

Newsletter

FROM THE PRESIDENT

Dear Fellow Members, Partners and Guests



Last month saw the passing of our beloved long reigning monarch Queen Elizabeth II, and the proclamation of her successor, King Charles III. Sadly, we also noted the passing of one of our long-term stalwarts and past presidents, Martyn Chapman.

As the saying goes, it's a new dawn, it's a new day - it's a new life. And now we are well into spring!

Robin Frith led a small and select group on a tour of Norfolk Island from 16 to 23 Sept. Despite a mini outbreak of gastro on the island, everyone survived and enjoyed the tour very much. It is such a beautiful and historic place. The small reef off Emily Bay appeared healthy, and very much resplendent with diverse marine life. And it was great to see the return of tourism to Norfolk. Of course, the group also took the opportunity and acted out as 'convicts'.

In the meantime, our hard-working Graeme Adam has arranged two marvellous upcoming outings for us – the Jacaranda Cruise and Lunch on board the historic R.A.N. motor launch Harman on Tue 25 Oct, and a tour of Mt Tomah on Tue 22nd November. Early indication is that both are very popular and are well subscribed. Well done, Graeme, and a very big thank you!! See elsewhere in this newsletter for further information.

Barry Stone does a fantastic job of keeping our programme of guest speakers running seamlessly. He tends to include one health related topic each year, and it is coming up in our October meeting - on stroke awareness and prevention. It will be delivered by Graeme Cocks, a StrokeSafe Volunteer and a stroke survivor himself. I am certainly looking forward to his presentation with keen interest.

Yiu Lam Kwan, President

Club Activities for Diary

Friday 14th Oct Lost Soles - Government House and Royal Botanic Gardens

Tuesday 25th October Jacaranda Cruise and Lunch

Tuesday 22nd November Blue Mountains Botanical Gardens (Mt Tomah)

Tuesday 13th December Christmas Lunch Manly Golf Club

NEXT MEETING

This month's meeting will be held on **Tuesday 11th October from 10.30am** in the **Norths Leagues Club Auditorium, Abbot St,**

Cammeray. **Entry from 9.45am.**

- 10.30 - 10.50 General business
- 10.50 - 11:00 Personal Corner
- 11.00 - 11:20 Morning Tea
- 11.20 - 12:20 Guest Speaker
- 12.20 - Questions and Wrap Up

Personal Corner

Tony Robinson

I spent the first 35 years of my life in New Zealand and now have lived in Australia for 35 years after immigrating here in 1987. I have lived in Cammeray for 17 years. My career spans a diverse range of jobs in sales, coaching and business writing. Tessa, my wife of 40 years, works as a rehabilitation nurse at Lady Davidson. My interests include walking, golf, tennis, travel, reading and volunteering.

New Member

Welcome to **Alan Hauserman**

- **Professional** FSAA
- **Career** Superannuation and Employer Benefit Counselling
- **Last Position** Director/Consultant EB Consultants Pty Ltd
- **Interests** Travel, Opera, Classical Music, History
- **Residence** Alan and Janet live in Kirribilli

Norfolk Island "Convicts"



Lost Soles visit a Sydney Icon



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Vice President
Ian Ashbrook
Imm. Past Pres
Roger Freney
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Committee
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David Bruce-Steer
John Beckhaus
Ross Bruwel
Peter Davenport
Kevin Fitzpatrick
Ted Kraegen
John Metcalf
Barry Stone
Peter Turner
Michael Walker

OTHER ROLES

Archivist
Kevin Fitzpatrick
Bowls
Peter Cornish
Cashier
Philip Brook
John Hirst
Cycling
Bob Pearce
Golf
Murray Mair
Hon Auditor
David Lloyd
Hospitality
Michael Walker
Lost Soles
Strollers
Stewart Horwood
Meetings
Michael Walker
Membership
Peter Turner
Minute Secretary
John Beckhaus
Movies
David Bruce-Steer
Music, Art
John Brooks
Gerald Christmas
Newsletter
Ted Kraegen
David Bruce-Steer
Postman
David Bruce-Steer
Sailing
Ross Bruwel
Speakers
Barry Stone
Tennis
Peter Turner
Tours, Outings
Graeme Adam
Website
David Bruce-Steer
Welfare
Kevin Fitzpatrick

DETAILS OF UPCOMING ACTIVITIES

Jacaranda Cruise aboard historic R.A.N motor launch "Harman" Tuesday 25th October

Payment due - \$62 per person for Cruise and Lunch, If you have signed on, please pay by Bank Transfer BSB:082 302 A/c. 288695672. NAB Neutral Bay. Name: Probus Club of Neutral Bay. Please include your name when making payment. Full details are in emailed flyer

Blue Mountains Botanic Garden and Lunch at Kurrajong Tuesday 22nd November

Starting at 8am at Norths, back at Norths by around 5pm. Full details are in emailed flyer.

COST: \$50 per person covering guided tour and coach. Lunch: order and pay.

Sign-on due. Some who expressed interest in this outing have yet to sign on. Please do so by emailing Graeme Adam at outings@probusneutralbay.org or on sign-on sheet at October meeting. Sign-on is still open for other members.



Probus Neutral Bay Christmas Lunch Tuesday 13th December

A sumptuous festive Christmas Lunch with all the trimmings, always a much anticipated Probus Neutral Bay event.

VENUE: Manly Golf Club, 40 Balgowlah Rd. Drinks and canapés from 12 noon.

Sitting down at 12.30pm. Locate table by viewing table-placing list.

Free parking in car park. If wheel-chair access is needed, please let us know beforehand.

THE MAIN EVENT: Main course and dessert (both alternate serves), tea and coffee.

Mains' choices are slow-cooked turkey or pan-fried barramundi. Choice of red and white wines. Contact us if gluten-free preferred.

HOW: Sign on with Graeme Adam at outings@probusneutralbay.org or on sign-on sheet

October or November meeting. For planning, it would be appreciated if you could sign on and make the payment no later than 3rd December.

TABLE PLACINGS: Please indicate on sign-on sheet if you would like to host a table or alternatively nominate a particular person(s) you would like to sit with. There are tables of eight and ten.

COST: \$90 per person, (significantly subsidised by Probus). Please pay by bank transfer by 3rd Dec BSB:082 302 A/c. no: 28869 5672. NAB Neutral Bay. Account Name: Probus Club of Neutral Bay. Please include your name when making EFT payment.



OTHER ACTIVITIES.

Neutral Bay Probus Beginners Croquet Group. Mondays 1pm to 3pm Chatswood Croquet Club. Contact Rob Wright on 0416 161 863

Roll Up Lawn Bowls every Wed morning at 10 am at Norths Greens, St Leonards (near North Sydney Oval). Call **Peter Cornish on 0421 012 538** for more details. All regular players and beginners are welcome to play and socialise.

Tennis. Venue is Willis Park Eastern Valley Way Castle Cove courts. From 10 am to 12 pm on the first and third Tuesday of the month, followed by coffee and a social chat. All members are welcome. Please contact **Peter Turner 0428 611 456** for details.

Golf Murray Mair welcomes all members to play, generally on Fridays on a local course. Please contact **Murray on 0419 488 609** for details.

Cycling We have a very active, regular cycling group led by **Bob Pearce on 0400 291 373**. Normally Monday rides start at 10 am and Saturday rides start at 7.30 am from Milsons Point Railway Station or from Observatory Hill at 7.35am . **Extra Riders Welcome!**

Sailing Ahoy! For a great day on a comfortable cruising yacht, the "Renada", please contact **Captain Ross Bruwel on 0421 817 106** for information or to book a place. Next sailing date **Tuesday 18th October**. Pick up at Middle Harbour Yacht Club at 10.30 am.

Movie Enjoyment? At the Orpheum, Cremorne on the 4th Monday of the month. Contact **David Bruce-Steer on 0455 655 451**.

Bridge. Please contact **John Pike** for details on **0403 007 273**. Typically an online game lasts for about 1.5hours, at 4pm each Thursday

Lost Soles Strollers. Friday 14th October. Botanic Gardens, Government House and Opera House Meet 10.00am in front of the old Customs House at Circular Quay, then stroll up to the Government House Garden entrance, walk around the scenic East Terrace and through the Botanic Gardens (hopefully with Spring colour) to lunch in the kiosk. Then another pretty garden walk to the Opera House forecourt and Circular Quay. About 4km, no steep hills/stairs. Bring photo ID in case needed for entry to Government House gardens. Please email **Stewart Horwood** if you are coming, stewh444@tpg.com.au.

October Guest Speaker

Graeme Cocks

"StrokeSafe!- Stroke Awareness and Prevention."

Graeme Cocks is a volunteer with **StrokeSafe**, trained in public speaking and experienced in delivering life-saving messages about strokes. He had a stroke in 2019 while he was at home. So, while he will present common information about strokes and their prevention, he will also draw on his own personal experiences. This makes his talk different – and very powerful.

Graeme will discuss:

- What a stroke is
- How to recognise the signs of a stroke
- What to do if someone is having a stroke
- How to prevent a stroke

This is not a pleasant subject but an essential one. You may save a life.



November Speakers:

Anne Jackson and Pauline Carr

"NURSING IN SOUTH SUDAN"

This is sponsored by KWIKCOPY 6/129-133 Military Rd Neutral Bay ph 9953 3077

Your Committee uses us for all their photocopying and printing needs