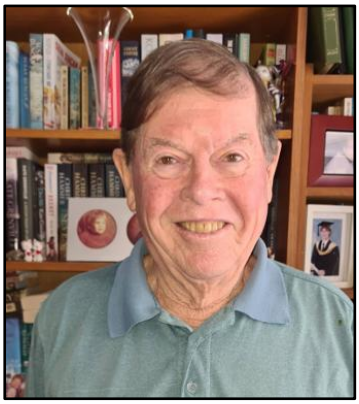
BILGOLA PLATEAU PROBUS CLUB

NOVEMBER 2026 NEWSLETTER

PRESIDENT'S MESSAGE

Hello everyone,



We had a very good turn-out for our October birthday monthly meeting, with 89 members and 2 visitors in attendance.

Our guest speaker Darren Peters from One Meal Northern Beaches gave a shortened presentation on the voluntary work of feeding needy families. Fresh community meals are prepared and provided. Food hampers are prepared and cooked meals delivered directly to families referred to the by social service agencies.

To assist the One Meal Organisation we are asking members to bring to our November meeting tins of food that we will deliver to the One Meal organisation.

The shortened presentation was before morning tea and this gave members more time to enjoy our birthday celebrations and most importantly more socialisation time. A full report on our birthday celebration is included further on in the newsletter.

We have one more monthly meeting before our Christmas party. The Christmas Party replaces our December monthly meeting. We need to finalise the numbers for the Palm Beach Golf Club and pay to secure our seating at the Club. If you have not yet done so, please go to the EOI on our website asap for the details to secure your booking.

As we have only one more General Meeting this year, a reminder that at our AGM on Friday 5 March 2027 all Committee positions will be declared vacant.

Nominations for positions open at our GM of 8 January 2027. Nominations are to reach our Secretary, Mary Musgrave, before the GM of Friday 5 February 2027 using the Nomination Form or Proxy Nomination Form that can be downloaded from our website under AGM. The positions of President and Vice President have been declared vacant for the 2027-28 year. It is urgent you consider nominating for a position; without a President the Club will be unconstitutional and will be closed down.

Best Regards,
John.

Christmas Hamper Shopping

If you haven't yet bought your tickets for the Christmas hamper, make sure you do so at the November General meeting or the Christmas party itself.

Jenny Lesley and Rhonda have been busy purchasing lots of items to make the hampers extra special this year!

Many thanks ladies for all your hard work.



MORNING TEA





MORNING TEA ROSTER
FOR 6 NOVEMBER 2026

Our morning tea will be provided by
Diana Storey
John Perrott
Laraine Dowsett
Heather Forster

Thank You to our Kitchen Ladies:
Lesley Death, Rhonda Mortimer,
Christine Herbert and helpers

MANAGEMENT COMMITTEE 2026/27

John Perrott
President
E: john.perrott7@bigpond.com

Brian Cross
Vice President
E: bd.cross@outlook.com.au

Mary Musgrave
Secretary
E: maryatnewport@gmail.com

Ray Pride
Treasurer
E: raypride136@gmail.com

Mary Wearne
Membership Officer
E: mary_wearne@hotmail.com

Sue Walker
A/Publicity Officer
E: sues0408@gmail.com

Maree McEvoy
Guest Speakers Officer
E: ianmaree10@gmail.com

Di Cross
Welfare Officer
E: bd.cross@outlook.com

Lyn Hope
Tours/Activities Officers
E: lynghope@gmail.com

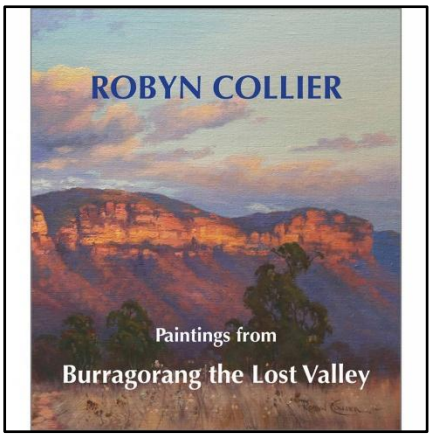
Jenny Angus
Newsletter Officer
E: jangus897@hotmail.com

Mike Musgrave
Immediate Past President
E: mikeatnewport@gmail.com

Christmas Lunch

There are a few seats available for the Christmas Lunch at Palm Beach Golf Club on 4th December at 12 noon.

$70 a head for two course meal and a drink on arrival.
If you're interested in attending the function, please advise Rhonda Mortimer, rhondamortimer@bigpond.com by Saturday, 7th November.2026. via the E0I.



PAINTINGS FROM BURRAGORANG THE LOST VALLEY – ROBYN COLLIER – 2017

Reviewed by Steve Jones

Robyn Collier has been a professional artist, painting wilderness for over fifty years. Many of those years have been spent visiting the isolated, flooded Valley of Burragorang, near Sydney in NSW and painting its remaining beauty. She was granted very rare access to enter the Valley's catchment for Sydney's major water supply, which is now difficult, almost impossible to visit.

REVIEW

In 2014, Robyn conceived the idea for a book on the Burragorang, where she could tell her story through paintings. Undeterred, Robyn was granted permission by authorities and support by key people and managed several visits during the next three years, to produce a series of new paintings.

Her 168-page book, Burragorang 'The Lost Valley', features 68 full-colour glossy plates, including 43 of the Burragorang Valley. The foreword is by former politician; Bob Brown and her sumptuous coffee-table sized book consists of four main parts:

- "Burragorang The Lost Valley, by Robyn Collier", in which Robyn retells the history of the now flooded Valley due to the Warragamba Dam 's construction and her earlier efforts to explore and paint the public accessible parts of the Valley. Later Robyn photographed the restricted sites within the inundated Valley and later turned these into landscape paintings.

- "Robyn Collier and the Burragorang by Jim Smith", has Jim assessing Robyn's featured paintings together with historical content and concluding that they have their own "powerful emotion" and how deeply they touch the spirit of the Burragorang Valley.

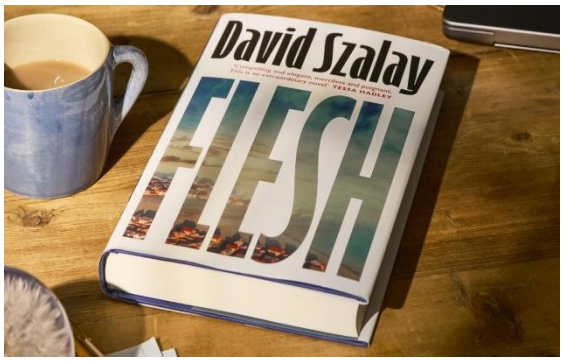
- "The Colour Plates", has 43 magnificent and profound plates, with each having their own descriptive paragraph and supplemented by historical photos of the Valley's early days.

- "Other Works", comprises 25 exceptional plates forming a selection of Robyn's emotive other work, from around Australia.

In conclusion, Robyn's skilful brushwork has produced both a moving statement and a brilliant dedication of the Burragorang Valley's grandeur. Her paintings are a heritage time capsule of a very special part of Australia, but one that very few people will ever see.

FLESH by DAVID SZALAY

Reviewed by Suzanne Halas

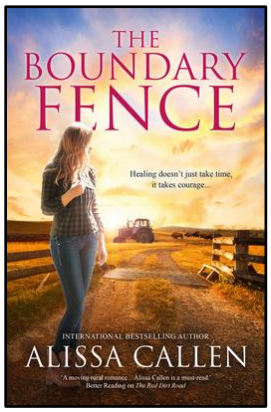


A Booker prize winner in 2025. Highly regarded by at least 45 reviewers for "a novel about the forces that make and break – a life or when you have woken up to the realisation that your life has become something you never planned for, or anticipated or desired. "

Ho Hum is this not a theme for regret, planning vs letting life take you where it will. Is this not a theme of literature since the early writers.

I felt the story, while freshly written, a tad hackneyed. I did not find the writing or its expression noteworthy or different.

This book did not resonate with me; many others obviously loved it. You will have to make up your own mind.



THE BOUNDARY FENCE by Alissa Callen

Reviewed by Lesley Whitefield

An Australian story of a small town, Woodlea. The main character, Ella, is the local vet. Her neighbour, Saul, has worked on a bison farm in America and his dream is to start a bison farm in the Australian bush.

They both have had broken relationships and are determined not to fall into another one.

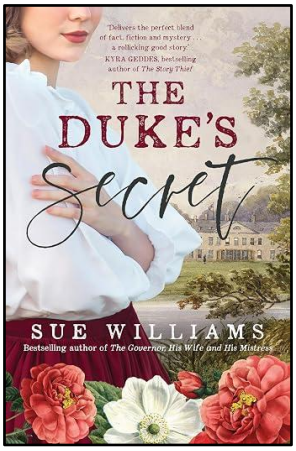
I enjoyed reading about the description of the landscape. The summer heat parches the earth and dust obscures the sun.

I found the story tedious and activity repetitive but had a happy ever after ending.

A touching story about love and community.

THE DUKE'S SECRET by Sue Williams

Reviewed by Di Cross



The author, Sue Williams, had a restrained relationship with her father. The family rumour was that they were related to the Duke of Wellington. Sue decides to prove the truth one way or another. Her research brought her closer to her father, as he decided to take a keen interest. Sue takes off for England and follows the life of the Duke until his death; visiting all the battle fields across Europe and viewing the many houses he occupied, searching for an DNA link.

This research and the family relationship to the Duke is reinterpreted as the work carried out by the heroine, Ava Washington, a journalist and in 2025 decides to prove the family attachment to the Duke of wellington.

In 1793 Mary Anne Marshallis working as a young maid in the home of Arthur Wesley, a British army officer. Through the Duke's love escapades and eventual marriage, Mary becomes a confident and a good listener as she is educated and able to discuss many topics. Eventually she succumbs to temptation and has a sexual relationship with the Duke and has a daughter, Elizabeth.

Arthur returns triumphant after defeating Napoleon at the Battle of Waterloo and is given the title of The Duke of Wellington. He never publicly acknowledged his daughter.

The story follows the complicated steps required to establish DNA legally. The author's personal experiences and connections, give this story more weight and make its historical content even more tangible and relatable.

OUT AND ABOUT IN SEPTEMBER/OCTOBER

LUNCH AT THE SANDSTONE CAFÉ

The rainy weather didn't deter members from enjoying lunch at the sandstone Cafe. The Italian dishes were delicious, with most people opting for the apple strudel and coffee for dessert. If you haven't yet discovered this cafe, it's well worth a visit. Thanks Lesley and Rhonda for organising another great outing for our club.



TOOWOOMBA FLOWERS AND SWELL SCULPTURES



Seven members recently enjoyed a great trip to Toowoomba, Coolangatta and the northern part of New South Wales.

Flowers were the order of the day at Toowoomba with visits to many public and private gardens.



Whilst the Currumbin swell sculpture festival was not a match for the Bondi sculpture by the sea, it was still enjoyable.

Strangely though one of the highlights was a visit to the tropical fruit world at Yamba where many purchases were made and everyone's suitcase were slightly heavier than when they started the tour.

Thanks, Lyn for promoting this trip to our club.

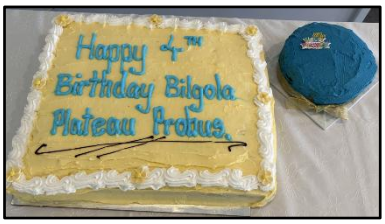


OUR 4TH BIRTHDAY

Our October 2026 meeting celebrated our Club's fourth birthday. The festive atmosphere started on entering our meeting room that was decked out in Probus colours yellow and blue, including balloons and ribbon, to set the scene for a very happy social morning. Members also dressed in all manner of yellow and blue coloured clothing and headwear.

There was also a very large craft display set up on 2 tables with all manner of craft items made by our Crafty Tarts Group members. It's great to see what talented members we have in our Club and that they are proud to show & share their beautiful craft creations.

The morning tea time was extended. Morning tea treats included a very nice large cake also iced in blue and yellow. The cake was big enough to slice into good sized pieces for the 89 members and 2 visitors who attended. A delicious gluten free cake was also provided. The goodies were much enjoyed.



The happy chatter only quietened down when there were formal meeting matters to discuss. By the end of the meeting time there were broad smiles all round, especially from Christine Herbert, Lou Souter, Graham Bell, Tricia Nicholas and Tricia Clifton who won the lucky door prizes.

So here's to another year of happy, enjoyable, interesting enjoyment with Probus.





VICTORIA BARRACKS

At last we were able to find out what lies behind the thick Hawkesbury sandstone blocks at Victoria Barracks! What an amazing site with an even more amazing military background.

David, our guide, entertained us with his historical rendition of the area and its many inhabitants - past and present. Being a 'Nasho' himself, he was able to provide first-hand knowledge of life in the army. Our visit to the museum following the tour provided a great summary of what David had been trying to tell us.

Lunch at the Arthouse Kitchen was another highlight for everyone, including its bargain price. Thanks Lyn for organising a fabulous outing for our Probus Club.



MOVIE NEWS



This month's movie was *Verity*, a dark, psychologically charged thriller. Hired to be a ghostwriter for renowned author Verity Crawford, Lowen Ashleigh's assignment takes a dark turn when she discovers chilling autobiographical notes. As she wrestles with disturbing and twisted confessions about Verity's husband, she soon finds it hard to separate fiction from reality, manipulation from attraction, and opportunity from obsession.

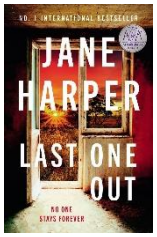
So what did the group think? The ratings were, 2, 5, 7 and 8 out of 10. So it looks like you'll need to see the movie yourself and make up your own mind. Thanks Lesley for continuing to organise monthly movies for our group!

SUCCESS WITH TRIVIA – AT LAST!

We couldn't believe our success with trivia this month. The top score was 51 and with a score of 41 we thought we'd go for the encouragement award. As luck would have it however our team came 2nd - we were over the moon! We also shared the bonus jackpot round with another team.

We could tell you that a few of the regular teams that usually win weren't there, but as one of our team members said "let's just take the glory." Well done everyone!!





BOOK REVIEW

LAST ONE OUT. - JANE HARPER

The once thriving town of Carillon Ridge turns into a skeletal community as the town is swallowed by pressures of the coal mine operating on its outskirts.

Most of the town's residents gradually abandon the town and the local businesses gradually Become extinct.

A few people hang on, mainly those who have secured a job associated with the mine, or They just simply cannot leave.

This thriller is about life changes, loss of several of the town's characters, how some managed to turn their life around, and a few murders.

Not one of Jane Harpers best novels, but all in all not a bad read.

Rhonda Mortimer

THERE'S SOMETHING FOR EVERYONE AT BILGOLA PLATEAU PROBUS CLUB

Dates and activities correct at time of publication of newsletter, but please check the full 2026 calendar on our Website.

ALL ACTIVITIES ARE OPEN TO ALL MEMBERS - LOOK WHAT'S ON IN NOVEMBER

NOVEMBER 2026				
Date/Time	**Activity**	**Where/Details**	**Meet at**	**Comment**
Tuesday 3 Nov 1.30 – 4 pm	*Mah-jong*	*Pittwater RSL Club Mona Vale*	*Inside the club, games room*	*For both new and more experienced players. This group meets every Tuesday. Ccontact Janeen Macfarlane:janeen.macfarlane@gmail.com*
Tuesday 3 Nov 7-9 pm	*Trivia with Jim*	*Avalon Beach Bowling Club, Bowling Green Lane.*	*Inside the Club at 6.30 for 7pm start.*	*For further information, please contact Shelley Barwick, sbarwick7@icloud.com*
Friday 6 Nov 10 am	*Probus Monthly Meeting*	*Newport Bowling Club*	*Clubhouse*	***Guest Speaker:** Dr Richard Harris - a vascular surgeon - he'll talk about the History of vascular surgery. He has also written a book titled Imagine. Recommended by Eric Gibney who saw him last year said he was very entertaining. Visitors are welcome to attend*
Monday 9 Nov 4 – 6 pm	*Drinks and Catchup*	*Newport Bowling Club*	*Clubhouse*	*No need to book, just come along. Enquiries: Mary Musgrave, maryatnewport@gmail.com*
Tuesday 10 Nov 10 am	*Walk*	*Long Reef Headland Walk at Collaroy, followed by coffee*	*Meet at entrance to tennis courts parking bays, before 10 am*	*Grade: Medium, Distance: 3km loop Time: 1hr, Path: Formed track, gentle hills, occasional steps. No need to book - see you there. Contact Julie Bertoldo if unsure about the weather conditions. Enquiries: jmb6257@yahoo.com.au*
Tuesday 10 Nov 11.30–4pm	*Scrabble*	*Home of Di Cross*	*Di's house*	*Contact Di Cross for more information bd.cross@outlook.com.au*
Tuesday 10 Nov 1.30 – 4 pm	*Mah-jong*	*Pittwater RSL Club Mona Vale*	*Inside the club, games room*	*For both new and more experienced players. This group meets every Tuesday. Contact Janeen Macfarlane:janeen.macfarlane@gmail.com*
Thursday 12 Nov 10 am	*Coffee and Chat*	*Bayview Golf Club, Mona Vale*	*Cafe*	*No need to book, just come along. Enquiries: Mary Wearne, mary_wearne@hotmail.com*
Thursday 12 Nov 1 – 4 pm	*Crafty Tarts Group*	*Home of Di Cross*	*Di's house*	*Bring your handicraft work to Di's for an afternoon of crafty fun, for more information bd.cross@outlook.com.au*
Friday 13 Nov 1-4 pm	*Rummikub*	*Pittwater RSL Club, Mona Vale*	*In the cafe area*	*For both new and more experienced players. Contact Di Cross bd.cross@outlook.com.au if you wish to join the group*
Sunday 15 Nov 1.30 pm	*Cirque Du Soleil*	*Show Ring, Entertainment*	*At the Show Ring*	*RSVP to Janeen Macfarlane janeen.macfarlane@gmail.com with payment to*

NOVEMBER 2026				
Date/Time	**Activity**	**Where/Details**	**Meet at**	**Comment**
		Qtr, 22 Lang Rd, Moore Pk,		the Club's bank account by 7July. See the EOI for all the details.
Monday 16 Nov 10.30 am	Heaven's Devils Boys' Coffee	Relish, 8/1 North Avalon Road, Avalon Beach	The cafe	Boys' coffee is a regular monthly event. No need to book, just turn up. Contact Mike Musgrave mikeatnewport@gmail.com for any additional information
Monday 16 Nov 11 am	Book Club	Waterview Cafe,Mona Vale Golf Club,	Lounge area	Contact Mary Musgrave, maryatnewport@gmail.com for further information
Tuesday 17 Nov 1.30 – 4 pm	Mah-jong	Pittwater RSL Club Mona Vale	Inside the club, games room	For both new and more experienced players. This group meets every Tuesday. Contact Janeen Macfarlane:janeen.macfarlane@gmail.com
Wednesday 18 Nov 2 - 4 pm	Crafty Yarners	Newport Bowling Club	Clubhouse	Enquiries: Mary Musgrave maryatnewport@gmail.com
Thursday 19 November 10 - 1 pm approximately	Away Walk	Cremorne Point Circuit/Loop	B1 bus	Easy and flat 3 kilometre loop walk around Cremorne Point, followed by coffee at the Wharf Kiosk. Exact times to be advised. Contact: sbarwick@icloud.com . See EOI for more details.
Friday 20 Nov Time: TBA	Movies and Coffee	Warriewood Cinema	Cinema Foyer	The movie will be advised the Monday before. Contact: Lesley Death lesleyjanedeath@gmail.com
Tuesday 24 Nov 1.30 – 4 pm	Mah-jong	Pittwater RSL Club Mona Vale	Inside the club, games room	For both new and more experienced players. This group meets every Tuesday. Contact Janeen Macfarlane:janeen.macfarlane@gmail.com
Tuesday 24 Nov 2pm-4pm	New Book Club	Contact Di Cross for venue address	N/A	Coffee/tea and a biscuit provided between lively discussions about your particular book. Members give a brief description, storyline and various views on different aspects of the story and author of their choice. Contact Di Cross for more info bd.cross@outlook.com.au
Thursday 26 Nov 10.30-4 pm	Mah-jong	Di Cross's house	Di's house	Morning tea supplied. Bring your own lunch. Enquiries: bd.cross@outlook.com.au
Friday 27 Nov 10 am	Coffee and Chat	Lovat, 316-324 Barrenjoey Road Newport	Cafe	No need to book, just come along. Stay for as long or as little as you like. Enquiries: Mary Musgrave maryatnewport@gmail.com
Friday 27 Nov 10.30 am	9 holes Social Golf	Palm Beach Golf Club 2 Beach Rd Palm Beach	At the Pro Shop 10.30	Book in via Probus Social Golf WhatsApp Group. Pay at the Pro Shop. Contact Janeen Macfarlane janeen.macfarlane@gmail.com

BITS AND PIECES

I know our Newsletter is not a recipe book, but a few members have asked me for my CHICKEN CURRY (with greens) recipe. Here it is.

Mike Musgrave
Immediate Past President

Ingredients



1 x garlic clove – crushed and chopped
2 x medium onions – sliced
2 x medium ripe tomatoes – cored and sliced
Salt and Pepper
Olive oil
2 x heaped teaspoons curry powder
1 x heaped teaspoon turmeric powder
1 x level teaspoon of mustard
600 g Chicken Breast fillets – sliced up
4 x large spinach leaves – washed and sliced
2 x small individual blocks of coconut sugar
1 x tin coconut milk

Method:

In a blender throw in the garlic, onions and tomatoes - add salt and pepper to taste
Heat a large non-stick frypan on low heat – add a tablespoon of olive oil, curry powder, turmeric powder and mustard
Add to frypan the blended mix of garlic, onions and tomatoes - turn heat to high
Add to frypan chopped up chicken breasts and spinach - stir well
When chicken turns white – add in small coconut sugar blocks – stir well
Add to frypan 1 x can coconut milk
Put on the frypan lid and let simmer until mix thickens or to your liking
Serve with boiled rice and steamed carrots or sweet potato (cooked separately)

Your contributions would be gratefully received. Please forward them to Mary Musgrave (maryatnewport@gmail.com)

A big thank you to Elanora Bakery for the delicious cake they made for our 4th Birthday Party! They make very tasty pies, pasties and sausage rolls too!



If you think you've had it bad with the Bogan Moths, just spare a thought for these poor horses below! The image doesn't show people in the background – it's the moths.



Don't forget that if you have a Commonwealth Seniors Health Card, you might be eligible for the NSW Government's $200 energy rebate. Apply now !



TV RECOMMENDATIONS:



- Shetland (Britbox)
- Memory (SBS on demand)
- The Gentlemen (Netflix)

Grandparents Day in Australia is celebrated on Sunday, 25 October 2026 Congratulations to all our nans, grandpas, ,grannies, pops, nonnas, opas or whatever else you're called xxxxx



NSW Seniors Card holders can now choose between a Gold Senior/Pensioner Opal card or a credit/debit card, phone or watch when travelling on the Opal network. To make the switch to contactless payments, just visit transportnsw.info/linkmyconcession

Avalon Computer Pals offers tuition to absolute beginners and to those who already have some knowledge but would like to know more. Attend short courses and presentations at Newport or 1:1 training with a volunteer trainer at Avalon.

Avalon Computer Pals

For more information visit AVPALS on the web at www.avpals.com

Probus does not endorse any of the advertisers in this publication

BACK PAGE REMINDERS

PAYMENTS

Please transfer your payment directly to the club's bank account



Don't forget to identify your transaction as instructed in the EOI

WELFARE ISSUES



If you are aware of a member of our Club (or their partner) who is ill or in hospital, please advise our Welfare Officer ***Di Cross*** *either by phone or email.*

bd.cross@outlook.com.au,
Ph: mobile 0412141455

CHANGED YOUR DETAILS RECENTLY?

It's really important to notify our Secretary (currently Mary Musgrave, at email maryatnewport@gmail.com) if you change your street address, email address or phone no.



As well as being used to update our Club's records and Probus South Pacific's database, these details can be used to email/phone you if you are sick, contact you for clarification of an outing, as well as a number of other items. If we don't have up-to-date records, you may miss out on enjoying all the benefits our club offers.

GET IN EARLY



New outings and dining opportunities are continually being added to the Club's calendar on the website. Some have restrictions on numbers attending, so RSVP early to avoid disappointment.

FEELING A LITTLE UNDER THE WEATHER?



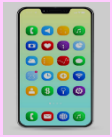
If you're not feeling well, perhaps it's best to stay at home and away from Probus outings. We're in a vulnerable age group and germs can easily be transmitted among us. Thanks so much for your understanding.

BYO MUG/CUP



In the interests of helping to save our Club funds – as well as the planet - members are encouraged to bring their own mug for morning tea.

ADDING THE PROBUS WEBSITE TO YOUR PHONE'S HOME SCREEN



A few members have asked how to add the Bilgola Plateau Probus Club's website to their phone's Home Screen. There are different ways to do this depending on the type of phone you have, but if you'd like help with this, please see Mary Musgrave - and fingers crossed we can work it out together. Remember, you're not adding an App, it's just a direct link to the website, ie, it's like a bookmark