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WilloWay

The Willoughby North Probus Club Inc

Web Version

This is a web-version of Willoughby North Probus Club's monthly newsletter, *WilloWay*. 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)



President's message – Steve Tufts

As 2025 draws to a close, it's a wonderful time to reflect on the many moments of friendship, laughter and connection we've shared throughout the year at our Probus club.

From our monthly meetings and guest speakers to the outings, lunches and all our many and varied special activities, each occasion has reminded us how much joy there is in companionship and community.

Christmas is also a special time to pause and appreciate our families and friends — both near and far. Whether we're able to gather in person or connect across the miles, it's a season to celebrate the bonds that enrich our lives and the memories we hold dear.

I especially want to thank our wonderful volunteers who serve us all in many ways including everyone on the management and activities committees together with the many others who help co-ordinate or lead our regular activities, the monthly photo display, who operate our meetings' audio visual equipment, who serve us morning tea at our meetings and those who organise and lead our yearly Christmas lunches.

A very heartfelt thank you to all our members for your support, enthusiasm and generosity throughout the year. You are what makes our club such a special, welcoming and lively place.

As we look ahead to 2026, may we continue to enjoy good health, friendship and the wonderful spirit of Probus.

Wishing you and your loved ones a very merry and joyful Christmas together with a very happy, healthy and peaceful New Year. See you in 2026 so we can do it all again and more.

Hope to see you at our Christmas lunch.

Steve

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Diary Dates

Wednesday unless noted otherwise

19 November

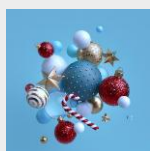
Probus meeting speaker:
Melissa Boucher -
Nutrition

26 November

Wine Tasting & Stories
Evening, Killara

10 December

Christmas Lunch, View
Hotel, North Sydney



31 December

Men's breakfast, Shuk,
Chatswood

2026

28 January

Watsons Bay Ferry & Lunch

4 February

"Aircon" Light Rail and lunch
at The Juniors Kingsford

25 February

Riverboat Postman,
Brooklyn

4 March

Walk, Pyrmont and New
Sydney Fish Market (TBA)

26-30 March

Orange/Mudgee Escape
(TBA)

22 April

Lisa Frost-Foster Mosaics,
Killara

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, Regina Smith.

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 October 2025				
Accumulated Club Funds		\$	\$	\$
Opening Balance (1 October):			5,930.44	
plus Income	Fees	27.50		
	Incorrect deposit	500.00		
			27.50	
less Expenses	Hall Hire Nov	220.00		
	Morning Tea	14.95		
	Refund incorrect deposit	500.00		
			734.95	
Accumulated funds at 31 October:				5,222.99
Plus Social Activity Funds				
Funds held at opening (1 October):			- 1,544.75	
plus Received		-		
	Christmas Lunch	2,542.00		
			2,542.00	
less Paid				
	nil			
			0.00	
Funds held for activities at 31 October:				997.25
Bank Reconciliation				
Opening Bank Balance (1 October):			4,385.69	
Income&Deposits for month			2,569.50	
Expenditure for month			734.95	
Closing Bank Balance at 31 October			6,220.24	6,220.24

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Regular activities

Book Club



The WNP Book Club meets on the first Friday of each month at 3:30pm. Contact Jenny Burnell by email if you would like to join. Our book for November is *The Correspondent* by Virginia Evans.

Bridge Group



The WNP Bridge Group meets on the second and fourth Friday of each month at 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.

Mah Jong



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



Our WNP men meet for breakfast on the 5th Wednesday of the month at Shuk, Chatswood Plaza, 260 Victoria Avenue, Chatswood at 8.30am. Next one will be on Wednesday 31 December, 2025.

More detail is provided under "Upcoming Activities" in this newsletter. Contact Peter Lay by email for further information.

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. Contact Regina Smith if you would like to join us.

Old age is like everything else. To make a success of it, you've got to start young.
Theodore Roosevelt

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19 November: Monthly Meeting Speaker

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



Melissa Boucher has been a Clinical Nutritionist for over ten years. She owns Nourish with Zest Nutrition & Wellbeing Clinic in the Hunter Valley, where she consults part time. She is a retired endurance triathlete who has competed in hundreds of triathlons and long-distance running events, including marathons and ironman triathlons.

Melissa has three children (two at university and one finishing school). She is also the Emergency Management Coordinator at Cessnock Council, where she supports the Council and the community to improve preparedness, response and recovery to local emergencies and disasters.

She is passionate about empowering people to live their life to the full by putting their health and wellbeing first. She advocates a sensible, practical and pleasurable approach to nutrition and life and will speak to our Probus Club about the importance of protein and other nutrients for healthy aging and how needs and absorption change with age.

She will also outline the types of food to eat to support healthy brain function.

Ann Louise Cameron (*Please send Ann Louise suggestions for possible future speakers.*) Photo supplied by Melissa Boucher

Last Month's Speaker: Synopsis

Lindsay May, OAM, - The highlights of Ocean Racing



There are many ocean races around the world including the *Newport-Bermuda Race* which has a history starting in 1906, the *Fastnet Race*, an offshore biennial race starting in Cowes, England, now finishing in Cherbourg France and founded in 1925, and our own *Sydney to Hobart Yacht Race* which began in 1945.

The Sydney to Hobart Yacht Race began as a cruise when Peter Luke and some friends formed a club for cruising as opposed to racing to celebrate the end of WWII. In 1945 Captain John Illingworth, who had served in the British navy during the war and who was organising repairs in Sydney for the British Pacific Fleet, was invited to join but promptly suggested it should be a race. The Sydney to Hobart Yacht Race was born. Illingworth skippered his newly acquired yacht *Rani* to win the race on both line and handicap honours, something that is still extremely rare.

The race has grown over the decades to now attract maxi yachts from around the world. The Boxing Day race run by the Cruising Yacht Club of Australia is watched by thousands both on and off the water. It is one of the few races where you can view the yachts from the marina before they sail.

Lindsay explained that there are compulsory weather briefings before the race and that technology is now used to track the currents during the race. He relayed some delightfully funny stories, and we saw some wonderful photos of life aboard in a Sydney to Hobart race. Lindsay has sailed in 50 Sydney to Hobarts and skippered the yacht *Love and War* in 2006, winning handicap honours.

Thanks to Jenny Burnell for this synopsis.

Photo supplied by Lindsay May

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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.

26 November: Wine Tasting & Stories Evening, Killara (5.00pm)

Ruth Browne



Join us for a relaxed and heartwarming evening of wine tasting, storytelling, and shared laughter. This is a chance to unwind, connect, and celebrate the flavours we love and the memories they evoke. Whether you're a wine enthusiast or simply enjoy good company, this event is for you.

What to bring: a bottle of wine under \$20 – ideally one that holds a special place in your heart – and a short note about why you chose it – a cherished memory, a favourite food pairing, or a moment that made it special. Not a wine drinker? No worries – bring your favourite non-

alcoholic drink to enjoy and share. We'll swirl, sip and share. Tasting sheets and nibbles will be provided.

Meet at The Manor House, 67 Stanhope Road, Killara, 5.00pm.

RSVP to Ruth by 19 November 2025. And a gentle reminder: this is a tasting, not a full pour – enough to savour, not to soak.



10 December: Christmas lunch, View Hotel, 17 Blue Street, North Sydney (noon to 4.00pm)

Christine Evans

After investigating many other venues, there is no better alternative than the View Hotel in many ways. Conveniently located, the View Hotel is less than 20 metres walk from North Sydney train station and bus stop.

We'll be treated to a delicious buffet which will include baked ham, salmon with almonds, GF, hot baked vegetables and a wide selection of salads.

Champagne will be offered on arrival, and our package includes a choice of red, white and pink wine, beer and soft drink.

The dessert buffet cannot be beaten - pavlova, Christmas pudding, gateau, cheese plate and more. Tea and coffee will follow.

This is always a great day to socialise with all our members and participate in a few fun games to test our skills. So come and join the fun and feasting on 10 December at the View Hotel from 12 noon till 4pm. Cost \$82pp to be paid into the WNP bank account (see bank details P.2). NB: PAYMENT NOW OVERDUE. Sign-up sheet will be at the meeting or contact Christine.



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31 December: Men's Breakfast at Shuk (8:30am)

Peter Lay



What a relief! Due to a number of our members wanting to fortify themselves with a hearty breakfast before throwing themselves into their New Year's Eve celebrations, we will be having our last 2025 Men's Breakfast On 31 December. Once again, it will be at Shuk, meeting at 8:30 am. Shuk is in 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 29 December if you will be joining us for our end of year breakfast and an opportunity to tell a few lies and make some outrageous predictions for 2026!

Good food, good company, good humour, good memories.

28 January 2026: 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 the November meeting or contact Diane if you would like to be added to the list.

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.

We have a new friend...says he's flown in from the North Pole.



No wings yet he can fly? Extraordinary! Our friend must be a wonder of nature.

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25 February 2026: 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. Cost is \$59pp concession and payment is due by 11 February into the WNP account (see p.2 for details). Morning tea and a ploughman's style lunch are included.

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

22 April 2026: 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.



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

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 *WilloWay*, 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 November/December 2025 photography theme is "**Letterboxes**". Please email your photo to Dot Theeboom in time for the deadline of Thursday 15 January 2026. Note the extended deadline because of the end-of-year break between meetings. Selected photos may be viewed on the WNP website shortly after 15 January.

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WNP Member's Exhibit



We were thrilled to see one of our own, Susan Connery, exhibiting her artwork at the St. Thomas Arts and Craft Show on 25 and 26 October. The standard of artistry throughout the event was outstanding, and Sue's four beautiful paintings were proudly on display—one of which was sold on Saturday morning!

Who knew such talent was hiding in plain sight within our Probus Club? Well done, Sue—your work was truly impressive. Congratulations! *Ruth Browne.*



Perhaps more hidden gems will be revealed at our monthly meeting members' forum when other members share their stories and passions. Contact Ruth to participate.

The month that was:



8 October - Sundowners, Beauchamp Park



October's *WilloWay* didn't have space for these photos of happy Sundowners and a four-legged attention-seeker, therefore they have prime position in this month's segment of "The month that was". Sundowners meet monthly for a friendly and relaxed chat, wine and cheese, and what I spy this time to look very much like watermelon. Watch it, Cory, there are two intense eyes interested in your plate. Would you like more information about the Sundowners? See P3 under "Regular Activities". N.O.

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22 October: Lunch - Aqua Room, Dee Why RSL

Said VP, Ruth Browne: "The lunch at Aqua Room, Dee Why RSL was a wonderful success - great venue, delicious food, and plenty of chatter and laughter. In fact, our Probus group were having such a good time that they completely forgot to take a photo! A lovely reminder of how much joy these gatherings bring".

5 November: Ferry and Walk, Woolwich and Lunch, Woolwich Pier Hotel



Perfect walking weather and jacaranda blossoms weren't the only attractions on this walk. Wendy's research of the area made the day very enjoyable as our WNP group explored the streets and heard about Woolwich's history and other interesting details. Thank you, Wendy, for your leadership and research on the walks this year.



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This is the last newsletter for 2025 and a big shout-out to everyone.



*Season's Greetings to all WNP members
And wishing you continued Fun, Friendship and Fellowship in 2026.*

The next *WilloWay* will be published in January 2026.

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