



# Newsletter

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## FROM THE PRESIDENT



Our sporting cynosure in recent times has switched to the Paralympics where people with extreme physical challenges show enormous strength and courage.

Matt Formston was diagnosed with macular dystrophy at the age of six which gives him 3 per cent vision suffered bullying at school as he attempted to be as able bodied as his peers. His father said whenever Matt faced an obstacle he found a solution with resolution and resourcefulness. He became a world class cyclist winning numerous world championships, setting world records in the process.

He became a surfer, swimming with a person with sight, and succeeded in winning three world championships. He surfed the Nazare in Portugal famous for its enormous waves up to 30 metres high, and is featured in a documentary the Blind Sea being shown in 100 movie theatres around Australia.

Our country is famous for its cyclists and swimmers. Add Matt Formston to the list.

Many of Probus members are now facing a different form of challenge: that of ageing. Social contact is one form of of keeping it at bay, so I encourage you to turn up at meetings, maybe join social groups such as the Strollers, Pickleballers, Croquet players and/or go on the \$2.50 trips organised by Tony Michaels.

See you at Norths and isn't it great that Norths Bears are coming back to the NRL in a few years. My late father-in-law played for the Bears and when he died a few years ago they had not won the comp in over 100 years. Better luck this time around.

**Reg Richardson AO**

### **Presentation by James Kelly on 13 August - Postscript**

James is a partner in Owen Hodges lawyers, specialising in "Elder Law". He is currently the head of the Seniors Estate and the Residential Conveyance Team. His presentation "**Accommodation for the Elderly and Their Interaction with Estate Planning**" was extremely well received, covering key areas which are of keen interest to our members. This presentation was divided into three parts: **Retirement Village, Aged Care** and **Preparation of the Will**. Important aspects of this were recorded in the Meeting Minutes. If you want a copy, contact the Club Secretary (email: [brian.b.w.thomas@gmail.com](mailto:brian.b.w.thomas@gmail.com)).

## Contact Details for Upcoming Outings & Sporting Activities Leaders

<b>Sep 18</b>	<b>ANSTO Coach Tour</b>	<b>Ian Doig</b>	<i>outings@probusneutralbay.org</i>
<b>Sep 23</b>	<b>Lost Soles Strollers</b>	<b>Stewart Horwood</b>	<i>stewh444@tpg.com.au</i>
<b>Oct 25</b>	<b>2:50 Club</b>	<b>Tony Michaels</b>	<i>tonygmichaels@gmail.com</i>
<b>Nov 20</b>	<b>Blue Mtns Croquet</b>	<b>Ian Doig</b>	<i>outings@probusneutralbay.org</i>
	<b>Cycling</b>	<b>Rob Wright</b>	<b>0416 161863</b>
	<b>Golf</b>	<b>Bob Pearce</b>	<b>0400 291373</b>
	<b>Lawn Bowls</b>	<b>Murray Mair</b>	<b>0419 488609</b>
	<b>Pickleball</b>	<b>Peter Cornish</b>	<b>0421 012538</b>
	<b>Sailing (next sail on 17 Sep)</b>	<b>Murray Mair</b>	<b>0419 488609</b>
	<b>Tennis</b>	<b>Ross Bruwel</b>	<b>0421 817106</b>
		<b>Peter Turner</b>	<b>0428 611456</b>

## NEXT MEETING

This month's meeting will be held on Tuesday 10 Sep 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 - 12:30 Questions and Wrap Up

## Club Activities for Your Diary

- Wed 18 September**  
Day Tour- ANSTO, Lucas Heights
- Mon 23 September** : Lost Soles Strollers Barangaroo, Darling Harbour and the Metro
- Fri 25 October**: 2:50 Club Watson on the Rocks
- Wed Nov 20 - Fri Nov 22**  
The Blue Mtns & Zig-Zag Railway tour

## Personal Corner

This month's personal corner will be given by **Robin Frith**. He joined Neutral Bay Probus in 2020. Robin is a graduate of University of Tasmania. He has a long international career in the IT industry. He was also the president of the not-for-profit Tamar Lake project. He enjoys flying and walking. He lives in Mosman.

## Welcome to a New Member

We extend a very warm welcome to our new member **John Warner**. He owned and ran a printing business. His hobbies include motor bikes, camping, 4WD, building and exhibiting wooden boats. John and Michele live in Greenwich.

## Stop Press Christmas Luncheon

The Manly Golf Club will again be the venue for our favourite event. Put the date in your diary: **Tuesday 10 December**

## Woolwich Point Stroll Monday 19 August 2024



## DETAILS OF UPCOMING ACTIVITIES

### Day Tour to ANSTO and Lucas Heights - Wednesday 18 September 2024

Departs Norths at 8:30am and returns at approx. 5pm. Program includes Lucas Heights Discovery Centre Tour, lunch at Bundeena RSL (own cost), voyage across beautiful Port Hacking, and the Royal National Park. If you haven't already it is now time to pay **\$75/head** to the Probus Club of Neutral Bay. **BSB: 082 302, a/c: 28869 5672**. Please include your name and the words "Lucas Heights" when making the transfer. Also, you will need to supply details of some form of photo ID which you must bring with you on the day to gain access to the ANSTO facility. **Ian Doig**.



### Lost Soles Strollers - Barangaroo, Darling Harbour and the Metro, Monday 23 September 2024

We meet on the open space in front of the Barangaroo Metro station facing west by about 10.00am. Use the Metro, or train/bus to Wynyard with a short walk. We then walk around Barangaroo reserve (nice harbour views), then explore south through Darling Harbour to George Street near Haymarket, then to Central where we catch a train to Milsons Point for lunch at the Kirribilli Hotel. About 4km. Expressions of interest to **Stewart Horwood** please [stewh444@tpg.com.au](mailto:stewh444@tpg.com.au).

### Other Upcoming Activities

**Fri 25 October: Watson on the Rocks - a 2:50 Club Outing.** Combining bus, rail and Ferry we will explore the area around Watson Bay, and have lunch at Doyles or some place nearby. Meet at Circular Quay by 9.30 for the Ferry to Watsons Bay. Further details to follow. **Tony Michaels**.

**Wed Nov 20 - Fri Nov 22: Three-day Blue Mountain and Zig-Zag Railway tour.** This will be our exclusive tour, with more than 30 members and guests already signed up. However we still have room for a few more! **Ian Doig**.

## REGULAR MONTHLY ACTIVITIES

**Neutral Bay Probus Croquet Group** Mon 1 to 3pm at Chatswood Croquet Club. Additional players and beginners are welcome! Please contact **Rob Wright** on **0416 161 863**

**Pickleball** *Pickleball News* Thank you to Murray Mair who has kindly agreed to be the Pickleball organiser. Pickleball for September will be on Wednesdays 11th and 25th, but **from October to Christmas we have secured a permanent booking for Thursdays**. We know several keen pickleball players were unable to play on Wednesdays so reverting to Thursdays will provide the opportunity for them to return to the court. We are always looking for more players so if you have not tested your pickleball skills, please give it a go. No prior playing experience required. Contact **Murray** on **0419 488 609**

**Roll Up Lawn Bowls** There is room for a few more new members. We are a social bowling group that is associated with North Sydney Bowling Club, part of the Greens at North Sydney, and the Greens look after us well. We meet every Wednesday for a 10am start and play for an hour or so before we adjourn to the bar where we socialise and solve the nation's troubles. Once or twice a year we stay on for a social lunch. So, the main aim is social, but we have a healthy, competitive attitude to the game. If you do not own bowls, there are still sets available that the Greens may let us have. Parking at 10am at the Greens is not a problem. Call **Peter Cornish** on **0421 012 538** or **02-99098994** for more details.

**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** on **0428 611 456** for details.

**Golf** Golf play is on every 4th Friday at Warringah Golf Course for 9 holes beginning at 10am. More players welcome. Please contact **Murray** on **0419 488 609**.

**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!** Next sailing is on **17 September**. Join Ross on a beautiful day out on Middle Harbour. Contact **Ross Bruwel** on **0421 817 106**

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

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

### September Guest Speaker **Oliver Greeves** Horatio Nelson: Myths, Legends and Awkward Facts



Oliver is a direct descendant of Frances (Fanny), Viscountess Nelson. He has long been fascinated by her life and times and has travelled extensively researching her story and the turbulent times of the French Revolutionary Wars and the Napoleonic War. He has a PhD in history from Bristol University in the UK. His career spanned thirty exciting years in International Banking and Insurance, at senior levels first with Chase Manhattan Bank, then with MetLife. He was a cofounder of Pharos Institute, a Leadership and Strategy consulting company. In this presentation Oliver attacks the myth-making behind one of history's greatest legends, offering a fresh insight into the lives of British naval hero Horatio Nelson, his devoted wife Fanny and her son Josiah. It's a thrilling series of sacrifice, betrayal, battles and survival.

This is sponsored by KWIKKOPY 6/129-133 Military Rd Neutral Bay ph 9953 3077  
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October Guest Speaker: **Alberto Milguicci** "Gold, Lithium, Nickel. The Future of Australia"