



The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

Newsletter Volume 8 Issue 10 – October 2025

NEXT PROBUS MEETING: Tuesday 21 October 2025 – 10:00 am for 10:30 am start – Pittwater RSL Club

GOING PLACES (update from the Outings Desk)

MELBOURNE CUP LUNCH at CLUB PALM BEACH

Tuesday 4 November 2025 – 12:00 noon



Please join us to celebrate the Melbourne Cup at Club Palm Beach. Enjoy a 2-course lunch with sparkling wine on arrival, then watch the fashions and “the race that stops a nation” on the super-size screens. Put on your Sunday best and put your best tips to the test!

Details:

Club Palm Beach, 107 Barrenjoey Road, Palm Beach

Time: 12:00 noon

Cost: \$60.00 per person

Menu: Includes:

- Glass of sparkling wine on arrival
- To share – Prawns & Rock Oysters
- **Main (choice of one from the following)**
 - ✚ Spaghetti Crab with bisque, chilli & parsley
 - ✚ Mushroom Risotto
 - ✚ Grilled Barramundi with roasted crushed potato, asparagus & mint salsa verde
- **Dessert (choice of one from the following)**
 - ✚ Mixed Berry Panna Cotta
 - ✚ Tiramisu

Please **choose one Main Meal and one Dessert**, and let Terry Mackin/Adele Trowbridge know your selections by text, email or phone. Or, you can make your selections at the October Meeting. Please also let Terry/Adele know if you have dietary requests prior to the day.

Sweeps will be on sale throughout the afternoon (up until race time). Good luck everyone.

CHRISTMAS PARTY

Tuesday 2 December 2025 – 12:00 noon



The Combined Probus Club of Mona Vale will celebrate its Christmas Party at the Pittwater RSL Club in the Rock Lilly Room (auditorium) at 12:00 pm on 2 December 2025.

Cost: \$60.00 per person for a 2 course lunch (main and dessert) including wine, bread roll, tea and coffee. **Menu is alternate drop**, but if you have a dietary request, please discuss with us.

Main:

- Tasmanian Salmon Fillet, new potatoes, minted peas, hollandaise (GF, PESC)
- Braised Beef Cheek with baby carrots, sprouts, potato puree and red wine glaze, (GF, EF)

Dessert:

- Pear Frangipane Tart, caramel ice cream and toasted almonds.
- Baked Raspberry Cheesecake with fresh raspberries and whipped cream

Door prizes and entertainment, & bar will be open.

Please book your tables of up to 10 people, but if you are not on a table, we will place you on one. Please pay before 8 November. No cancellations after 16 November 2025.

2026 DIARY DATES (away trips)

18-21 March 2026 Harrington Waters – 4 days. A relaxed coastal journey filled with sea breezes, scenic drives, regional flavours, and charming towns. Staying at the Harrington Riverside Lodge on the Manning River as a base, and exploring the surrounding area. Share accommodation – \$1,605.00 pp; single supplement – \$270.00. Includes all experiences, meals, accommodation, and luxury coach travel. Click [here](#) for details of day by day activities. Please pay a **deposit of \$300 before the end of October 2025**. Final payments will be due by 1 February 2026.

18-24 October 2026 Bellingen Gourmet Adventure – 7 days. A relaxed journey filled with food, wine, history, and regional charm. We will enjoy experiences such as: Hunter Valley Tastes, the Scenic Highlands & Waterfall Country, Bellingen Discoveries; Rainforests & Coastal Retreat; Nature & Nostalgia in Coffs, Urunga & the Hastings Region and Coastal Wonders. Staying at Mercure Hunter Valley Gardens, Lookout Mountain Retreat in Dorrigo, Opal Cove Resort in Coffs Harbour, and Rydges Port Macquarie. Share accommodation – \$2,895.00 pp; single supplement – \$554.00. Includes all experiences, meals, accommodation, and luxury coach travel. Click [here](#) for details of day by day activities. Please pay a **deposit of \$600 by 1 April 2026**.

THE THEATRE

Theatre Royal – Shirley Valentine

Thursday 23 October 2025 – 2:00 pm

SOLD OUT. Collect tickets from Shirley Holder or Jean Hart if you haven't already done so.

Theatre Royal – Pretty Woman

Wednesday 10 December 2025 – 1:00 pm

SOLD OUT. Contact Shirley Holder or Jean Hart if you would like to be added to the waitlist.

Coming in 2026: Suggestions include:

The Great Gatsby – Jazz Ballet – starts 19 February 2026 – Capitol Theatre

The Lion King – the Musical – starts April 2026 – Capitol Theatre

Elanora Players – TBA

2026 Program to be announced

WALK THE WALK & TALK THE TALK

TODDLES WALKING GROUP (Patsy Wilson)

Tuesday 28 October 2025 – 10:45 am

Barangaroo

Distance – 4.5kms

Grade – Easy

Time – 10:45 am

Meet at the B1 bus stop at Wynyard Park, then walk along the foreshore around the park & return for lunch at a venue of our choice.

Tuesday 25 November 2025 – 11:00 am

Manly to Shelly Beach

Distance – 3.5 km (there and back)

Grade – Easy

Time 11:00 am

Meet – Outside Manly Wharf (near 199 bus stop). We will walk up the Corso and along the beachfront to Shelly Beach & return. Lunch – TBA. **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). The group meets on **2nd Wednesday** each month.

GUEST SPEAKERS

Oct 2025 Margaret Haynes – Meteorites – a Gift from the Gods

Nov 2025 Judith Dunn – Horrible History for Adults! Then and There Lying Dead.

Guest speaker this month will be Margaret Haynes, whose presentation is titled "Meteorites – a Gift from the Gods". Margaret will examine how it is that Pharaoh Tutankhamun was clutching his favourite dagger in his mummified hand and how it was that the dagger was made of stainless steel at a time when the ancient world had not mastered the making of iron and would not do so for 500 years! If you would like to hold an object older than the Earth itself, you are invited to this talk. If you would like to see what is inside a meteorite when you slice it open, you will not be disappointed by its amazing beauty. Margaret will briefly discuss the Egyptian Gods, and why they gave helpful gifts to their believers, while in other cultures this did not occur. This is Margaret's first Probus talk and she is eager to share her knowledge with you! Margaret loves science in all its forms, whether geology, chemistry, archaeology, or (almost) any field of study. She is a "chemistry friend" of Georgia Deretic, who is a member of our Probus club – they taught together at the University of Sydney for many years. Margaret's last job was in computer assisted learning at the University of Sydney.

THINGS TO DO & PEOPLE TO SEE

PROBUS PRESIDENT'S LUNCH

Next President's Lunch: **Tuesday December 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).

CRAFTY FINGERS

1st 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.

LADIES' DINNER

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

CARD SHUFFLERS

This is a new group – they will meet on **1st and 3rd Wednesday** of each month at the Pittwater RSL Club (Coffee Shop) at 10:30 am, initially to play **Five Hundred** (500). The group will review and decide at a later date whether other card games might be of interest. Contact Kevin Allsop (see back page) if you would like 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.

OPAL DAYS

Sunday 2 November 2025 – Jazz at the House

Photo ID essential

Pack a picnic or grab a take-away and enjoy the wonderful grounds of Government House – listen to some fine music from a service band with a chance to explore the magnificent State Rooms. [Read more.](#)
Bus and ferry transport – full details will be emailed to you if you put your name down. Important: Please let Sally know if you are not coming so she won't look for you. More details will be emailed to participants the week of each outing.

MOVIE MOB

3rd 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.

MAH-JONG

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

TID BITS

SAY HELLO



SAY HELLO to new members Donna Walsh and Lyn Brown (pictured here with Membership Officer, Liz Kelly), who were inducted at the September meeting – make them feel welcome.

PHOTOS on WEBSITE

Click [here](#) to view photos of Toddles walk from Bayview to Church Point on 23 September.
Click [here](#) to view photos of Striders walk last month.
Click [here](#) to view photos of the picnic at Winnererremy Bay Park on 7 October.

BRITISH HUMOUR (Michael Baxter)

Many years ago in England pub frequenters had a whistle baked into the rim, or handle, of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

BRITISH HUMOUR IS DIFFERENT

These are classified ads, which were actually placed in U.K. Newspapers:

FREE YORKSHIRE TERRIER.

8 years old,
Hateful little bastard.
Bites!

FREE PUPPIES

1/2 Cocker Spaniel, 1/2 sneaky neighbor's dog.

FREE PUPPIES.

Mother is a Kennel Club registered German Shepherd.
Father is a Super Dog, able to leap tall fences in a single bound.

COWS, CALVES: NEVER BRED.

Also 1 gay bull for sale.

JOINING NUDIST COLONY !

Must sell washer and dryer £100.

WEDDING DRESS FOR SALE .

Worn once by mistake.

Call Stephanie.

**** And the WINNER is.. ****

FOR SALE BY OWNER.

Complete set of Encyclopedia Britannica, 45 volumes.

Excellent condition, £200 or best offer. No longer needed, got married, wife knows everything.

Statement of the Century

Thought from the Greatest Living Scottish Thinker--Billy Connolly. "If women are so bloody perfect at multitasking, How come they can't have a headache and sex at the same time?"

AFFAIRS TO REMEMBER

APOLOGIES: A Reminder to let the Membership Officer, Liz Kelly, 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.

Monthly Meeting	Men's Breakfast	Ladies' Dinner	Toddles	President's Lunch
3 rd Tue / month	4 th Wed / month	2 nd Tue / month	4 th Tue / month	5 th Tue / month
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 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](#).

PROBUS MEMBER BENEFITS SCHEME: Probians have exclusive access to a wide range of excellent discounts and terrific deals. All you need to do is present your Probus South Pacific Limited membership card – [view details](#). To view a list of all offers [click here](#). Contact Membership Officer, Liz Kelly, if you have any questions.

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.

