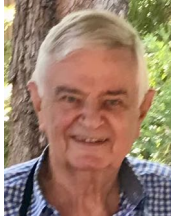


Newsletter

FROM THE PRESIDENT



Dear Members, Ladies and Visitors

It was good to see so many of you at the September meeting and to have such a diverse meeting starting with a most interesting Personal Corner by Barry Partridge, supported by photographs, covering his time in PNG in the 1970s and 80s. This was followed by our guest speaker, Richard Broinowski, a former senior diplomat, whose wide ranging perspective of Defence procurements against the background of ongoing

and emerging international relationships (G7, BRICS, AUKUS, ASEAN, ANZUS etc), encompassing the major powers and their own difficulties with leadership and emerging challenges, was fascinating and particularly being from someone who has been so immersed in the detail in the past. This was an excellent update on Richard's previous presentation 18 months ago and complementary to the presentation by Stephen Loosley in 2022 and like many of these perspectives, multi faceted and all based on different opinions. Our thanks to Barry Stone for the not insignificant effort required to secure these high level speakers.

On 18Sep a group of 10 'Strollers', led by Stewart Horwood, spent a most pleasant time in Dee Why exploring Stony Range Gardens, a fascinating oasis in the middle of suburbia, which we then followed with lunch in Dee Why. Stewart has two more strolls planned this year, before breaking for the warmer months. October's stroll will cover Greenwich and November will be from Cremorne Point to Mosman Bay, followed by a bus ride to lunch at The Duck, Mosman Hotel. Check the Newsletter for the fine details and, if you are not inclined to 'strolling', why not just join Stewart and the Strollers for lunch.

Talking of lunch, the lunch at Parliament House on 25Sep, was excellent and followed a well run tour of the Anzac Memorial in Hyde Park with excellent guides. Felicity Wilson MLA joined us for lunch resulting in some lively conversation. Many thanks again to Tony Michaels for another well organised activity that ran like clockwork.

On the domestic side, unfortunately the second coffee machine, requested to alleviate delays, failed last meeting, resulting again in slow coffee service. This has been raised again with Norths and, hopefully, can be addressed.

Also, please don't forget the Book Exchange being run, during morning tea, by Alan Hauserman on the table near the Activities Coordinators. If you haven't brought a book, don't worry if there is something there that appeals, I'm sure that won't be a problem. There were some beautiful books there in Sep.

And, why not join us for lunch at Norths after the meeting? Barry Friere has arranged for a couple of large tables to be reserved so, new members particularly, please come and make yourself known.

Ian Ashbrook, President

NEXT MEETING

This month's meeting will be held on Tuesday 10th October from 10.30am in the Norths Leagues Club Auditorium
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

Club Activities for Diary

Mon 16th Oct Lost Soles Stroll Greenwich
Fri 27th Oct Navy in Sydney Harbour Cruise
Mon 20th Nov Lost Soles Stroll Cremorne Pt
Fri 24th Nov Bundanon Tour
Tue 12th Dec Christmas Lunch

Personal Corner

Dr Enda Bannan

Enda, born 1943, grew up and graduated in Medicine in Ireland, working as a Consultant Psychiatrist in Dublin. In 1986 he moved to Sydney, sponsored as a Psychiatrist. He and wife Patricia Boland have four married children and eight grandchildren.

Lost Soles: Stony Range Gardens



Report on Anzac Memorial Tour and NSW Parliament House Lunch



On a beautiful late spring morning 30 Probus members gathered at the Anzac Memorial in Hyde Park to attend a conducted tour of this remarkable monument and museum, commemorating service and sacrifice by so many Australian and NZ men and women. We were divided into two groups with experienced guides to conduct us through the Memorial. Although fund raising began following WW1 it was not until 1925 before construction began. Work was completed by 1934 and the Memorial was opened and dedicated by the Duke of Gloucester, son of the King, on 24 November 1934. We toured the Galleries and the exhibitions that now form part of the Hall Of Remembrance. Our Guide explained the architecture and the rich marble carvings that cover the walls and at 11.00 hrs we all stood in silence for the reading of The Ode and playing the Last Post. Following the tour 21 members strolled via Hyde Park to NSW Parliament House and enjoyed a relaxing lunch at Strangers Dining Room where we were joined by our local MLA Felicity Wilson who worked the room and made her personal greeting to every member present. **Tony Michaels**

COMMITTEE

President
Ian Ashbrook AM
Vice President
Reg Richardson AO
Imm. Past Pres
Yiu Lam Kwan
Secretary
Brian Thomas
Treasurer
Barry Friere
Committee
Graeme Adam
John Beckhaus
David Bruce-Steer
Ross Bruwel
Kevin Fitzpatrick
Ted Kraegen AO
John Metcalf
Tony Michaels
Barry Stone
Peter Turner
Michael Walker

OTHER ROLES

Archivist
Kevin Fitzpatrick
Bowls
Peter Cornish
Cashier
Philip Brook
John Hirst
Cycling May.
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
Yiu Lam Kwan
Postman
David Bruce-Steer
Sailing
Ross Bruwel
Speakers
Barry Stone
Tennis
Peter Turner
Tours, Outings
Graeme Adam
Tony Michaels
Website
David Bruce-Steer
Welfare
Kevin Fitzpatrick

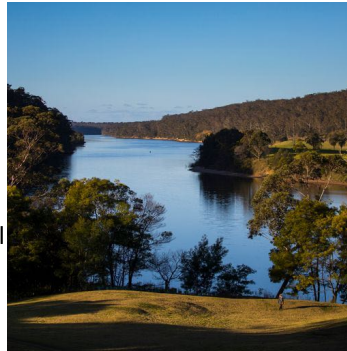
Lost Soles Strollers. Greenwich Point, Bay Walk, Lunch Lane Cove Pub Monday 16th October

Catch the Woolwich ferry from Circular Quay at 09.45. From Greenwich wharf we stroll to the famous harbour baths past the old village PO site, then along local streets past impressive homes to join the coastal walk to Shell Park (bush trail with some short groups of well-made steps). Then 265 bus to Lane Cove for a pub lunch, then home under our own steam. About 3+ km. **Express interest by email to Stewart at stwh444@tpg.com.au.** Weather forecast will be included in reminder email.

Tour of the New and Old Bundanon: Friday 24th November

Comprehensive tour of the homestead and studio of celebrated artist Arthur Boyd, light lunch at the new Ramox Café, viewing of the new Art Museum and stunningly beautiful surrounds to this budding artists' enclave. Coach leaves Norths 7.45am sharp, returning approx. 6.30pm. Sign-on with **Graeme Adam** at Probus meetings or via outings@probusneutralbay.org. \$107 per guest, Pay by Bank Transfer BSB:082 302 A/c. no: 28869 5672. NAB Neutral Bay. Name: Probus Club of Neutral Bay. Please include your name when making EFT payment.

Note: Now fully subscribed but a waitlist will be set up.



Probus Neutral Bay Christmas Lunch: Tuesday 12th December



Manly Golf Club. 12 noon. Sign on with Kwan at outings@probusneutralbay.org or on sign-on sheet at October or November meetings. Please indicate in the email or sign-on sheet if you would like to host a table or alternatively indicate a particular person(s) you would like to sit with. If neither of the above, we will place you at a congenial table. Cost: \$95 pp. Please pay by Bank transfer as above.

OTHER REGULAR MONTHLY ACTIVITIES

Neutral Bay Probus Beginners Croquet Group. Mon 1 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 Tuesday of the month. Tennis is 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. Pick up at Middle Harbour Yacht Club at 10.30 am. **Next Sailing date Tuesday 31st October**

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

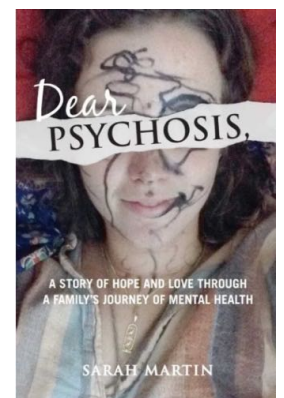
Bridge. Please contact **John Pike** for details of online bridge on **0403 007 273**. Typically a game lasts for about 1.5hours, at 4pm each Thursday.

October Speaker Sarah Martin "Breaking the Silence of Mental Ill Health – One Family's Story"

In 2015 **Sarah Martin** received a text, saying that Alice, her 21-year-old daughter was having some mental health issues and was in trouble. Alice was last seen in Turkey, whilst Sarah and her family were at home in Australia. This account is a rollercoaster, as Sarah begins a race to rescue Alice from what appears to be a psychotic break, in a city thousands of miles away..... and the trauma that ensued. Most of all, it is a story of recovery, hope and the power of family.

Sarah was initially an experienced theatre nurse, with an extended family of medical professionals, but nothing could have prepared Sarah for navigating this episode. Following on from this experience Sarah achieved accreditation in mental health first aid and is now a mental health officer. With her daughter Alice, she is also a Peer Ambassador with SANE Australia. **Sarah will present a heartfelt account of her story.** It was presented on Channel 10's 'The Project', with Waleed Aly.

"**Dear Psychosis**" is Sarah's first book and describes not only the dramatic rescue of her unwell daughter from Turkey, but the ongoing impact of helping a loved one deal with mental illness.



November Speaker Robin Frith "Computer, Communications and Information Technologies Over the Ages"