



# The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

## Newsletter Volume 8 Issue 8 – August 2025

**NEXT PROBUS MEETING:** Tuesday 19 August 2025 – 10:00 am for 10:30 am start – Pittwater RSL Club

### GOING PLACES (update from the Outings Desk)

#### HIGH TEA AT THE VINTAGE SECRET GARDEN GALSTON

**Tuesday, 2 September 2025**



Our first stop on this tour will be morning tea at Fagan Park, with beautifully manicured gardens and 55 hectares of rolling green space. We will have free time to explore the Gardens of Many Nations, covering 10 hectares with 11 stunning themed gardens including Japanese, Dutch, Chinese and Mediterranean.

The park was originally owned by the Fagan family and operated as an orchard and cattle farm before it was donated to the government. Netherby Cottage, which was the original Fagan family homestead, is still preserved on-site.

We will then escape to the Vintage Secret Garden, Galston where we will hear birds chirping and the calming sounds of the water fountain in a unique setting at this cute café. Our High Tea will consist of a beautiful three-tiered stand, featuring a mouth-watering selection of sweet delicacies, all baked onsite. Our high tea also includes delicious scones, savoury items and, of course, finger sandwiches. Beverages include a glass of sparkling wine on arrival as well as sparkling water and your choice of loose leaf tea, iced tea or a glass of juice.

**Cost is \$110 pp** which includes: morning tea, High Tea lunch, including a glass of sparkling wine, and luxury coach transportation. **Departs from Mona Vale Beach at 8:30 am** and returns at approx. 4:30 pm.

#### PICNIC AT WINNERERREMY BAY PARK

**12:00 midday Tuesday 7 October 2025**

For our October outing, we will hopefully enjoy some sunshine and a picnic at Winnererremy Bay Park in Mona Vale. Please BYO everything – chair, food etc. We will have the BBQ going if you want to pop a steak on the barbie!



As we will be celebrating “Probus Month”, there will be a glass of wine and something sweet to enjoy!!

Please register your name with the Outings desk. There is no cost – everyone welcome. It will be great to just relax, chat, and catch up.

If it rains, we will transfer to the Bay Bites Café (formerly Flying Fox) however, food/drink cannot be taken in and must be purchased at the venue (BYO wine only).

**\*\*\*\*Cancellation for day tours is three business days before the outing – that means before 5pm on the Thursday before the day tour\*\*\*\***

#### COONABARABRAN, LIGHTNING RIDGE, ROMA & TOOWOOMBA - 8 DAY DRIVE/FLY TOUR 8 – 15 September 2025

Departure times and pick up points on 8 September will be advised by email to participants. The weather average for this time of year ranges from 18 degrees (leaving Sydney) up to 30 degrees (in Queensland). The evenings are a little cooler so make sure you bring a hat and sun protection, and a light jacket.

**Cancellation terms apply:** from 60 days before tour date cost of airfare & tickets purchased to be paid; 45 days to 31 days – 50% will be refunded; 30 days before – no refund. Please consider travel insurance.

#### 2026 DIARY DATES (away trips)

**18-21 March 2026 Harrington Waters** – 4 days staying at the Riverside Lodge on the Manning River, exploring the surrounding area. Share accommodation \$1,605.00 pp, single supplement \$270.00.

**18-24 October 2026 Bellingen Gourmet Adventure** – 7 days exploring this beautiful area and experiencing beautiful food, tastings and much more. Share accommodation \$2,895.00 pp, single supplement \$554.00.

## THE THEATRE

### Elanora Players – The Mouse Trap

**3 to 11 October 2025.**

A timeless tale of “whodunnit,” Agatha Christie’s The Mousetrap strands seven strangers at Monkswell Manor during a blizzard! The world’s longest continuously running play for over 60 years. [Learn more](#). Venue: North Narrabeen Community Centre, 2-10 Woorarra Ave, North Narrabeen. Tickets \$35, \$28 concession – on sale now – book direct (click [here](#)).

### Theatre Royal – Shirley Valentine

**Thursday 23 October 2025 – 2:00 pm (not 1pm)**

Just a few tickets left for this exciting new show. Experience the heartwarming, hilarious, and utterly inspiring story of Shirley Valentine, brought to life by Australian stage and screen star Natalie Bassingthwaite. **Tickets @ \$69.50 pp** (group rate – save \$20). Contact Shirley Holder or Jean Hart to reserve your seat. **NOTE: Payment required by Tuesday 19 August 2025.**

## WALK THE WALK & TALK THE TALK

### TODDLES WALKING GROUP (Patsy Wilson)

**Tuesday 26 August 2025 – 10:45 am**

#### North Head

Distance – 3.5kms

Grade – Easy

**Time – 10:45 am**

Meet at the car park behind the [Bella Vista Café](#). We will walk a circular route around North Head and return for lunch either at the café or other venue of your choice. Contact Patsy Wilson to confirm you are going on the walk and/or lunch.

**Tuesday 23 September 2025 – 11:00 am**

#### Bayview Park to Church Point & return

Distance – 5 kms

Grade - Easy

**Time – 11:00 am**

Meet - Park at Bayview Park (near tennis courts). We will walk to Church Point for lunch at Waterfront Restaurant and return to Bayview Park. **Contact Patsy Wilson** to confirm if you are going on the walk, and if you are staying for lunch. Bookings for lunch are essential and all non-walkers are welcome.

### STRIDERS (Sheila Trett)

If you would like to do a longer, more challenging walk, please contact Sheila Trett (see back page).

### GUEST SPEAKERS

- |                 |   |
|-----------------|---|
| <b>Aug 2025</b> | <b>Susan Ackroyd</b> – History Through Nursery Rhymes           |
| <b>Sep 2025</b> | <b>Andy Greer</b> – History, Tribes and Wildlife of Tanzania    |
| <b>Oct 2025</b> | <b>Margaret Haines</b> – Present from the Gods in Ancient Egypt |

Guest speaker this month will be Susan Ackroyd whose book, Rhyme and Reason, looks at the stories behind those old nursery rhymes we all know and love, some of which date back to the 13th century. Why was there a baby in a treetop? Who was Georgie Porgie, Little Boy Blue or Humpty Dumpty? With a career as an educator and lawyer behind her, Susan explains the origin of the rhymes, often mocking the political and social establishment of the times, and how they’ve been passed down orally through the centuries to become the lullabies, ditties and nonsense rhymes we still use today.

## THINGS TO DO & PEOPLE TO SEE

### PROBUS PRESIDENT’S LUNCH

Next President’s Lunch: **Tuesday September 30 2025**

Venue – The Sands, Narrabeen

Time – 12:00 noon

No need to RSVP – just look for the Probus tables.

### MEN’S BREAKFAST

**Wednesday** of the week following the club meeting each month at the Armchair Collective in Darley St Mona Vale, from 8:30 am. Let Graham Lynch know if you are coming (see back page for contact details).

### LADIES’ DINNER

**2<sup>nd</sup> Tuesday** of each month at the Glasshouse, at 6:00 pm. Contact Diana Calthorpe if you would like to attend the next dinner.

### MAH-JONG

**Wednesdays** in the Garden Pavilion, Pittwater RSL 1:30 pm. Enquiries: call Rob Johnson, or Viv Weeks.

### CRAFTY FINGERS

**1<sup>st</sup> Monday** of each month, 2:00 to 4:00 pm – at the home of Robyn Day (until numbers become too large). Meet for a couple of hours to chat and create your own project. Suggestions – knitting, or start a knitted square, crochet, hand sewing, embroidery, etc. Contact Robyn if you wish to join the group.

### THE CAFÉ SOCIETY

Catch up **every Friday** morning for coffee and cake at Pattison’s Patisserie, Mona Vale, from 10:30 am. Everyone welcome.

### CHEATS (Chat and Eat) DINNER

Thursday 21 August – 6:00 pm  
Mona Vale Golf Club (3 Golf Avenue, Mona Vale)  
Thursday night special - Steak and Shiraz \$30.00  
Full [menu](#) available.  
Contact Diana Calthorpe if you would like to attend.

## MOVIE MOB

**3<sup>rd</sup> Saturday** of each month. Janice Tuynman will email members on Thursday or Friday before the screening with details of movie choice, time and cinema. Contact Janice if you wish to join the group.

## OPAL DAYS

**Friday 29 August 2025 – Chau Chak Wing Museum, Sydney University**

3 major collections:

- Macleay Collections (Natural History, Ethnography and Science),
- Nicholson Collection (Antiquities and Archaeology),
- The University Art Collection

20 coming already, but registration is still open. We will meet at Wynyard at 9:00 am, fortify ourselves with coffee, and head out to the Museum which opens at 10:00 am. Details will be emailed to participants the week prior to the outing.

**Sunday 2 November 2025 – Government House**

10:00 am start at Wynyard, tour of Government House,

then sit on the verandah or in the garden and listen to jazz by the Australian Royal Airforce Band; picnic or café for lunch depending on weather.

Contact Robyn Alexander or Sally Lynch if you wish to attend an outing (recommended for insurance purposes). More details will be emailed to participants the week of each outing.

## CELEBRATING the BIG “0” in 2025

We’ve had a great response to our Big 0 Birthday celebration this year (70, 80 and 90). Details:

**Date & Time:** 22 October 2025 – 12:30 pm

**Place:** Limani Restaurant, 11 Narrabeen Street, Narrabeen. **Cost:** \$43.00 pp which includes bread roll, main & dessert plus a glass of wine. Please pay at the Outings Desk before the end of September (there is still time to register if you haven't yet done so). Ramona Cox will be host for the day.

As we have so many members with partners this year, we have decided to limit attendance to Birthday people only, to make it more intimate – we hope you agree. Put the date in the diary - a reminder email will be sent to all participants closer to the date.

## TID BITS

### SAY HELLO



**SAY HELLO** to new members Kevin Allsop and Arna Wesley who were inducted at the July meeting – make them feel welcome.

Well, for example, the other day Jim my husband and I went into town and visited a shop.

When we came out, there was a cop writing out a parking ticket. We went up to him and said, “Come on man, how about giving a senior citizen a break?”

He ignored us and continued writing the ticket.

I called him an “a\*hole”. He glared at me and started writing another ticket for having worn-out tyres.

So Jim called him a “s ha”. He finished the second ticket and put it on the windshield with the first, then he started writing more tickets. This went on for about 20 minutes.

The more we abused him, the more tickets he wrote.

Just then our bus arrived, and we got on it and went home.

We try to have a little fun each day now that we’re retired. It’s important at our age.

### PHOTOS on WEBSITE

Click [here](#) to view photos from GPO Tour on 11 July.

Click [here](#) to view photos from the Little Italy Food Tour and Sydney Fish Market on 5 August.

### FUN IN RETIREMENT

Working people frequently ask retired people what they do to make their days interesting.

## AFFAIRS TO REMEMBER

**APOLOGIES:** A Reminder to let the Membership Officer know if you are unable to attend a meeting.

**ALL EFT PAYMENTS** should include **your name and event name** in the reference; then please send a confirmation email to the Treasurer and the event organiser to show that payment has been made.

If you have **special dietary requirements**, let the organiser know before the event.

**MARK YOUR CALENDARS** – dates to remember and help you plan ahead to avoid double bookings.

<b>Monthly Meeting</b>	<b>Men's Breakfast</b>	<b>Ladies' Dinner</b>	<b>Toddles</b>	<b>President's Lunch</b>
<b>3<sup>rd</sup> Tue / month</b>	<b>4<sup>th</sup> Wed / month</b>	<b>2<sup>nd</sup> Tue / month</b>	<b>4<sup>th</sup> Tue / month</b>	<b>5<sup>th</sup> Tue / month</b>
August 19	August 27	August 12	August 26	
September 16	September 24	September 9	September 23	September 30
October 21	October 29	October 14	October 28	
November 18	November 26	November 11	November 25	
December 2 – Xmas Lunch	N/A	December 9	N/A	December 30

## FOR YOUR INFORMATION

**VISIT OUR WEBSITE:** <https://www.probusouthpacific.org/microsites/monavalecombined> to view current information about our club and events. Contact Marie Musumeci re suggestions or contributions.

For information about **Probus Travel Insurance**, please visit the PSPL website at [https://www.probusouthpacific.org/pages/travel\\_insurance\\_landing\\_au](https://www.probusouthpacific.org/pages/travel_insurance_landing_au) or call 1800 125 234.

**PROBUS NATIONAL INSURANCE PROGRAM:** A summary of the coverage provided for Personal Accident, Public & Products Liability, Association Liability and Club Money for approved Probus activities is outlined in the attached Insurance Coverage Summary [here](#).

[Click here to subscribe to the Probus South Pacific Active Retirees Digital Magazine!](#)

*Please remember to wear your name badge to all Probus monthly meetings and official events.*