



The WARRAWEE WRAP

Newsletter No. 525 of the PROBUS CLUB of WARRAWEE Inc.

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

January 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 Probud bank account **BSB 032189** **Account No. 751903**

Current Club Membership **87**

CALENDAR OF COMING EVENTS

Fri	23rd Jan	Jan GM	The Warrawee Club at 10:00am
Fri	20th Feb	Feb CM	Killara Golf Club Lower Bar @ 10:00am
Fri	27th Feb	Feb GM	The Warrawee Club @ 10:00am
Tue	20th Jan	Annual Picnic	The Pavilion, Bobbin Head @ 4:30pm
Tue	27th Jan	Cinema Group	Roseville Cinema, Movie @ 5:00am, Dining @ 7:15pm – see P9
Mon	2nd Feb	Music	By Zoom @1:45pm for 2:00pm start – see P14
Thur	5th Feb	Walk & Explore	Narrabeen Lake – meet at the Limani Café @ 9:30am – see P18
Wed	11th Feb	Probud Outing	The new Sydney Fish Market @10:30am – see P15
Thur	12th Feb	Coffee Society	Hornsby PCYC Café, Waitara @ 10:00am – see P10
Fri	13th Feb	Fish n Chips	Waterside Bistro, Bobbin Head Marina @ 12:00noon – see P12
Mon	16th Feb	Book Club	Lower Bar, Killara Golf Club @ 10:00am – see P8
Tue	17th Feb	Computer Group	Wahroonga Probud Club event @ 10:00am – see P10
Tue	17th Feb	Cheese n Wine	Home of Roger Goozee @ 2:30pm – see P19
Thur	19th Feb	Photography	Photo meeting at Bicentennial Park, Homebush @ 10:00am – see P16
Each Wednesday	Fitness		By Zoom, in your own Room @7:00am – see P12
Advance Notice			
Wed	4th Mar	Adventure	Kayaking at Woronora Boatshed @ 10:30am – see P7
Thur	5th Mar	Cultural	The Social Ladder, Ensemble Theatre @ 11:00am – see P11
Fri	6th Mar	Finance Group	The Warawee Club @ 10:00am – see P11

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



PROBUS WARRAWEE OFFICE BEARERS 2025/26

Office Bearers listed below make a regular and significant contribution to the running of our Club.

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	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	Geoff Brew / Keith Walker	0412 301 123 0419 429 322
PSPL Ambassador	Robert Plant	0418 270 741
Photography	Alan McDermid	0409 285 859
Tours	Bob Cooper / John Laird	0418 449 013 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 / Geoff Fitzhardinge	0407 259 367 0418 973 583

1. PRESIDENT'S MESSAGE



Happy New Year! Thank you for being an important part of an amazing Probus year.

It was great to see so many, and partners, at last year's Christmas Party, it was a wonderful afternoon of fun and fellowship leading into a joyous festive season.

"WANT TO LIVE WELL IN OLD AGE? LOOK AFTER THE GRANDCHILDREN!"

A new Monash University-led study has found that grandparent figures (biological or not) who regularly help to care for children may live longer. The researchers followed the outcomes of more 12,000 healthy Australians aged 70 and over for nine years.

Those older adults who cared for children tended to have better health outcomes overall. Although this is assuming people are not committing to more help than they feel comfortable with. They were more socially active, more involved in their communities, and were more likely to eat fruits and vegetables.

They were also more likely to live longer: after nine years, rates of mortality were 40 per cent lower among the grandfathers who regularly helped and 17 per cent lower among the grandmothers.

"We've shown the benefits across a huge range of outcomes," says the report's senior author, Dr Rosanne Freak-Poli. "What stands out to me is that it is beneficial to both men and women. In the past, because of the gendered roles, we've been unsure, but we've demonstrated that."

The health and longevity perks likely come from a combination of factors, the researchers say. "Everyone who's had a child knows it is a challenge to look after a child. Whether it's for five minutes or an hour, you're engaging differently," says Freak-Poli.

Preparing food for and eating with their grandchildren can improve the grandparent's diet; there is the physical activity of walking around, getting up and down, playing with and picking up children; the cognitive engagement of trying to explain big (or not-so-big) concepts to little minds; plus the social stimulation and the sense of purpose it can bring.

"These are all things that keep us physically and cognitively active as well as improving our health and wellbeing," Freak-Poli says.

Lead author Dr Htet Lin Htun suspects the longevity benefits among the men (who also had lower rates of dementia, unlike the female participants) may be because caregiving is novel for this generation.

"It might trigger something in their mind – doing something meaningful and purposeful in later life, but for women it's just another day of caring for other people."

Interestingly, though men benefited more physically (women also reported more aches and pains), the traditional subjective identity of "caregiver" may explain why the female participants in the study reported greater mental wellbeing, says Freak-Poli.

It's not just the carers who have better outcomes, adds Htun. "Children who are exposed to grandparents, versus kids who aren't, have better wellbeing and learn in an improved way."

In Australia, about 70 per cent of grandparents provide some sort of care for their family, while in 20 per cent of households, three generations live under one roof. It's a trend that is set to continue with the global ageing population increasing rapidly. By 2050, it is estimated that one in six people worldwide will be over the age of 65.

Understanding how to maintain and improve people's health and wellbeing as the population ages is important.

That includes the advantages of social prescribing – a healthcare approach where patients are connected to non-medical services – such as caregiving by grandparents or non-biological "voluntary" grandparents.

This removes the onus on family connections which might allow for more people to be involved in caring responsibilities, says Htun. Intergenerational caregiving could be implemented into social prescribing as an intervention," he adds.

A 2025 social health report by the World Health Organisation points out that social connection lowers levels of inflammation, reduce the risk of heart disease and stroke, dementia and depression. "The impacts of social connection have gone under-recognised for too long," the authors say. "Social health is not an optional extra. It is integral to health."

Social Connection is a standout in our Probus Club.

This month the Committee will be commencing initiatives to ensure we have a fully engaged Committee and Executive to once again take us forward into the new Probus year commencing from 31st March.

All good Committees need renewal and I encourage those who have not previously taken the opportunity to do so now. Your assistance now provides the opportunity for some training "on the job", with a lot of fun in the process.

And finally, a reminder to schedule in your diary other Activity dates you will find in this current Wrap, 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, 23rd January.

This month's Guest Speaker will be Rock Historian Paul Kearney. Paul's talk is "A HISTORY OF ROCK & ROLL". Paul will present the stories, the history and a selection of great old Rock & Roll songs and Video clips from the 1950's, a great rocking presentation to start the New Probus Year.

Bruce Hughes

2. GUEST SPEAKERS

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

Our **January 2026 Guest Speaker** is Rock Historian **Paul Kearney**.



THE HISTORY OF



1950's show

Paul will present the stories, the history and a selection of great old Rock & Roll songs and Video clips from the 1950's

Featured Artists Include:

Bill Haley & Comets,
Buddy Holly,
Johnnie Ray,
Jerry Lee Lewis,
Chuck Berry,
Little Richard

Ray Charles,
Lloyd Price,
Elvis Presley,
Cliff Richard,
Connie Francis
Harry Belafonte

Crash Craddock,
Paul Anka,
Bobby Darin,
Everly Brothers,
& The Platters.

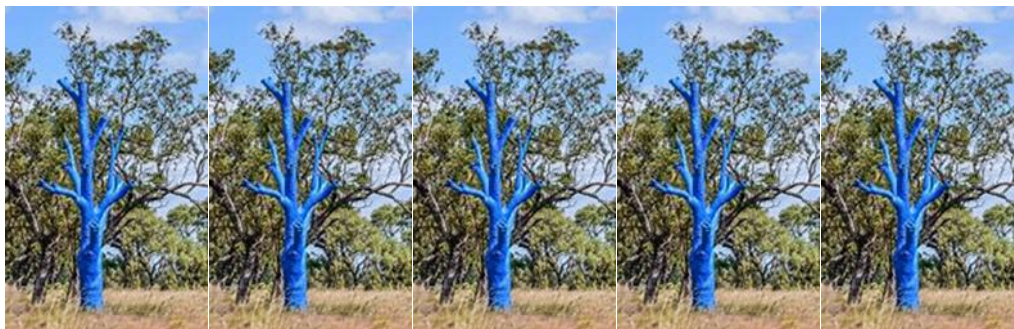
Plus some short comedy clips.

Advance Notice: Our **February 2026 Guest Speaker** will be **Peter Plowman**. The subject of his talk is Building Giants, the Evolution of Passenger Liners.

Geoff B

3. MEMBER UPDATE

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



Gents,

Here is the latest on Members' welfare.



I hope we all had a positive start to the new year. The good news is a paucity of any news for this publication. Here is the latest on Members' welfare and I am scratching around to put this together.

- A bloke who has been dominant in this column for the last couple of years is **Paul Cook** and I can report that he is OK. He is currently still in Lady Davidson and still in the stage of saying with respect to his left knee: "Why did I let the buggers ever touch it?" Anyway he knows it will come good. He has also had some concern for Janelle who, thankfully is now over a bout of Covid.
- **John Brandon** enters the new year with optimism following fairly satisfactory work on his leg vein problems.
- I had not seen **Roger Desmarchelier** for a long time but found him large as life in Port Macquarie. He is fit and healthy and I think puzzled by my call. Anyway, he has missed a few meetings but caused by other factors. So that's all good.
- **Howard Tooth** attended the CANDO as a guest (he is not yet 90) and is in good shape. Daphne is about to undergo some minor day surgery and their daughter Catherine will be there from Brisbane to help for a couple of weeks.
- **CANDO** was a very enjoyable function – morning tea at Killara Golf Club. We toasted **Jim Duncan** who is the bloke who has caused the renaming of this event from NDO to CANDO to include this now Centenarian. The other attendees were ninety year olds **John Craske, Dick Snelling, Stan Wesley, Richard White, Merton Miles, Bob Knox**. Thanks to the other members who helped me for the event **Bruce Hughes, Bob Cooper** and **Keith Walker**.
- Your truly **Bill Killinger** has been having sleeping problems on the one hand and trying to stay awake on the other – stupid isn't it! Anyway an inactive thyroid is being kick-started and a course of Vitamin B12 injections under way. Linda does not want me bounding out of my skin – which may be the result!
- **Bob Fisher's** funeral in December went well – what a lovely man!
- **Peter Barber** has always been big-hearted, now he is replacing his pacemaker later this month. So, now he can also be young-at-heart.
- **Breaking News:** On Sunday, **Stan Wesley** went into the San with sepsis from a UTI. All the best to you, Stan.

Please pass on 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
Vic Spagnardi	Inducted January 2025. Waiting on Vic's photo and brief biography.
Rodney Henderson 	<p>Inducted June 2025 – I cornered Rod at last meeting and he provided me with a brief biography, but sadly it has somehow disappeared. Have tried to get another copy but no luck so far.</p> <p>We have to wait another month for his story! Nice mugshot though!</p>
Roger Desmarchelier	Inducted August 2025 – Waiting on Roger's mugshot and brief biography
Harry Hull	Inducted October 2025 – Waiting on Harry's mugshot and brief biography
Peter Williams 	<p>Inducted October 2025. Peter grew up in Bilpin on an apple orchard but spent most of his life in Sydney. Married to Margaret and they have a son Justin and live in Warrawee.</p> <p>Peter's working life was essentially IT, or as it was known then, EDP. Twenty something years in industry (Systems Analyst/Project leader), then 30 years as a TAFE IT teacher, now retired.</p> <p>At university Peter discovered folk music, guitar, symphony orchestra recordings and most portentously, choral singing which remains a major interest/hobby to date.</p> <p>Currently with The Taverner Consort (50th anniversary year 2025) which Peter has had an association with for over 50 years (not continuous). Peter also dabbles in musical instruments including guitar, keyboards and euphonium.</p> <p>Peter follows some YouTube channels mostly related to aviation and vehicle recovery, on and off road.</p>

MEMBER BIRTHDAYS – JANUARY

Alan MCDERMID

Brian ROBINSON

Peter DONNELLEY

Robert PLANT

Robert CAMPBELL

Harry HULL

John CRASKE

Bob GRAY

Bob KNOX

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 first exciting adventure activity for the year will be
KAYAKING

Join us for a morning of kayaking on the beautiful Woronora River, followed by lunch at the Woronora Boatshed.

Interested? Please let us know by signing the *Interested in Kayaking* sheet at Friday's General Meeting.

Venue - The Boatshed, Woronora River

When - **Wednesday 4th March**
10:30 am at Woronora Boatshed

Duration - 1 hour
- or 2 hours for younger members

Cost - \$30 per hour for a single kayak

How to get there - by car (We will arrange car sharing)



Ian and Richard

Some age appropriate fillers for you!

Why did the senior bring a ladder to the bar? Because they heard the drinks were on the house!

Why did the old man stare at the orange juice carton? Because it said "concentrate."

How do seniors stay so calm? They take life one nap at a time.

What's a senior's favorite exercise? Memory lapses — they keep the mind active!

Why do seniors love puzzles? Because every piece is a step closer to remembering something!

How do elderly friends stay connected? They exchange jokes faster than emails!

What's a senior's favorite kind of humor? Anything that makes their grandkids groan.

What do you call a forgetful senior who loves to dance? A twinkle-toe memory master!

What do seniors say when they forget something? "Oh well, it was probably important... or not."

How do seniors handle a slow computer? They just take a deep breath and wait patiently.

What's a senior's idea of a wild night? Watching old movies and reminiscing about the good old days.

What do seniors say when they're surprised? "Well, that's a new wrinkle in my story."

How do seniors fix a broken clock? With a lot of patience and a little bit of time.

Why did the elderly man carry a notebook everywhere? To jot down all his brilliant ideas — or grocery lists.

What's a golden oldie's favorite dance move? The shuffle, with a little extra sparkle.

What's a senior's secret to staying lively? A daily dose of laughter and a pinch of mischief.

5. BOOK CLUB

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

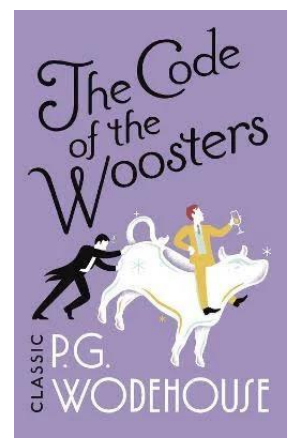
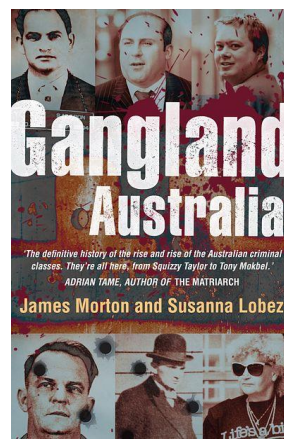
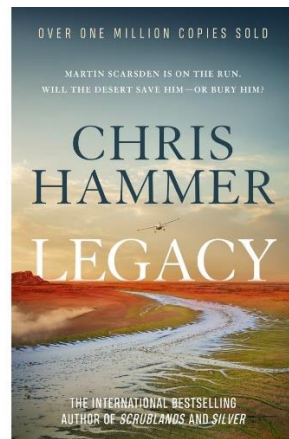
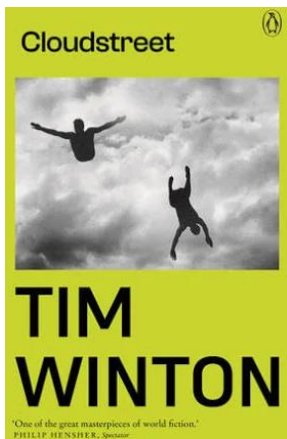


The next Book Club meeting is

Monday 16 February 2026 @ 10.00 am

Killara Golf Club – Lower Bar

Here are the currently nominated books



- **Cloudstreet– Tim Winton** - Fiction – Thanks to Bill Killinger
Winner of the Miles Franklin Award and recognised as one of the greatest works of Australian literature, *Cloudstreet* is Tim Winton's sprawling, comic epic about luck and love, fortitude and forgiveness, and the magic of the everyday.
- **Legacy – Chris Hammer**– Fiction - Thanks to Doug Gordon
Martin Scarsden flees an assassination attempt but lands in even more trouble with a deadly family feud leaving him at death's door in Chris Hammer's next blockbuster crime novel.
- **Gangland Australia – James Morton & Susanna Lobez** – Nonfiction - Thanks to Malcolm Agnew
Gangland Australia surveys our criminal landscape from the early 1800s to the recent underworld killings in Melbourne. It details the exploits of an unforgettable cast of villains, crooks and mobsters who have made up the criminal and gangland scene in Australia for over two centuries.
- **The Code of the Woosters – P G Wodehouse** – Classic - Thanks to Geoff Fitzhardinge
Follow the adventures of Bertie Wooster and his gentleman's gentleman, Jeeves.

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

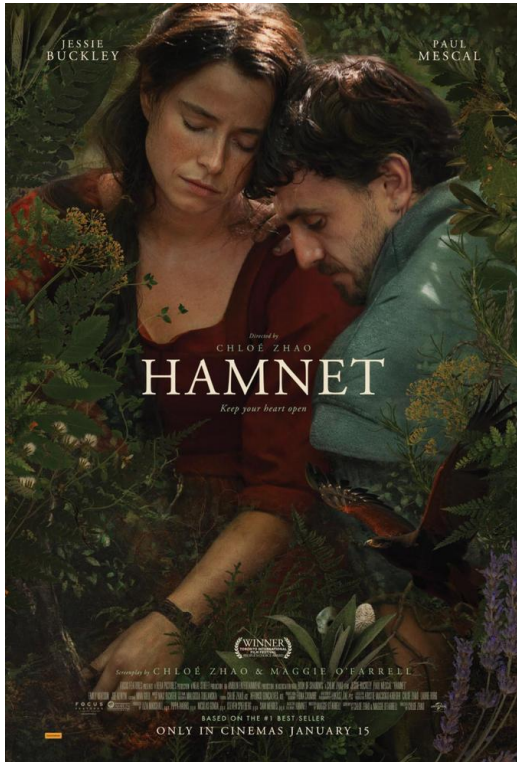
6. CINEMA & DINING

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



Cinema and Dining resumes on **Tuesday 27 January 2026.**

The movie is "Hamnet" at the Roseville Cinema @ **5.00pm** and finishing at approx. 7.10pm. Dinner afterwards will be at the nearby "Shonan" Japanese Restaurant on the same side of Pacific Highway.



Starring: Joe Alwyn, Jessie Buckley, Paul Mescal, Emily Watson

Directed by: filmmaker Chloé Zhao (Nomadland, The Rider)

The movie is a magnificently crafted tale about the complexities of love and the healing power of art and creativity.

1580 England. Hamnet immerses us in the fragile joys and shattering sorrows of family life in 16th-century Stratford.

The movie reframes the story of impoverished Latin tutor William Shakespeare through the eyes of his wife, Agnes, portrayed with breathtaking depth by Jessie Buckley, alongside Paul Mescal's compelling Shakespeare.

As William pursues a budding theatre career in far-away London, Agnes with a family of three children anchors the domestic sphere alone. When tragedy strikes, the couple's once-unshakable bond is tested, but their shared experience sets the stage for the creation of Shakespeare's timeless masterpiece, **Hamlet**.

Registration- email me, with your dinner order(s) by Sunday 25 January.

Precaution - It is important that members, partners and their guests refrain from registering for the movie and your dinner orders, if they have been in contact with any person tested positive to Covid-19 in the prior 14 days

Importantly, if you, your partner or guest wish to cancel or change your dinner orders, please contact me immediately to inform the Restaurant.

Doug

David Price's sick jokes

There I was sitting at the bar, staring at my drink, when a big, rough-looking biker walked up, grabbed my glass, and swallowed it in one big gulp. 😬

He growled, "Well, whatcha gonna do about it?"

And I just burst into tears. I said, "This has been the worst day of my life. I was late to a meeting, and my boss fired me. When I went to the parking lot, my car was gone — stolen — and I don't have any insurance. I left my wallet in the cab I took home. Then I found my wife with another man... and to top it off, my dog bit me. 🐕💔"

So I came here to get the courage to end it all. I bought a drink... I dropped poison in it... I sat here watching it dissolve... and then you walked in and drank the whole thing!"

"But anyway... enough about me. How's your day going?"

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 12th February @ 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

- Wahroonga 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 Wahroonga Probus Computer Group will be **Tues 17th Feb.**

Any Warrawee Probus members interested in attending need to **RSVP** to **Paul Wood** of the **Wahroonga 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 Wahroonga Computer Group, please let John Derrett know as occasionally the date of the meeting gets moved at short notice.

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

Did you know that if you garden in your back yard naked, your neighbors will build you a privacy fence for absolutely no cost to you.



An elderly man was on the operating table awaiting surgery to be performed by his son, a renowned surgeon. Just before they would put him under, he asked to speak to his son: "Don't be nervous, son, do your best and just remember, if it doesn't go well, if something happens to me... your mother is going to come and live with you and your wife."

9. CULTURAL CLUB

• : bkillinger@optusnet.com.au



SOLD OUT

Late Morning Session – 11 am 5 March 2026

David Williamson's latest play

The Social Ladder

Cost \$96 pp plus lunch

Step out of the theatre and enjoy the views of Careening Cove while we lunch in **Bayly's Bistro**

Tell Bill - killinger81@hotmail.com 0407 551 600

Pay Probus BSB: 032189 Acct: 751903

Ensemble Theatre is at 78 McDougall Street, Kirribilli. Train to Milsons Point Station – then a 400 m walk

Bill

10. FINANCE GROUP

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



Interested in matters financial? Then consider coming to the next **Finance Group** meeting:

Friday 6th March 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.

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.

What will 2026 bring? Will the bubble in AI and big tech stocks burst?

Global affairs and resultant transformation of markets, tax and health care reforms, rare earths, volatility of the equity and real estate markets.

We also will be continuing with another segment on downsizing options.

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 first Fish n' Chips gathering will be **Friday 13th February**.

We will meet at the **Waterside Bistro, Bobbin Head Marina** in Ku-ring-gai National Park for our monthly meet.

This is a casual gents 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

Why should you never get into a serious relationship with a tennis player ?

'cos to them, Love means nothing!

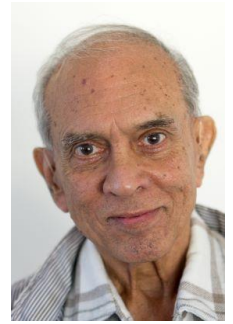
Why do seniors make the best storytellers? They've got a lifetime of hilarious moments to share.

Why is laughter the best medicine in old age? Because it keeps the heart young and the spirit lively.



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



Exploratory work on suitable Luncheon venues for 2026 has commenced. Accordingly, please diarise the following dates for this year:

- 26th March
- 25th June
- 27th August and
- 22nd October.

Looking forward to an enjoyable meal and Probus style camaraderie. Our next event is on **26 March**. Further details will be available in the February Warrawee Wrap.

John

Partner: "You forget things all the time."
selective."

You: "That's because my age is making my brain a little more

Coach: "You're slowing down."

You: "No, I'm just pacing myself for the long run."

Neighbor: "Your back hurts again?"

You: "It's just reminding me I've earned every ache."

Colleague: "Your age is showing."

You: "Good, I like to wear my experience proudly."

Friend: "Your jokes are getting classic."

You: "That's because I've been aging like a fine punchline."

Sister: "Your hair's all gray now."

You: "It's my silver lining."

Brother: "You're slow in the mornings."

You: "I prefer to call it 'deliberate' with age."

Colleague: "Your hair is turning gray."

You: "It's not gray, it's wisdom highlights."

Sibling: "You can't lift that anymore."

You: "Watch me, I've got age on my side—wisdom and strength."

Friend: "Your jokes are getting better with age."

You: "Like fine wine, I just keep improving."

My age may be creeping up, but my sense of humor is still sprinting ahead.

They say with age comes wisdom, but I think I just get better at avoiding serious stuff.

I'm not old, just chronologically gifted with a lot of experience in fun.

Growing older is like fine cheese—sometimes a little stinky, but mostly appreciated.

My birthday cake has more candles than a lighthouse, but I still shine bright.

Age is just a number, but my jokes are priceless.

I'm aging like a classic car—vintage, valuable, and still cruising smoothly.

My wrinkles are just my smile lines, proof of a life full of laughs.

I'm not over the hill; I'm just enjoying the scenic route of life.

Age might slow me down, but my puns keep me moving at full speed.

Getting older means upgrading to a wiser, wittier version of myself.

My age is just a number, but my punchlines are timeless

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 2nd February**

Yes, stay in your own home and just look and listen – it is always very enjoyable and interesting.

Presenters on this occasion will be

Peter Williams, Peter Barber and Bill Killinger

Peter is new to the Music sessions – please support him for his first presentation

Geoffrey Fitzhardinge is inviting you to a scheduled Zoom meeting.

Topic: Probus Music Zoom Meeting

Time: Feb 2, 2026 02:00 PM Canberra, Melbourne, Sydney

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/88139967364?pwd=ganoZPabGclaDosCOkqHgBvyEbWSVW.1>

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

15. OUTINGS

- **Contact and Enquiries:** Geoff Brew / Keith Walker
- **Phone:** 0412 301 123 / 0419 429 322
- **Email:** geoff.brew@icloud.com
walker.keith.ian@gmail.com



Our next Outing is a tour of

The new SYDNEY FISH MARKETS

Wednesday 11th February 2026

Note the change from our usual Tuesday date



The New Sydney Fish Market is set to open on 19th January 2026. It's an enormous building!

Probus Warrawee has a tour on **Wednesday 11th February**, followed by lunch.

The NSW Government considers the \$830m facility will attract global attention with visitation doubling to 6 million people annually.

See NSW website.

Getting there: Train to Central Station; light rail to Wentworth Park station (20mins); 5 minute walk.

Meeting Point: At **10.30am** go to the **Visitor Hub** near front entrance (SE Corner) for coffee. At **10.55am** meet our Guide.

The Outing: Is a one hour private guided tour commencing at **11.00am**.

Accessibility: The Fish Markets should be quite accessible. However Wentworth Park light rail station may have some issues with lifts and ramps still to be built.

Cost: The tour is **\$45.00 pp** payable by **1st February 2025** to the Club account. Mark your transfer with your surname and "Fish" and email me and Treasurer John Marshall (jdknm@bigpond.com) when you have made your payment.

Lunch: At around **12.15**; to your account; (at TJ's Po Boys - to be confirmed.).

Places: 25 places available.

Cancellation Policy: The Fish Market will not refund cancellations within 7 days of the event.

Advance notice:

Our next outing in March 2026 has yet to be confirmed. Probably Tram Museum at Loftus.

Geoff Brew

16. PHOTOGRAPHY

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



Our First Photo Outing for 2026 – Thursday 19 February

Yes, it is time to ramp up your observation skills, expose your creativity and capture some enticing images.

This first outing for the year will be at **Bicentennial Park at Homebush**. This large and varied park lends itself to many photo subjects; trees, vistas, water views, wildlife and more.

The entrance to the Park is off Australia Avenue at Homebush; full directions to be provided closer the day. We will meet at the **Waterview Café** for coffee at **10:00 am**, then fan out to seek our photographic masterpieces and return to the cafe for lunch at about **12:00**.

Photo Review Meeting in March

Nominally Thursday 19 March but actual date to be advised

The photos captured at the Bicentennial Park outing will be reviewed at this meeting at my home in Lindfield plus the "Elephant Challenge" photos and any other photos members wish to share.

The "Elephant Challenge"

Our third challenge I have set the Group is to take photos of a small elephant figurine that I have given to the regular Photo Group members in any setting, location or situation



Can you see the elephant?

I have been very, very impressed by the creativeness and variety that members have applied to the first two challenges ("Five Forks" and "Springtime Flowers") and they are to be congratulated for rising magnificently to the challenge.

I can't wait to see at the result of Challenge No. 3.

Alan

David Price's contribution to sick jokes

Three house pets- a golden retriever, a parakeet, and a cat – all die and go to heaven.

As with all the good animals, God decides to have a personal discussion with each one to see where they will stay in heaven.

God turns to the golden retriever and says "The Book of Life indicates that you have been a very good boy. But tell me, in your own words, what are your ultimate principles? What do you believe in?"

The golden retriever says "I believe in loyalty, companionship, and love. I have been a cherished part of my owner's family for many years."

God smiles. "Truly, you have a pure and loving heart. You shall sit at my right hand."

He then turns to the parakeet. "What do you believe in?"

"I believe in colour, flamboyance, and music," the parakeet says. "For many years I have displayed my beautiful feathers and filled my owner's house with a song."

"Your beauty is truly magnificent," God says. "And your song shall echo through the universe. You shall sit at my left."

God finally turns to the house cat. "And you, majestic little predator, what do you believe in?"

The cat lazily surveys God's throne and says, "I believe you are sitting in my seat!"

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:** Subject to the interests of those participating, an itinerary will be arranged including visit to the highly regarded **Centennial Vineyards (proposed lunch/tasting Wednesday 17th June)**, and **the National Trust owned Retford Park (of Samuel Hordern and James Fairfax renown)**, Bowral Village, Bradman Museum, golf, walks, gardens.

As we have **limited availability**, please let me know as soon as possible to **register your participation**; also advise any special needs/requirements including activities of interest.

Initial deposit \$75 per person to the Probus Account BSB 032189 Acc 751903

Reference "Bowral and name" on deposit and please also notify Treasurer John Marshall on jdknm@bigpond.com.

NOTE from Bob Cooper: The proposed tour of the NZ NORTH ISLAND AND COOK ISLANDS (13 to 27 Oct 2026) has unfortunately been cancelled due to insufficient take-up by members.

John

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 first walk for the year will be held on **Thursday 5th**

February. At the time of writing, the walk for 2026 may be under



water. We are heading off to Narrabeen Lake. In my experience, it's usually a flat easy pleasant walk, not a swim.

We will meet at Limani Café in Narrabeen St. at 9.30 am. At the end of the walk, we can return to the café or another nearby café, for lunch.

There is some parking in the street. There may be parking in Roberston St. Carpooling is advisable

Please let me know if you intend to join the walk.

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

Could you please let me know if you intend to join in. Perhaps we can organize some carpooling.



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



Cheese & Wine group



The next Cheese and Wine meeting will be held at **2:30pm** on **17th February** at Roger Goozee's home, **2/235 Bobbin Head Rd, North Turramurra**.

We will be blind tasting three white wines and three red wines.

The wines will be cask wine, cheap supermarket wine and expensive wine.

A selection of crackers will accompany the wine.

Come and join us for an interesting afternoon

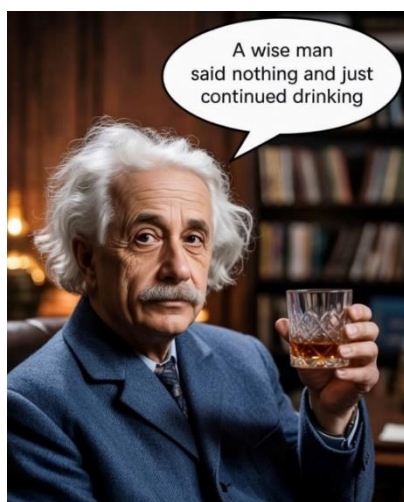
This could be interesting

Roger

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

Roger

Did you know that
14 muscles are
activated when
opening a bottle
of wine? Fitness
is my passion 😎



We have an open-door policy. Show up with wine, and we'll open the door.

It's funny how 8 glasses of water a day seems impossible but 8 glasses of wine is a sign of a good meal.

I'm a wine enthusiast. The more wine I drink, the more enthusiastic I get.

RALPH'S HINTS AND TIPS

Your electricity cost is going up – the federal government has stopped giving you the \$75 per quarter rebate!

6 Energy-Saving Tips for Summer

Tip #1 – Use windows to regulate temperature So many people rely on cooling systems to regulate temperatures and forget about their windows. Opening your [windows](#) on a warm night invites cool air into your home. Close your bedroom door to trap the cool air in your room. When you wake up, shut the windows and close the blinds to trap more cool air.

Tip #2 – Use less hot water About a [fifth of the energy you use](#) goes towards heating water. More economical use of [hot water](#) when washing the dishes or taking a shower could save money on electricity bills. When washing dishes, rinse them with cool water, rather than hot & don't use a dishwasher until you have a full load, and deactivate it before it hits the drying cycle. Allow your dishes to air dry to save energy.

Tip #3 – Use your air conditioner timer You could save money by not keeping your air conditioner running on a cool night. Use the timer to turn the unit off as you sleep.

Tip #4 – Insulate your home Wall and roof insulation serve two purposes. They prevent heat from escaping during winter, and trap cool air during summer. You can do some little things to insulate your property without buying roof and wall insulation: Draught-proof your doors and install blinds on your windows to trap cool air.

Tip #5 – Check your lights The average Australian home [uses up to 10%](#) of its energy to power the lights. Turn off any lights not in use, and use lamps whenever you don't need to light an entire room. Use solar lights in your garden, fit your security lights with motion sensors, rather than leaving them on all night. Switch to LED globes if you haven't already using the **Energy Savings Scheme (ESS)** - LED Lights Replacement NSW program. <https://cyanergy.com.au/free-led-lights> and <https://accreditedpower.com.au/led-lighting/nsw-home-led-upgrade-program/> are two of a number of companies that provide this service (from \$33).

Tip #6 – Clean your air conditioner Grime gets caught in your air conditioner filter over the years. Clean the filter a couple of times every year.

Finally, don't fall into the trap of thinking you spend more on electricity during the winter. Summer can burden your bank account just as heavily.

Also **check your electricity bill** to see if it says there is a cheaper plan! Or **ask your supplier if you are on the lowest cost plan**. Retailers often put you on a higher plan when your current one expires. 17% or 18% below the reference price plans were available in 2025.

Junk cleaners Regularly clean your computer, tablet & mobile phone to clean out junk and useless files etc! A number of programs are available in free & paid versions.

Fill in your 2026 diary/calendar with all regular Probus meetings and activities, so you don't double book yourself and have to miss a Probus event.

Got a friend, who could join Probus - invite him to the next Probus meeting!

Lock your letter box if you haven't and beware of [parcel delivery scams](#) - if you haven't ordered something, it is a scam -delete it, don't pay money or give your details! **Be scam aware!**

Note: Chinese websites selling goods [can be required](#) to give your credit card & other details to the Chinese government.

Please send me any hints. Happy New Year, stay safe!

Ralph Mackie