



The Combined Probus Club of Mona Vale Inc

PO Box 1165, Mona Vale NSW 2103

Newsletter Volume 9 Issue 9 – September 2026

NEXT PROBUS MEETING: Tuesday 15 September 2026 – 10:00 am for 10:30 am start – Pittwater RSL

GOING PLACES (update from the Outings Desk)

PICNIC AT WINNERERREMY BAY PARK

12:00 midday Tuesday 6 October 2026



In October we usually celebrate Probus Month, but this year is doubly special as we will also be celebrating the 50th Anniversary of Probus in Australia. We will hopefully enjoy some sunshine and a picnic at Winnererremy Bay Park in Mona Vale.

Probus will be celebrated in various ways in the community, so we have invited interested visitors to encourage them to evaluate how they like us, with a view to joining. We need to continually attract new members to keep us operating as a viable club into the future, so please make them welcome.

DONT BRING A THING –

Our club will provide the perfect Aussie Sausage Sizzle, and our generous committee members will supply a great selection of slices and treats – and of course what would a celebration be without a glass of wine. Please BYO chair though as seating in the park is limited.

To assist with catering please register at the Outings Desk. There is no cost – everyone welcome. It will be great to just relax, chat and catch up. Visitors are welcome if interested in joining Probus; only visitors who have registered will be admitted. See you there!

MELBOURNE CUP – CLUB PALM BEACH

Tuesday 3 November 2026



Please join us to celebrate the 2026 Lexus Melbourne Cup. Enjoy a 3-course lunch (wine included).

WHERE: Club Palm Beach
1087 Barrenjoey Road Palm Beach
TIME: 12:00 noon
COST: \$65.00 pp

MENU – please indicate which main you would like when booking:

ENTRÉE

Seafood Plate

3 fresh oysters and prawns, served with cocktail sauce and fresh lemon.

MAIN COURSE

1. **Oven-Baked Salmon**
Served with seasonal vegetables.
2. **Slow-Cooked Lamb Shank**
Tender slow-cooked lamb shank served with seasonal vegetables and its own jus.
3. **Eggplant Parmigiana – Vegetarian**
Layers of eggplant, tomato sugo, mozzarella and Parmesan, served with a fresh side salad.

DESSERT

Classic Italian Tiramisù

A glass of sparkling wine will be served upon arrival. House red and white wine will be provided on each table, and fresh bread with butter.

Sweeps will be for sale on the day. Watch the fashions and “the race that stops a nation” on the super-size screen. So put on your Sunday best and put your best tips to the test!

Please book and pay before 30 September, there will be no refunds for cancellations after 20 October.

BELLINGEN GOURMET ADVENTURE (7 days)

18-24 October 2026

There is still time to join this great tour – 7 days exploring this beautiful area and experiencing delicious food, tastings and much more. Click [here](#) for details of day-by-day activities. Full payment required on booking – share \$2,895.00pp, single supp \$554.00.

Terry will send confirmation by email to all travellers.

***Save the Date – CHRISTMAS PARTY on Tuesday 1 December 2026**

THE THEATRE

Elanora Players – Rhinestone Rex & Miss Monica 2 – 10 October 2026

Written by David Williamson – A romcom that asks, what could a classical violinist and a country music lover possibly have in common. [Learn more](#). Venue: North Narrabeen Community Centre. Tickets \$28 concession – on sale now – book direct (click [here](#)).

My Fair Lady – Sydney Opera House

Wednesday 30 September 2026 – 1:00 pm

SOLD OUT – Collect tickets from Shirley and Jean at the September meeting. Let Shirley know if you cannot attend.

A Beautiful Noise – The Neil Diamond Musical Sydney Lyric Theatre

Wednesday 9 December 2026 – 1:00 pm

Created in collaboration with Neil Diamond himself, A Beautiful Noise is the uplifting true story of how a kid from Brooklyn became a chart busting, show-stopping American rock icon. **Tickets @ \$100 pp** (group concession, incl. booking fee – save \$30). We have secured additional tickets, so please contact Shirley Holder or Jean Hart to check availability. Payment required by **Monday 5 October 2026**.

WALK THE WALK & TALK THE TALK

TODDLES WALKING GROUP

Tuesday 22 September 2026 – 11:00 am

Manly Dam

Distance – 3.5 kms (there and back)

Grade – Easy

Time – 11:00 am

Meet in the car park – drive past the first car park on your right and continue for approx. 400 metres to the picnic area with parking and toilets on the right. We will walk along the boardwalk which runs along the shore of the dam with beautiful scenery. It is a gentle walk with amenities along the way – and should take approx. 40 minutes with places to stop and admire the view. We can enjoy a picnic or a barbecue in the picnic area at the end of the walk. Any non-walkers are welcome to join us for a picnic around 12:00 pm and enjoy the beautiful surroundings. This walk will be led by Barry Taylor. Vehicle access is via King Street, off Condamine Street, Manly Vale – parking is free for Northern Beaches permit holders. Click [here](#) for location map.

Tuesday 27 October 2026 – 11:00 am

Long Reef Headland

Distance – 3.5 kms

Grade – Moderate (climb headland)

Time – 11:00 am

Meet – At tennis courts car park on Anzac Ave. Walk beside golf course, over headland then on to **lunch at**

Mona Vale Golf Club (12:30 pm). This walk will be led by Marie Musumeci. Non walkers are welcome to join for lunch at Mona Vale Golf Club.

STRIDERS (Sheila Trett)

If you would like to do a longer, more challenging walk, please contact Sheila Trett (see back page). The group meets on **2nd Wednesday** each month.

5 MINUTE SPEAKERS (Janice Tuynman)

Sep 2026

Robert Stocken – Birthrights

Oct 2026

Tony Cox – The North Face of the Eiger

Nov 2026

Bruce Lakin – The Life of Bruce

GUEST SPEAKERS (Robyn Alexander)

Sep 2026

Kathy McGiffen – Decluttering

Oct 2026

Ian Thompson – Iconic Australian Inventions

Nov 2026

John Quek – Keeping your Identify Safe

Guest speaker, Kathy McGiffen, is a Professional Organiser and a Member of IOPO (Institute of Professional Organisers). What is a Professional Organiser; what is clutter and how to avoid it? Kathy will be speaking about decluttering – which is a vital first step when moving or downsizing – how to declutter and how to live clutter free going forward.

THINGS TO DO & PEOPLE TO SEE

PROBUS PRESIDENT'S LUNCH

Next President's Lunch: **Tuesday September 29 2026**

Venue – The Sands, Narrabeen

Time – 12:00 noon

No need to RSVP – just look for the Probus tables.

CRAFTY FINGERS

1st Monday of each month, 2:00 to 4:00 pm. **Note:**

change of venue – now at the **Bayview Golf Club**.

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 Day if you wish to join the group or have any questions.

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.

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).

MAH-JONG

Wednesdays in the Chinese Restaurant area, 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.

THE CAFÉ SOCIETY

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

OPAL DAYS

News about the next Opal Day outing will be included in the October newsletter.

TID BITS

SAY HELLO



SAY HELLO to our newest member, Bruce McDonald who was inducted at the August 2026 meeting. Please make him feel welcome.

PHOTOS ON WEBSITE

Click [here](#) to view photos from Opal Day outing to Bondi on 28 August 2026.

TAKE A FEW MOMENTS TO RE-ENERGISE

If you find yourself in a little mid-week or mid-day slump, take a few moments to re-energize yourself with these inspiring quotes from some of the world's greatest thinkers. Sometimes, all it takes is a little reminder to boost your spirits and refocus your day.

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.

Carlos Castaneda

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.

Helen Keller

"You have brains in your head. You have feet in your shoes. You can steer yourself, any direction you choose."

Dr. Seuss

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

Steve Jobs

Instead of wondering when your next vacation is, you ought to set up a life you don't need to escape from.

Seth Godin

A man should never neglect his family for business.

Walt Disney

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

H. Jackson Brown Jr.

Someone once told me that 'time' is a predator that stalks us all our lives. But I rather believe that time is a companion who goes with us on the journey and reminds us to cherish every moment because it will never come again.

Jean-Luc Picard

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.

Charles Darwin

Opportunity is missed by most people because it is dressed in overalls and looks like work.

Thomas Edison

You miss 100 percent of the shots you don't take

Wayne Gretzky

AFFAIRS TO REMEMBER

APOLOGIES: A Reminder to let the Membership Officer, Liz Kelly, 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.

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
3rd Tue / month	4th Wed / month	2nd Tue / month	4th Tue / month	5th Tue / month
September 15	September 23	September 8	September 22	September 29
October 20	October 28	October 13	October 27	
November 17	November 25	November 10	November 24	
December 1 – Xmas Lunch	December 23	December 8	N/A	December 29

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.

A summary of the coverage provided for **Personal Accident, Public & Products Liability, Association Liability and Club Money** for approved Probus activities is outlined in the attached Insurance Coverage Summary [here](#).

[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.