



The WARRAWEE WRAP

Newsletter No. 528 of the PROBUS CLUB of WARRAWEE Inc.

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Club No. 50510- Inc. No. Y0222415 – Postal Address rcooper@cooper.com.au

April 2026

President: Bruce Hughes 0423 424 125 Email brucehughes@dodo.com.au

Secretary: Bob Cooper 0418 449 013 Email rcooper@cooper.com.au

Club Website: www.probuswarrawee.org.au

Warrawee Probus bank account BSB 032189 Account No. 751903

Current Club Membership 88

CALENDAR OF COMING EVENTS

Fri	24th Apr	Apr GM	The Warrawee Club at 10:00am
Fri	15th May	May CM	Killara Golf Club Lower Bar @ 10:00am
Fri	22nd May	May GM	The Warrawee Club @ 10:00am
Sat	25th Apr	ANZAC Service	The Warrawee Club @ 11:00am – email from Bob Cooper
Tue	28th Apr	Cinema Group	Roseville Cinema, Movie @ 7:15pm, Diner at 5:30pm see P10
Fri	1st May	Finance Group	The Warrawee Club @ 10:00am – see P12
Mon	4th May	Music	By Zoom @1:45pm for 2:00pm start – see P14
Thur	7th May	Walk & Explore	Woolwich walk – meet at the Customs House Café @ 9:15am or Valencia St Wharf @ 10:10am – see P18
Fri	8th May	Fish n Chips	Drummoyne Sailing Club, 2 Georges Cr @ 12:00noon – see P12
Tue	12th May	Probus Outing	Sydney GPO Historical Tour, 1 Martin Place @ 12:00noon – see P15
Thur	14th May	Coffee Society	Hornsby PCYC Café, Waitara @ 10:00am – see P10
Tue	19th May	Computer Group	Wahroonga Probus Club event @ 10:00am – see P11
Thur	21st May	Photography	Photo Review at Alan and Carol's 64A Bent St, Lindfield @ 10:00am – see P16
Each Wednesday		Fitness	By Zoom, in your own Room @7:00am – see P13
Advance Notice			
Tue	26th May	Cinema Group	Roseville Cinema, tba
Mon	15th June	Book Club	Lower Bar, Killara Golf Club @ 10:00am – see P9
Tue	23rd June	Cheese n Wine	Home of Bill & Linda Killinger @ 2:30pm – see P19
Wed	24th June	Adventure	Ten Pin Bowling at The Attic, Hornsby RSL @ 10:30am – see P8
Thur	25th June	Luncheon	Club Willoughby @ 12:00noon – see P13
Tue	15th Dec	Xmas Lunch	Killara Golf Club

YOU CAN GO STRAIGHT TO THE WARRAWEE PROBUS WEBSITE – JUST SCAN THIS ON YOUR PHONE:



PROBUS WARRAWEE OFFICE BEARERS 2026/27

Below is the list of Office Bearers for the new 2026/27 Probus Year which started on April 1st 2026. The Activity Coordinators voluntarily assist them in organising the activities for the benefit of our Members.

For the better management of the Club, each is invited by the President to form an Operating Committee to meet at Killara Golf Club at 10am on the third Friday of each month.

Executive, and Operating Committee Members		
President	Bruce Hughes	0423 424 125
Vice President	Keith Walker	0419 429 322
Secretary and Public Officer	Bob Cooper	0418 449 013
Treasurer	John Marshall	0435 760 244
Vice President/Immediate Past President	John Laird	0402 476 101
Activity Coordinators, and Operating Committee Members		
Adventure Activities	Richard White / Ian Falconer	0424 603 499 0407 462 171
Audio/Visual	John Derrett	0412 258 435
Book Club	Mark Tunstall / Ian Falconer	0429 334 340 0407 462 171
Cinema Club	Doug Chee	0415 083 613
Coffee Society	Paul Cook / Roger Weir	0414 891 620 0417 211 174
Computer Club (Wahroonga Probus) liaison	John Derrett	0412 258 435
Culture	Bill Killinger	0407 551 600
Finance Group	Rory Gray	0427 660 135
Fish n Chips	John Laird	0402 476 101
GM Trivia, Audio and Ralph's Hints and Tips	Ralph Mackie	0491 112 704
Greeting Officers / GM Set up	Paul Cook Paul Gill Robert Campbell	0414 891 620 0418 363 585 0419 239 591
Guest Speakers	Geoff Brew	0412 301 123
Luncheons	John Crouch	0403 599 078
Members Database maintenance	Ken Zandona / Graham Low	0407 259 367
Member Support	Bill Killinger	0407 551 600
Music	Bill Killinger / Ian Falconer	0407 551 600 0407 462 171
Nick's Book Exchange	Ian Falconer	0407 462 171
Outings	Keith Walker	0419 429 322
PSPL Ambassador	Robert Plant	0418 270 741
Photography	Alan McDermid	0409 285 859
Tours	John Laird	0402 476 101
Walk & Explore	James Loxton	0412 559 395
Web Maintenance	Geoff Fitzhardinge / John Laird	0418 973 583 0402 476 101
Wine & Cheese	Roger Goozee	0405 505 339
WRAP Editor	Ken Zandona	0407 259 367

1. PRESIDENT'S MESSAGE



Those members at our AGM last month endorsed the appointment of the 2026/27 Executive and Operating Committee to lead our great club into the new Probus year. I would like to mention of course the excellent attendance at the AGM this time last month.

I would like to acknowledge and thank on behalf of the Club the current Executive Committee, all standing for another year, Keith Walker Vice President, Bob Cooper Secretary and John Marshall Treasurer, all have given their time in an exemplary manner and enthusiastic support of your Probus Club.

I feel privileged as your new President for another Probus year, leading a great and keen bunch of Committee colleagues most of whom have served in that capacity for quite some years.

For details of all Office Bearers, see the latest Wrap page 2 or the "Members Only" page on the Web under the heading "Office Bearers".

You will have received notification of renewal of Club subscription of \$95 for 2026/27 from Secretary Bob. Please settle as soon as possible. If you have misplaced or have any questions please contact Bob at Friday's GM or email him at rcooper@cooper.com.au



At the end of last month I was invited on behalf of our Club to attend an Afternoon Tea to celebrate the Golden Anniversary of Probus in Australia at Government House, Sydney with Her Excellency the Honourable Margaret Beazley Governor of New South Wales, refer photo. There was approximately 250 Probus people, with half the attendees men, which was only pointed out to me by the lady Presidents, it was a most enjoyable

Afternoon Tea. The grand Government House along with the vast well manicured gardens are certainly very impressive, well worth a visit.

Membership recruitment remains a vital activity for 2026/27. It is great that each month we seem to induct a new Club Member, remember also to talk to friends and acquaintances about our Club, invite a guest to a GM or any of our activities.

And finally, a reminder to schedule in your diary other Activity dates you will find in this current Warrawee Wrap Newsletter, stay involved and join your fellow members in fun, fellowship and connection that follows.

I look forward to your company and seeing you at this Friday's GM, 24th April.

This month's Guest Speaker is Brian Sobel. Brian's talk is "WHAT IT TAKES TO BE A RECORD HOLDER". This should be a very interesting record of an event.

Bruce Hughes



2. GUEST SPEAKERS

- **Contact & Enquiries: Geoff Brew**
- **Ph: 0412 301 123**
- **Email: geoff.brew@icloud.com**



Our **April 2026 Guest Speaker** is **Brian Sobell** from the Guinness Book of Records.

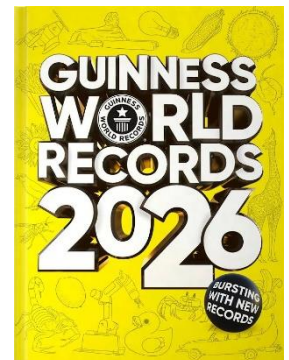


The subject of his talk is “**What it takes to be a Record Holder.**”

Brian is an official adjudicator for Guinness World Records. The adjudicator position involves observing and judging world record attempts of all shapes and sizes and giving the final decision of whether the attempt will be a success or failure, making it into the world record books.

Brian comes from an entertainment background having previously performed as a professional acrobat around the world, starting in the USA, and moving on to the Caribbean and Europe. He’s always had a passion for performance, training and team efforts. In his travels he was blessed to meet his wife, an Australian woman whom he says he would follow anywhere around the world! They both currently live in Sydney with their two young children where he continues his work with Guinness World Records.

Brian says he is excited to speak to us and he “will be discussing the unique experience of adjudicating record attempts. While the job may seem very black & white, there are always nuances when it comes to breaking records. Everyone attempts world records for a different reason, whether it is an individual athletic achievement, community charity event to raise awareness, corporate marketing campaign or anything in between. My role involves staying true to the integrity and difficulty of our rules/guidelines, while also listening to the very unique and personal needs of each person or group attempting records. In the talk, I’ll be highlighting various record attempts I’ve witnessed and discuss experiences, challenges, learnings and themes I’ve picked up on along the way. From the largest bowl of noodle soup, largest haka, the largest lego collection, strongest man, most ice cream eaten in a minute, and many more! I’ll open up a Q&A to discuss all things record breaking and beyond.”



Should be exciting!!!!

Advance Notice: Our **May 2026 Guest Speaker** will be **Hugh Mackay**.

The subject of his talk is “Just Saying”.

Geoff B



- **2026 XMAS LUNCH** has been booked for **Tuesday 15th December** at the Killara Golf Club. Mark your diary now!



- **OUR NEW PROMOTION CONTINUES!**

Yes, our new promotion is on every GM - an offer to all members – and its a good one!

STAY FOR LUNCH after every General Meeting at the Warrawee Club and you will automatically be in the raffle (at no cost to you) to win a

\$50 bottle of fine wine

So, bring your lunch money, stay and join fellow members at lunch – and you could walk away with a great gift.

Last month's winner was John Laird!! Hiss! Hiss!! Boo! Boo!

- **ACTIVITY COORDINATORS NEEDED**

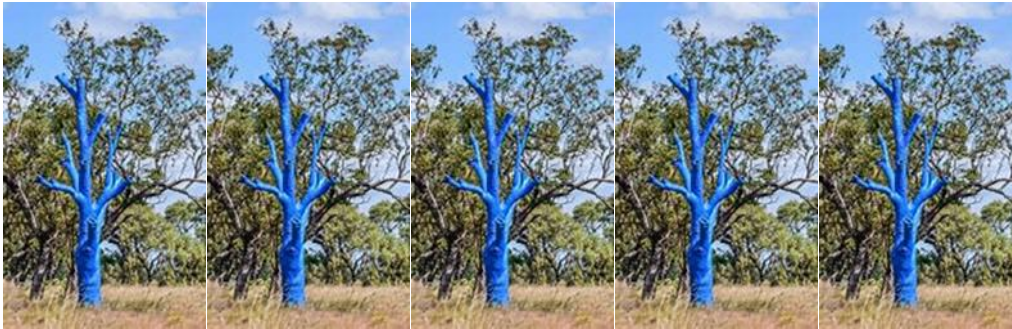
The need for renewal of the Club's Operating Committee has been discussed at recent Committee Meetings. Many Activity Coordinators have performed in their roles for a number of years and while most are more than willing to continue its time for other members to be given the opportunity. **GETTING INVOLVED IS A GREAT WAY TO BUILD FRIENDSHIPS AND COMARADERIE AND IS ESPECIALLY RECOMMENDED FOR NEW MEMBERS.** We are looking for new blood to assist in the following roles:

- Adventure Activity Coordinator/s
- WRAP Newsletter Editor
- Outings Coordinator

If there are other roles that you might be interested in rather than these, don't hesitate to talk to the President or Vice Presidents or the current Activity Coordinator – see Page 2 for contact details. There's always room for an assistant!

3. MEMBER UPDATE

- Enquiries: **Bill Killinger**
- Phone: **0407 551 600**
- Email: billkillinger@optusnet.com.au



Gents,

A Drum Roll, please

- Yes, we need another drum roll - this time for **Jim Duncan** and Pamela. We finally have a winner of the Highest Combined Age competition. It was very remiss of me for not checking them out – I now see that they are obvious winners. (Thanks to **Bob Knox** for very graciously pointing it out to me that the Duncans surpassed their total). So here are the final figures:
 - **Jim Duncan** and Pamela -**187 years and 37 days**
 - **Bob Knox** and Joan -**180 years and 207 days**
 - **Ian Falconer** and Ruth -**180 years and 36 days**

These are very impressive results – congratulations to these lovely couples.


- Eight months from now, **John Craske** will celebrate his 100th birthday – and become our second Centenarian (after **Jim Duncan**, of course). But, as I hinted a few weeks ago, John has withdrawn from Probus membership as of now. So, all the best to you John and we hope to make contact on your birthday in January. All members, I know, join with me in thanking you for your friendship and good company over the years. We have so enjoyed your sharp academic mind and your sense of humour making invaluable contribution to our fellowship over some very pleasant years. All the best, John.
- Gott in Himmel – **Rory Gray** has recently been practising his Deutsch in Bavaria mostly - with sunny Malta thrown in. But, we don't care, we are okay here in Sydney now with our gorgeous sunny autumn days.
- Now, some very good news. **Doug Gordon**, after five weeks in the San has now progressed to the hard work of rehab at Mt Wilga. Stick with it Doug, we need you back – Book Club suffers badly without you.
- **John Laird** is commencing a period of three week as a bachelor. Rikki has shot through – ha ha, but only to travel the Stans – you know, as in Kazakh., Turkmeni... etc etc. En route, she has bobbed up in Guangzhou China due to plane rescheduling. What fun! She is travelling with John's sister. Poor John – no ladies around him.
- Well it sure is travel time, **Mark Tunstall** and Gillian are heading for Europe, also with their travel being diverted because of fuel restrictions.
- **Robert Plant** is very busy attending to Helen who is in Royal North Shore – gosh that is a long way from Berowra – so, there's a big petrol cost for you Robert. But she is worth it mate!
- Poor **Haren Sthalekar** is still slowly recovering from the ping pong fall. Lumbar fractures now have to heal. Very painful, I bet!
- **Rob Adams's** son Stephen reports that Rob is reasonably well. He misses Probus, but due to his dementia, only thinks of it if the subject is raised. If there is an offer for someone to bring him in from Turramurra House, just once, it would be appreciated.

- **Adrian de Klerk** has a better doctor than me. Mine would not agree to doing two knee jobs at once. Adrian convinced his man to do it. Well done Adrian - a much better solution. They will be done on 29 Apr at the San. Good luck, mate!
- **Max Davis** is in an aged care place – only been there 24 hours when I spoke to him. Due to his dementia he was unable to help me as to which one and where. I shall have to work on it. In the meantime – waiting for Joslyn to tell me. Watch this space! Hang on, STOP PRESS: Max is in Bowden Brae. I should tell Max that our fellow member **Stan Wesley** is also there but he may make a real nuisance of himself trying to find him!
- **Bob Talbot** and Sue are off to Darwin on the Ghan. If anyone else plans to do that, you can rest assured that it will be a smooth ride – no clackety clack. I had a lot to do with the construction of the Alice Springs to Darwin railway about 25 years ago, all 1350 km of it.
- I have been trying to talk to **Dick Snelling** – no success – but shall keep trying.
- Here is something interesting. **Bill Killinger** will be in Brisbane next week attending a reunion I (yes, he) organised – 60 years since graduation as a civil engineer from Queensland University. I have 25 blokes attending out of about 70 graduates and, wait for it, one of my old lecturers from that period. He is 94 years old and he was one of our good lecturers – I am sure you know how there were really good lecturers and really crap lecturers at the time but this bloke was a good one! Seems like he still is.

Please pass on to me any intelligence you have on your fellow members. Remember, I also want to hear and pass on good things not just all the trauma. Do not hold back – **I want items of interest!**

Bill

NEW MEMBERS

Member	Biography
<p data-bbox="108 1238 339 1267">Paul Freeman</p> 	<p data-bbox="432 1238 1458 1335">Inducted March 2026. Paul Freeman was born in London in 1943, allegedly during a night of V1 explosions — family legend insists it was under a hospital bed during a bombing raid.</p> <p data-bbox="432 1352 1458 1543">Paul emigrated to Australia in the sixties after a few adventurous years in Europe, Canada, and the United States. Most of his working life in Australia was spent in marketing across various industries — from toiletries and hardware to automotive products. His final twelve years before retirement were spent in the not-for-profit sector raising funds for charities, which turned out to be the most satisfying work of all.</p> <p data-bbox="432 1561 1458 1626">Married to Christine for fifty years and have two sons in the finance industry and currently one and a bit grandchildren.</p> <p data-bbox="432 1644 1458 1740">Interests include writing, walking, music, reading, meditation, and travel. In a previous lives, Paul was a scuba divemaster and an avid horseman, and has travelled widely through work and play.</p>

MEMBER BIRTHDAYS – APRIL and MAY

James LOXTON

Ralph MACKIE

Ron PATTON

Roger DESMARCHELIER

Cameron DALYELL

John CROUCH

Ian FALCONER

Geoff BREW

John DERRETT

Doug STEWART

Bob COOPER

Leon CLARK

Brendan OWEN

Graham LOW

Dudley LUTTRELL

Peter EATOUGH

Stan WESLEY

Keith WALKER



Trust you all have or had a good one!

4. ADVENTURE GROUP

- **Contact & Enquiries:**
 - **Ian Falconer M: 0407 462 171**
 - **Richard White M: 0424 603 499**
- **Email:** ian.falconer@sydney.edu.au
whitard@ozemail.com.au



Our next activity will be **Tenpin Bowling** at the Hornsby RSL, followed by lunch at the club

Venue - The Attic, Hornsby RSL, 4 High Street, Hornsby

When – **10:30 am Wednesday 24th June**

Cost –\$24, including shoe hire

How: to get there –The RSL is a 5-minute walk from Hornsby Station, and there is ample parking behind the shops on Peats Ferry Road



It will be great fun. Provide a cheer squad even if you are unable to play. Lunch and a drink will finish the day. Newcomers, visit <https://roselandlanes.com/10-bowling-tips-for-beginners/> for hints that will make you a proficient bowler.

Ian and Richard

5. BOOK CLUB

- Meets bi-monthly on the 3rd Monday of selected months
- Enquiries: Mark Tunstall 0429 334 340
- Email: home@tunstall.com.au

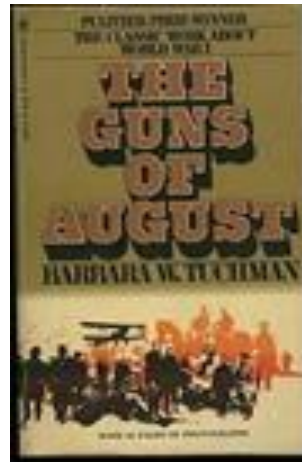


The next Book Club meeting is

Monday 15th June 2026 @ 10.00 am

Killara Golf Club – Lower Bar

Here are the currently nominated books



***The Nature of Ice*– Robyn Mundy** - Fiction – Thanks to Bill Killinger

Weaving in a vivid recreation of Douglas Mawson's ill-fated 1911-1914 Antarctic expedition into the contemporary story of a woman coming to terms with the end of her marriage, *The Nature of Ice* is a poetic, multi-stranded novel of present and past, hope and tragedy, love and loss.

***The Scarlet Papers* – Matthew Richardson**– Fiction - Thanks to Greg Starr

A spy thriller, it's sprinkled with well-known espionage figures and events ranging from Kim Philby and Vasili Mitrokhin, a KGB archivist who came in from the cold, to Sergei Skripal and the Salisbury poisonings. It weaves descriptions of tradecraft – secret meetings, letterbox drops and bugging – amid the intricate and deadly workings of the secret services.

***The Guns of August*– Barbara Tuchman** – Nonfiction - Thanks to Geoff Brew

The book is centered on the first month of WW1. It provides a narrative of the earliest stages of the War, from the decisions to go to war up until the start of the Franco-British offensive that stopped the German advance into France. Barbara Tuchman's universally acclaimed, Pulitzer prize-winning account of how the first thirty days of battle determined the course of the First World War is to this day revered as the classic account of the conflict's opening.

***No Highway*– Neville Shute** – Classic - Thanks to Ian Falconer

A scientist has been claiming that certain parts of a new aircraft called a Reindeer will develop metal fatigue sooner than officially estimated, but nobody takes him seriously. While flying to the site of an air crash that killed a Soviet ambassador, he discovers that his own plane is a Reindeer which has already flown twice its permitted number of hours. He uses his technical knowledge to sabotage it as soon as it lands, putting his credibility further in doubt.

We meet, talk, drink beer/wine/coffee - have fun! Then a quick lunch.

Ian Falconer runs Nick's Book Exchange at the General Meeting. Bring your old books please!

Mark & Ian

6. CINEMA & DINING

- Held on the first Tues following the GM
- Contact and Enquiries: Doug Chee
- Phone: 0415 083 613
- Email: dypc@hotmail.com



The next Cinema and Dining will be on **Tuesday 28th April**. The movie is **Jean Valjean** in Cinema 2, from **7.15pm to 9.00pm**. It's a French film with English Subtitles. Dinner will be at **5.30pm** in the nearby Shonan Japanese Restaurant.



Directed by: Eric Besnard

Starring: Isabelle Carré, Bernard Campan, Grégory Gadebois, Alexandra Lamy

The film is a poignant new adaptation of Victor Hugo's masterpiece "Les Misérables", charting the original story of Jean Valjean, the beloved tale's iconic protagonist.

1815. Provence, France. In the peaceful village of Digne, there's a rumour that a dangerous man has entered the area. The hulking Jean (Gadebois) has just been released from prison after nineteen years of hard labour. Issued with identification that forever sees him branded a criminal and ostracised, Jean is not surprised to be repeatedly turned away as he seeks refuge for the night. Desperate, he unknowingly knocks at the door of the house of Monseigneur Bienvenu (Bernard Campan), who lives simply with his sister (Isabelle Carré) and a lone servant (Alexandra Lamy). Against all odds, Bienvenu invites him in. On this crucial night, Jean will face a choice that will define his future...

A gripping exploration of justice, grace and moral redemption, Besnard's reflective and intimate drama - and Gadebois' towering central performance - bring great depth to Hugo's hero, a spurned

man transformed by kindness and compassion.

Registration - email me, (with your dinner order if you wish) by **Sunday 26 April 2026**.

Doug

7. COFFEE SOCIETY

- Gatherings are held on the second Thursday of the month.
- Contact & Enquiries to: Paul Cook
- M. 0414 891 620
- Email: pmjcook@bigpond.com

Next gathering for coffee is **Thursday 14th May @ 10am** at the **HORNSBY PCYC CAFÉ, 1 Park Lane, Waitara**. (Cnr Waitara Ave, Opposite Magpies Club and next door to KOKODA and adjacent to Waitara Oval and 50m from Waitara Station)

Free Parking under PCYC, drive in off Park Ave. Then up the stairs/lift to the Café.

A table is reserved for us in the Café or outside depending on the weather.

All Members and spouses /partners /friends are welcome, especially new members – it's a great way to meet your fellow members and introduce your partners in a relaxed environment. **RELAX and CHAT TOGETHER – Get to know other Members**



Please let me know if you are coming so that I can arrange appropriate seating.

Paul

8. COMPUTER GROUP

- Wairoonga Probus group welcomes members of Warrawee Probus to their Computer Group meetings.
- This group normally meets on the 3rd Tuesday of each month.



The next meeting of the Wairoonga Probus Computer Group will be **Tues 19th May.**

Any Warrawee Probus members interested in attending need to **RSVP** to **Paul Wood** of the **Wairoonga Probus Club** at purdey123@outlook.com to confirm both location of the meeting and numbers attending.

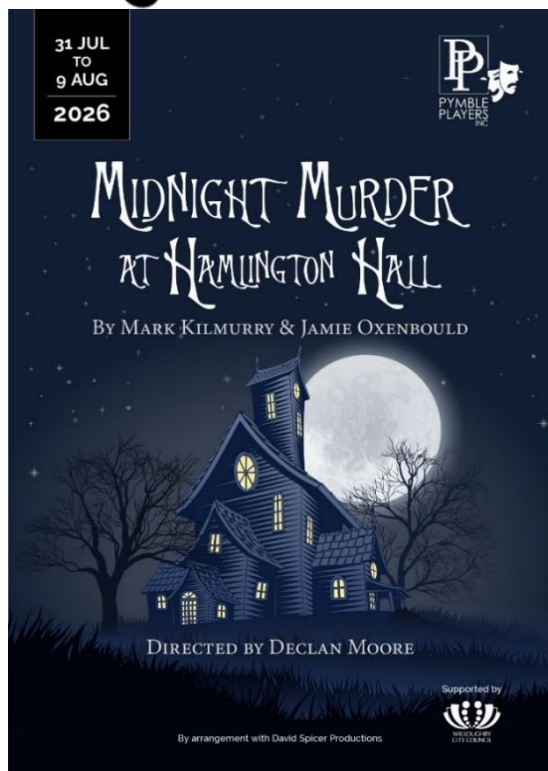
Further queries are best addressed to **John Derrett** (john@derrett.net.au) from our Warrawee Probus club. **If you are intending to attend the Wairoonga Computer Group, please let John Derrett know as occasionally the date of the meeting gets moved at short notice.**

9. CULTURAL CLUB

- Email bkilling@optusnet.com.au
- Mobile 0407 551 600



Pymble Players presents



**This play has mystery, murder and mayhem - especially the mayhem!!
You will get a big laugh!**

Sunday 9 August at 4.00pm

Zenith Theatre & Convention Centre
Cnr McIntosh St & Railway St,
Chatswood

Park for \$8 – entry McIntosh Street

**Cost \$40pp - pay Probus 032189
751903**

**We shall eat at Mamak – Malaysian
after the show**

Tell Bill K – Play (+ Dinner)

Bill

10. FINANCE GROUP

- Meet the first Friday of every second month
- Enquiries: Rory Gray 0427 660 135
- Email: rorygray53@gmail.com



The Aim of the Group: To discuss a range of topical and informative finance related subjects in a friendly relaxed informal atmosphere. Whether you are experienced in personal finance or simply want to know more about aspects of the world of money matters you are most welcome to attend.

The next **Finance Group** meeting:

Friday 1st May 2026 @ 10:00 am

Venue: The Warrawee Club, Pacific Highway, Warrawee

Cost: Please bring along \$12 to help defray the room hire and morning tea/coffee charge.

Last meeting generated plenty of interest with Geoff Brew's retirement living presentation eliciting plenty of discussion as were the varied views on geopolitical events driving stocks and the health of our economy. An update was provided by Jim Wells on the share game plus a round table on the impacts of AI. Local economic news effecting superannuation and retirement income plus Exchange Traded Funds were also covered. Thanks also to John Derrett for his invaluable assistance each meeting.

Next meeting's agenda will include a comparison of domestic Electricity Costs, an update on Super Taxes, Global Events and of course the share game plus the stock market and real estate movements.

Plenty to discuss at our next meeting so come along.

Rory

11. FISH 'N CHIPS

- Meet second Friday of each month
- Contact & Enquiries: John Laird Ph 0402 476 101
- Email: jlaird@conicklaird.com.au



Our next Fish n' Chips gathering will be **Friday 8th May** and



this will be back at **Drummoyne Sailing Club**, 2 St Georges Cres, Drummoyne at 11:30am for **12:00 noon**.

This is a casual gent's get together.

Regular attendees will be contacted a few days prior, but otherwise let me know if you would like to receive updates.

John

12. FITNESS BY ZOOM

- Contact & Enquiries: John Laird Ph 0402 476 101
Paul Gill Ph 0418 363 585
- Email: jlaird@conicklaird.com.au
pagill@telstra.com



ZOOM Fitness

(in conjunction with Mike Adams from Pymble Gym)

Tel. 0422 716 113 michael@lobef.com.au)

Contact participating members John Laird or Paul Gill if you would like to discuss.

Features:-

- Presented live, in your home, by ZOOM – via your mobile, tablet or laptop. Mike will assist you with access.
- Each session will be for one hour commencing **7:00am each Wednesday.**
- Limited requirements eg. hand weights can be arranged
- Cost **\$12 per session.** Arrange billing directly with Mike.
- Sessions are social, yet purposeful for our ages, our needs and condition.

Seven members are currently participating!!!

John and Paul

5 FUNNY EXCUSES FOR AVOIDING THE GYM

#1 I Don't Need To Go To The Gym Because...
My Favourite TV Show Is The Biggest Loser

#2 I Don't Need To Go To The Gym Because...
I Had A Good Workout Swivelling On My Office Chair

#3 I Would Go To The Gym But...
I'm Thin Already, So If I Exercise, I'll Waste Away

#4 I Would Go To The Gym But...
I Can't Afford All That Branded Workout Gear

#5 I Don't Need To Go To The Gym Because...
I Walk To The Takeaway & Back Every Day

13. LUNCHEONS

- Generally held on the fourth Thursday of selected months
- Contact & Enquiries: John Crouch
- Mobile: 0403 599 078
- email : ja.crouch@optusnet.com.au



Our next luncheon is on **Thursday 25 June 2026 @ 12:00 Noon**

In light of the looming fuel crisis, hopefully addressed by then or sooner, the next luncheon will be held at **Club Willoughby**, centrally located in North Willoughby

Further details will follow in the May WRAP

John

14. MUSIC GROUP

- Meets by Zoom first Monday of each month
- Contact and enquiries: **Bill Killinger**
- Mobile: **0407 551 600**
- Email: bkillinger@optusnet.com.au



In conjunction with Ian Falconer and Geoff Fitzhardinge



The next Zoom Music is on **Monday 4th May @ 2pm**

Yes, grab a drink, click, and enjoy 90 mins of the best music – no obligation ever to present. Presenters on this occasion will be

Peter Barber and Ralph Mackie

Geoffrey Fitzhardinge is inviting you to a scheduled Zoom meeting.

Topic: Probus Music Zoom Meeting

Time: **May 4th, 2026 02:00 PM** Canberra, Melbourne, Sydney

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/81674893123?pwd=qqdZSczKHpf450iDC2dE4cqFSbW3aT.1>

Meeting ID: 816 7489 3123

Passcode: 099462

No need to give notice – just click on this link on the day

Bill

15. OUTINGS

- **Contact and Enquiries: Keith Walker**
- **Phone: 0419 429 322**
- **Email: walker.keith.ian@gmail.com**



TOUR OF GPO BUILDING MARTIN PLACE (Fullerton Hotel)

Tuesday 12th May 2026

The Fullerton Hotel Sydney is a five-star luxury hotel in the city's financial and fashion district, set in the historic former **General Post Office building**.

The Sydney GPO was constructed in two stages, beginning in 1866 and designed under the guidance of colonial architect James Barnet. It was regarded as a building that would come to symbolise Sydney in the same way the Houses of Parliament in Westminster represent London and the Eiffel Tower, Paris.

Getting there: Train to Wynyard Station, walk out of the station at the York street exit, turn right walk approx. 100m cross over York Street and walk down Wynyard St towards no 1 Martin Place, Fullerton Hotel

Meeting Point: The Fullerton Hotel Sydney Concierge Desk.

Meeting Time: We gather in the lobby **10 minutes** prior to the **tour start time 12:00 noon**. Duration: approximately 90 minutes

The Outing: Is a guided tour who will journey with us, delving in the history and culture of the building. The tour guide will take us on a journey through time, discovering the stories, tales and legends of the city's iconic Grand Dame and the former General Post Office

Please note that the tour does include some stairs, however it is at a leisurely pace with regular intervals along the way.

The Fullerton hotel team look forward to welcoming us for their Heritage Tour.

Cost: The tour is **free** for up to 15 people. Please let me know **on or before 1 May 2026** if you wish to join.

Lunch: 13:30hrs venue to be confirmed.

Advance notice: Outing for June 2026 is the **Art Gallery Archibalds**.

Keith Walker



16. PHOTOGRAPHY

- Meets third Thursday of each month
- Contact and Enquiries: Alan McDermid
- Mobile: 0409 285 859
- Email: candamcdermid@outlook.com



Take it from an old experienced photo dog like me, taking photos is fun.

Ya just gotta get out there and try it!

The latest April Field Day was on 16 April at Hornsby Park, site of the former Hornsby quarry

A challenging location but nevertheless an intrepid bunch of members, cameras in hand, gave it their best shot.

Our next Photo Review Meeting – Thursday 21 May at 10:00 am

The photos captured at the Hornsby Park field day will be reviewed at this meeting together with the "Through a Window" challenge photos and any other photos members wish to share.

What is the "Through a Window" Challenge?



The challenge is to take a photo of anything, anyone, anywhere, through any window but it must be "through" the window and the photo must include the window

Happy snapping fellas...

Alan

STARTING YOUR DAY WITH AN EARLY MORNING RUN IS A GREAT WAY TO MAKE SURE YOUR DAY CAN'T GET ANY WORSE THAN IT STARTED

Do you ever get the urge to start organizing and then 2 hours later you're just looking around at a mess like... what the hell have I done?

YOU CANNOT RAISE YOUR CHILDREN THE WAY YOUR PARENTS RAISED YOU. BECAUSE YOUR PARENTS RAISED YOU FOR A WORLD THAT NO LONGER EXISTS.

17. TOURS

- **Contact & enquiries:** John Laird 0402 476 101
- **Email:** jlaird@conicklaird.com.au



June Tour - Probus Warrawee Winter Escape

This is a self-drive to the Southern Highlands for two nights.
Arrive **Tuesday 16th June 2026**; Depart **Thursday 18th June**.

Staying at:- **BRIARS COUNTRY LODGE and INN, 653 Moss Vale Road, Bowral**

- Briars Country Lodge provides 4 star accommodation with the historic sister venue Briars Inn next door known for its pub meals and relaxed atmosphere.
- Self drive - 1 hour 45 minutes from Warrawee - train (4 hours plus).
Car share can be arranged.
- Picturesque scenery.



- All rooms come with King beds (can be made into singles), sitting area, large French doors opening to either a lake or lawn view. Facilities include: mini bar, wi-fi, Foxtel, air conditioning/heating, parking directly in front of rooms, microwave, kettle, toaster, cutlery, complimentary tea and coffee.
- Package cost **\$580 for two persons for two nights** includes **full English breakfast** each morning plus **group welcome dinner** (drinks excluded) on Tuesday night 16th June.
Single Package cost with own room \$450.
- **Activities:** include the National Trust owned Retford Park, Bendooley Estate Vineyard, Bowral Village, walks, gardens, other attractions.

This activity is now filled but let me know if you have interest and I will make enquiries.

John

Life's short. Make sure you spend as much time as possible on the Internet arguing with strangers about politics.

The best murder weapon would be a tupperware lid because no one would ever find it.



COFFEE AND JELLY BEANS

Folgers got it wrong. The best part of waking up is going back to bed after you pee.

18. WALKS & EXPLORE

- Walks are held on the first Thursday of each month
- Contact & Enquiries : James Loxton M: 0412 559 395
- Email : jamesaloxton@gmail.com



Our next walk will be held on **Thursday 7th May**.



Greg Starr has plotted a walk around **Woolwich**. The walk will start at Valentia St wharf at the end of Hunters Hill. We will then walk up The Point Rd towards the pub. We can then explore Goat Paddock before walking down to the drydock, the home of the maxi yachts. From there we walk around Clark's Pt Reserve towards and through Kelly's Bush and then to the pub for lunch.

Greg measured the walk at about 4kms and rated the walk as Grade 2 due to some climbing from the Harbour to the top of The Point Rd.

The walk will commence at **10.10am** from **Valentia St wharf**. You can either drive there and park in the surrounding streets or catch the ferry from Circular Quay at 9.45. If you want to meet for coffee before catching the ferry, I suggest we meet in the usual place in front of Customs House at 9.15.

Please let me know if you intend to join the walk and how you intend to travel to Valentia St.

What to bring: Drinking water, hat, sunscreen, sturdy shoes, suitable clothing

James

19. WEBSITE

Contact & Enquiries :

- Geoff Fitzhardinge 0418 973 583
gglfitz@gmail.com
- John Laird 0402 476 101
jlaird@conicklaird.com.au



The Probus Warrawee website is via www.probuswarrawee.org.au

SCAN THIS ON YOUR SMART PHONE:



and it will take you to the website!

The "Members Only" page is however restricted to **Members who are registered**. When you tap on the "Members Only" page link you use **your email address** and your own **nominated password**.

To register (to access the "Members Only" page) all you need do is click on the "Members Only" page link and follow the instructions to "Sign Up". This sends an email to the webmasters to set up your membership log-in. You won't get an instant response but once actioned by one of the webmasters you will be a 'registered' member so you can use your email address and nominated password as above.

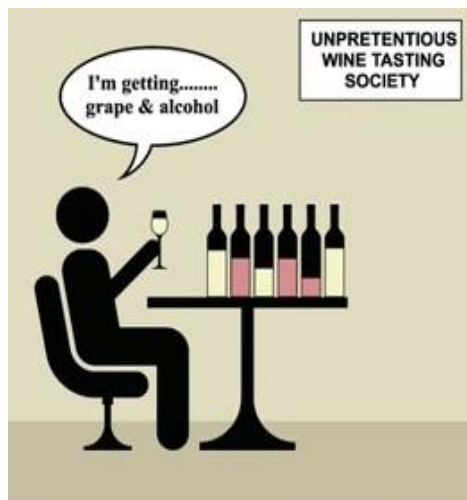
The probuswarrawee.org.au web page also contains members' own stories under the heading **Meet your fellow members**. A great opportunity to get to know your fellow members. Remember, fellowship and friendship is what we are about.

Members should also look at the website for event updates. The "COMING EVENTS" page provides a snapshot of all activities. And it provides a link to the latest WRAP.

Geoff F and John

20. WINE & CHEESE CLUB

- **Dates as advised**
- **Contact & Enquiries: Roger Goozee**
- **Mobile: 0405 505 339**
- **Email: goozeer@bigpond.com**



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The next Cheese and Wine meeting will be held at **2:30pm** on **23rd June** at **Bill and Linda Killinger's place**, 192/168 Kent St, Millers Point.

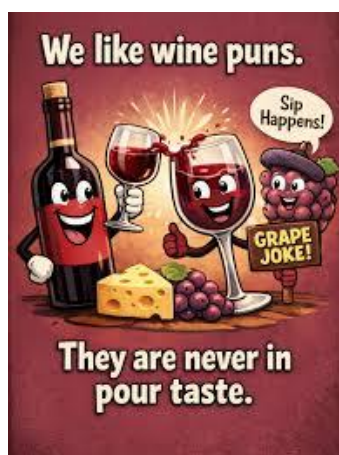
We will be tasting three white wines and three red wines. The white wines will be from Italy, and the reds from France.

A selection of cheese and crackers will accompany the wine.

Come and join us for an interesting afternoon

Remember to please let me know if you intend to attend.

Roger



RALPH'S HINTS AND TIPS

Exclusive Offer: Get a \$4,560 **Heat Pump Hot Water Heater** for Just \$1,498! - Accredited Power Saver bookings@accreditedpower.com.au Phone: [\(02\) 7251 7367](tel:(02)72517367). Save power!

Bank & Other Scams If someone asks you to accept money into your account and transfer it on, it **probably is a scam**. It's a way for criminals to move money, and it could put you and your account at risk!

If you receive an **unexpected** call, SMS, or email claiming to be from your bank etc. about an "urgent" account issue, **stop for a moment and think carefully - it could be a scam**.

They might: Call, email, or text you unexpectedly, claiming your account has been compromised, **pressure** you to act fast, **ask you** to follow a link to an external website and fill in your banking details or to provide remote access to your device, **ask you** for information such as your card number, CVC, PIN, or one-time passcodes, **request** that you transfer money to a "safe" account – **Any of these is a big red flag**. Use the '**Stop, Check and Protect**' strategy

Pause before you act, would your bank really ask for this.

Never share bank or other sensitive details!

If you are **scammed** call your bank, Report scams to police and other authorities & Scamwatch.

Put 2-Factor authentication on your Superannuation Fund and bank accounts to keep them safe!

Stepping On Update (mentioned last month). Stepping On is a 7- week program designed for people who are living at home and **have experienced a fall or are concerned about falling**. It was set up by NSW Health. **Contact details:** Phone: [9450 7050](tel:94507050) Email: steppingon@royalrehab.com.au Website: <https://nshp.com.au/SteppingOn> Each session lasts two hours and it's free. **One group** meets in the Community Hall on St Ives Village Green & is managed by the **Ku-ring-gai Neighbourhood Centre office at the St Ives Village Centre**, phone [9988 4966](tel:99884966).

Petrol The **major petrol company owned petrol stations** - Shell, Ampol & BP add additives to their 95 & 98 RON petrol to help clean engines. Independent petrol stations and other brands **generally** do not add these additives to the basic petrol, which is sold at all service stations. 'Low volume sales' petrol stations & stations with near empty tanks may have more water accumulated in their fuel and this can cause problems in your vehicle. So, buy quality petrol sometimes to clean your engine. European vehicles should only use high octane fuel. <https://www.youtube.com/watch?v=gpaKwEEkHME>

Keep safe & healthy!

Ralph Mackie