Forest-Belrose Probus Club Inc.

July/August 2026
No. 156

To access the club website – click **HERE** or type
Forest Belrose Probus Club into Google.

July / August 2026 Newsletter

Message from our President – Robin PITT



Hello Everyone
I think winter may have arrived!
As you can see this is a combined July/August Newsletter. The committee has given Peter the editor, permission to have a holiday as long as he returns with enough energy to continue the wonderful job he has been doing. At the last Probus meeting Life Membership of the club was conferred on Peter with the unanimous support of the committee and members. His momentum and unfailing enthusiasm have helped ensure our club's success.
Our June speakers Karina Wroe and Pauline Song representing Findex gave us some very interesting information which at some stage will apply to us or our relatives. Many questions were asked and to assist in your recall of the details, charts have been included later in the newsletter.
The previous month was a busy one for Jennifer who organized three events, two Sunday brunches to the restaurant H2O at Narrabeen and a return visit to the Little Snail at Pyrmont. The food as usual was superb complemented by a beautiful sunny winter's day on the harbour.
Thanks to Alan we were very fortunate to see such great talent at the Finals of the Australian Swimming Trials with many of the swimmers, including Sam Short locking in national titles and coveted spots for the Pan Pacific and Commonwealth Games.
On Thursday a small group visited the Archibald Exhibition and we all agreed they got it wrong again! It's always a good topic of discussion however we all concurred that Australia has artists of world class and the Exhibition is always well worth a visit.
The event of Christmas in July on Wednesday July 22 at the Forest Hotel occurs before our next meeting so it essential that all payments are received as soon as possible to ensure that catering and table placement can be managed efficiently. Wonderful to see so many names on the list!
Please ensure that you keep a copy of this combined Newsletter as a reference for the dates and payment details of upcoming events in July, August and early September. August and September in particular look like very busy months on our calendar and many thanks to the event organisers. I look forward to seeing you all at our next meeting on Monday July 27.

Best Wishes
Robin Pitt

July / August Newsletter

This Newsletter covers the period of July and August 2026 as your Newsletter Editor is unavailable from mid July to mid August. The July meeting on 27 July and the August meeting on 24 August will proceed as normal.
Your next Newsletter should arrive about 9 September.

Special Advice: Changes to Parking Permits

Remember those simple parking permits that come with your Annual Rates Notice. You just peel them off and add to your windscreen. ***But not any more!*** The new digital process is described in this LINK from Northern Beaches Council. This will take some time to do and you may need help from one of your grandchildren too! You will need to register an account with the council and provide photographic evidence of your drivers licence and rates notice. Don't leave it too late. The changes apply from September 2026.

Snippets

- Another very healthy attendance today – 96 members and 3 visitors. And many apologies.



- Membership now at the 135 level with 3 new members expected in July.
- Robyn Williams was the lucky birthday winner this month and went home with a nice bottle of red wine.
- Liz Korbel is back with us but faces a tough recovery from a bad leg break. Golf can be a tough game! Your photographer had too much focus on the leg and not enough on Liz!





- And Ron Furness had us scratching our heads trying to work out Liz Ralston's age. "Evenly divisible by 1,2,3,5,6,9,10,15,18,30,45 and 90!!"

Congrats to Liz for her big one on June 30

- And be prepared for the "Planned Outings" section in this Newsletter – we have 14 of them for you to choose from.

New Member – Kate WRIGHT



Kate is a country girl (her father ran sheep and cattle, and grew cherries and prunes in Young). Nursing training brought her to the city but she also worked in the country as an RN. Kate and her husband had 4 children but Kate has been the sole provider for the last 27 years after her hubby passed away. Three of her children live in Sydney and the Hunter Valley and she has three grandchildren. She also has a boy that needs special care and this takes up much of her time. Using her personal experiences and her nursing skills Kate ran a charity for many years assisting people with Muscular Dystrophy. Kate is another of our growing band of members living at the Willandra Bungalows.

Welcome to Probus, Kate.

New Member – Dianne BASHA



Dianne's family come from Nowra, but as a young 8 year old she was sent off to boarding school at Loreto Normanhurst. Her subsequent career focussed on legal support work. She started with the old Warringah Shire Council and saw it through to amalgamation with Pittwater. They were turbulent times! Then followed work with solicitors and even a judge. Her only child lives nearby to her in Dee Why and has produced the 'most lovable grandchild ever!"
Long time friend Marilyn Buckley encouraged Dianne to join our club.

Welcome to Probus, Dianne

New Life Member – Peter O'Reilly

Peter received a very warm welcome from President Robin as she presented him with his Life Member badge. Peter has been a member for over 12 years and has served as President for 2 terms. Your Newsletter Editor caught up with him recently and he was quick to point out "It has all been a very enjoyable experience and I do like to do things that keep this Probus Club active and welcoming!"



Thank You to our other Life Members

Ron Furness was inducted as a Life Member on 25 November 2019 and Terry and Sue Waterer were inducted on 28 November 2022. All three have provided excellent support to our Club over the years.





Our June Speakers – Katrina Wroe and Pauline Song of FINDEX

Katrina noted that her firm Findex, had 2700 employees operating out of 100 offices. They have 250,000 clients and funds under management of $28billion. They are indeed a very large group of financial advisors.
Katrina spoke on the complex regulations impacting Superannuation. She covered such topics as planned tax cuts for income earners, deductible super contributions, new taxes on Self Managed Super Funds (SMSF) with balances between $3m and $10m, pay day super changes, increases in parental leave (maternity leave), but not many of the members seemed to be in those categories! She noted, in answer to a question, that she had over 20 clients with SMSF balances of over $10million.
Of more interest to our members were the explanations by Pauline of the regulations around Home Care versus Residential Care.

Home Care details are available at https://www.myagedcare.gov.au/support-at-home
There are 8 levels of financial support packages for support at home and Pauline encouraged us to register with the government at My Aged Care even if we don't need the support immediately. This chart shows the split between the government subsidy and the personal contributions.

	Clinical care	Independence	Everyday Living
Full pensioners	0%	5%	17.5%
Part pensioners and CSHC holders	0%	5% to 50% depending on income/assets	17.5% to 80% depending on income/assets
Self-funded retirees	0%	50%	80%

- **Clinical care –** e.g. nursing, physiotherapy and occupational therapy.
- **Independence –** e.g. personal care, transport and social support.
- **Everyday living –** e.g. cleaning, meal delivery, gardening and home maintenance

Residential Care details are available at

https://www.myagedcare.gov.au/aged-care-programs/aged-care-homes

The high costs of residential aged care were not a total surprise to our members, but with the RAD, the DAP, the basic daily fee, and the extra daily fee, the decisions to pay fully upfront for a bed or to pay a higher daily fee and keep the capital earning interest were complex. There is a genuine need for detailed advice on these matters as they are different for every person and every institution. This chart gives an example of how the fees can add up to a sizeable amount.

Accommodation payments	Ongoing fees			
• Up to $758,627 without Govt approval • Highest up to $3M • RAD retention amount 2%pa (up to 5 years) Assume $758,627 x 7.96% = $60,387	**Basic daily care fee** $24,382 pa	**Hotelling Contribution** $8,084.75pa	**Non-Clinical Care Contribution (NCCC)** $39,171.80pa Lifetime cap: $137,917.01 or 4 years	**Higher Everyday Living Fee (HELF)** Agreed amount – no maximum Assume $30 pd x 365 = $10,950

Total $142,975.55pa

Katrina is available for followup at katrina.wroe@findex.com.au or 02 9250 6500.
Pauline is available for followup at pauline.song@findex.com.au or 0410 229 588.



Diane Brook thanked Katrina and Pauline on our behalf.

Our Next Speakers

Sandra Summergreene continues to find interesting speakers for us:

- **27 July 2026**
- **Ian HEMPHILL, Herbies Spices**

- **24 August 2026**
- **Robert TOYNTON, Superintendent Commander, Auburn Area Police Command**
- **28 September 2026**
- **Anita JACOBY AM, Chair of the ABC Advisory Council**
- **And October and November speakers are organised already too!**

Wrap with Love



Janice and Bob Robinson showed some of the recently completed wraps. Great effort team! Janice asked if you have some wool lying around at home it will be most welcome for the project. Preference is for Acrylic 8 ply.

Recent Events



7 June – Brunch at H2O
Always popular – great way to start your Sunday.



12 June – Swimming at Homebush

17 June – F&W Lunch at Little Snail
(No Photo!)

29 June – Ladies Lunch at Totem



2 July – Archibald Visit
A small group of us enjoyed seeing the paintings from the Archibald competition as well as works in the Sulman and Wynn competitions. Lunch followed with a good discussion as to which art works we liked and as to whether we agreed with the judges. The winner is on the next page.

5 July – Brunch at H2O





Important Procedures

MEETINGS – PLEASE NOTE:

1. If you cannot attend a meeting, contact Secretary Cheryl on 9452 5460 or 0418 432 647 or Membership Officer Ron on 9451 9003.
2. Please remember to wear your name badges to ALL events.

OUTINGS – PLEASE NOTE:

1. Most coach tours depart from the MINI FIELDS parking area in Hews Parade just down from Willow Tree Crescent. Always check departure location details for each event.
2. Please remember to wear your name badges to ALL events.

VISITORS – PLEASE NOTE:

1. Visitors may not just turn up at Probus meetings.
2. Permission for guests to attend must be obtained prior to any meeting by telephoning Secretary Cheryl 9452 5460 or 0418 432 647 or Membership Officer Ron on 9451 900

Payment now DUE

Payments for the following outings / events ***should be paid as soon as possible***:

- 22 July - Christmas in July - $45
- 15 August – Sydney Male Choir - $50
- 18 August – Nan Tien Temple Tour - $103
- 18 September – Tour of Quarantine Station - $46.50. (*We need an early payment to finalise arrangements with the Q Station*.)
- 13 November – Naval Harbour Cruise - $85. (*We need an early payment to finalise arrangements with the Naval Historical Society*.)

Planned Outings – Paid and OPAL

Outings are organised for members but if you wish to bring along a spouse or a friend, (and we can fit them in) just let us know.

12pm Wednesday 22 July
Christmas in July
Forest Hotel



Always a great event, with Christmas decorations and bon bons. Great food, great company, fun and prizes. Alternate serves of Roast Lamb or Roast Turkey, followed by Sticky Date or Christmas pudding. Only $45 and you get a free drink voucher for wine, beer, soft drink or barista coffee.
Your fee should be paid into the Probus Account to confirm your booking.



3.00pm Thursday 30 July
Barefoot Bowls at Belrose Bowling Club

Tuition and bowls provided. A fun introduction to lawn bowls. Cost is $20. We already have a big list, but you are welcome to add your name at the July meeting.
And why not stay on after the bowls to have dinner at the club with us.

10.30am 2 August
Sunday Brunch
At H2O Narrabeen

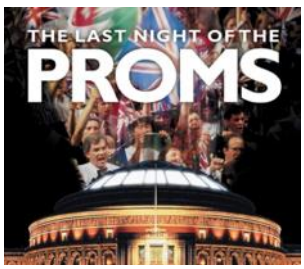


This is now a regular feature for the Brunchers. Everyone is welcome. Great location by the Lake. Good food, good company. Come and join us. Booking Sheet at the July meeting.

11.45am for 12 noon Tuesday 4 August
Ladies Lunch at Club York

We are trying a new venue. A very popular city bistro. It is easily accessible by any of the Forest buses to the city – it is in York Street opposite the last stop (95-99 York Street Sydney). And just a couple of blocks up from the Wynyard terminus of the B1 buses.
Booking Sheet will be available at the July Meeting.

2pm Sunday 9 August
Last Night of the PROMS



Always a splendid occasion at The Concourse Chatswood, with the Willoughby Symphony and Choir. All 36 tickets have been sold and will be given out at the July meeting. If you are not at the meeting, Robin will meet you in the foyer with your ticket.

2pm Saturday 15 August
Sydney Male Choir



A great afternoon at the Sydney Town Hall where the Sydney Male Choir will be performing. The program includes a repertoire of songs by Leonard Bernstein, Crosby Stills and Nash, John Paul Young, Coldplay, and the "Pilgrims Chorus" from Tannhauser. Guest artists will feature, as well as a four-piece jazz ensemble, and Robert Fox on the Grand Organ. Cost $50 and we only have 10 tickets. Tickets will be given out at the July meeting. If you are not at the meeting Robin will meet you in the foyer with your ticket.



TEMPLE TOUR
8.30am Tuesday 18 August

Visit the amazing Nan Tien Temple in Wollongong with a guided tour and lunch, which is a selection of healthy vegetarian foods based on traditional and modern recipes. Cost is $103.00 (If we get 30+ attending then there will be a small refund

Payment required now ASAP before the 20th July 2026

10.30am 6 September
Sunday Brunch
At H2O Narrabeen



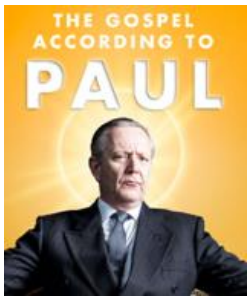
This is now a regular feature for the Brunchers. Everyone is welcome. Great location by the Lake. Good food, good company. Come and join us.
Booking Sheet at the August meeting.



10.30am Tuesday 8 September Walk Old Balmain

We meet at Circular Quay and take a ferry to Balmain. We walk around the Balmain peninsular for harbour views and then we walk up to the Balmain village for lunch. The total walk is only a bit above 2km but the walk up to the village, past the old pubs and houses, is steep at times. But we have plenty of time. Lunch is planned at the Cricketers Hotel on Darling Street – great pie specials on Tuesdays! Menu available HERE. And the trip back to the city is simple – we take a bus from almost outside the hotel.
Booking Sheet will be at the July and August meetings.

7.30pm Friday 11 September
The Gospel According to Paul



With the performer who made Paul Keating come alive at the WHARF Revue – Jonathon Biggins. A very popular show at Glen Street. We have secured 20 tickets. Cost is $90. Booking Sheet available at the July meeting and payment to the Probus Account confirms your booking.



18 September 2026
Tour of Quarantine Station

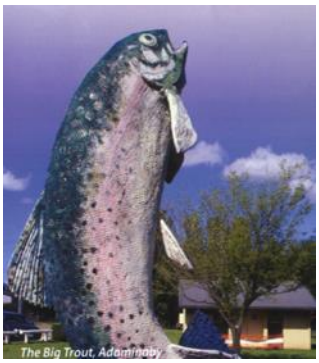
Opal or self-drive event for a guided tour highlighting the history of the old Quarantine Station at North Head. Take the 161 bus from Manly Wharf or drive and park. There is a shuttle bus to take you from the car park to the Q Station – and back again too!

The tour is in the morning at 10:30 am and takes about an hour or so.

The cost is $46.50 and includes the tour, and lunch – sandwich, sweet treat, fruit, tea/coffee and juice. Wine is available for purchase.

The sign-on sheet which will be available at the July 2026 General Meeting.

EXTRA SPECIAL EVENT
Sunday 18 to Friday 23 October 2026. Alpine Tour



This will be a special tour around the Snowy Mountains with a 5-night stay at the best hotel in Jindabyne. Unpack once – and enjoy trips each day around the spectacular sights of the Snowy mountains. More details are available at this LINK. This great little holiday will cost just $1,200 per member.
AND there is NO SINGLE SUPPLEMENT!! There is however a limit of 10 single rooms, so if you are prepared to share a twin room with another Probus member on the tour, this would be greatly appreciated.

Please NOTE:
We have allocated all available rooms and we have a waiting list.
We will update you on further details at the July meeting.

Final Payment is due by 31 August 2026



Friday 13 November 2026
Naval Cruise – Sydney Harbour

A boat trip on "Friday the 13th" – why not! This excursion around the naval facilities west of the Harbour Bridge has been highly recommended to us. Includes delicious a morning tea and informed commentary from naval historians. Cost is $85 and the booking sheet will be available at the July meeting.

We require payment for this event now so that we can confirm our booking.

Good cancellation policy. Full refund up to 31 days before the cruise.

Future Events – Mark the Date

Monday 14 December 2026.
The very popular **CHRISTMAS LUNCH**



At Wakehurst Golf Club.
Some photos from the 2025 event.





As with all events –your booking is confirmed ONLY when you pay the fee into the Probus Account. Details are below.

IMPORTANT - HOW TO PAY:

PLEASE NOTE: Bookings are NOT confirmed until payment is received by either:

1. **Direct Deposit to National Australia Bank (NAB)**
   i. **(Forestway Branch) BSB 082 132 Acct 14746 3739**
   ii. **(Please include Surname and first initial of First name in the description field plus some indication of what the payment is for. This is most important).**
2. **In cash at the next convenient Club meeting by enclosing an explanatory note or writing on the front of the envelope (name and purpose of payment) and your payment in an envelope marked "The Treasurer".**
   i. **You may pay cash at the table on the day of the meeting.**
3. **NEW - Pay by Credit card with a fee of 1.9% by Square on the day of the meeting.**
4. **Bookings and Cancellations must be made with the relevant Outings Coordinator ONLY well prior to the booking deadline to be eligible for a refund. NO ONE ELSE CAN ACCEPT CANCELLATIONS.**

Cancellation of tours:

If less than 1 week from date of event, the club will have to pay for the trip, so refunds are not possible.

Small Group Activities



FOOD & WINE

All are welcome. Events every few months. Jennifer Weirick is the coordinator, and she is available on 0412 454 779



MEN'S BREAKFAST

Men's Breakfasts are held every month – a great opportunity to help solve the world's crises with like-minded mates.

Lock in the **8am on second Monday each month** for a chat with mates.

If any male member would like to join the group - contact the group coordinator, Tim O'Sullivan on 0418 191 121 .



In June the Book Club delved into fictionalised colonial history with the book 'Elizabeth and Elizabeth' by Sue Williams.
Elizabeth Macquarie was the wife of Governor Lachlan Macquarie and Elizabeth Macarthur was married to merino wool pioneer John Macarthur. The two women, despite being from very different backgrounds and having to contend with their husbands' conflicting visions for the future of the new colony, became best friends and allies.

After discussion of the book and a break for coffee, we have a short trivia quiz and end the meeting with a joke.
(Two jokes this time as this newsletter is covering two months)

……

Baby bear came down to breakfast one morning and said "Someone's eaten my porridge!"

Daddy bear looked at his empty bowl and roared "Someone's eaten my porridge too!"

Mummy bear yelled from the kitchen "How many times do we have to go through this? This morning I have pegged out the washing, fed the cat, taken the dog for a walk and cleaned out the parrot's cage. I haven't even started making the porridge yet …."

……

My husband asked me what I would like for my birthday. I thought for a moment then said jokingly "Something that goes from 0 to 100 in under 10 seconds", imagining a Porsche or a Lamborghini on my driveway. He got me some bathroom scales!

Barbara Vinall is the coordinator of the Book Club, which meets on the first Wednesday of the month. They have a full complement at the moment, but you can let Barbara know if you would like to go onto a waiting list. She can be contacted on 0448 256 588.

Welfare – Let us Know

We hope anyone who is aware of a member who is unwell will contact **Gaye Pringle** on 0407 248 331or email to probus.forest.belrose@gmail.com

Meeting Attendance – Who to Call

And if you are unable to attend a Probus Meeting – please contact one of these committee members:
Secretary - Cheryl 9452 5460 / 0418 432 647 or
Membership - Ron 9451 9003 / 0405 576 196

Management Team 2026/27 - Contact Details

President:	**Robin Pitt**	9948 2031	0409 712 231
Immediate Past Pres	**Jill Gray**		0418 279 839
Vice President:	**Alan Lambert**		0418 448 485
Secretary:	**Cheryl Prouting-Smith**	9452 5460	0418 432 647
Treasurer:	**Barbara Watmore**	9939 2340	0405 371 328
Membership:	**Ron Furness**	9451 9003	0405 576 196
Outings Coordinator:	**David Bull**		0490 908 193
Outings Assistant:	**Max Lambley**	9981 6774	0414 586 240
Theatre Parties:	**Robin Pitt**	9948 2031	0409 712 231
Food and Wine:	**Jennifer Weirick**		0412 454 779
Welfare:	**Gaye Pringle**		0407 248 331
Newsletter:	**Peter O'Reilly**		0419 992 104
Speakers/Ambassador:	**Sandra Summergreene**		0407 776 250
Ladies Lunch Coordinator:	**Lynn Findlay**		0418 291 837

GENERAL ENQUIRIES MAY BE DIRECTED TO probus.forest.belrose@gmail.com



10am
Monday 27
July
2026

10am
Monday 24
August
2026

Mark your diaries for our next TWO meetings.