



The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

Newsletter Volume 8 Issue 6 – June 2025

NEXT PROBUS MEETING: Tuesday 17 June 2025 – 10:00 am for 10:30 am start – Pittwater RSL Club

GOING PLACES (update from the Outings Desk)

YULEFEST AT THE CHALET, MEDLOW BATH

Tuesday, 1 July 2025



Enjoy a traditional Christmas Luncheon in the Blue Mountains. The Chalet Guesthouse is a luxury venue in the quiet village of Medlow Bath, centrally located in the Upper Blue Mountains. The heritage property was built in 1892 and features a private collection of contemporary Australian art throughout, an original period dining room with open fireplace. The Chalet celebrates Yulefest with a Christmas style lunch by the open fire. The room is decked out with a Christmas tree, lights and music to get us in the mood. We may even be lucky enough to see a flurry of snow! A glass of sparkling wine or juice will be served on arrival followed by a traditional roast ham and turkey dinner with all the trimmings, a Christmas dessert and freshly brewed tea or coffee. Lucky seat prizes can also be won.

Note: Fully booked – please add your name to the waiting list. If you have booked, please pay to confirm your seat.

Cost is \$100 per person which includes: morning tea (en-route), a welcome drink, two course Christmas lunch and luxury coach transportation. **Departs from Mona Vale Beach at 8:45 am and returns at approx. 5:00 pm.**

LITTLE ITALY FOOD TOUR, FIVE DOCK & SYDNEY FISH MARKETS

Tuesday, 5 August 2025



Discover the Delicious flavours of Sydney's Little Italy in an immersive food tour. This culinary adventure will showcase the vibrant local community of Five Dock and its delectable offerings.

Sample an array of mouth-watering delights – indulge in authentic cured meats and Italian produce from renowned delis and butchers (not recommended for vegetarians), treat your taste buds to freshly baked pastries, straight from the ovens of local bakeries, relish the aroma of freshly brewed coffee and the inviting ambiance of cosy cafes.

A knowledgeable guide will share fascinating insights into the Italian heritage of Five Dock, along with stories of the passionate business owners who have been here for decades. Even if you have lived in Sydney your whole life, this food tour promises a delightful journey into the heart of Italian gastronomy.

All food is included, so come hungry and leave with a satisfied palate and a deeper appreciation for the flavours of Little Italy! Following the tour we will travel to the Sydney Fish Markets on Blackwattle Bay where we will have time to explore as well as an opportunity to buy fresh seafood to take home – eskies and ice will be provided for individual purchases.

Note: This tour is walker-friendly. We cover approximately 1km but the route is mostly flat, with occasional steps and a small incline up Great North Road. The total walking time is approximately 25-30 minutes, but with plenty of stops along the way.

Maximum 25 people for this tour, so book early. **Cost is \$122** per person which includes: guided food tour including food samples from 3-4 venues and luxury coach transportation. **Departs from Mona Vale Beach at 9:00 am and returns at approx. 5:00 pm.**

******Cancellation for day tours is three business days before the outing – that means before 5pm on the Thursday before the day tour******

COONABARABRAN, LIGHTNING RIDGE, ROMA & TOOWOOMBA - 8 DAY DRIVE/FLY TOUR

8 – 15 September 2025

Come with us and bag yourself an opal, visit cattle yards on the edge of the Queensland Outback, explore the beautiful and rugged countryside and meet local characters.

Cost per person is \$3,100.00 and includes air fare, all meals, accommodation, admissions and luxury coach travel. **Single supplement \$620.00.** Note: **\$500.00 deposit** payable at time of booking.

THE THEATRE

Elanora Players – The Great Divide 11 to 19 July 2025.

A new comedy with wise-cracking commentary on wealth inequality and human greed – and with characters you may have met! [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 – Cats

Wednesday 6 August 2025 – 1:00 pm

Let the memory live again!. Experience the 40th Australian Anniversary of Andrew Lloyd Webber's record-breaking musical CATS. **Tickets @ \$70.50 pp**

(group rate). Contact Shirley Holder or Jean Hart to reserve your seat. Payment required by **Tuesday 17 June 2025**.

Theatre Royal – Shirley Valentine

Thursday 23 October 2025 – 1:00 pm

Just announced! For a limited time only. Experience the heartwarming, hilarious, and utterly inspiring story of Shirley Valentine, brought to life by Australian stage and screen star Natalie Bassingthwaite. **Tickets @ \$69.50 pp** (group rate – save \$20). Contact Shirley Holder or Jean Hart to reserve your seat. Payment required by **Tuesday 19 August 2025**.

WALK THE WALK & TALK THE TALK

TODDLES WALKING GROUP (Patsy Wilson)

Tuesday 24 June 2025 – 12:00 noon

Long Reef Headland

Distance – 3.5 kms

Grade – Moderate (climb headland)

Time – 12:00 pm

Meet – At tennis courts car park on Anzac Ave. Walk beside golf course, over headland then on to **lunch at Mona Vale Golf Club (1:30 pm)**. Non-walkers are welcome to join for lunch.

Tuesday 22 July 2025 – 11:00 am

Davidson Park - Roseville Chase (Lyrebird Walk)

Distance – 3kms

Grade – Easy

Time – 11:00 am

Meet at the last car parking area at the end of road; there is a sign that says Lyrebird Walk. Entry fee to the park = \$8.00. There are BBQs available for those who want a BBQ or bring a picnic.

STRIDERS (Sheila Trett)

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

GUEST SPEAKERS (Ramona Cox)

Jun 2025 **Simone Carson**, Arts and Cultural Operations Officer, Willoughby City Council

Jul 2025 **John Bayot** – Never Have an Off Day

Aug 2025 **Susan Ackroyd** – History Through Nursery Rhymes

Simone Carson, is the Arts and Culture Operations Officer at Willoughby City Council. Simone will present on the history of exceptional music-making over 59 years as well as the outstanding annual concert series for 2025. Musicians of the [Willoughby Symphony Orchestra](#) (WSO) will also showcase the brilliant talent of the WSO with a quartet performance. Proudly managed by Willoughby City Council, and under the baton of Dr Nicholas Milton AM, the Chief Conductor and Artistic Director, the Willoughby Symphony Orchestra is one of the oldest and most celebrated orchestras in Australia.

THINGS TO DO & PEOPLE TO SEE

PROBUS PRESIDENT'S LUNCH

Next President's Lunch: **Tuesday July 29 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.

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.

THE CAFÉ SOCIETY

Catch up **every Friday** morning for coffee and cake at Pattison's Patisserie, Mona Vale, from 10:30 am. Everyone welcome.

MAH-JONG

Wednesdays in the Garden Pavilion, Pittwater RSL 1:30 pm. Enquiries: call Rob Johnson, or Viv Weeks.

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.

OPAL DAYS

Friday 11 July 2025 - Sydney General Post Office

Catch the B1 to arrive at Wynyard by 9:15 am if you would like morning tea/coffee before the tour (\$15 for coffee and scone at the Fullerton Hotel or just get your own takeaway). Meeting point - The Fullerton Hotel at 10:00 am (Concierge Desk) for 90 min tour of GPO. Internet says over 2300 steps but this is mostly escalators. Plenty of options for lunch afterwards if you like. The tour is limited to 15 people and costs \$20 pp.

Currently SOLD OUT, so if you have booked and cannot make it for any reason, please let Sally Lynch know ASAP (Robyn Alexander is overseas until late June) as there are a number of people on the waitlist eager to take your place.

Next Opal Day after GPO: 29 August – Chau Chak Wing Museum, Sydney University.

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. If you have put your name down to go on an outing, but have not provided your email address please email Robyn Alexander – note email address on back page.

TID BITS

SAY HELLO



SAY HELLO to new members Pauline and Ray Brown, who were inducted at the May meeting – make them feel welcome.

Studies have shown that gifted people often have bad handwriting because their brains are working faster than their hands.

When she was the first lady, Eleanor Roosevelt only allowed female journalists at her press conferences, ensuring that newspapers would have to hire women.

On Friday, April 13 2029, an asteroid more than 1,000 feet wide will pass by the earth closer than the moon, and will easily be observed with the naked eye.

Listening to music uses all of your brain, one of the very few activities to do so.

Around 28% of the Earth's oxygen is produced by trees; more than 70% of the Earth's oxygen is produced by marine plants.

The world's largest ocean, the Pacific Ocean, is larger than all of the Earth's land area combined.

PHOTOS on WEBSITE

Click [here](#) to view photos from the Kurri Kurri Mural Tour on 3 June.

DID YOU KNOW?

On average, people swallow 10 spiders and 70 types of insects during their lives.

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.

MEMBERSHIP SUBSCRIPTION RENEWAL – now overdue – \$55.00 (unchanged). Note: Please pay by 17 June to continue enjoying the benefits of membership.

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
June 17	June 25	June 10	June 24	
July 15	July 23	July 8	July 22	July 29
August 19	August 27	August 12	August 26	
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	December 24?	December 9	December – 23?	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.

[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.

Whenever I have to fill out a form that asks "who to call in case of emergency" ...
I always put "ambulance" because no one in my family is going to answer a call from an unknown number.

WHEN YOU'RE 20 YOU CARE WHAT EVERYBODY THINKS,
WHEN YOU'RE 40 YOU STOP CARING WHAT EVERYONE THINKS,
WHEN YOU'RE 60 YOU REALIZE NO ONE WAS EVER THINKING ABOUT YOU IN THE FIRST PLACE.
-WINSTON CHURCHILL

An Irishman walks into a bar in Toronto and orders a drink.

The bartender, noticing his accent, asks him "What brings you to Canada?"

The Irishman says "Well, I was in a pub in Dublin and the coaster under my glass said 'Drink Canada Dry', so I thought I'd give it a shot"