



Probud Club of Middle Harbour Inc.

September Harbourside

Diary Dates

[Click to go to the website](#)

Friday	Sept 18	Farinas' Restaurant and Bar Crows Nest - Delicious Italian! 12.30pm
Thursday	Sept 24	General Meeting Middle Harbour Yacht Club 10.00am Lunch at Skiffies
Tuesday	Sept 29	Bowral's Tulips at Corbet Gardens & Red Cow Farm 8.15am
Wed	October 7	The Dawn Patrol – Men's Breakfast, Middle Head Café 8.30am
Tuesday	October 13	Coffee & Chat at Cafe Jam, Bridgepoint Centre, Mosman at 10.30am
Tuesday	October 20	Walk - Hawthorne Light Rail to Dulwich Hill – Central Station 9.45am
Friday	October 30	Naval Historical Society Cruise of East Harbour King St Wharf 9.45am

President Suzie Shaw 0412 889 504
Secretary Sue Hiblen 0439 606 215

Vice President Sue Field 0409 836 073
Treasurer Rob Boulderstone 0430 028 970

Another Busy Month!

Lucas Heights – ANSTO



On 24 August, 32 Probud members and visitors enjoyed an informative tour of ANSTO at Lucas Heights. We learned about Australia's nuclear history, including the first reactor, which began operating in 1958, and the current OPAL reactor, opened in 2007. OPAL produces vital medical isotopes used in cancer and neurological imaging and cancer treatments. Knowledgeable guides Victor and Julie led the presentations and site tour. The day continued with lunch at Bundeena RSL, followed by a scenic ferry ride to Cronulla and a pleasant coach journey

home. Thanks to Tony Andrew for organising this fascinating and enjoyable day. *Brian Young*

Scenic Walk – North Head

On 18 August, 12 of us enjoyed a scenic 3-kilometre walk at North Head, taking in spectacular harbour, city and ocean views. After lunch, eight continued on the 4-kilometre Sanctuary Loop. Although no whales were spotted, the boats suggested they were nearby. **A great day out – 7 kilometres and 11,000 steps!** *Philip Edmonds and photo by Jennie Gentry*



Conservatorium of Music Tour



On 3 September, 25 of us enjoyed a fascinating visit to the Sydney Conservatorium of Music. Divided into two groups, we toured the Language Laboratory and Mind and Body Laboratory. At the Language Lab, we saw historic recordings of Australian and Pacific languages and songs being digitised to preserve them for future generations. Many young Indigenous people are keen to rediscover the lost languages and songs of their ancestors. At the Mind and Body Lab,

we learned that around 70% of professional musicians and students experience performance anxiety. Sophisticated equipment demonstrates muscle tension and helps musicians learn to relax. We then enjoyed a 45-minute classical concert in magnificent Verbrugghen Hall, and lunch at Piccolo Me Café.

Kim Oates

Top Silk at the Ensemble

On 10 September, 13 members enjoyed the Ensemble Theatre's production of *Top Silk*, David Williamson's 1989 play. It hit all of Williamson's classic themes, Family drama, Police corruption, Moral questions and the influence of high-status figures. Some members had a delicious lunch next door at the Flying Squadron.



Guest Speakers – Warren Kennedy 0418 404 927

September Guest Speaker – Gayle Nelson

How to Heal a Leaky Gut



A healthy gut provides us with a protective barrier that filters out substances that are harmful while allowing essential nutrients to be absorbed. Gayle will discuss the factors that weaken this barrier and lead to leaky gut syndrome, how it affects the entire body and how we can repair the gut lining. Gayle will discuss the tips, tricks and best nutrition that will allow you to take control of your gut lining and reap the benefits of better health.

The Dawn Patrol – Breakfast for Male Members

Inaugural Dawn Patrol Breakfast

Wednesday 7 October – 8.30am at Middle Head Café

Join fellow male members and male guests for the launch of the Dawn Patrol Breakfast at the **famous Middle Head Café**. Enjoy a relaxed morning of delicious food, great company, and engaging conversation in a scenic setting. This new monthly gathering will in future be held on

the first Wednesday of each month.

If you plan to attend, contact Tony Andrew 0411 424 826 or email tonyandrew460@gmail.com



Day Tours – Tony Andrew 0411 424 826

Red Cow Farm at Sutton Forest and Massive Tulip display at Corbett Gardens Bowral Tuesday September 29

Coach departs 8.15am from Spit West Reserve & 8.30 Middle Head Rd & Effingham St

Discover the beauty of the Southern Highlands, beginning with morning tea at Lake Alexandra before visiting the magnificent **Red Cow Farm at Sutton Forest**. This charming garden features a cottage garden, monastery and abbess's gardens, rare perennials, woodland, roses, clematis, beech walk, lake, bog garden, orchard and kitchen garden.

Enjoy a two-course lunch with tea or coffee at Moss Vale Services Club. Afterwards, visit Corbett Gardens in Bowral, renowned for its spectacular display of **75,000 mass-planted tulips**, providing a colourful finale to a wonderful day exploring some of the Southern Highlands' finest gardens.



Upcoming Day Tours, save the dates! (Click the event below for more information)

Friday 30 October Naval Historical Society (Eastern Sydney Harbour Cruise)

Thursday 12 Nov Victoria Barracks Tour

Scenic Walks – Susan Dickinkson 0410 493 793 or Philip Edmonds 0418 251 836

Hawthorne Light Rail station to Dulwich Hill via The Greenway

Tuesday 20 October 10.00am



Meet at Central Station outside the Eternity Café at **9.45am** for the **10.00am light rail service** to Hawthorne Station.

The 4.1km walk to Dulwich Hill along The Greenway should take about **one hour**. Those who wish to extend their walk, can walk down Wardell Road to the Cooks River, approximately **600 metres each way**.

We will meet for a light **lunch at about 12 noon at the Busy Bees Café**, corner of Bedford Crescent and Wardell Road, 50 metres from end of The Greenway. If up and running by October 20, **maybe take the new Metro back to Crows Nest?**

Melbourne Cup Sweep

The Melbourne Cup is fast approaching, and once again our club will be holding a sweep for members to enjoy. Tickets are **\$5 each**, with a maximum of **one ticket per member**. Tickets will be available at our **October meeting on Thursday 22 October**.

As the final field will not be known until November, members will be advised by email of their allocated horse well before the race. **Please have your \$5 ready. Good luck**

August Guest Speaker Report

August Guest Speaker – Alfonso Calero



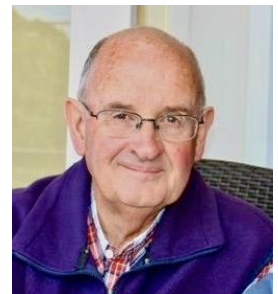
As the selected speaker was unavailable, Alfonso stepped into the role at short notice. He was born in the Philippines and came to Australia in his teens. He teaches photographic skill and takes regular tours of groups to Japan and other regions of the world for those interested in photography. He entertained us with a series of magnificent photos and accompanying anecdotes from his extensive travel experience.

Member Spotlight

Tony Andrew

Tony shared with us several significant turning points in his life. The first came when a friend of his mother asked, “So, you’re going to be a doctor like your father, eh?” Little did she know how prophetic those words would be.

Having finished medicine at Sydney University and 10 years in the family printing business and an MBA, Tony returned to medicine completing his residency at the Mater Hospital. He then established the Cremorne Medical Practice, now celebrating its 50th anniversary.



20 years ago, thanks to his surname being first in the alphabet, Tony met Lynne Hurley at her 60th birthday party. After retirement, an invitation to a Probus meeting led to his ongoing interest.

Long Tours – Selected by Janet Edmonds 0417 826 669



[Orange Cherry Picking - 1-4 December \\$1495 all inclusive](#)

[Click to view details](#)

[Australian Open, The Q Train and Yarra Valley 23 – 29 Jan](#)

[\\$4695 all inclusive](#)

[Click to view details](#)

Laughter is definitely the Best Medicine

Dolly Parton Sayings

It costs a lot of money to look this cheap

If you see somebody without a smile, give'em yours!

[Click to view the club website](#)

October Meeting - Thursday 22 October 2026 at 10.00am