



Probus Club of Avoca Beach Inc.

NEWSLETTER

Issue: 388 Monday 19th January 2026

Life Members: Roy Crump, Dennis Elliott, Jan Heinrichs, Jock Plimmer and Barry Porter

Management Committee

President:	Peter Ayton	0404 615 090
Vice President:	Pamela Spencer	0400 396 542
Secretary:	Dorothy Harper	0419 310 685
Treasurer:	Joan Flynn	0419 997 573
Social Activities:	Paul McInnes	0412 524 815
Guest Speakers:	John Evans	0414 997 273
Membership:	Sue Roe	0422 771 070
Assistant Secretary	Barbara Chalmers	0427 428 721
Asst Membership	Joan Flynn	0419 997 573
Asst Treasurer	Barry Turner	0448 585 018
Catering Liaison:	Sue Roe	0422 771 070
Editor & Printing	Dennis Elliott	0412 049 020
Asst. Editor	Barry Tobin	0417 260 833
Immediate Past Pres	Barry Tobin	0417 260 833

Ancillary Appointments

Attendance:& Welfare	Sue Elliott	0425 234 725
Social Activities:	Sandra Ayton	0488 356 172
	Jenny Lucas	0411 021 913
	Val Allen	0433 131 774
Catering Team	Joy Kuiters	0432 684 445
	Jan Johnson	0407 631 686
Asst. Guest Speakers:		
Raffles (Meetings):	Wendy Noonan	0416 286 787
	Jan Johnson	0407 631 686
Raffles (Barbecues):	Merrilyn Self	0404 072 065
	Sue Elliott	0425 234 725
Book Exchange:	Joe Panozzo	0458 130 338
Website & Email	Heather Vinson	0466 966 468
Auditor & Pub Officer:	Jock Plimmer	0427 877 851
Probus Ambassador:	Barry Porter	0432 697 490

Interest Group Convenors

Golf Group Convenor:	Jock Plimmer	0427 877 851
Mexican Train Group:	Yvonne Hollis	0409 030 304
Mexican Train Group	Barry Tobin	0417 260 833
Walking Group	Jeanette Anderson	0422 161 893
10 Pin Bowling	John Hart	0402 020 026

EMERGENCY TELEPHONE NO

Social functions- Paul McInnes 0412 524 815

TODAY'S GENERAL MEETING

10:15am at Avoca Beach Bowling Club

Guest Speaker:

Jon Lobendahn - Subject - Scams
(Jon expects lots of questions especially considering the current AI situation)

NEXT GENERAL MEETING- 16th February 2026

PROBUS CLUB OF AVOCA BEACH INC.

PO Box 14 Avoca Beach NSW 2250

avocaprobus@gmail.com

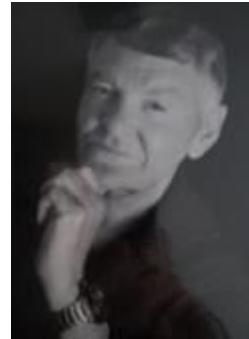
www.probusssouthpacific.org/microsites/avocabeach

General Meetings: 3rd Monday of the month

This Newsletter is for information of members of the Probus Club of Avoca Beach Inc. and other Probus Clubs and is not to be used for any other purpose

The Newsletter is available on the club website

FROM THE PRESIDENT



My Fellow Members, Welcome to 2026.

Probus South Pacific turns 50 years in Australia this year and we will celebrate with a Pub lunch on February 2nd. Please register your attendance with Sue Roe and wear your Blue and Gold to celebrate this milestone event.

ALL THE MUD ON MUDGEES!

40 members attended a well organised 4 day ,3 night stay at Parklands Resort Mudgee, with day trips to surrounding districts and Heritage sights.

We had a fantastic coach driver, who went above and beyond to please all who attended.

Well done Social Activities team, can't wait for our 2026 getaway in November to the "Life of Riley" in the Snowy Mountains.

ANNUAL CHRISTMAS PARTY AT THE ENTRANCE DIGGERS

A record 78 Members attended the 2025 event and enjoyed a superb venue, decorated tables and Christmas Fare by Diggers staff.

Dancing to 'Brassick' with Maggie and Fred in full swing for over 3 Hours. They even played some Roy Orbison for me and ABBA for the energetic Sandy and friends on the dance floor.

ASSISTANT TREASURER.

With great pleasure I can announce that Maureen Bell will assist Joan Flynn in this role. Maureen brings a wealth of experience as a former Accountant.

David Minshall has also indicated he will be a back up if ever required to do so.

Thank you to both members, our club only survives when members put their hands up to volunteer.

Heather Vinson, our resident photographer is stepping down as our Website Coordinator. As a result if you have even basic Computer skills, Heather will assist you with all you need to fill this vital function for our club.

Please put up your hand, Members, we need you!

Thank you again Heather for wearing many hats over the years.

In closing I wish you a Happy, Healthy and Safe New year.

Peter Ayton

FINANCIAL REPORT**Financial Statement – 20-11 to 19-12-25**

	\$
Cash Balance	12,382.33
Plus Income	490.00
Less Expenditure	5,553.90
Cash Balance	7,318.43
Plus Deposits to Suppliers	0
Less Members pre-payments	0
Available funds	7,318.43

Barry Turner, Hon. Treasurer



Best wishes to everyone celebrating a birthday between 19th January to 16th February
 20/1 Yvonne Hollis, 29/1/ Sandra Ayton,
 1/2 Sue Taylor, 2/2 Eileen O'Neill,
 9/2 Julie Sposito, 12/2 Jeanette Anderson
 12/2 Ruth Birmingham, 15/2 Annette Lutze
 15/2 Anneke Kingham,

A Very Happy Anniversary
 to everyone celebrating a Wedding Anniversary
 this month

WELFARE

Please let our Welfare Officer, Sue Elliott, know if any of our members are unwell and would welcome a friendly call.

For apologies at our General Meetings please phone or email our Membership Officer Sue Roe on 0422 771 070 or lsroe@outlook.com

Pub Lunch
2nd February @
Broadwater Restaurant
Davistown RSL Muma Rd

12:00 am. Own Cost

Tea & coffee provided.

Please tick (✓) your name on the booking sheet if you will be attending.

Please Advise Sue Roe 0422 771 070 if you wish to cancel.

“Doc I can’t stop singing “The green, green grass of home”.

‘That sounds like Tom Jones syndrome.’
 ‘Is it common?’
 It’s not unusual

The Annual General Meeting of the Probus Club of Avoca Beach will be held on Monday 16th March at Avoca Beach Bowling Club. The AGM will follow the General Meeting that commences at 10:15 am.

NOMINATIONS OPEN FOR CLUB MANAGEMENT POSITIONS & ANCILLARY APPOINTMENTS

Nominations are now open for Office Bearers, ordinary members of the Management Committee and Ancillary Appointments for 2026-27. Nominations must be signed by the nominee and two financial members of the club and be submitted to the Secretary by 16th February 2026

Membership Fees for 2026-27 are \$40.00
 BSB 032-596 Account No 147818 Use MEMB as reference

Please do not pay until after the 31st January
 REMEMBER: if you will be away for an extended period please advise our membership office Sue Roe

Congratulations and thanks to all involved



An excellent effort – Well Done Merrilyn



Coast Shelter Non Perishable Goods

As mentioned last year the Club will be collecting non-perishable items for donation to Coast Shelter

in MARCH 2026

Due to storage problems please do not bring your donations until the March Meeting.

Recommended Non Perishable Food Items

Certain categories of non-perishable foods are ideal for stockpiling because they remain edible for months or years if stored properly without refrigeration:

Canned Goods – canned vegetables, fruits, beans, soups, tuna, meats, and seafood can last 2-5 years when commercially canned in airtight cans. Look for low or no salt options packed in water.

Dried Grains – Rice, quinoa, oats, wheat, pasta, and crackers are nutritious complex carbs that store well in airtight containers. Pair with canned beans or lentils for protein.

Shelf-Stable Proteins – Jerky, peanut butter, nuts, canned chicken and fish offer protein.

Dried Fruits and Vegetables – Raisins, apples, potatoes, carrots, onions, and dehydrated veggie mixes reconstitute when water is added.

Granola, Cereal, Crackers – Look for whole grain and low sugar options for fiber.

Powdered Milk – Can be mixed with water for a dairy source when fresh milk perishes.

Fats and Oils – Vegetable, olive, coconut, and seed oils provide essential fats. Rotate every 6 months to avoid rancidity.

Also Toiletry items will be much appreciated



DID YOU KNOW
14 MUSCLES ARE ACTIVATED WHEN
OPENING A BOTTLE OF WINE?
FITNESS IS MY PASSION.

Freez CLOTHING

Reading gives us someplace to go when we have to
stay where we are.



Come along on the 2nd Feb to the Davistown RSL, dressed in your Blue & Yellow and help us celebrate 50 years of PROBUS in Australia
12:00 with lunch at own cost.

Results Christmas Raffle: Amount Raised \$490.00

Winners: Joy Kuiters, Wendy Cook, David Self,

Maureen Bell, Dorothy Jenkins, Julie Sposito &

Jock Plimmer.

Many thanks for all your support

November Meeting's Guest Speaker Details for you to file away until needed:

Zoe Ten-Bohmer – Aged Care Advocate

02 8217 0238 or 0434 867 029

From Seniors Rights Service

On 1800 424 079

Zten-bomer@SeniorsRightsService.org.au



"The Walkers" - After Walk Tea, Coffee & eats at the "Elliotts"

Mimosa's nearly all round

Another great year of walks many thanks Jeanette

Club Holiday 25th to 28th November to Mudgee & Surrounds



Club Holiday to Mudgee & Surrounds



Hill End as it was



Wine Tasting at Pieter van Gent Winery



Our Ride back to Mudgee from Hill End struck some

hazzards



Thankfully we missed it falling and we were able to manoeuvre around it



Ben -Our Coach Captain



Christmas Lunch at The Diggers



01/12/2025



CAR Rally

Friday 13th March

Meet at the Avoca Club at 0930 where you will receive all you need to complete this fun day

Mexican **T**rain (**M**onday **G**roup)



Wooden Spoon goes to Sandra Ayton (Highest Score)



Pamela Spencer (Overall Winner)



CAR Rally put it in your diary now...!

17th April 2026

Join us for an interesting tour of
Hyde Park Barracks



And on completion we will have
lunch at Parliament House



Travel by Opal Card & Lunch at own
cost.

The biggest joke on mankind is that computers have
begun asking humans to prove they aren't a robot.

Life of Riley: Meaning, Origin, and Usage

The phase “the life of Riley” signifies a carefree, easy life, often associated with luxury and comfort. It suggests a state of living without worries or hardships, typically with financial security. The idiom’s origins are debated, with theories pointing to Irish American cultural influences or a popular song from the late 19th and early 20th centuries. It became widely used during World War 1 to describe soldiers returning from hardship, contributing to its enduring appeal. The phase is often used to describe someone enjoying effortless wealth or happiness, and it has been adapted in various contexts to reflect different lifestyles and situations.

Our “Life of Riley”

Is our Club Holiday – 8th to 13th November

This is a fabulous holiday break with Coach Travel, Accommodation and most meals for the very reasonable amount of \$1200.00 PP
(TBC) You will be able to pay the holiday in instalments



1st Payment \$400.00 16th March, 2nd Payment \$400.00
15th June & final payment \$400 21st September

Vale John Dettmann 10-01-2026



After school John became a carpenter and completed a Building Degree. He married at 24 and built his own house while working as a Building Estimator. In 1970, he formed a Building Company, with 2 partners, supervising major building projects. He retired early and has had some major health issues to deal with. Since retirement he has enjoyed re-cycling & creating from a collection of bits and pieces. His “man cave”, (large shed) was crammed full!!

He has 3 children and 5 grandchildren.

John and Barbara have been together nearly 30yrs. They moved to Macmasters Beach from Sydney in 2004. They recently moved to Tarrigal Glen but John’s health deteriorated and he passed in Gosford Hospital on the Evening of Saturday 10th.

Thankfully there was time for him to see his children, grandchildren and special friends before he passed.

Due to John’s Health problems he was unable to take on any positions within our club but he was an enthusiastic member always available to help and assist whenever required.

R.I.P. John you will be missed



If possible,
please pay
to attend
social

Social Activities Program 2026



To add, alter or cancel booking please Contact
Social: Paul McInnes 0412 524 815 or
Sandy Ayton 0488 356 172
BBQ's & Pub Lunches: Sue Roe 0422 771 070
Meeting Apologies: Sue Roe 0422 771 070

or by
 Ref
 eg
 eve
**If Possible, Please pay to attend social functions
 by online banking, or by cheque. Bank Details
 are Westpac: BSB 032 596 Acc No 147818
 Use your name plus the 4/5 letter function code**

refund will be determined by the period of notice given and will depend on costs incurred and payments and commitments for the function, outing or tour, made or given to bookings with third parties. A full refund may not be possible.

Monday 19 January	General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
Monday 02 February	Pub Lunch , Celebrating Probus's 50 Years in Australia 12pm at Davistown RSL Broadwater Restaurant, Murna Road, Davistown. Own Cost. Pre-booking and cancellation advice essential. Come dressed in Blue & Yellow : 12pm	Bookings by 15 January Payment at Barbecue Contact: Sue Roe	
Monday 16 February	General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
Monday 02 March	Barbecue , 11am at Swadling Reserve, Bay Road (near Stella St.), Toowoon Bay. Cost: \$5. Pre-booking and cancellation advice essential. Wet Weather Alternative: 12pm Erina Leagues Club. Own Cost.	Bookings by 19 Feb. Payment at Barbecue Contact: Sue Roe	
Friday 13 March	For our Car Rally Please meet at Avoca Bowling Club at 09:30am where you will receive all you need to compete and complete a fun morning on the roads of the Central Coast. Prizes for the Observation Quiz Lunch at a Central Coast Venue at own cost.	Bookings & Payment Contact: Paul McInnes	Rally
Monday 16 March	General Meeting , followed by Annual General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
Fri 03 April – 06 April	Easter		
Monday 13 April	Pub Lunch- Empire Bay Tavern 12:00 Own cost	Bookings by 18 March Payment at Barbecue Contact: Sue Roe	
Thursday 17 April	Tour Hyde Park Barracks with lunch at Parliament House Travel by Opal Card	Bookings & Payment by Contact: Paul McInnes	HYDE
Fri 18 Apr - Fri 24 Apr	School Holidays		

SPECIAL INTEREST GROUPS

GOLF	Each Wednesday, 10:30 @ Breakers Country Club, Wamberal	Contact Jock Plimmer
Mexican Train (1)	Each Thursday, 1:30 pm @ at the Elliott's Home	Contact Yvonne Hollis
Mexican Train (2)	The 2 nd & 4 th Mondays @ ABBC at 1300	Contact Barry Tobin
WALKING GROUP 10 Pin Bowling	Each Tuesday @ 09:00 meeting point to be advised Walk commences at 0910 2 nd Monday Meet at Bateau Bay Bowling Rink at 1000	Contact Jeanette Anderson Contact John Hart