Forest-Belrose Probus Club Inc.

October 2026
No. 158

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

October 2026 Newsletter

Message from our President – Robin PITT



Hi Everyone
What unseasonably warm weather we have had this September with Sydney recording the warmest start to spring since records began at Observatory Hill in 1858. Certainly not a good omen for the summer to come.

Once more we have had a very active month as you will see from the newsletter. I was particularly impressed with our tour of the Quarantine Station organised by David and Jill. We are so lucky to have such interesting history in our backyard. During its 152-year history it quarantined more than 13,000 people and 580 vessels, recording approximately 572 burials across three cemeteries. The passengers were segregated by class, race and illness but all faced the shower block and were soaped down when they came ashore with carbolic soap which caused burns and blisters. Apart from the history it is a magnificent site, well worth a visit and we were very lucky to have beautiful weather.

Our very impressive September speaker was Anita Jacoby. Not one head nodded or eye shut! We were all fascinated by the places she'd been and the behind the scenes stories she told of the rich and famous she had interviewed. She reminded us that Steve Jobs famously said "the most powerful person in the world is a storyteller. The storyteller sets the values, vision and agenda of an entire generation to come". Anita certainly was a great storyteller.

Later this month one third of our members will be leaving for our trip to Jindabyne and the Alphine region of NSW. This is our first overnight trip for several years and we are all looking forward to it immensely. Thank you David for your organisation. Remember to bring something Blue and/or Yellow to wear on the night we celebrate Probus's 50th birthday whilst on tour.

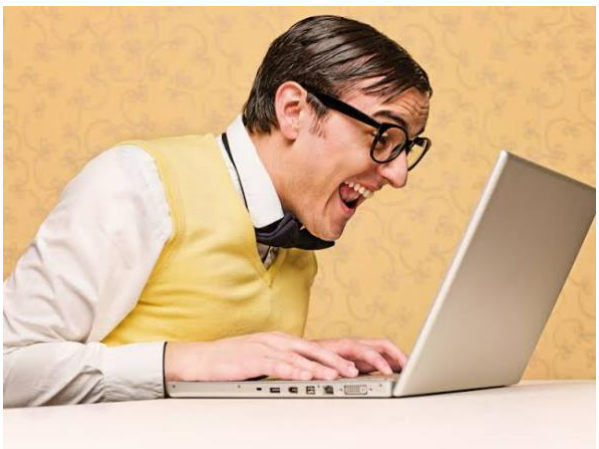
We will also be celebrating this event at the October General meeting. Once more a Blue and/or Yellow theme.
Probus clubs were originally initiated as an offshoot of Rotary Clubs which are for business people and their primary function is to raise money for the community. Whereas Probus clubs function solely to providing social engagement and connection for older members of that same community. Approximately 1500 Probus clubs have been created across Australia and New Zealand in the last 50 years. Our club certainly provides plenty of opportunity for us all to participate in our activities and have a great deal of fun and friendship. On that note we have many new members so please make sure to make them feel welcome. Although many already know members It is very daunting to walk into our noisy meeting and not know anyone.
Our Christmas Lunch is not far away so please save the date Monday December 14 and make up your tables at the October meeting.

Best wishes to all.
Robin Pitt

Message from the Australian President of Probus

The PSPL team have prepared a 4 minute video to celebrate the 50 years of Probus and you are welcome to view it by clicking HERE.
Our plans are to have a special 50th Anniversary Dinner whilst on the Alpine Tour, and to celebrate the 14th birthday of our own club at our October General Meeting on Monday 26 October.

OPPORTUNITY – For those seeking a bit more technical knowledge



There is a new initiative offered at Glenrose Shopping Centre for older folk who would like to get a better knowledge of their phone, iPad, laptop, tablet etc. It brings together young people with technical knowledge and older people with life skills – and the plan is that both will benefit. And it is FREE!

All the details are at this LINK.

You need to book a session by ringing a number, or by using the QR code in the notice!

Snippets



- Another very healthy attendance at the September meeting – 100 members and 3 visitors. And 23 apologies.
- Membership now at the 139 level.
- Sue Steedman won the lucky Birthday prize in September.
- President Robin thanked Forest Hotel Functions Organiser Kylie Henderson for her assistance over the last 5 years. Kylie has moved on to another job.
- We enjoyed a very interesting speaker at the September meeting – Anita Jacoby AM. (Details below.) And it reminded us of how lucky we are to get to hear from these speakers who are a real highlight at each meeting. Well done Sandra, for organizing all our speakers.
- If you are interested, here is a list of the speakers we have enjoyed over the last 5 years. The list is HERE.

MEMBERSHIP Matters

We need your help! Please make sure that your contact details are up to date. Have you changed your address? Do you have a new phone? Maybe a new email address?
Please keep Membership Officer Ron up to date with all these details – they may become very important if we need to contact you!
Email Ron at probus.forest.belrose@gmail.com

New Member – Jenny WEBB



Jenny started life in Grafton but has been in Sydney most of her life. She has 3 sons - in Bali, Coffs Harbour and Sydney.

Jenny's career had her working with Orthopaedic Surgeons but after formal retirement she has reduced her days to a "work from home" role keeping the correspondence current for one surgeon.

Jenny has had an easy transition into our Probus Club, with her connections to Wakehurst Golf Club, the Willandra Bungalows and from school connections around Forestville – she knows half our members already!

Welcome to Probus, Jenny

Our September Speaker – Anita JACOBY AM



Anita has achieved an impressive record as a producer of very well known television programs. She explained the different roles of producer, executive producer and director.
She shared the executive producer role with Andrew Denton on a number of ABC series – Enough Rope, Elders etc. And she worked on 60 Minutes for many years.
The interviewees she discussed with us were all quite famous people and she brought out some of the 'behind the scenes' issues that they faced:

- Richard Harris – in his robe clutching a whisky and cigarette
- Helen Mirren – with a deep love of Australia after an early film role here
- Earl Spencer – with his distrust of the Royal Family, and by coincidence, a major news story even today
- Garth Brooks – who sold more albums than the Beatles!
- Sorrel Wilby – requiring many mules, big AMEX credit card limits and a mountain trek to the interview site.

A series called Elders – was "*seeking to share their wisdom*" and included Muhammed Yunus of Bangladesh, Clive James, David Attenborough, Alan Alder of MASH, Elizabeth Murdoch, and others.
Her team's technique was to do extensive research so that their interviews covered unusual territory that others had overlooked. And this worked well with Mel Brooks, Alan Bond and Rolf Harris.
Some of the more notorious interviewees included Rose Porteus, Mohammed Al-Fayad, and Christopher Skase. And then there were very sensitive issues raised with the victim's families of Ivan Milat and the "post-Monica" interactions of Bill Clinton with his daughter.

This was a life well lived and Anita brought it to life in a fast paced discussion that had all members entranced.

Diane Brook thanked Anita on our behalf.

Our Next Speakers

Sandra Summergreene continues to find interesting speakers for us:

- **26 October 2026**
- **Nadia Williams**, and her topic is 'Stepping On', talking about preventing falls in the elderly.
- **23 November 2026**
- **Stephanie Stoddard**, Regional Manager for Life Care (War Vets,) to speak about the History of the War Vets complex at Narrabeen.

Wrap with Love



Janice showed us a new wrap comprised entirely of squares provided by the knitters at the War Vets.
And Max provided even more War Vets squares for more wraps.

The sewing bee at Janice and Bob's house on Wednesday 30 September was very successful. In fact, there is a full length movie (well not quite full length!) showing the willing workers 'on the job' right HERE.

Well done Janice and the team. You are doing good work.

Recent Events

Sunday 6 September
Sunday Brunch at H2O
Another enjoyable brunch for those who enjoy company on the first Sunday of the month.



Friday 11 September
Gospel According to Paul at Glen Street.
A very witty performance with so many current political themes.

Monday 14 September
Men's Breakfast
Maintaining their deep and thoughtful approach to life.

Monday 14 September
Ladies Lunch at Terry Hills Golf Club
Another enjoyable outing for our "Ladies who Lunch".



Friday 18 September
Quarantine Station Manly Visit
An excellent tour of a very historic local attraction. Many tales of the ravages of disease in the olden days and some surprisingly recent uses of the facilities too. A most enjoyable visit.



Thursday 1 October
Indian Feast at Forestville
A tasty feast at a new Indian Restaurant in Forestville. Good fun for all.



Sunday 4 October
Brunch at H2O
A beautiful day with friends in Narrabeen. Followed by some with an art show and a lake walk. Come and join us next month. All welcome.



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

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.

Men's BREAKFAST
8am Monday 12 October

All male members are very welcome to join the team at Tastebuds at the Hills Nursery on Mona Vale Road – every second Monday of the month. Please contact Tim O'Sullivan if you have not been before.

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

Departure day is getting close. We had a preview session on Wed 23 September where organiser David explained the important details to all travellers. The full outline of the trip is available HERE. (Note - 2 pages!)



And the most important detail – the bus is due to depart from Blackbutts Road, Belrose at **8.15am on Sunday 18 October 2026**.

We recommend you get there at least 20 minutes before departure.

10.30am Sunday 1 November
Brunch at H2O

Come and join the regulars at brunch by the Lake at Narrabeen. H2O has great food options and the company is special.

12pm Tuesday 13 October
Ladies Lunch at Club Willoughby

A new venue but one which is highly recommended. Easy parking. Good menu. Come and join the fun. Contact Lynne Findlay on 0418 291 837

CLUB WILLOUGHBY
Willoughby Legion Ex-Services Club Ltd

3.00pm Friday 13 November Picnic / Get Together



Due to the cancellation of the Naval Cruise, we have decided to have a Picnic / Get Together at **Clontarf Reserve** at 3 pm. Entry from Sandy Bay Road Clontarf. You will see our "campsite" quite close to the car park. This is a BYO event. Bring your own chair, drinks, food, and sense of humour. It is not a Naval Cruise, but you will still be close to the water!! Mark your diary.



3.00pm Thursday 26 November Barefoot Bowls at Belrose Bowling Club

Our second session. Tuition and bowls provided. A fun introduction to lawn bowls. Cost is $20. Free if you just want to watch the mayhem! We already have a big list, but you are welcome to add your name at the October meeting. And you can wear flat shoes or go barefoot if you wish.
And why not stay on after the bowls to have dinner at the club with us.
Sign up at the October meeting.

And **please pay your $20 into the Probus Account as soon as possible** as we need to know the numbers to help with planning at the bowling club.

Monday 14 December 2026. CHRISTMAS LUNCH at Wakehurst Golf Club

A tantalizing menu is being prepared:
Starters:

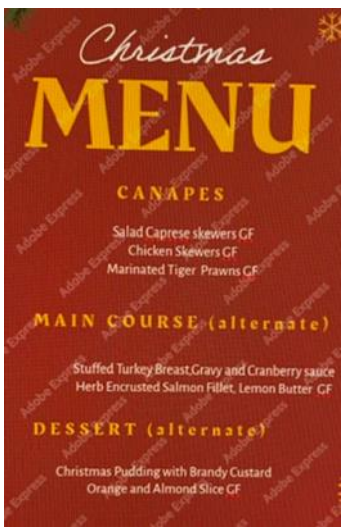
- Salad Caprese Skewers
- Chicken Skewers
- Marinated Tiger Prawns

And the main is alternate serves of:

- Stuffed Turkey Breast, Gravy and Cranberry Sauce
- Herb Encrusted Salmon Fillet with Lemon Butter

Followed by alternate serves of:

- Christmas Pudding with Brandy Custard
- Orange and Almond Slice



Costs have increased but your club is able to keep the price at **$80 per head** with bubbly to share with your starter, and wine on the table.

This is always a fun event with some quizzes and prizes. A great way to finish the Probus year.

The booking sheet, table by table, will be available at the October meeting.

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

And some dates for the future:

Monday 16 November – Ladies Lunch – venue to be confirmed.

Thursday 3 December – Food and Wine Dinner at the Austrian Club. Come and enjoy the new Thursday night menu.

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. **We strongly recommend the Direct Deposit method as there are new costs associated with our Square credit card method – but it is still available in need.**
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, or from another specific date for the particular tour, 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



SUNDAY BRUNCH

Held from 10.30am on the **first Sunday each mon**th, often at H2O Café in Narrabeen. All are welcome. But locations can change. Contact Jennifer Weirick on 0412 454 779 if you would like to join the happy brunchers.



LADIES LUNCH

Organised by Lynne Findlay. Normally once per month at various venues, clubs, hotels restaurants. Booking sheets normally at each meeting.



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 .



BOOK CLUB

Our book for **September** was "Enid" by Robert Wainwright – a biography of Enid Lindeman, granddaughter of Henry Lindeman, the Hunter Valley wine pioneer. It details the scandalous life of a glamourous Australian who dazzled the world. Born in 1892, Enid would outlive four husbands and live a life of enormous wealth and privilege amidst controversy, hardship and tragedy. She died in 1973.

After discussion of the book and a break for coffee, we have a short trivia quiz and end the meeting with a joke.

A reporter goes to visit an inventor who claims to have invented a machine which will always give you a truthful answer to any question you ask it.

He asks "Where is my mother?" The machine replies "She is at her Book Club and they have just reviewed To Kill a Mockingbird and are now having sandwiches". The reporter phones his mother to check the accuracy and she is indeed at her Book Club having sandwiches.

So he then asks "Where is my father?". The machine replies "He is fishing in Scotland".
"Ha" says the reporter to the inventor "I've caught you out. My father has been dead for fifteen years".
The inventor looks troubled and then says "Maybe you should rephrase your question".
So the reporter asks "Where is my mother's husband?".

The machine replies "Your mother's husband is dead, but your father has just caught an 8lb trout."
Barbara Vinall is the coordinator of the Book Club. They meet on the first Wednesday of each month. They currently have a full complement, but you can let Barbara know if you would like to join in the future. 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

MOST IMPORTANT

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

We need to know that you are OK.
Please let us know if you are not planning to attend a meeting.

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 / Brunches:	**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 26 October
2026