



Probus Club of Avoca Beach Inc.

NEWSLETTER

Issue: 393 Monday 15th June 2026

Life Members : Roy Crump, Dennis Elliott,
Jan Heinrichs, Jock Plimmer, Barry Porter.,

Management Committee

President:	Peter Ayton	0404 615 090
Vice President:	Pamela Spencer	0400 396 542
Secretary:	Dorothy Harper	0419 310 685
Treasurer:	Joan Flynn	0419 997 573
Guest Speakers:	Peter Mear	0401 346 824
Membership:	Sue Roe	0422 771 070
Asst Secretary	Barbara Chalmers	0427428 721
Asst Treasurer	Maureen Bell	0409 778 141
Asst Editor	Barry Tobin	0417 260 833
Asst Membership	Joan Flynn	0419 997 573
Asst Guest Speaker	John Evans	0414 997 273
Social Activities:	Paul McInnes	0412 524 815
Catering Liaison:	Sue Roe	0422 771 070
Editor & Printing	Dennis Elliott	0412 049 020
Immediate Past Pres	Barry Tobin	0417 260 833

Ancillary Appointments

Attendance:& Welfare	Sue Elliott	0425 234 725
Social Activities:	Jenny Lucas	0411 021 913
	Val Allen	0433 131 774
	Judith McDonald	0412 795 620
Catering Team	Joy Kuiters	0432 684 445
	Jan Johnson	0407 631 686
Raffles (Meetings):	Wendy Noonan	0416 286 787
	Jan Johnson	0407 631 686
Raffles (Barbecues):	Merrilyn Self	0404 072 065
	Sue Elliott	0425 234 725
Book Exchange:	Joe Panozzo	0458 130 338
Website & Email	Barry Porter	0432 697 490
Auditor & Pub Officer:	Jock Plimmer	0427 877 851
Printing/Production	Dennis Elliott	0412 049 020
Probus Ambassador:	Barry Porter	0432 697 490

Interest Group Convenors

Golf Group Convenor:	Jock Plimmer	0427 877 851
Mexican Train Group:	Yvonne Hollis	0409 030 304
Mexican Train Group	Barry Tobin	0417 260 833
Walking Group	Jeanette Anderson	0422 161 893
10 Pin Bowling	John Hart	0402 020 026

EMERGENCY TELEPHONE NO

Social functions- Paul McInnes 0412 524 815

TODAY'S GENERAL MEETING

10:15am at Avoca Beach Bowling Club

Guest Speaker:

Trivia With a Twist

NEXT GENERAL MEETING

20th July 2026

PROBUS CLUB OF AVOCA BEACH INC.

PO Box 14 Avoca Beach NSW 2250

avocaprobus@gmail.com

www.probusouthpacific.org/microsites/avocabeach

General Meetings: 3rd Monday of the month

This Newsletter is for information of members of the

Probus Club of Avoca Beach Inc. and other Probus

Clubs and is not to be used for any other purpose

The Newsletter is available on the club website

FROM THE PRESIDENT

My Fellow Members,

ZIG ZAG RAILWAY OUTING: On Friday 15th May, 33 Members travelled via Connect Coaches to Clarence, West of the Blue Mountains for a memorable day trip. Ahhhh! The romance of steam travel, soot in your eye and a crick in your back as we enjoyed a part of history for over 3 hours,

traversing the switch back Zig Zag railway to Lithgow Valley and return.

Well done to the Social Activities team and the many volunteers who continually keep our history alive and well.

FUTURE PUB LUNCH VENUES: Following the cancelled open air picnic, we enjoyed an alternate lunch venue with excellent food and friendly staff at Elanora hotel at East Gosford. Sue Roe and her team do an excellent job on suggesting Pub and Club venues throughout the year.

We now ask for new suggestions to add to the 2027-2028 program. It's you, our members who enjoy and attend these various locations.

So, why not check out the following venues for a Monday lunch spot and report back to Sue or myself.

THE GRANGE AT WYOMING

THE WOY WOY HOTEL AT WOY WOY.

FORESTERS BEACH HOTEL AT FORESTERS BEACH.

To name a few!

Please check out and report menu pricing, and options, facilities, parking, also ambience.

Our suggestion box will be present at every General Meeting.

CHANGE OF ROLES: Peter Mear will now be our Speaker Organiser. John Evans will be our Assistant Organiser, for the remainder of 2026/2027.

Thank you to both for your valued skills in organising our much appreciated Guest Speakers.

MAY SPEAKER: Beverley Campbell, author of "Climbing Trees" A very moving personal account growing up in 1962 in Southern Rhodesia as a bare foot white child. Many of you purchased her book and hopefully will share her story with friends and family. You could have heard a pin drop throughout her presentation.

Yours in fun, friendship and fellowship.

Peter Ayton

FINANCIAL REPORT

Financial Statement – 22-04-26 to 19-05-26

Cash Balance	19,402.92
Plus Income	4,292.00
Less Expenditure	3,274.45
Cash Balance	20,420.47
Plus Deposits to Suppliers	1,795.00
Less Members pre-payments	13,335.00
Available funds	8,880.47

Joan Flynn Hon. Treasurer



Best wishes to everyone celebrating a birthday

Between 16th June to 20th July

23/6 Jenny Baker, 25/6 Jo Butler,

26/6 Charlie Galea, 28/6 Paul McInnes,

8/7 Wendy Noonan, 15/7 Rhonda Mitchell

A Very Happy Anniversary

*to everyone celebrating a Wedding Anniversary
this month*

WELFARE

Please let our Welfare Officer, Sue Elliott, know if any of our members are unwell and would welcome a friendly call.

**For apologies at our General Meetings please
phone or email our Membership Officer Sue**

Roe on

0422 771 070 or lsroe@outlook.com

**Pub Lunch @
The Grange Hotel Bistro
Pacific Highway
Wyoming
Monday 6th July
@ 12.00
(Own Cost)**

*Please tick (✓) your name on the booking sheet if you
will be attending.*

***Please Advise Sue Roe 0422 771 070
if you wish to cancel.***

Nothing to do over the weekend, so I thought I would start on upgrading the house. I knocked a hole in one wall and saw a room I had never seen before. Then I realised that I live in a duplex....

This Month's Event "Senior's Day at the Races"

Join us on the
18th June for a fun filled day at
the Gosford Race Course.

Cost \$55.00pp includes
Entry, Race Book, Seating in the
Lakeview Room, Lunch and tea
or coffee.



**May's Guest Speaker:
Bev Campbell's book
"Climbing Trees" is
available at Erina,
Gosford and Kincumber
libraries**

**Cnr Pacific Highway &
Renwick St, Gosford, New
South Wales**

At the age of 70, my Nana started walking 10 K's a day. She is now 92 and we have no idea where she is.

July's Social Event

Christmas in July @
Camden Valley Inn
23rd July 2026

Travel by coach, includes Lunch and
Entertainment
Cost \$120.00



21st August Outing:

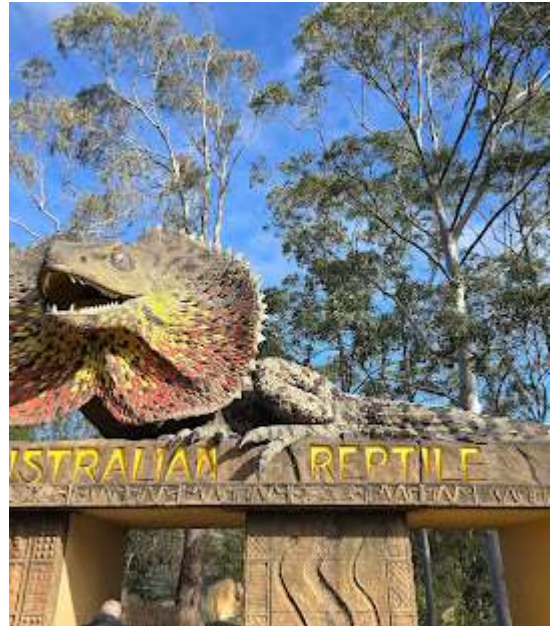
*Join us for a day out featuring
two of Sydney's top tourist
attractions:*

*Sydney Aquarium and Madam
Tussauds both for \$39.00pp
Travel by Opal Card with lunch
at own cost.*



*Some people cry when they cut onions.
The trick is not to form an emotional
bond.
You've got to be non-shallot*

Coming in September
Visit the Central Coast's
popular attraction
The Reptile Park at Somesby
Friday the 18th September



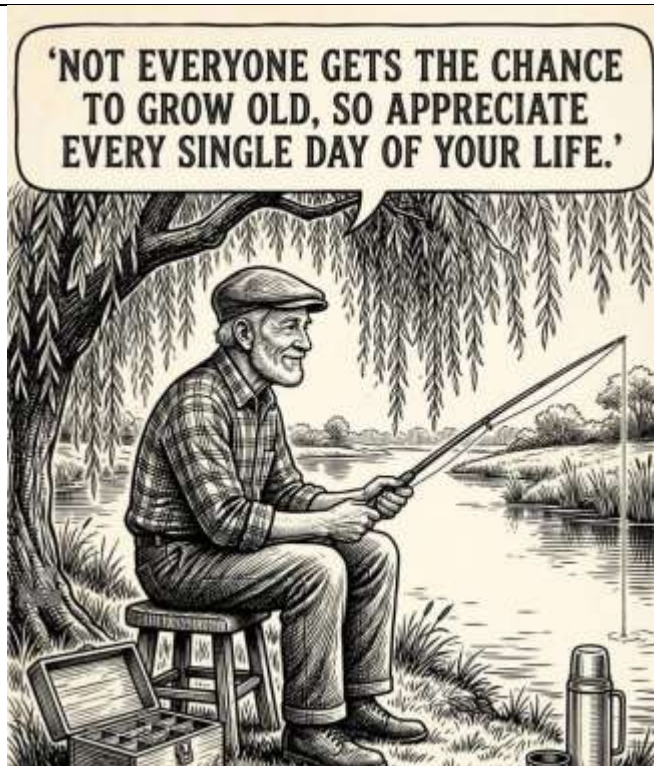
Enjoy a day out with lunch at
own cost (Bring a picnic)
Entry \$50.00 pp

My cousin got stung by a bee on the forehead;
He's at the ER now, his face is all swollen and
bruised; he almost DIED !!



Luckily, I was close enough to hit
the bee with my shovel !!!

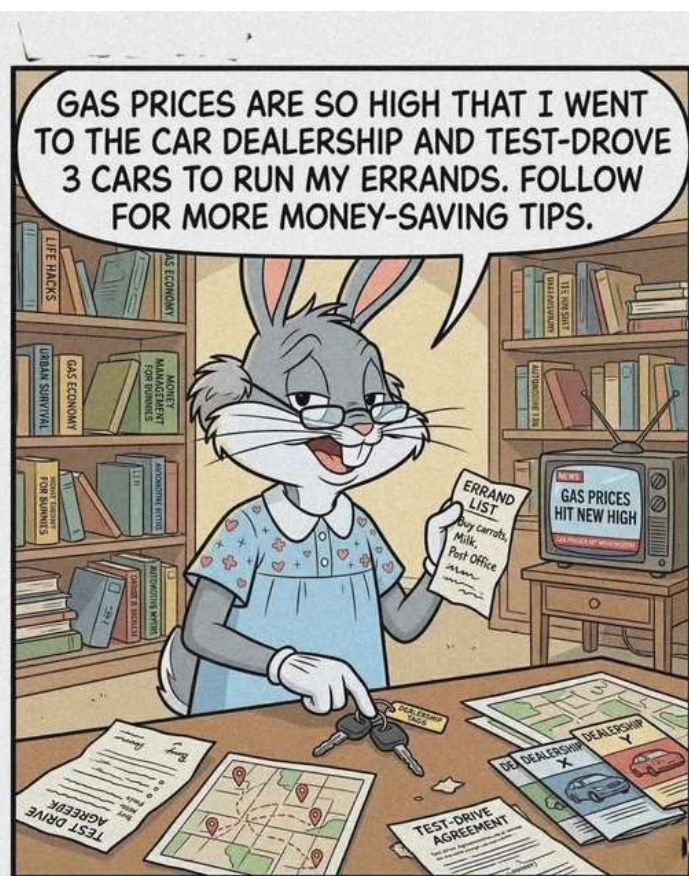
By the time a man wise enough to watch his step, he's
too old to go anywhere.



*Photos from our trip to the
Zig Zag Railway 15/5/26*



Club Holiday 8th to 13th November “Life of Riley” Next Payment \$400.00 Due July Meeting



Lastly, how did doctors come to the conclusion that exercise prolongs life, when the rabbit is always jumping but only lives for around two years, and the turtle that doesn't exercise at all, lives over 200 years.

Zig Zag Railway 15/5/26



What did the grape say when it got stepped on? Nothing - but it let out a little whine

Photos from zig zag



**Instead of a sign
that says,
"Do not disturb"
I need one that
says,
"Already disturbed,
Proceed with
caution"**



*Photos from Barry Turner's Farewell
14/5/26*

*Lunch with the Thursday Mexican
Train Group at the Kincumber Hotel*



*Farewell Presentation at Thursday's Mexican Train by
Patron's Peter and Heather Vinson*



**Presentation of the Outstanding Service Award to Barry
Turner for services to our Club including: Raffle Seller,
Assistant Treasurer, Treasurer and Assistant Treasurer
again, covering the period 2018 to 2026. Well Done Barry.**



Induction of:

**Patricia Kull and Julie
Keiper**

(Welcome to our Club)



Social Activities Program 2026



WHAT'S HAPPENING IN 2026

To add, alter or cancel booking please Contact
Social: Paul McInnes 0412 524 815 or
Jenny Lucas 0411 021 913
BBQ's & Pub Lunches: Sue Roe 0422 771 070
Meeting Apologies: Sue Roe 0422 771 070

If Possible, Please pay to attend social functions
 by online banking, or by cheque. Bank Details are
Westpac: BSB 032 596 Acc No 147818
Use your name plus the 4/5 letter function code

Ver3= 26-08-25

if

possible, please pay to attend social functions by Online banking, or by cheque.

BSB: 032-596 Account No: 147818 Bank: Westpac Reference: Your name + 4/5 letter function code

Monday 15 June	General Meeting at Avoca Beach Bowling & Recreation Club 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
Thursday 18 th June-	Day at the Races. Gosford Race Club Seniors Package. Includes entry, parking, reserved seating, race book, 2 course lunch, tea and coffee.	Bookings and Payment Contact: Paul McInnes	Race
Monday 06 July	Pub Lunch at 12pm at The Grange Hotel Wyoming. Own Cost.	Bookings by 17 June Contact: Sue Roe	
Mon 7 July – Fri 18 July	School Holidays		
Monday 20 July	General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
23 July	Christmas in July at Camden Valley Inn Lunch and Entertainment, includes coach travel. \$120. Maximum 35)	Bookings & Payment Contact: Paul McInnes Payment June Meet	Xmas
Monday 3 August	Pub Lunch at 12pm at Erina Leagues Club. Own Cost.	Bookings by 15 July Contact: Sue Roe	
Monday 17 August	General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	
21 st August	Enjoy an outing to The Sydney Aquarium & Madam Tussauds \$39 for both attractions. Travel using our opal cards & Lunch at own cost Attendees to pay at the venue	Bookings and Payment Contact: Paul McInnes	AQUA
Monday 7 September	Barbecue , 11am at Kincumba Mountain Reserve, Island View Drive, Kincumber. Cost: \$5. Pre-booking and cancellation advice essential. <i>Wet Weather Alternative: 12pm Elanora Hotel East Gosford. Own Cost.</i>	Bookings by 19 August Payment at Barbecue Contact: Sue Roe	
18 September	Visit to the Reptile Park at Somesby Enjoy a day out with lunch at own cost Possible Car Pooling Cost \$50 Includes Entry, Morning Tea and Animal Closeup. Attendees to pay at the venue	Bookings By Contact: Paul McInnes	Snake
Monday 21 September	General Meeting at Avoca Beach Bowling & Recreation Club; 10.15 am. Lunch at The Table Restaurant, ABBRC. Own cost.	No bookings required	

SPECIAL INTEREST GROUPS

GOLF	Each Wednesday, 10:30 @ Breakers Country Club, Wamberal	Contact Jock Plimmer
Mexican Train (1)	Each Thursday, 1:30 pm @ at the Elliott's Home	Contact Yvonne Hollis
Mexican Train (2)	The 2 nd & 4 th Mondays @ ABBC at 1300	Contact Barry Tobin
WALKING GROUP	Each Tuesday @ 09:00 meeting point to be advised Walk commences at 0910	Contact Jeanette Anderson
10 PIN BOWLING	Second Monday of the month @ 10:00 am contact John Hart	Contact John Hart