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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.

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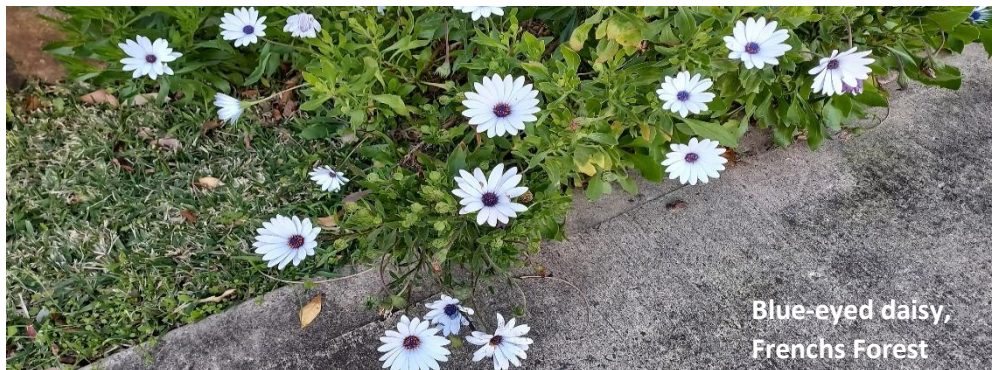
Regina Smith

Activities Officer

Jan Bouveng

Activities Committee

Jan Bouveng (Coordinator)
Diane Baker
Joy Carrigan
Mariane Reich
Gabrielnle Ross
Wendy Tufts (Walks)



Blue-eyed daisy,
Frenchs Forest

President's message – Steve Tufts

Public holidays may be just a day off to some, but they are much more than this. They're cultural touchstones that reflect Australia's values, history, and evolving identity. From commemorating national milestones to celebrating workers' rights, these holidays offer a chance to pause, reflect, and connect. Earlier this month you enjoyed the (NSW, ACT & SA) Labour Day public holiday.

Mid-1800s, workers endured gruelling conditions, 14-hour days, 6-day weeks, no sick leave, holidays, or job security. The 8-hour workday idea was considered radical, even utopian. 1855 Sydney construction workers at two sites won the first 8-hour working day and inspired their counterparts around Australia.

Initially only applying to workers on public projects, "Eight hours labour, eight hours recreation, eight hours rest", symbolised by the '888' motif, became the rallying cry of nationwide labour movements. The 8-hour-day wasn't just about reducing fatigue; it was about redefining life balance. The idea was 8 hours work, 8 hours rest, 8 hours personal time for family, leisure, and community. This model laid the foundation for modern work-life balance and inspired similar movements around the world.

Enshrined in 1916 NSW & Victorian legislation, the 40-hour, 5-day working week was made a National Standard in the Commonwealth Arbitration Court in 1948.

Labour Day is a tribute to the workers who fought for rights we now take for granted: weekends, paid leave, job security, and reasonable hours. It's a reminder that progress often comes through collective action and perseverance.

While today's workforce faces new challenges—gig economy instability, burnout, and AI automation—the spirit of Labour Day remains relevant and encourages reflection on how far we've come.

When enjoying your next long weekend, take a moment to appreciate the history behind it and the people who made it possible.

Steve

Diary Dates

Riverboat Postman,
Brooklyn

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Welcome to our new members:
Hugh Moran, Bill Smallhorn, Dianne West

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 October is *Grown Ups* by Marian Keyes.

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.

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 29 October. 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. Email Regina Smith if you would like to join us.

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Last Month's Speaker: Synopsis

Professor Andrew Hopkins, Macquarie University – The Secrets of the Universe



Andrew Hopkins is Professor of Astronomy at Macquarie University, with more than twenty-five years' experience as a professional astronomer.

He began revealing the secrets of the universe with a purposeful understatement that, 'the universe is big'! This ensured our attention, as he explained that while over a million planet Earths can fit inside the Sun, the Sun is a comparatively ordinary sized star.

Stars like our Sun form from clouds of gas and dust collapsing together from gravity, with different chemicals energising this process. All stars will eventually die, firstly shedding their outer layer and becoming a white dwarf star or, for the massive stars, exploding as a supernova leaving a remnant neutron star.

Our solar system is part of our spiral shaped Milky Way galaxy, which is just one of billions of galaxies and clusters of galaxies, of all different shapes and sizes in the universe.

Formed about 13.5 billion years ago the universe is like a time machine, as the light we see from the most distant observable galaxies has been travelling to reach us almost for that length of time.

Black holes lie at the centre of galaxies and can have as much mass as the galaxies themselves. While we cannot see a black hole itself as no light is able to escape, we do see the energised material around the circular shaped edge. But the majority of the universe is made up of dark matter and dark energy, which we don't see.

We know dark matter is there as its mass bends the light travelling to us, sometimes causing objects to be seen in different locations.

Dark energy is the force, opposite to gravity, thought to be responsible for the accelerating expansion of the universe.

Photo supplied by Andrew Hopkins

Thanks to Bruce Miller for this synopsis.

15 October: Monthly Meeting Speaker

Lindsay May, OAM - The Highlights of Ocean Racing



Lindsay is a 50-year veteran of the Sydney Hobart Yacht Race having sailed from 1973 to 2023. This is a record for sailing in consecutive races! In 2023, he sailed on Geoff Hill's *Antipodes*, a Santa Cruz 72.

Lindsay's first two races were as a forward hand and then he quickly learned that the back end of the boat was easier and migrated to that of navigator. Until 1983, this was done using a sextant and mathematical calculations.

During his lifetime, Lindsay has sailed in all the world's leading ocean races including Sydney to Hobart, Fastnet UK to Plymouth, Fastnet UK to Cherbourg, China Sea Race from Hong Kong to the Philippines, Darwin to East Timor, Newport USA to Bermuda and the Transpac Long Beach USA to Honolulu as well as most ocean races along the Australian east coast.

In 2023, Lindsay helped sail *Kialoa II* from Sydney to the UK to compete in the 2023 Fastnet Yacht race. He also sailed in the same boat in the Fastnet this year and has just returned from his latest adventure.

Lindsay will speak about the changes he has observed in ocean racing over 51 years and some of the highlights of the world-renowned ocean classic, the Sydney to Hobart race, that attracts competitors from across the globe.

Photo supplied by Lindsay May

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

Email: ProbusWilloughbyNorth@gmail.com

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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.

22 October: Lunch - noon at Aqua Room, Dee Why RSL

Jan Bouveng

Dee Why RSL is at 932 Pittwater Road, Dee Why and parking is available behind the Club in Clarence Avenue. The Aqua Room offers Italian cuisine, light meals, risotto, pasta, cake, coffee and alcohol. Remember to bring ID as it is a Club.

This lunch is fully booked. Contact Jan by email with your name and phone number if you'd like to be added to the wait list.

29 October: Men's Breakfast (8.30am)

Peter Lay

Our October Men's Breakfast will once again be at Shuk, meeting at 8:30am. Shuk is in the Plaza Level of Chatswood Place, 260 Victoria Avenue, Chatswood. The entrance to the car park, which offers three hours of free parking, is in Oscar Street. Please email Peter by Monday 27 October if you will be joining us for a delicious breakfast and some lively chat.



Peter adds "If we continue to follow the "5th Wednesday in the month" rule for scheduling the Men's Breakfasts, the next one after October will be 31 December. On the assumption that this date might not attract a lot of punters, I am not planning to schedule a breakfast for this date unless my arm is twisted at our October breakfast by a significant cohort of attendees! So, don't miss the October breakfast because this might be the last one for 2025!" Don't miss this one!

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

What, sir, would the people of the earth be without woman? They would be scarce, sir, almighty scarce - Mark Twain.

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5 November: Ferry and Walk, Woolwich (10.25am)

Wendy Tufts



Join us on a spectacular 20-minute ferry ride to Woolwich, especially as the shoreline Jacaranda trees should be in bloom. Woolwich sits on the peninsula between the Lane Cove and Parramatta rivers, jutting out from Hunters Hill, and for many years it was at the heart of Sydney's shipbuilding. From Woolwich Wharf we will stroll around the historic Woolwich Dock and the lovely Parklands area, learning about its history and development from industrial to leafy residential suburb.

At 12.30pm we have a booking for lunch at the iconic Woolwich Pier Hotel, joining up with other WNP members who are not doing the walk (please refer to the separate lunch activity information).

Meet at 10.25am at Circular Quay Wharf 5 (please be aware that the ferry to and from Woolwich only runs hourly).

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

5 November: Lunch, Woolwich Pier Hotel (12.30pm)

Jan Bouveng

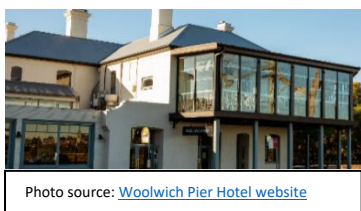


Photo source: [Woolwich Pier Hotel website](#)

This is for those not participating in the ferry and Woolwich walk (see above) but who would like to join the walkers for lunch. Woolwich Pier Hotel is at 2 Gale Street, Woolwich. Meet there at 12.30pm.

Sign-up sheet will be available at our 15 October meeting, or phone or email Jan Bouveng.

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

Ruth Browne



Image from Microsoft Word

Join us for a relaxed early evening of wine tasting, storytelling, and shared laughter.

Bring a bottle of wine under \$20 with a short note about why you chose it — a memory, a pairing, or a moment that made it special. No formalities, just good company and great conversation.

Sign-up sheet will be available at the meeting or email Ruth.

Better a diamond with a flaw than a pebble without – Confucius

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10 December 2025– 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, North Sydney station is less than 20 metres walk from train or bus.

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 by 16 November 2025 (see bank details P.2). Sign-up sheet will be at the meeting or contact Christine.



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 will be 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

Do the right thing. It'll gratify some people and astonish the rest - Mark Twain

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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 *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.

This month's photography theme is "**Garden Creatures**". Please email your photo to Dot Theeboom in time for the deadline of Thursday 13 November. Selected photos may be viewed on the WNP website shortly after that date.

The month that was:



Friday 12 September - Navy in Sydney Harbour Cruise

After days of heavy rain, the skies cleared to perfect weather for the cruise of Sydney Harbour. Eighteen of our members and one visitor were on board.

Organiser Di reports that the commentary and slide presentation was "very informative and revealed new insights about our beautiful harbour. For instance, we learnt about 'Tresco', the admiral's residence at Elizabeth Bay, and the fascinating history of Garden Island. To top things off, the morning tea was generous and delicious!"

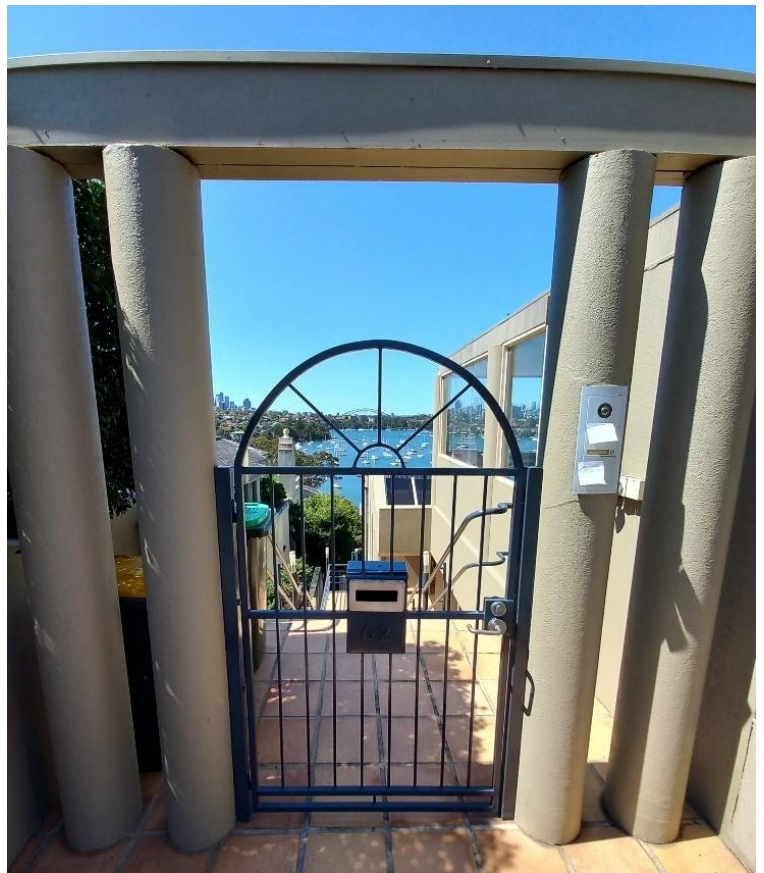
The scenic harbour photos include a pic of "the heads" (thank you Christine!). See pic at right.



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1 October: Walk, Longueville

On a 27 degree spring day with barely a cloud in the sky, 10 WNP members took part in a fabulous walk around the harbourside suburb of Longueville. Gorgeous views over the harbour were framed by gateways, deciduous trees and lush shrubbery. Dappled shade offered respite from the hot sun. Our guide, Wendy Tufts, described the history of the suburb and the housing styles of the area. Afterwards there was an enjoyable lunch in the shaded Bistro at The Diddy, Longueville Sporting Club on Longueville Road.



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Note from Newsletter Officer:

Two industrious birds have been appearing in *WilloWay*, mostly on the back page, for nearly 18 months. They've been getting on with things with little fanfare, however, I've been asked to formally introduce them. Of course, they have names: Tiddly and Winks.

Tiddly is ungainly, tripping over her feet as she walks. Winks has an eye problem – he really can't outstare any human being, even though he tries. Five seconds is all he can last, and with a disgusted screech off he flies. So, as space permits, their secrets and sense of humour are shown monthly in *WilloWay*. I hope you've been enjoying their antics.

N.O.



Photos in this edition of *WilloWay* were received from Di, Christine, Jan, Lynne, Vicki, N.O and as otherwise credited. Thank you all!