



JULIE SURSOCK - AUTHOR & MULTI-TALENTED GUEST SPEAKER

Julie Sursock is the author of the best-selling book "I'm Now a Senior WTF". Julie is now a senior herself and has run her own successful businesses, performed on stage and television and is an award-winning artist.

Born in South Africa, Julie emigrated to Australia in 1987 with her husband and two children, after having everything stolen, causing her to decide to leave. It was quite a shock having to do housework such as washing clothes, when she didn't know how, having had all housework done for her in SA, but she rose back up again.

When she closed down her business, she realised that she was now categorised as a "senior" but she just didn't feel like one. She saw seniors struggling with the premise that their self-worth was tied up in their past and what they did, that they had now lost their identity.

Retirement was fast becoming "retirement from life" and Julie knew that she needed to change this, making seniors realise that this was the beginning of many new things. Julie felt she needed to get up on stage and talk to thousands of people, helping them find their purpose in life and to be curious about interests they hadn't dared to try. Through this they would feel alive again.

As an example, she wrote a short film, directed it, executive produced a movie, became computer literate, danced the salsa with her grandchildren, discovered new countries with her co-senior husband and now she's written a book.

Julie says, "for boomers, it is only one small step at a time -- you don't climb to the top of the ladder in one leap, you climb one step at a time. We boomers are all in the same boat but now is the time to find your new why. It just takes curiosity."

With a background in music and entertainment, Julie plays classical piano and acoustic guitar. She has performed on stage and television and is an award-winning recording artist and has also run her own businesses with her husband.

She is a senior, a wife, a mother and a grandmother. Passionate about writing, she is now fulfilling her dream of inspiring seniors to retain their relevance in the ageing years.

Judy Coulson



Lunch Group

Friday October 10

Once again Trevi provided a great venue, delicious food & very helpful staff for our lunch in October. Twenty nine of our members enjoyed getting together for some lively conversation on a beautiful spring day. It was very nice to welcome some of our newer members who were joining us for the first time, we hope you enjoyed yourselves and were able to meet and get to know some other club members.

Terry Ireland



Pavilion Theatre

Sunday October 5

I'LL BE BACK BEFORE MIDNIGHT

The play was a thoroughly enjoyable murder mystery with plenty of twists and turns along the way. For a young couple a farmhouse retreat in the countryside proves to be far from peaceful as their secrets unfold. The line between horror and hilarity and the unexpected twists and turns made for an entertaining performance.



Cynthia Richings

Gory'u Japanese Gardens Coach Outing

THURSDAY SEPTEMBER 25

After an early start we set off for the Blue Mountains to visit the delightful Goryu Japanese Garden in Little Hartley. We were fortunate in the weather being so good for a visit to a garden that I don't think many of us knew anything about.

The garden is a lifelong passion for Alan and Margaret Jackson who started with an empty block of land and have managed to achieve a traditional Japanese stroll garden with a huge number of Conifers and Japanese Maples set amongst the structure of carefully placed rocks, gravel and water features. The Alpine Phlox were the only flowers open but were very pretty.

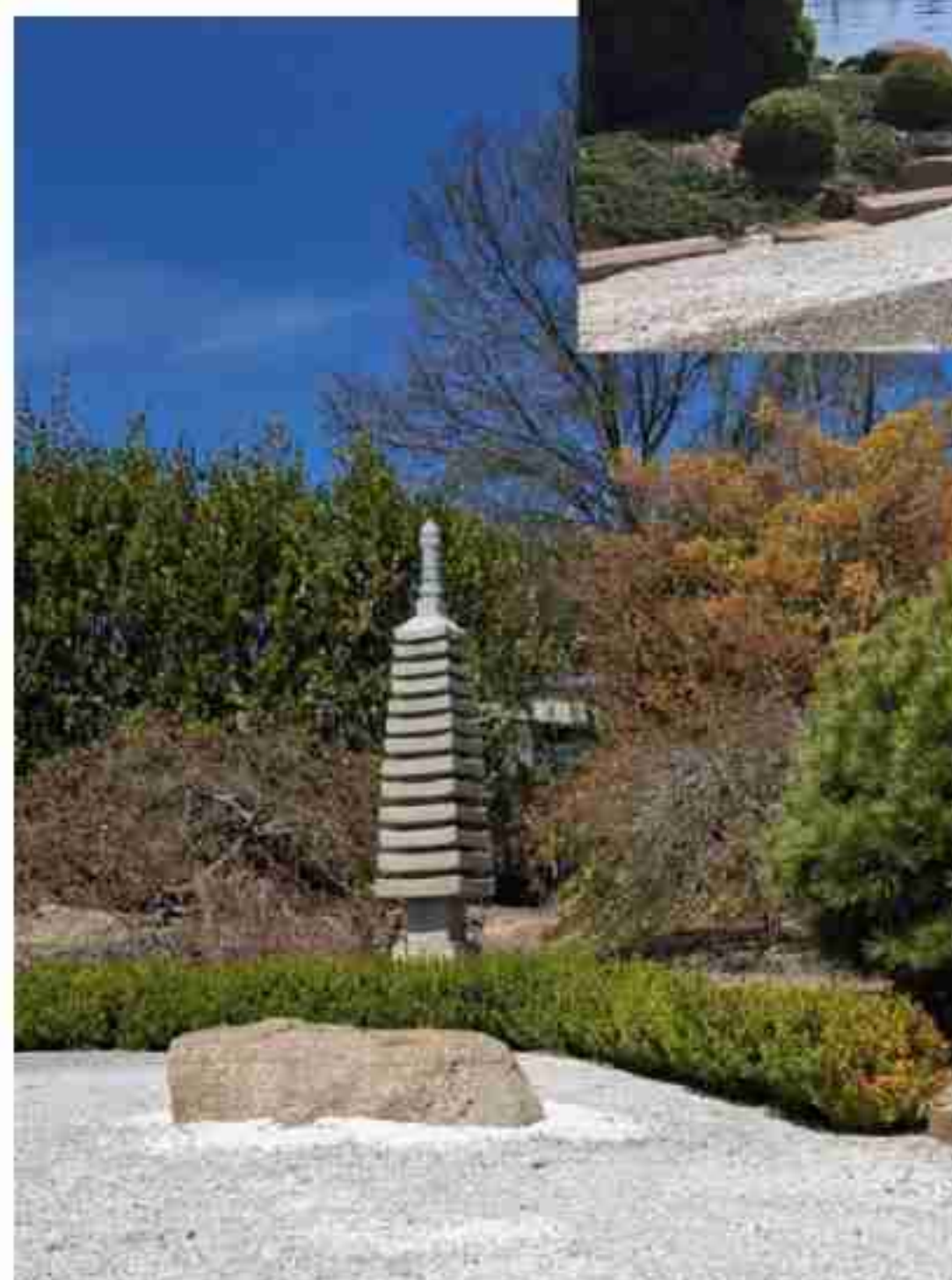
Margaret guided us around the garden which surrounds a manmade lake with views to Sugar Loaf Mountain. The lake is full of eels so we decided it would not be the day for a swim. I think we were all charmed by listening to the tinkling bell sounds of the Water Harp through a bamboo pipe in the ground. Margaret and Alan have certainly created a calming traditional oasis.

After the garden visit we made our way down the mountain to Gardners Inn in Blackheath. We had a tasty lunch in good time after an initial mix-up with lunch times. The entertainment at lunch was provided by one of our ladies having an adventure in the Men's toilet leading to peals of laughter which was enjoyed by the whole group. Not mentioning any names.

After lunch we had a quiet journey home after an enjoyable day in good company.

Thank you Judy.

Helen Hoy



A helping hand to cross the very narrow "bridge"

Gory'u Japanese Gardens Coach Outing Cont.....



Listening to the tinkling bell sounds of the Water Harp



Enjoying good company at lunch - Gardners Inn Blackheath

Ladies Morning Tea Group



Monday 13th October
Frankie's Café
Flower Power
Glenhaven



Our October ladies morning tea chat and catch up was again very well attended.

We gave a warm welcome to our Probus member Sue Hutchins who joined our friendly group for the morning.

Next month's morning tea will be our last for the year, so hopefully I'll see you all again there in November.

Marie Inglis

Movie Group **Friday - October 3**

DOWNTON ABBEY - THE GRAND FINALE

Today a group went and saw a wonderful movie, Downton Abbey: The Grand Finale. For those who have seen the series it was a fitting finale for a great series. The costumes and scenery were amazing. The acting was brilliant and some got very emotional with what was happening. I highly recommend people go and see it. Maybe twice, as there are parts you are bound to miss.

Moira Matthews



\$2.50 Group Outing

Friday 26 September

TRIP TO PETERSHAM - EGYPTIAN ROOM

Train from Castle Hill to Petersham via Central for 30 of our members, and a short walk to an unassuming brick building which contains the Egyptian Room.

The room was created in the 1920's as part of a Masonic lodge in College St Sydney until the 1960's. When the building was being demolished, the frieze was dismantled and stored until re-erected at Petersham in 1977. The room is still used today for Masonic meetings. The frieze is wrapped around the 4 walls and represents certain scenes or vignettes from the Scroll of Ani from 1200 BC. (The original is 78 feet long by 15 inches high).

Our guide, Bill Richards a veritable encyclopaedia on the frieze and the dozens of vignettes, walked us through what each meant and the story of transition to the afterlife by Ani. The bottom line was the message that if you live a good and honourable life you will be accepted into the afterlife by God, although there will be a number of trials along the way to prove yourself worthy.

Who knew that this existed in our city? It was like walking into a time capsule. So, an interesting if different outing. A short walk to the RSL and a welcome drink and lunch was next and then we all made our way home by different methods and at different times.

Colin Bungate



The Prince Henry Hospital Nursing and Medical Museum Tour

Tuesday September 30

It was a truly perfect Spring day when 49 of us met and boarded the coach for our easy trip to Little Bay (it was school hols which always helps with traffic). Prince Henry Hospital Nursing and Medical Museum couldn't be in a more scenic setting, on the beautiful shores of Little Bay.

After a morning tea break we separated into 4 groups to be led around by volunteer retired Prince Henry Nurses. Their personal involvement in the site made what they had to tell us all the more interesting.

In 1881 Coast Hospital was established as NSW's first hospital for infectious diseases. The first disease treated was Leprosy and the Nursing School and surgical division was established in 1894. The Bubonic Plague outbreak in 1900 was treated by Coast Nurses at The Quarantine Station and at Coast. Smallpox, Influenza, Diphtheria, Scarlet Fever, Measles, Mumps and Polio were just some of the other diseases treated at this Little Bay Hospital. In 1934 the hospital was renamed Prince Henry Hospital. It closed in 2003.

The Museum now maintains an extensive collection of documents, artefacts and memorabilia of the Hospital and the doctors, nurses, patients and support staff. The displays were well done and you really could have spent all day, if you were to read everything. Many of us commented that we had seen most of the equipment ourselves over the years, but boy have things changed nowadays in modern hospitals. Their iron lungs and fracture beds were certainly scary looking to me.

A 2 minute drive to the Yarra Bay Sailing Club was next, where they very efficiently served us with our pre-ordered meals whilst we looked out over the blue waters and very white sands of the little beach in front of the Club. On the way home I enquired of those present how many had ever been to the Prince Henry Hospital when it was open and out of 49 there were only 7. So, for most of us it was a unique experience and how great is it that we have managed to hold onto a bit of Sydney's history so well.

Di Carroll



The Prince Henry Hospital Nursing and Medical Museum Tour Continued



Brunch Group Sunday September 28

Brunch this month was at the Hidden Grounds Brasserie at Tullawong. Tullawong has changed completely from the station in the middle of nowhere when the Metro first opened. It is now a thriving community centred around the station. 11 Probus members enjoyed Brunch at Hidden Grounds, where the service was quick and food delicious. Some of us drove, others sensibly caught the Metro, as parking was hard to find. Well worth another visit

I'd like to extend my thanks to Anne Chinner for running brunch while I was away. *Verna Cowpe*



BBQ Group Bella Vista October 16

Probus (non) Barbecue /(enforced) Picnic

I believe it was Noel Coward who sang "*mad dogs and Englishmen go out in the midday sun*".

Well let me assure there were no mad dogs and only a smattering of English persons at the most recent Probus (non) barbecue /(enforced) Picnic at Bella Vista Farm and I am almost certain that none of the nationalities present on the day went out in the midday sun.

Admittedly it was forecasted to be a warm day but this did not deter 16 people from attending and enjoying a convivial couple of hours.

It was encouraging to welcome Brian and Margaret Rose to the gathering.

What a perfect day until we discovered neither of the two barbecues were functioning --out of gas.

There was much gnashing of teeth, beating of breasts and tearing of hair, that is those who had hair.

Rodney Dredge had promised to create the Dredge Tower Hamburger complete with beetroot, pineapple and an egg. Not to be.

The attached picture shows the above mentioned Tower later created in the Dredge kitchen, word has it Rodney has now finished cleaning up.

The writer and his good wife were saved from starvation by the generosity of the Granzotto family who donated food.



Rodney's masterpiece

Apart from the disaster it was an enjoyable day, even if Rodney had to survive on a Smith Chips sandwich.

On the Friday morning, I contacted the Hills council and expressed my dissatisfaction with the barbecue situation emphasising that the 40 people in attendance were extremely disappointed, maybe I exaggerated a little.

Warren Lyons

Club Calendar

October 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
26	27 Book Club 2.00 pm	28 Men's Interest Group 9.30am Card Group Baulkham Hills Sports Club 12:30pm	29 Event #45959 Coach Trip Group Jacaranda Festival Tour Mahjong Group 10am Baulkham Hills Sports Club	30	31 \$2.50 Outing	

November 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2 Event #45959 Coach Trip Group Jacaranda Festival Tour	3 Choir Group The Hills Club 12:30pm - 2.00pm	4 Monthly meeting 10.00am Event #45965 Melbourne Cup WPHSC	5 Mahjong Group 10am Baulkham Hills Sports Club	6	7 Movie Group	8
9	10 Women's Coffee & Cake Group 9.30am Frankies Cafe Flower Power Glenhaven	11 Walking Group Men's Interest Group 9:30 am	12 Management Committee 10.00 am Mahjong Group10am Baulkham Hills Sports Club	13 Museum of Fire, Penrith 10:30am	14 Lunch Group	15
16	17 Craft Group 10.00 am	18 Ten Pin Bowling 11.00 am	19 Mahjong Group 10am Baulkham Hills Sports Club	20 BBQ/Picnic	21 Wine & Magic Night	22
23	24 Book Club 2.00 pm	25 Men's Interest Group 9.30am ----- Card Group Baulkham Hills Sports Club 12:30pm	26 Orange Cherry Picking Sightseeing & Photography Group ----- Mahjong Group 10am Baulkham Hills Sports Club	27 Orange Cherry Picking	28 Orange Cherry Picking \$2.50 Club	29 Orange Cherry Picking
30 Event #45991 Pavilion Theatre 4:00pm Sherlock Holmes Tours Norfolk Island Nov 30 - Dec07						