



## BILGOLA PLATEAU PROBUS CLUB

The Bilgola Plateau Probus Club was formed after an interest meeting held at the Newport Bowlo on 6 September 2022

### PRESIDENT'S MESSAGE



New Year fireworks with other members at Dearin Park to start the New Year; what a blast! (pun intended). At our first meeting for 2026 it was inspiring to see so many friendly, happy faces. The meeting was attended by 79 members, 6 visitors and we had 15 apologies.

The secret is out! At the January meeting ex-paramedic and staunch member Gary Wearne was guest speaker. Gary regaled us with an hilarious journey through twenty-five years as a professional ambulance officer, and related some poignant, melancholic episodes. The general consensus was that Gary did an uproarious talk, making for a very happy meeting! (Gary will no doubt be in big demand as a speaker).

With any new activities or outings, most of us are past a Moulin Rouge or Puttin' on the Ritz performance. However, that shouldn't stop any of you from organising or even suggesting ideas for a themed dinner, luncheon or outing. At our age, we should be well past worrying about what other people think of us or what glad-rags we chose to wear, or what we do. One case in point was our themed 'teddy-bears' picnic at Governor Philip Park at Palm Beach held on the 14<sup>th</sup> January. A beautifully mild evening; 11 of us attended, together with an audience of 31 of our finest teddy bears! All dressed, and in the mood too.

Some other ideas: a masked dinner (not a ball), a wild west (dress up) lunch or even a gangster plus molls (20's dress up) buffet. Don't forget I'm only a male; you ladies would have better ideas.

The 2026 Calendar of Events is filling up fast with lots of EOIs for outings and functions already listed on our calendar. Let's continue to enjoy ourselves with great companionship and relaxed humour at these outings and functions, and don't forget to RSVP by the required

### JANUARY 2026 NEWSLETTER

#### Management Committee

**Mike Musgrave**  
**President**

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**Brian Cross**  
**Vice President**

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**Mary Musgrave**  
**Secretary**

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**Lyn Hope**  
**Janeen Macfarlane**  
**Tours/Activities Officers**

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**Newsletter Officer**

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date if you wish to attend! There are some popular outings/events for which you will have to book early. So, don't miss out.

Regular activities within our club retinue are continuing apace: Mahjong, regular walks, trivia, swims, coffee mornings, monthly drinks, book club, scrabble, film outings, quilting, knitting or crocheting and more! Check out our Calendar of Events on your BPPC website!

On a companionship note, if any of our members feel they require assistance accessing our club website to read about our activities you may call me (0419 263 165) and I'll see what we can arrange. If you are aware of members being by themselves and who need company, how about calling in on them?

I look forward to seeing you at the Newport Bowling Club for our second general meeting of 2026 on the 6th February at 10:00am.

### **Reminders of the 1950s/1960s**

1. Pasta was not eaten
2. Curry was a surname.
3. A takeaway was a mathematical problem.
4. A pizza was something to do with a leaning tower.
5. Crisps were plain; the only choice we had was whether to put the salt on or not.
6. Rice was only eaten as a milk pudding.
7. A Big Mac was what we wore when it was raining.
8. Brown bread was something only poor people ate.
9. Oil was for lubricating, fat was for cooking.
10. Tea was made in a teapot using tea leaves and never green.
11. Sugar enjoyed a good press in those days, and was regarded as being white gold. Cubed sugar was regarded as posh.
12. Fish didn't have fingers.
13. Eating raw fish was called poverty, not sushi.
14. None of us had ever heard of yoghurt.
15. Healthy food consisted of anything edible.
16. People who didn't peel potatoes were regarded as lazy.
17. Indian restaurants were only found in India.
18. Cooking outside was called camping.
19. Seaweed was not a recognised food.
20. "Kebab" was not even a word, never mind a food.
21. Prunes were medicinal.
22. Surprisingly, muesli was readily available, it was called cattle feed.
23. Water came out of the tap. If someone had suggested bottling it and charging more than petrol for it, they would have become a laughing stock!
24. And the things that we never ever had on our table in the 50s and 60s: elbows or phones!

Warm regards, Mike

PS: A letter from the Governor-General of the Commonwealth of Australia congratulating Probus on 50 years is shown on the next page.



Her Excellency the Honourable Sam Mostyn AC  
Governor-General of the Commonwealth of Australia

### **Golden Anniversary of Probus in Australia**

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I am delighted to extend my warm congratulations to Probus Clubs throughout Australia as you celebrate 50 years of service to our community. The strength and longevity of Probus Clubs reflect the dedication of your members and the tireless efforts of those who have given their time to leadership and service.

Since the establishment of the first Probus Club in 1976, your organisation has played a vital role in enriching the lives of retirees and semi-retirees by fostering friendship, fellowship and active engagement. For half a century, Probus has helped Australians remain socially connected, intellectually stimulated and involved in their local communities.

As Governor-General, I promised to put care, kindness and respect at the heart of my work. I talk about care in all of its forms across our country, from care for each other and for those who care for others, to care for our democracy and institutions, care for the way we discuss the issues of our time, not with anger, but with respect and kindness.

At Probus, you have care, kindness and respect deep in your commitment to inclusiveness, volunteerism and lifelong learning. As a community, you make a lasting contribution to wellbeing across cities, towns and regions nationwide. I have seen and continue to celebrate the profound impact of Probus in the lives of many of my family members, and in the communities I have visited across Australia.

I hope all Probus Clubs will celebrate this significant milestone throughout 2026. I thank all involved with Probus for your enduring contribution to Australian life and wish you every success in the years ahead.

## \*\*\*IMPORTANT INFORMATION\*\*\*



Please remember to BYO mug or cup to Probus Meetings. By doing so, we can reduce waste, avoid landfill and save the Club the cost of buying disposable cups.

**THE CUPS ARE BECOMING MORE EXPENSIVE EACH TIME WE ORDER THEM!**

It's a small change that makes a big difference – thanks for your support.

### **MORNING TEA ROSTER FOR FEBRUARY MEETING**

**Neil Arthur, Dawn Hurt, Julie Maryska  
and Judy Newman**



### **MOVIE NEWS SONG SUNG BLUE**

This was a fabulous movie and we all gave it 10 out of 10!

It told the story of Mike and Claire, a real-life husband and wife musical duo from Milwaukee known for their popular Neil Diamond tribute. If you haven't yet seen it you must go!!!

Thanks Lesley for organising a fabulous movie for our club.



## NEW YEAR CELEBRATIONS

Watching the New Year Eve fireworks at Dearin Park was a great way to start 2026. The display didn't disappoint with fireworks in all shapes and sizes being lit from Bayview. The rain held off till the end, but it was mandatory to wear a jumper if not a puffer jacket!

On the way home, three members elected to go by bus and were most impressed by the kindness of the teenagers at the crowded bus stop when they stood aside to allow our members onto the crowded bus first. Thanks Susan B for coordinating the outing for our Club.



## THE ELVIS EXPRESS

The Love Me Tender Parkes Elvis Festival will be over by the time you read this, but what a lot of fun it was to farewell the Elvis Express from Central Station.

Elvis was in all shapes and sizes, and the Priscilla look alikes were equally as good. It didn't seem to matter whether they boarded the Viva Las Vegas carriage, the Priscilla Place or the Burning Bullet Lounge, the excitement level was electric!

Thanks Susan B for organising this outing for our Club.



## TEDDY BEAR'S PICNIC



What a fun afternoon for the teddy bear's picnic. Despite it being in the 30s, the temperature and ocean breeze at Phillip Park made it extremely pleasant.

All teddies were dressed appropriately for the hot weather although a few teddies did call in sick. Extra special thanks must go to one of the teddy owners (a member's granddaughter) for proudly displaying all her teddies.

Sincere thanks also to the teddy parents who attended and provided a delicious spread of nibbles for everyone.

It was a terrific idea Robyn - many thanks for coordinating it for our club.

## BREAKFAST AT THE MARINA CAFÉ

It was a beautiful morning for our breakfast at the Marina Bay Cafe, Church Point. Lesley and Rhonda organised front row seating for the group with picturesque views over Pittwater. It was great to be able to sit back, sip the coffee, eat a delicious breakfast and forget about everything else for a few hours. Thanks ladies for a most relaxing morning.



## BOOKCLUB BOOK REVIEW BY YVONNE GIDDEY

Eight of us met to discuss “17 Years Later”, our selected book for December, in early January. Most of us then stayed on for an enjoyable but delayed Christmas celebratory lunch at our usual meeting spot, the Mona Vale Golf Club’s Waterview Cafe.

The book tells the story of Bill, a young and talented live-in chef, who is working for a family when they are murdered in their home. Bill was convicted of the crime but never admitted guilt, and 17 years later an experienced crime podcaster set about investigating the crime and conviction. Set in New Zealand with believable characters, it quietly includes the side issues of racism, colonialism and the justice system without being heavy handed.

Each of the main characters, i.e. Sloane the podcaster, Bill the convicted prisoner, and TK the original psychologist, relate their stories in individual chapters headed with their names. Each chapter roams between the past and the present, various characters emerge and became important to the story, many strange, unusual, unexpected and frightening events are detailed by each of the main characters. There are twists and turns galore which became, for most of us, a gripping psychological thriller. We all had an idea of who the killer was, but only one of us was correct, and that wasn’t revealed until the whirlwind of the final pages.

Congratulations  
Chris!

Overall, a mixed reception, two or three of us definitely didn’t like it, but most were enthusiastic fans. J P Pomare, the author, is now on some of our “books to read” lists. If you like crime fiction with a twist you might enjoy reading it.

Thanks to Robyn for selecting our next book, “Elizabeth and Elizabeth”. It tells the story of a friendship between Elizabeth Macquarie, wife of the governor of the early colony, and Elizabeth Macarthur, wife of John Macarthur, an early settler in the colony.





## BILGOLA PLATEAU PROBUS CLUB PROFILE:

### MEET LESLEY WHITESIDE

I became a member of the Bilgola Plateau Probus Club two years ago when I came to live in the Northern Beaches to be near my two daughters, three granddaughters, and four great granddaughters. I had previously been a Probus member in Christchurch and Tauranga, New Zealand. While at the Tauranga Club I formed an art group with fourteen members.

Moving to another country in the twilight years can be challenging, but joining this club has introduced me to many folks who I now call my friends. I attend some of the day trips and have joined the Yarners knitting group and Book Club. Also, I enjoy the monthly get togethers for drinks at the Newport Bowling Club.

I was born in New Zealand in 1936 and grew up on the family farm in South Canterbury, South Island. I still look back and appreciate my country upbringing.

I loved Highland dancing and danced in competitions and shows for eleven years. While attending the small local country school, we had to be quite versatile. The girls played Rugby Union and the boys played netball to make up the numbers. This is quite commonplace now, but in those days it was quite unusual. I was in a marching team, and played piano, so life was busy.

On leaving school I helped on the family farm but really wanted to be a hairdresser. Farm life was not for me! Ultimately my parents sent me to a hairdressing college in Wellington, where I achieved my diploma.

The Saturday night country dances were where the young farm folk met, and it was at one of these I met my future husband. He worked at a government job, and we had several moves around New Zealand. It also included two years in Australia, where we lived in a caravan, travelling from Melbourne to Cooktown.

When we returned to Christchurch, I bought a rundown hairdressing salon in the centre of the city. It became my main income to support myself and two young daughters, as sadly my husband passed away suddenly aged 39 years, and at age 36, I was a widow. The business started to improve and there were many after-hours hair appointments and long days to build up the clientele. I employed four staff. Property was always of interest to me, and I managed to acquire several rental properties. They were old houses, but I was handy with a paint brush, and the rent was soon underway. My daughters were still schoolgirls but were of great support.

Twelve years later, after my daughters had left home, I remarried. Together we enjoyed golf tournaments, symphony orchestra concerts, and walking groups. We were both Probus members, but at separate clubs, Sadly Max passed away fifteen years ago.

For forty years I was a member, and ultimately President, of Soroptimist International in Christchurch. It is a service club for professional women focussed on improving lives of women and children in 106 countries.

I was invited to go on a crocodile shoot in 1955 for several weeks in North Queensland, and it was a wonderful experience. I have always had a love of travel and been fortunate enough to have visited many countries around the world with friends and family.

After selling my business of twenty years, I wanted to give back to the community and so I visited homes of disabled and older folk to do their hair. There was always time for a chat, a cuppa and a few laughs.

Now in retirement, I still enjoy many social experiences, play Rummy Kub, and Mah-jong. I attend an exercise class each week.

I remain grateful for my good health and family and very grateful for both old friends, and the new friends I have made at Probus. Thank you for welcoming me into the club over the past two years.

Lesley Whiteside.

**JOIN IN THE FUN! WHAT'S ON IN FEBRUARY 2026 (see full 2026 calendar on the Website.)**



<b>FEBRUARY 2026</b>				
<b>Date/Time</b>	<b>Activity</b>	<b>Where/Details</b>	<b>Meet at</b>	<b>Comment</b>
<b>Sunday 1 February 12 noon-3p</b>	<b>Free jazz concert by a service band</b>	<b>In the grounds of Government House, Botanic Gardens</b>	<b>On the lawns of Government Hou se</b>	<b>See EOI for all details including travel information. As seating is limited you may wish to bring a folding chair or picnic blanket, and your lunch. RSVP by 24 January to Patricia Ryan at <a href="mailto:tricia412065@gmail.com">tricia412065@gmail.com</a></b>
<b>Tuesday 3 February 1.30 - 4 pm</b>	<b>Mah-jong</b>	<b>Pittwater RSL Club Mona Vale</b>	<b>Inside the club, games room</b>	<b>For both new and more experienced players. This group meets every Tuesday. Please contact Janeen Macfarlane: <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a></b>
<b>Thursday 5 February 7 pm Trivia</b>	<b>Trivia</b>	<b>Avalon Beach RSL Club</b>	<b>In the lounge area of the Club</b>	<b>Meet for early dinner at 6 pm if you would like to join us. Enquiries: <a href="mailto:sbarwick7@icloud.com">sbarwick7@icloud.com</a></b>
<b>Friday 6 February 10 am</b>	<b>Probus Monthly Meeting</b>	<b>Newport Bowling Club</b>	<b>Clubhouse</b>	<b>Speaker is Nick Cowdrey with more stories from his life as former Director of Public Prosecutions. Visitors are welcome to attend.</b>
<b>Saturday 7 February 2 pm</b>	<b>Musical Theatre 9 to 5</b>	<b>Glen St Theatre, Belrose</b>	<b>Theatre Foyer</b>	<b>RSVP to Janeen Macfarlane <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a> Payment to Club account required by Friday January 16</b>
<b>Monday 9 February 11 am</b>	<b>Book Club</b>	<b>Waterview Cafe, Mona Vale Golf Club, Mona Vale</b>	<b>Lounge area</b>	<b>Contact Mary Musgrave, <a href="mailto:maryatnewport@gmail.com">maryatnewport@gmail.com</a> for further information</b>
<b>Monday 9 February 4 - 6 pm</b>	<b>Drinks and Catchup</b>	<b>Newport Bowling Club</b>	<b>Clubhouse</b>	<b>No need to book, just come along. Enquiries: Mary Musgrave, <a href="mailto:maryatnewport@gmail.com">maryatnewport@gmail.com</a></b>
<b>Tuesday 10 February 10 am</b>	<b>Walk</b>	<b>Long Reef Headland Walk at Collaroy, followed by coffee</b>	<b>Meet at the entrance to tennis courts parking bays, just before 10 am</b>	<b>Grade: Medium Distance: 3km loop Time: 1hr Contact Julie Bertoldo - 0418 272 214 if unsure about the weather conditions Enquiries: <a href="mailto:jmb6257@yahoo.com.au">jmb6257@yahoo.com.au</a></b>
<b>Tuesday 10 February 11.30-4pm</b>	<b>Scrabble</b>	<b>Home of Di Cross</b>	<b>Di's house</b>	<b>Contact Di Cross for more information <a href="mailto:bd.cross@outlook.com.au">bd.cross@outlook.com.au</a></b>
<b>Tuesday 10 February 1.30 - 4 pm</b>	<b>Mah-jong</b>	<b>Pittwater RSL Club Mona Vale</b>	<b>Inside the club, games room</b>	<b>For both new and more experienced players. This group meets every Tuesday. Please contact Janeen Macfarlane: <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a></b>
<b>Thursday 12 February 10 am</b>	<b>Coffee and Chat</b>	<b>Bayview Golf Club, 1825 Pittwater Rd, Mona Vale</b>	<b>Cafe</b>	<b>No need to book, just come along. Enquiries: Mary Wearne, <a href="mailto:mary.wearne@hotmail.com">mary.wearne@hotmail.com</a></b>
<b>Thursday 12 February 1 - 4 pm</b>	<b>Crafty Tarts Group</b>	<b>Home of Di Cross</b>	<b>Di's house</b>	<b>Bring your handicraft work to Di's for an afternoon of crafty fun, for more information <a href="mailto:bd.cross@outlook.com.au">bd.cross@outlook.com.au</a></b>

FEBRUARY 2026				
Date/Time	Activity	Where/Details	Meet at	Comment
Friday 13 February 10 am	Public Tour \$32 Concession paid on the day	Art Gallery of NSW	Meet at Entrance to the new North Building at 10am	Refer to EOI for all details. Maximum 10 people. Optional lunch at on-site cafe RSVP by 6 February Contact Lyn Hope at <a href="mailto:lynghope@gmail.com">lynghope@gmail.com</a>
Monday 16 February 10.30 am	Heaven's Devils Boys' Coffee	Relish, 8/1 North Avalon Road, Avalon Beach	The cafe	Boys' coffee is a regular monthly event. No need to book, just turn up. Contact Mike Musgrave <a href="mailto:mikeatnewport@gmail.com">mikeatnewport@gmail.com</a> for any additional information
Tuesday 17 February 1.30 - 4 pm	Mah-jong	Pittwater RSL Club Mona Vale	Inside the club, games room	For both new and more experienced players. This group meets every Tuesday. Please contact Janeen Macfarlane: <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a>
Wednesday 18 February 2 pm matinee	Musical Theatre: Retired Laughing	Glen St Theatre, Belrose	Theatre Foyer	RSVP to Janeen Macfarlane <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a> Payment to Club account required by Friday January 16
Wednesday 18 February 2 - 4 pm	Crafty Yarners	Newport Bowling Club	Clubhouse	If you'd like to knit, crochet or sew hand crafts please come and join the Crafty Yarners. Enquiries: Mary Musgrave <a href="mailto:maryatnewport@gmail.com">maryatnewport@gmail.com</a>
Thursday 19 February 10.30 am	Monthly Walk	Spit Junction to Balmoral	Mosman B1 bus stop	Easy downhill walk to Balmoral, bus back. Coffee or Fish and Chips, see EOI for details. RSVP <a href="mailto:susan.whisker@bigpond.com">susan.whisker@bigpond.com</a>
Thursday 19 February 6 pm Early Dinner 7 pm Trivia	Trivia	Avalon Beach RSL Club	In the lounge area of the Club	Avalon Beach RSL Trivia strictly adheres to 8 members to a team. If we have more than 8 people, the numbers will be split into two teams. Meet for early dinner if you would like to join us. Enquiries: <a href="mailto:sbarwick7@icloud.com">sbarwick7@icloud.com</a>
Friday 20 February Time: TBA	Movies and Coffee	Warriewood Cinema	Cinema Foyer	The movie will be advised the Monday before. Contact: Lesley Death <a href="mailto:lesleyjaneddeath@gmail.com">lesleyjaneddeath@gmail.com</a>
Tuesday 24 February 1.30 - 4 pm	Mah-jong	Pittwater RSL Club Mona Vale	Inside the club, games room	For both new and more experienced players. This group meets every Tuesday. Please contact Janeen Macfarlane: <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a>
Thursday 26 February 10.30-4 pm	Mah-jong	Di Cross's house	Di's house	Morning tea supplied. Bring your own lunch. Enquiries: <a href="mailto:bd.cross@outlook.com.au">bd.cross@outlook.com.au</a>
Friday 27 February 10 am	Coffee and Chat	4 Knots, 1/326 Barrenjoey Road Newport	Cafe	No need to book, just come along. Stay for as long or as little as you like. Enquiries: Mary Musgrave <a href="mailto:maryatnewport@gmail.com">maryatnewport@gmail.com</a>
Friday 27 February 9.30 am	9 holes Social Golf	Palm Beach Golf Club 2 Beach Rd Palm Beach	At the Pro Shop 9.30	Book in via Probus Social Golf WhatsApp Group. Pay at the Pro Shop Contact Janeen Macfarlane <a href="mailto:janeen.macfarlane@gmail.com">janeen.macfarlane@gmail.com</a>

## BACK PAGE REMINDERS

### Club Bank A/c Details



You can transfer your payment direct to the club's bank account.  
**BSB 062205**  
**Account No 10491254**  
**Don't forget to identify your transaction as instructed in the EOI**

### Get In Early

New outings and dining opportunities are continually being added to the Club's calendar on the website. Some have restrictions on numbers attending, so RSVP early to avoid disappointment.



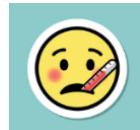
### Welfare



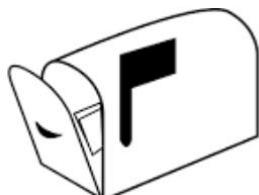
If you are aware of a member of our Club who is ill or in hospital, please advise our Welfare Officer **Di Cross** either by phone or email. [bd.cross@outlook.com.au](mailto:bd.cross@outlook.com.au),  
**Ph: mobile 0412141455**

### Feeling A Little Under The Weather?

If so, perhaps it's best to stay at home and away from Probus outings. We're in a vulnerable age group and germs can easily be transmitted among us. Thanks so much for your understanding.



### Changed Your Details Recently?



It's really important to notify our Secretary (currently Mary Musgrave, at email [maryatnewport@gmail.com](mailto:maryatnewport@gmail.com)) if you change your street address, email address or phone no. As well as being used to update our Club's records and Probus South Pacific's database, these details can be used to email/phone you if you are sick, contact you for clarification of an outing, as well as a number of other items. If we don't have up-to-date records, you may miss out on enjoying all the benefits our club offers.

### BYO Mug/Cup

In the interests of helping to save our Club funds – as well as the planet - members are encouraged to bring their own mug for morning tea.

