



# The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

## Newsletter Volume 8 Issue 7 – July 2025

**NEXT PROBUS MEETING:** Tuesday 15 July 2025 – 10:00 am for 10:30 am start – Pittwater RSL Club

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

#### LITTLE ITALY FOOD TOUR, FIVE DOCK & SYDNEY FISH MARKETS

**Tuesday, 5 August 2025**



**SOLD OUT – waitlist only.**

Discover the delicious flavours of Sydney's Little Italy in an immersive food tour. This culinary adventure will showcase the vibrant local community of Five Dock and its delectable offerings.

Following the tour we will travel to the Sydney Fish Markets on Blackwattle Bay where we will have time to explore as well as an opportunity to buy fresh seafood to take home – eskies and ice will be provided for individual purchases.

**Note: This tour is walker-friendly.** We cover approximately 1km but the route is mostly flat, with occasional steps and a small incline up Great North Road. The total walking time is approximately 25-30 minutes, but with plenty of stops along the way.

**Maximum 25 people** for this tour. **Cost is \$122 pp** which includes: guided food tour including food samples from 3-4 venues and luxury coach transportation. **Departs from Mona Vale Beach at 9:00 am** and returns at approx. 5:00 pm.

#### 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.

**\*\*\*\*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**

This tour is going ahead and is **SOLD OUT**. We will be sharing the tour with other On Course clients.

**Final payments are due by 18 July.** As we have a full tour the price has been reduced; final payments less the deposit will be - **Share \$2,450.00 each, Single \$3,070.00.**

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.

## THE THEATRE

### Elanora Players – The Great Divide 11 to 19 July 2025.

A new comedy with wise-cracking commentary on wealth inequality and human greed – and with characters you may have met! [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 – Cats

**Wednesday 6 August 2025 – 1:00 pm**

**SOLD OUT.** Tickets @ \$70.50 pp (group rate) – as Shirley is on holidays, contact Jean Hart if you would

like to be on the waitlist. **Collect tickets from Jean** at the July meeting.

### Theatre Royal – Shirley Valentine

**Thursday 23 October 2025 – 1:00 pm**

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. Payment required by **Tuesday 19 August 2025**.

## WALK THE WALK & TALK THE TALK

### TODDLES WALKING GROUP (Patsy Wilson)

**Tuesday 22 July 2025 – 11:00 am**

**Davidson Park - Roseville Chase (Lyrebird Walk)**

Distance – 3kms

Grade – Easy

**Time – 11:00 am**

Meet at the last car parking area at the end of road; there is a sign that says Lyrebird Walk. Entry fee to the park = \$8.00. There are BBQs available for those who want a BBQ or bring a picnic.

**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.

### STRIDERS (Sheila Trett)

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

### GUEST SPEAKERS

**Jul 2025**

**John Bayot – Never Have an Off Day**

**Aug 2025**

**Susan Ackroyd – History Through Nursery Rhymes**

**Sep 2025**

**Andy Greer – History, Tribes and Wildlife of Tanzania**

July's guest speaker will be John Bayot whose presentation is based on his latest book "Never Have an Off Day". John's training has been broad and diverse including diplomas in Homeopathy, Swedish Massage, Clinical Hypnotherapy, Human Sexuality and Psychopharmacology, Physiotherapy, Hotel Management and is even a black belt in Taekwondo. His book looks at a new paradigm on Mental Health issues by having a wider perspective, and how best to apply the wisdom and arcane teachings of the ancient past for our evolutionary process. John delves into these rich ideas to redefine our path to mental and spiritual well-being.

## THINGS TO DO & PEOPLE TO SEE

### PROBUS PRESIDENT'S LUNCH

Next President's Lunch: **Tuesday July 29 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.

### 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.

### 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.

## 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 11 July 2025 - Sydney General Post Office

Currently SOLD OUT, so if you have booked and cannot make it for any reason, please let Robyn Alexander or Sally Lynch know ASAP as there are some people on the waitlist..

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

It has 3 major collections:

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

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..

## TID BITS

### SAY HELLO



**SAY HELLO** to new members Carole Hampton, Heather Banyard, Edna and James Fairley, who were inducted at the June meeting – make them feel welcome.

### A MUSICAL TREAT



Four very talented members of the Willoughby Symphony Orchestra provided a special musical treat for members

at our June meeting. For details of upcoming performances of the [Willoughby Symphony Orchestra](#) (WSO) visit their website.

### PHOTOS on WEBSITE

Click [here](#) to view photos from the Yulefest at the Chalet lunch on 1 July.

### MONA VALE STREET ART (Sally & Graham Lynch)

We have seen lovely street art in Kurri Kurri and Newtown. But did you know that there is also some fabulous street art in Mona Vale? Most people seem to be unaware of it. These [photos](#) are just some examples. Keep an eye out next time you wander through Mona Vale.

### DID YOU KNOW?

$111,111,111 \times 111,111,111 = 12,345,678,987,654,321$

Q..... If you were to spell out numbers, how far would you have to go until you would find the letter 'A'?  
A... One thousand.

Q.... What do bulletproof vests, fire escapes, windshield wipers and laser printers have in common?  
A... All were invented by women.

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs, Ale is ordered by pints and quarts. So, in old England, when customers got unruly, the bartender would yell at them 'Mind your pints and quarts, and settle down. It's where we get the phrase: 'Mind your P's and Q's.'

## 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>
July 15	July 23	July 8	July 22	July 29
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	December 24?	December 9	December – 23?	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.

**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.*