding future walks, contact Lynne Lagaida.

### **Mahjong**



We play on the second and fourth Tuesday of each month at 1.30pm for 2 to 3 hours, while enjoying a cup of tea or coffee. Contact Christine Evans if you would like to join. No experience is necessary.

### **Men's Breakfasts**



A Men's Breakfast is scheduled on the 5th Wednesday of the month (if there is one!) and occasionally on the 2nd Wednesday of the month. We meet at Shuk, Chatswood Place, 260 Victoria Avenue at 8:30am. The entrance to the car park, which offers 3 hours of free parking, is in Oscar Street. Contact Peter Lay no later than the Monday before the scheduled breakfast if you plan to attend so we know the numbers for the table booking. The date of the next breakfast will be under "Diary Dates" on p2.

### **Monthly Walks**



For details of our next monthly walk see this newsletter under "Upcoming Activities". Contact Wendy Tufts for further information.

### **Pub Lunch Willoughby**



This is an open invitation to members to join us at the Willoughby Hotel following each monthly general meeting. Let Vicki Bell, Membership Officer, know if you'll be attending when signing in at the meeting.

### **Scrabble**



We meet on the first and third Tuesday of each month, starting at 1.30pm. Contact Jenny Lusher to join or for further information.

### **Sundowners**

We meet in Beauchamp Park, Chatswood, on the second Wednesday of each month at 3.30pm for wine and cheese. Email Regina Smith if you would like to join us.

## 21 January: Monthly Meeting Speaker

### *Noel Phelan - The Navy at Gallipoli*

This month, Noel will give us an overview of WWI in 1914-1915 and the role of our RAN ships under the command of the RN. He will also talk about the Navy attacks on the Dardanelles forts, the army landings and the evacuation. He will praise the ANZAC spirit and their endurance, courage, ingenuity, loyalty, resourcefulness and mateship.

Noel worked in IT with IBM as a systems engineer and spent 25 years in various technical and management positions. He has been a volunteer guide at the Maritime Museum for over 15 years and was the team leader of the speakers for many years.

Noel is a Past President of the Northbridge Rotary Club. He spent many years as sailing captain of his sailing club. He also spent several years with Marine Rescue and the Rural Fire Service. Noel is also a volunteer at the Naval Historical Society where he has developed three Navy harbour cruises. He has also organised a speaker's program for the Navy Historical Society where the presentations are delivered by ZOOM to the 500 members around Australia.

He fulfilled a boyhood dream to fly a WW II fighter by flying a SPITFIRE at The Imperial War Museum at Duxford in the UK recently.



Ann Louise Cameron (*Please send Ann Louise suggestions for possible future speakers.*)

*Photo supplied by Noel Phelan*

## Last Month's Speaker: Synopsis

### *Melissa Boucher – Essential Nutrition and Lifestyle for Healthy and Active Aging (Mind, Body & Soul)*



Melissa is a Clinical Nutritionist who consults on nutrition and wellbeing, as well as municipal emergency management. She is passionate about helping people put their health and wellbeing first.

Her presentation goal was to help us understand that we have a lot of control over managing our health, and she gave us tips to deal with dementia and ageing particularly.

She emphasised how we can do things to improve our strength and mobility, and deal with today's leading causes of death being dementia and heart disease.

She expanded on this by compiling a list of our members' health concerns. These included mental health, falls, bone density, muscle weakness, etc. Some concerns, Melissa noted, were caused by poor nutrition, which science believes could lead to an imbalance of free radicals and antioxidants – the former stealing electrons from cells and the latter providing additional electrons. And while dementia has a non-modifiable genetic component, there are key modifiable causes such as obesity, hypertension, smoking, alcohol, inactivity, cholesterol and diabetes.

Good nutrition starts with adopting an antioxidant style Mediterranean diet of whole grains, vegetables, legumes, fruit and nuts, fish and seafood, herbs and spices, and virgin olive oil instead of butter and margarine.



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Ageing involves progressive muscle loss, which can be lessened by more and regular protein meals and snacks, together with regular exercise and good sleep. Good nutrition for ageing involves using high protein milks, Greek style yoghurts, high fibre cereals, Bûrger style breads, eggs and omelettes.

Melissa had us all trying some simple on the spot exercises, demonstrating to most of us our need to improve strength and mobility.

Thanks to Bruce Miller for this synopsis.

*Melissa is the daughter of WNP club member Jennifer Locke*

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## Upcoming activities

If you require transport assistance to attend our monthly meetings or to participate in any of our upcoming activities, or if you are willing to assist others with transport, please email [Regina Smith](#).

### **28 January 2026: Ferry and Lunch, Watsons Bay Hotel (11.30am)**

***Diane Baker***

Meet at Circular Quay, Wharf 2, Side B at 11.30am for 11.45am ferry departure.

Our lunch booking is for 12.30pm in a semi outdoor area, under cover. We will be able to pay individually and order via QR code on the table. Numbers are limited to 20.

Sign-up sheet will be available at January's meeting or contact Diane if you would like to be added to the list.

More details of ferry times will be announced at the meeting.

### **4 February 2026: "Aircon" Light Rail & lunch at The Juniors Kingsford (11.20am)**

***Wendy Tufts***

Get out of the heat and humidity and enjoy an air-conditioned 30-minute ride on the L3 Light Rail through the City to Kingsford. We will then have a short walk to The Juniors Kingsford where we will stay cool and have lunch in their Sundeck Brasserie.

Meet at 11.20am at the Light Rail's Wynyard stop (south bound).

To register, please email Wendy with your name and phone number.

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*Look deep into nature, and then you will understand everything better. Albert Einstein.*

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## 11 February: Men's Breakfast at Shuk (8:30am)

*Peter Lay*



In a survey conducted last year, our regular breakfast attendees indicated that they would prefer to have more breakfasts than those scheduled only in months where there are five Wednesdays. So, to reduce the interval between breakfasts, it was agreed to occasionally schedule additional breakfasts on the 2<sup>nd</sup> Wednesday of the month. This is the first of these 2<sup>nd</sup> Wednesday breakfasts so please come along to prove the survey got it right! As always, it will be at Shuk, meeting at 8:30 am. Shuk is on

the Plaza Level of Chatswood Place, 260 Victoria Avenue, Chatswood. The entrance to the car park, which offers 3 hours of free parking, is in Oscar Street. Please email Peter by Monday 9 February if you will be joining us.

## 25 February: Riverboat Postman, Brooklyn (10.00am)

*Gabrielle Ross*



Just an hour from Sydney's CBD and connected by both train and freeway, the historic Hawkesbury River Mailboat at Brooklyn is the perfect day trip. Morning tea and a ploughman's style lunch are included.

Cost is \$59pp concession and PAYMENT IS DUE BY 11 FEBRUARY into the WNP account (see p.2 for details).

The boat departs promptly at 10am and returns at 1pm. Please arrive no later than 9.45am at the Brooklyn Postie Wharf, 3 Dangar Road, Brooklyn. Trains to Brooklyn leave from Central and Hornsby. Please check timetable. Parking is available in the car park. Sign-up sheet will be at the meeting or contact Gabrielle.

For further information about the Riverboat Postman view website: [riverboatpostman.com.au](http://riverboatpostman.com.au)

## 26 – 30 March: Orange/Mudgee Escape

*Jan Bouveng*



This tour is fully booked. All places were taken up following the announcement of this tour at the last Probus meeting. There is currently a wait list. Cost will be on display at this coming meeting for anyone wanting to go on the wait list.

See tour description on OnCourseTours website.

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## 22 April: Lisa Frost-Foster Mosaics Workshop, Killara (10.15am)

*Adrienne Connaghan*



Come along and enjoy a fun 2-hour Lisa Frost-Foster mosaics workshop at Killara, 10.30am to 12.30pm. Lisa will be offering the choice to make a bee bath or a wall hanging with your own design. No experience is necessary. All materials will be provided. Cost is \$90.

Examples of Lisa's unique designs are provided by Lisa Frost-Foster Mosaics and shown at left. Meet at The Manor House, 67 Stanhope Road, Killara, 10.15am for 10.30am start.

There are 15 PLACES ONLY plus a wait list.

For further information contact Adrienne. A sign-up sheet will be available at the meeting.

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## Member Photographs:



*Coordinator Dot Theeboom*

For members with an interest in photography WNP is facilitating a means for you to share your photos with other members. Each month, via *WillowWay*, our co-ordinator, Dot Theeboom, will nominate a photographic theme and request interested members to submit ONE photo related to this theme for display on the WNP website photography page and/or other club outlets such as at meetings. Inclusion of photos for display will be at the discretion of the co-ordinator. Please note, individuals taking photos for display by WNP will be doing so at their own risk, as this is not classified as an approved activity.

The January photography theme is "**Eucalypts**". Please email your photo to Dot Theeboom in time for the deadline of Thursday 12 February 2026. Selected photos may be viewed on the WNP website shortly afterwards.

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## The month that was:



**19 November – General Meeting.** Left to right: Guest, Willoughby Deputy Mayor, Angelo Rozos, with President Steve Tufts and Activities Coordinator Jan Bouveng.

Guest speaker at November meeting, Melissa Boucher with VP and synopsis writer, Bruce Miller.

Inductees Janet Griffin and Bill Smallhorn with Steve Tufts.



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**26 November – Wine Tasting and Stories Evening.**  
The aim was for a relaxed, fun evening and this was delivered in spades (um – bottles) as these photos show.



**Then the festive season was upon us:**



### **3 and 4 December 2025 – Hunter Valley Christmas Lights**

Although this was originally planned as a WNP activity, we didn't reach the required minimum number of interested participants. Undeterred and getting into the Christmas spirit, 10 of our members joined a private tour group – and had a fabulous time: Christmas lights at the Hunter Valley Gardens in the evening, and the award-winning displays at the same gardens the next day. What a wonderful way to ease into the festive season. Please contact Jan Bouveng if you'd be interested in visiting the Hunter Valley Christmas Lights in December 2026.

**9 December – The Mahjong group**  
enjoyed some Christmas cheer.





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## 10 December: Christmas Lunch – View Hotel, North Sydney

Our WNP festive spirit came to a climax with our annual end-of-year lunch. 60 members (our best year ever!) attended an afternoon of fun, friendship, fellowship and fantastic food. A big thank you to our MC, Jenny, who led the fun part throughout and to Christine for organising this very successful event.



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Photos in this edition of *WilloWay* were received from Jan, Bruce, Peter, Ruth, Steve Baker and N.O. and as otherwise credited. Thank you all!