



The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

Newsletter Volume 8 Issue 9 – September 2025

NEXT PROBUS MEETING: Tuesday 16 September 2025 – 10:00 am for 10:30 am start – Pittwater RSL Club

GOING PLACES (update from the Outings Desk)

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).

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 as follows:

Club Palm Beach, 107 Barrenjoey Road, Palm Beach

Time: 12:00 noon

Cost: \$60 per person

Menu: not available at this time: please book and menu will be available in the October Newsletter.

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

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.

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 register with the Outings Desk for the above trips.

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

SOLD OUT. Collect tickets from Shirley Holder or Jean Hart at the September meeting.

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.

WALK THE WALK & TALK THE TALK

TODDLES WALKING GROUP (Patsy Wilson)

Tuesday 23 September 2025 – 11:00 am

Bayview Park to Church Point & return

Distance – 2.7 km each way

Grade – Medium with one small incline

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.

Tuesday 28 October 2025 – 10:45 am

Barangaroo

Distance – 4.5kms

Grade – Easy

Time – 10:45 am

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

STRIDERS (Sheila Trett)

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

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

2nd 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

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.

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.

GUEST SPEAKERS

Sep 2025 **Andy Greer** – History, Tribes and Wildlife of Tanzania

Oct 2025 **Margaret Haines** – Present from the Gods in Ancient Egypt

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

Guest speaker this month will be Andrew Greer. Andrew's father was an adventurer from New Zealand and his mother a WWII refugee from Poland. Their separate life journeys brought them together in Tanganyika, where Andrew was born and grew up on a coffee farm on the edge of the Ngorongoro Crater, a UNESCO heritage site in the highlands of Tanganyika, now Tanzania. He came to Australia in the early 1960's and now lives in Warriewood. Recently Andrew has reconnected with the people and places of his childhood, taking groups of family and friends on safari adventures through the wilds of Tanzania. He will be speaking about the history of Tanzania and its main tribes, his family presence there and the diversity of animal life and their habitats today.

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 – 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 Royal Australian 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

Are you celebrating a "BIG 0" birthday this year (70, 80 or 90)? Come and join us for a celebratory lunch. 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 register and pay at the Outings Desk (or via EFT) 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.

A reminder email will be sent to all participants closer to the date.

TID BITS

SAY HELLO



SAY HELLO to new members Marie Wickham and Sandra Kercher who were inducted at the August meeting – make them feel welcome.

SUNSHINE AT LAST



After months of wet and gloomy days, the sun made a welcome appearance for our Toddles walk at North Head on 26 August, and what a beautiful day it was.

PHOTOS on WEBSITE

Click [here](#) to view photos from Opal Day outing to Chau Chak Wing Museum at Sydney University on 29 August.

Click [here](#) to view photos from Fagan Park garden tour and High Tea at the Vintage Secret Garden in Galston on 2 September.

FUNNY ONE LINERS (Ramona Cox)

I've just finished reading a book about the world's greatest basement. It was a best cellar.

It's my first week working at the bicycle factory and they already made me a spokesperson.

My laptop caught pneumonia, apparently because I left Windows open.

I thought swimming with dolphins was expensive until I went swimming with sharks... It cost me an arm and a leg.

The main function of your big toe is to make sure all the furniture in the house is in the right place.

Horses have lower divorce rates. It's because they are in stable relationships.

It's pretty obvious that if I run in front of a car I will get tired but if I run behind a car will I get exhausted.

My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.

Did you know that 90% of bald people still own a comb? They just can't part with it.

Every morning I get hit by the same bicycle. It's a vicious cycle.

The word incorrectly is spelled incorrectly in every dictionary.

I've been experimenting with breeding racing deer. People have accused me of just trying to make a fast buck.

The other day I yelled into a colander and I strained my voice.

What do you call a row of rabbits hopping backwards? A receding hare line.

Always trust nudists... they have nothing to hide.

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.

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
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 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: Probian's 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.

