



## PROBUS CLUB NEUTRAL BAY

www.probusneutralbay.org

# Newsletter

JUL  
2025

### MANAGEMENT COMMITTEE

#### President

Mike Walker

#### Vice President

Ted Kraegen AO

#### Imm. Past Pres

Reg Richardson AO

#### Secretary/

#### Public Officer

Ian Ashbrook AM

#### Treasurer

David Bruce-Steer

### OTHER MEMBERS

John Beckhaus

Ross Bruwel

Ian Doig

Kevin Fitzpatrick

John Metcalf

Barry Stone

Peter Turner

Enda Bannan

Nick Baines

Yiu Lam Kwan

### CLUB ROLES

#### Archivist

Kevin Fitzpatrick

#### Bowls

Peter Cornish

#### 2.50 Club

Brian Thomas

#### Croquet

Rob Wright

#### Cycling

Bob Pearce

#### Golf

Murray Mair

#### Hon Auditor

David Lloyd

#### Hospitality

Enda Bannan

#### Lost Soles Strollers

Brian Thomas

#### Meetings

Enda Bannan

#### Membership

Peter Turner

#### Minutes Secretary

John Beckhaus

#### Movies

David Bruce-Steer

#### Music, Art

Reg Richardson AO

#### Newsletter

Yiu Lam Kwan

Ted Kraegen AO

#### Pickleball

Murray Mair

#### Postman

Paul Shea

#### Sailing

Ross Bruwel

#### Speakers

Barry Stone

#### Tennis

Peter Turner

#### Tours, Outings

Ian Doig

#### Website

David Bruce-Steer

#### Welfare

Kevin Fitzpatrick



Hello Probus Members and Associates,

Following on from last month, I would like to highlight another committee member who maintains a low profile but is essential to the administration of our Club. John Beckhaus is our minutes secretary and club statistician. He produces both the committee and general meeting minutes. This role is crucial for maintaining a formal record of discussions, decisions, and actions taken during our club meetings.

I read a recent article regarding FALLS for older people. Falls are a major health concern for the older generation (those aged 67 and over). Falls are the number one cause of accidental injury and hospitalisation. One in four people aged over 67 will have at least one fall a year which will result in a loss of confidence or potential broken bones and a visit to hospital. There are things you can do to reduce your chance of having a fall around the home, being aware of trip hazards such as loose rugs, floor mats, electrical cords, wet or polished floors and spills, as well as being cautious around steps and uneven surfaces, particularly in the garden. I am only bringing this up at this time as winter months tend to keep us at home and reduce the amount of exercise we do. However, joining in some of the Probus activities such as Croquet, Lawn Bowls, Lost Soles and Strollers as well as Tennis will keep you moving and keep you exercising. Also make sure you have some means of contacting someone in case of a fall. Keep a mobile phone in your pocket or somewhere on your person.

After the Tuesday meeting we are getting more members turning up for lunch downstairs in the bistro. This is a great way to keep talking and interacting. Lyn Moore and Kevin Fitzpatrick have joined forces in conjunction with Norths to allocate more table space in the upper terrace area of the restaurant.

Don't forget to put your names down on the list for the Winter Feast at Abbotsford on the 22nd of July as this is one of the highlights of the Probus calendar. I look forward to seeing you all at the next General Meeting on the 8th July.

Cheers

**Mike Walker**

President

### NEXT MEETING

Next meeting will be held on Tuesday 8 July 2025, 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

**Tue 15 July 2025** Strollers - Cockatoo Island

**Tue 22 July 2025** Winter Feast, The Watergrill Restaurant, Sydney Rowing Club, Abbotsford

**Tue Aug 19** Strollers - A walk through the beautiful and extensive Centennial Park

**Tue Sep 16** 2:50 Club - Bowral and the Tulip Festival

**Wed 24 Sep** - Dangar Island Adventure Tour

### PERSONAL CORNER

This month's Personal Corner will be given by **Christopher Wills**.

Chris holds a degree in Pharmacy and spent most of career involved in Medical Publication.

Chris lives at St Ives and his hobbies and interests include golf, music, wine and travel.

### WELCOME TO NEW MEMBERS

We extend a very warm welcome to our new member **Malcolm Kinmont** who was first attracted to our Club because of pickleball!

Former vocation: director of Coca Cola Company in Atlanta, U.S.A.

Malcolm and **Carolyn** live in Paddington.

**The Archies - 24 June 2025** We had an enthusiastic response with 44 members and partners taking the tour. In view of the numbers we were split into two groups - led by two excellent guides Les and Patricia. We were introduced to the works of all the finalists, gaining insight into the painters, the subjects and the background stories, which are always most interesting. Many stayed for a chat and refreshments afterwards in the cafe. A big thank you to our organiser and leader John Metcalf! **YL Kwan**



**Advance Notice of a 2:50 Club all day outing to Bowral in September** Our leader Brian Thomas is planning a day trip to Bowral using our Gold Opal Card on **Tuesday 16 September** to take in the **Tulip Festival**. Make a note in your diary and stay tuned for further details.



## Report on the 2:50 Club Outing to La Perouse Tuesday 17 June 2025



One member on our outing commented that it was 60 years since he had been on a tram. I think he agreed that the 40-minute ride from Circular Quay to Kingsford was a very different experience. We travelled by bus for the last leg of our journey, to be greeted by the sparkling blue water of Botany Bay, on a brilliant sunny winter day. We visited various historic sites, we learned and discussed their historical significance and we even tried to practise our French in front of the La Perouse monument!

Afterwards the group had lunch - the 15 of us around one table on the deck of the Boatshed Cafe on the water's edge. The food and the view were unbeatable! **Brian Thomas**



### DETAILS OF UPCOMING ACTIVITIES

## The Lost Soles Strollers Outing Tuesday 15 July 2025 Cockatoo Island

### EXPLORE COCKATOO ISLAND WITH THE LOST SOLES STROLLERS

This UNESCO site is not only a fascinating island, but a place of historic interest with a penal settlement for re-offending convicts and a huge shipbuilding complex that operated until 1991.

**Meet at 9.40 outside Wharf 5 at Circular Quay** for a short ferry trip. The ferry leaves at 9.47 arrives at 10.07. We will have lunch at one of the two cafes on the island.. To have your name on the list, contact **Brian Thomas**: email [brian.b.w.thomas@gmail.com](mailto:brian.b.w.thomas@gmail.com) or (M) 0412 161 566



## Winter Feast Sydney Rowing Club, Abbotsford Tuesday 22 July 2025



This favourite annual event offers a great opportunity to meet old and new members and relax in a social environment. Easy access by road and ferry. A great 3-course meal plus coffee. Drinks PAYG. Cost: \$65 pp. Organise a table (10 per table) and advise John Metcalf of your table companions. Sign on at General Meetings.

**Last sign-on and payment: Monday 14th July.**

Contact **John Metcalf** by email: [johnmetcalf157@gmail.com](mailto:johnmetcalf157@gmail.com)



## Lost Soles Strollers Centennial Park Tuesday 19 August 2025



Ted Kraegen is assisting with the planning of a stroll in the Centennial Park - which is literally his backyard! Sir Henry Parkes said at its opening on Jan 26 1888 that "It is emphatically the Peoples' Park... one of the grandest adornments of this beautiful country". It is now a much treasured playground in Sydney's inner east for both young and old, from all over the State. Please be on the look out for further details. **Brian Thomas**

## Dangar Island Adventure Tour - Wed 24 Sep 2025

**An important reminder**

There has been a very good response to this tour, with over 30 having registered thus far. This is a reminder that members who have signed up to **please pay \$108 pp at or before the General Meeting on Tuesday 8 July**. Either EFT or credit card will be acceptable.

### 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.

**Pickleball** We are now playing every Thursday at Willis Park, Eastern Valley Way, Castle Cove from 9:30 am until 11 am. 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 Mair** on **0419 488 609**

**Tennis** All members and their friends are welcome on the first Tuesday of each month at Willis Park on Eastern Valley Way (Chatswood) from 10am to 12pm. Tennis is followed by coffee and a social chat at the café. Please contact **Peter Turner** on **0428 611 456**

**Golf** Murray Mair welcomes all members to play; generally play on 4th Friday of each month at a local course. 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** Please note that sailing is currently in recess. 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.

## 8 July 2025 Guest Speaker **JENNIFER PHILPS** CMRI, Westmead **"Genetics - the Future is Now"**

Jennifer is the Community Relations Manager at the Children's Medical Research Institute.

She started a teaching career in Glasgow in 1965 after majoring in genetics at Glasgow University. After her marriage she and her husband set off to Uganda on the Overseas Development Program where she taught in a remote village on the Sudan border. They then moved to South Africa where they stayed for 20 years raising three daughters. Jennifer taught in many parts of South Africa and immigrated to Australia in 1987 and continued her teaching career at Barker College. In 1992 she had a sea change, leaving teaching to join a bio-medical company which fortuitously led her, a year later, to join the Children's Medical Research Institute as Community Relations Manager. She is also involved with fund-raising committees throughout Australia as well as with the Jeans for Genes Campaign since its inception. She is considered the matriarch of the CMRI family and is much loved by all its past and present members. Recently Governor David Hurley presented a medallion to her for outstanding service to the CMRI. She was made a Life Member and referred to as "our national treasure".

One in 20 children worldwide is born with a birth defect or genetic disease and 50% of all admissions to children's hospitals are due to genetic conditions. Of course genes are at the centre of everything that makes us human. In her Presentation Jennifer will touch on all the above and you can ask all those questions about what is in our genes.

## 12 August 2025 Guest Speaker

**NOEL PHELAN**

## The Bombing of Darwin