



# NARRABEEN LAKES PROBUS CLUB INC.

Registered Number: Y2430248

## Office Bearers

<i>President</i>	Ron Allars	0418 236 980	<i>Auditor</i>		
<i>Vice President</i>	Helen Howes	0424 464 047	<i>Public Officer</i>	Liz Waring	0408 482 044
<i>Secretary</i>	Liz Waring	0408 482 044	<i>Visitor Liaison</i>	Lynn Grierson	9913 3964
<i>Asst Secretary</i>	Pat Axford	0423 937 344	<i>Welfare Officer</i>	Lynn Grierson	9913 3964
<i>Treasurer</i>	Norma Moran	0405 171 595	<i>Ambassador</i>	Lynn Grierson	9913 3964
<i>Speakers</i>	Martin Bes	0402 252 419	<i>Assistant</i>	Roberta Brose	0438 651 218
<i>Web Officer</i>	Ron Allars	0418 236 980	<i>Newsletter</i>	Runa Schmidt-Muller	0403 939 499
<i>Event Coord.</i>	Helen Howes	0424 464 047			
<i>Member Officer</i>	Liz Waring	0408 482 044	<i>Past President</i>	Lynn Grierson	
<i>Website</i>	<a href="http://narrabeenlakesprobus.org.au">http://narrabeenlakesprobus.org.au</a> Password: NLPC		<i>Postal Address:</i> POB 592 NARRABEEN 2101		

## THIS MONTH'S MEETING – WEDNESDAY 22 MARCH 2023

### FROM THE HELM

#### Greetings All

Our recent Probus Holiday at Seaside Resort Fingal Bay was a great success and thoroughly enjoyed by our group of 18. Seafood feasts, headland picnics, waterfront walks, scenic coffees, cruising to Tea Gardens and perfect weather capped off a perfect experience where we also learnt so more about each other.

After an enjoyable year as your President it is now March and time for our AGM where I am delighted to hand over to Helen Howes as your President for 2023-24.

Over the past year our Club has bounced back from 2 years of Covid disruption thanks to your attendance and participation in so many of our variety of activities.

My Presidents Report for 2022-23 is attached to this newsletter but I want to take this opportunity to sincerely thank all members of your hardworking Committee for their sincere support and unified commitment to offering all members of our Club so many opportunities to build friendships and experiences to enhance our retirement years.

In closing I wish to particularly thank our inspiring and compassionate Past President Lynn Grierson who capably steered us through the uncertain Covid disruptions.

Lynn has also been a very vibrant committee member and close friend for many years.

On behalf of all I offer our prayers and support to Lynn while she deals with the health challenges she is currently facing.

**Ron Allars**  
**President**

## NEXT MONTH'S MEETING – WEDNESDAY 26 APRIL 2023

<b>FINANCES</b>		
<b>Opening Balance</b>	<b>\$7825.76</b>	<b>February 2023</b>
<b>Receipts</b>	<b>\$2089.40</b>	<b>Outings, Club Fees &amp; Coffee/Tea</b>
<b>Payments</b>	<b>\$5092.00</b>	<b>Venue, Speaker &amp; Other Expenses</b>
<b>Closing Balance</b>	<b>\$4823.16</b>	
<b>Attendance at the last meeting</b>		<b>48 Members and 7 visitors</b>
Bank Account Name: <b>Narrabeen Lakes Probus Club</b> BSB: <b>062205</b> Account No. <b>00902285</b>		

Please remember to wear your membership badge  
**ANNUAL NEW MEMBERSHIP FEES ARE DUE LATEST IN MARCH:**  
**RENEWAL \$30, NEW MEMBERS \$40**

**Remember: If you haven't paid your membership, you are not insured for accidents on any of the Probus events, or on the way to/from it.**

**Membership lapses if fees are not paid by the AGM in March**  
**Membership Status: 80**

**WHEN PAYING CASH, PLEASE HAVE THE CORRECT MONEY IN AN ENVELOPE WITH YOUR NAME ON IT.**

**CHEQUES SHOULD BE MARKED CLEARLY WITH YOUR NAME TO AVOID CONFUSION. PLEASE DON'T FORGET TO MENTION THE EVENT YOU ARE PAYING FOR**

To use direct bank deposit to pay for events or your annual subscription, please make sure you put your name in the reference section and then email me at [nonny.moran@gmail.com](mailto:nonny.moran@gmail.com) with your name, amount paid, date and reason for payment.

If you are paying for outings or lunches, please also email Helen at [helsim@internode.on.net](mailto:helsim@internode.on.net).

And if you are willing to engage in any of the offered activities, or even volunteer to help us keep our Club active and interesting, please come forward and let any of our committee members know.

***Norma Moran***

## **WELFARE OF OUR MEMBERS**

If you know of any of our members being unwell or in hospital, please let us know. We are currently looking for a new Welfare Officer as Lynn Grierson is taking a break for health reasons. We find it important to keep in touch with our members even if they can't attend our monthly meetings. So please come forward if you can help.

## **ROSTER FOR MORNING TEA IN 2023**

Jan 2023: Jane Forsyth and Petah Welch  
February: Rosemarie Hamilton and Wendy Hordern  
**March: Juliet Kilgour and Jan Bentley**  
April: STILL LOOKING FOR VOLUNTEERS  
May: Bev Hulme and Neerilyn Schooley  
June: Ken Stuart and

We are looking for more volunteers for the next few months. The volunteers should be at the Narrabeen Baptist Church at 9.15am to prepare the Morning Tea, arrange table, prepare refreshments, etc.

**If they are unable to attend they must find a replacement person.**

Thank you all for volunteering – it looks like smooth sailing ahead.

**Norma Moran**

## **OUTINGS, LUNCHESES AND ACTIVITIES**

**Lunch after the meeting:** we enjoyed last month's lunch at the **Forest Hotel on Frenchs Forest Road East** and will repeat the lunch at the same place this month.

It is next to the PRP building, and behind Dan Murphy's. Plenty of parking, but we can carpool if that's more convenient. The drive takes about the same time as going to Pittwater RSL.

### **OPAL OUTING: Wednesday, 5 April: Parramatta River/Rowers Club for Lunch**

Meet at Manly Wharf for the 10:10 ferry to Circular Quay, then 11:07 Rivercat along Parramatta River to Parramatta. Stay on Rivercat back to Sydney Rowers Club for lunch, then back to Circular Quay, etc. Some of us did this trip last year and thoroughly enjoyed it, so are keen to go again.

The 199 buses to Manly haven't been very reliable lately, so give yourself plenty of time!

Please put your name on the list so I know who is coming.

### **OPAL OUTING: Wednesday, 3 May: Visit to May Gibbs house, Nutcote at Neutral Bay**

We meet at the B1 stop at Neutral Bay, time to be advised. Please put your name on the list as we need to book. We can have lunch there or go to the cafe at Neutral Bay Wharf. Maybe take the ferry back to Circular Quay and back via Manly.

### **Bright Autumn Tour 5-11 May 2023**

We have 15 places reserved for us, and some people have already booked.

This is a 7 days/6 nights trip, going via Canberra and Cooma to Jindabyne for the night. Next day, along the Alpine Way pausing at Thredbo and then on to Khancoban and to Bright for four nights. We spend the next three days visiting towns around Bright. Then Bright to Wagga, via Albury-Wodonga, with time to visit Wagga art gallery and Charles Sturt campus. On day 7 we return to Sydney, through Junee and Cootamundra.

Price: \$2055 twin share. Single supplement \$510.

Talk to Helen for specific details re deposit, payment details and information sheets for this trip.

I have looked into the **Broken Bay Pearl Farm**. Their cheapest tour is **\$85.00** and would be a **self-drive tour**.

I have had some responses to the list of suggested outings, so I'm working on these

A few of you have indicated outings they are interested in, such as trip to Cabramatta, Gosford Races, Garden Island Tour, plus

Barefoot bowls - possibly at Newport Bowling Club

Moree and the Hot Springs – Roberta Brose is the expert for more details

Parliament House and the Synagogue

**Helen Howes**

## **THEATRE**

### **ELANORA PLAYERS**

The next production is called **The Vegan**, by Rob Selzer and directed by Vicki Castorina.

*Three settings create the dramatic structure of The Vegan which explores the themes of marriage, pregnancy, sex work, feminism, our bodies, our food choices, our ideologies and most importantly our secrets. Every character has a secret that is slowly revealed throughout the play. The denouement draws together the family yet simultaneously leaves open questions about how secrets can continue on and on in people's lives.*

**Matinee performance is on Sunday, 16 April 2023 at 3 pm. Concession price is \$28/pp.**

**I have one spare ticket – for anyone who will make a last minute decision and join us**

## **GLEN STREET**

### **THE WHARF REVUE: LOOKING FOR ALBANESE**

*It's a new dawn, a new day, and a new captain at the helm of the ship of state. And what a state we're in! Inflation, rising interest rates, conflict in Ukraine, climate disaster, culture wars, COVID 19-20-21-22-23, and a looming World War Three... Could things get any worse? Absolutely! Neighbours has finished! But there is a light on the horizon: The Wharf Revue is back! Inspired by the new national spirit of optimism that lasted for a week, the team are as keen as mustard to once again tackle the big picture issues. The Wharf Revue: Looking for Albanese is touring nationally in 2023 and will be returning to the Glen Street Theatre stage in March.*

**Matinee performance is on Tuesday 28 March 2023 11 am. Concession Price is \$80/pp.  
Tickets have been purchased and handed out at the February meeting.**

*Runa Schmidt-Muller*

## **SPEAKERS 2023**

**April: Ramon Rees** on the Maritime Museum. Ray will explain how the Maritime Museum operates and manages to maintain 10 magnificent historical vessels and how anyone can join in one of the many cruises.

**May: James Well** will speak on the life of Aeronautic Engineer and writer Nevil Shute, whose novels include *On The Beach* and *A Town Like Alice*.

### **Member Speakers:**

Part of our meeting is dedicated to allowing members to share some of the personal stories. If you would like to tell the rest of us something about your life, early adventures or an amusing story or anecdote please contact either Martin or Ron.

*Martin Bes*

## **MORE ACTIVITIES FOR OUR MEMBERS**

We would like to introduce an occasional 5-10 minute members' talk called **Show and Tell for Older People**, where we bring along some small item, personally precious (but not valuable or breakable) and tell our fellow members the history of the item or why it is meaningful to us.  
Would anyone like to put their hand up to do this?

## **SOCIAL GROUPS WITHIN PROBUS**

At one of our recent Committee Meetings, we discussed the creation of possible **Social Groups** within our Probus Club and came up with the following groups.

**Movies and Dining Out** is very popular but the following groups are still looking for a leader:

Technology & Computers, Facebook: Jeanette Romeo – TBA

Board Games: TBA

Garden Lovers: TBA

Wine Appreciation: TBA - Possible 2-3 day trip to winery

*Norma Moran*

**Dining Out: Details at the March meeting!**

**Movies:** We are a group of Movie-Buffs who regularly meet twice a month at Warriewood Cinemas on a Saturday morning to see the latest production. As Lynn Grierson has stepped back due to health reasons, we are looking for a new Group Leader.

**We are happy to announce that two members have come forward to lead the Movie Group: Jane Forsyth and Rosemarie Hamilton – Thank you both for volunteering!**

<b>UPCOMING EVENTS</b>			
<b>EVENT</b>	<b>TIME</b>	<b>COST</b>	<b>CONTACT</b>
<p><b>WINING AND DINING</b></p> <p>Lunch after the meeting at the Forest Hotel</p>	12.30		Helen Howes 0424 464 047
<p><b>OUTINGS</b></p> <p><b>Glen Street Theatre: THE WHARF REVUE Looking for Albanese, Matinee Performance</b></p> <p><b>OPAL OUTING:</b> Parramatta River and Lunch at Rowers Club</p> <p><b>ELANORA PLAYERS: THE VEGAN, Matinee Performance</b></p> <p><b>OPAL OUTING:</b> Visit to May Gibbs house, Nutcote at Neutral Bay</p> <p><b>Bright Autumn Tour 5-11 May</b> with OnCourse Tours</p>	<p>Tue/28 Mar 11 am</p> <p>Wed/5 Apr</p> <p>Sun/16 Apr 3pm</p> <p>Wed/3 May</p> <p>Fri/5-11 May</p>	<p>\$80</p> <p>\$28</p> <p>\$2,055</p>	<p>Runa SM 0403 939 499</p> <p>Helen Howes 0424 464 047</p> <p>Runa SM 0403 939 499</p> <p>Helen Howes 0424 464 047</p>
<p><b>SPEAKERS</b></p> <p><b>Taylor Harrison</b> is the founder and director of Active Seniors Health Centres. He will talk on the importance of being active and hints on keeping fit enough for travel.</p> <p>If there are <b>no member speakers</b> and time allows, we will keep you on your toes with <b>TRIVIA QUESTIONS</b> prepared by Helen Howes.</p>	Wed/22 Mar		Martin Bes 0402 252 419

**MINUTES MEETING NARRABEEN LAKES PROBUS CLUB INC.**

**22 February 2023**

**MEETING COMMENCED** 10.03 am

**WELCOME BY PRESIDENT**

Carol Green inducted into our Probus Club, Ken Fitzpatrick receiving his Life Membership Certificate

**APOLOGIES**

Barbara Matterson, Jo Gravemade, Petah Welch, Beryl Stewart, Judy Hrones

**WELCOME TO NEW MEMBERS**

Ron welcomed the 5 visitors today. Two were returning visitors.

**MINUTES**

The minutes of the meeting held 25 January 2023 confirmed, having been circulated by newsletter or email and approved by the meeting on the motion of Jeanette Romeo and seconded by Rosemarie Hamilton.

**PRESIDENT'S REPORT**

Ron advised members going to Fingal Bay to collect information sheet. Ron discussed the importance of the change in Standing Resolutions.

Norma spoke of the need to increase the yearly subscription due to increased Capitation fees by \$1.75 to \$16.75 each year and increase in cost of Badges.

A vote was taken to approve the changes moved by Pat Axford and seconded by Di Byrne.

**SECRETARY**

Nomination forms for Committee members on desk. Any nominations to be given to Secretary by end of this meeting. Forms for Capitation payment due on 30 April have been received.

**TREASURER**

Balance at end December \$7,825.76 less payments to Fingal Bay leaving Balance of \$2,929.76.

**MEMBERSHIP OFFICER**

We had 48 members and 5 visitors attend the January meeting. We currently have 81 members. Membership fees due by end of March.

**BIRTHDAY SCRATCHIES**

Helen Howes presented scratchies for February birthdays. Unfortunately only one member present to receive the scratchie.

**WELFARE/AMBASSADOR**

Ron Allars said again we need a member to step up for Welfare and also Ambassador Role due to Lynn Grierson's ill health.

**SPEAKERS**

Martin Bes outlined the speakers for 2023 and particularly today's speaker.

**OUTINGS/TRIPS**

Helen Howes discussed outings contained in email sent to all members. A list on the table gave members the opportunity to put their names down for any of the outings mentioned. Opal outing for 1 April is Parramatta Ferry trip with lunch at the Rowing Club. Outing for May is

May Gibbs' Nutcote House at Neutral for May outing. More information later.

Lunch after the meeting at Pittwater RSL due to Wakehurst Parkway closure due to flooding.

**TRIVIA**

Helen conducted an enjoyable Trivia competition.

**ACTIVITIES**

New leader to help with Movies. Norma advised that the lunch 2<sup>nd</sup> Wednesday March will be the Chinese Restaurant in Warriewood which members enjoyed previously. Still need a volunteer for the Movies. Not hard, please consider if you attend the movies.

**THEATRE**

Runa had the remaining tickets for Glen Street Theatre in March members to collect at morning tea and advised there was one spare. Members to confirm their attendance at Elanora Players 16 April performance by today.

**GENERAL BUSINESS**

Ron advised that the AGM will be next meeting on 22 March.

Sheet for Morning Tea Roster on table. Need extra people to volunteer.

**MORNING TEA** Rosemary Hamilton and Wendy Hordern thank you.

**GUEST SPEAKER**

Kevin and Glennis Murray gave a very interesting presentation on Easter Island with videos especially the video of Glennis and choir singing the song Kevin composed.

Meeting closed at 12.00pm

## **Narrabeen Lakes Probus Club President's Report for 2022-23**

It has been an honour to serve as the President of Narrabeen Lakes Probus Club over the past year and it has been especially rewarding to have a full year of face to face meetings and events after the isolation and disruption of the Covid Years.

The enthusiasm with which so many of you have participated in the many meetings and events brings life to our Club which is devoted to the welfare and enjoyment of our members.

It has been a busy year and here are some of the milestones - including catch ups from Covid postponements in 2021:

March - Week away at Fingal Bay enjoyed by 18 of us + Lunch at Limani's with 31 diners

April - BBQ at Flying Fox Park enjoyed by 30 members

May - Mini Golf at Warriewood

June - Car Rally Balgowlah Rotary (6)

July - Opal Rivercat Outing to Parramatta (13)

August - Opal outing to Daceyville (8) and Yulefest at Bathurst

September - Day trip to Bowral Tulips (30)

October - Opal Outing by Metro to Rouse Hill (6) and BBQ at Flying Fox Park (30)

November - Jacaranda cruise (20)

December - Christmas Party at Bayview Golf Club (50)

February - Another popular holiday at Fingal Bay Resort (18)

Thanks to Helen Howes for organising most of these and to Runa Schmidt-Muller for enabling us to enjoy theatre outings to The Wharf Review (12) and the Elanora Players in July (24), October (24) and January (20).

The Movie Group initiative of Lynn Grierson attracted regular participants and the popular Dining Group led by Norma Moran have enjoyed many varied culinary flavours.

Our Lunches on Meeting days at The Forest Hotel have proved very popular as it is an opportunity to socialise in a great venue with excellent food (20-25).

Our Speaker Seeker Martin Bes kept us enthralled by organising diverse presentations on subjects including Iconic Aussie inventions, Surviving the New York 9/11 attack, Stories from Africa, True Girt in early Australia, Easter Island and the experiences of a female NSW Police Detective Inspector.

We were excited to welcome 12 new members over the year and have approved applications from 3 more to be Inducted next month and currently we have 80 members.

We retirees tend to enjoy travel regularly so we are pleased to have 50 -60 attending our Monthly Meetings.

Involvement is the key to enjoying Probus so I strongly encourage all members to participate in the many activities we organise for you.

In closing I want to thank all members of the Committee for the effort and dedication they devote to making our Club so engaging and interesting for all.

**Ron Allars - President**

**PROBUS CLUB OF NARRABEEN LAKES INC.  
AGENDA FOR ANNUAL GENERAL MEETING  
ON WEDNESDAY 22 MARCH 2023**

OPEN MEETING..... a.m. (PRESIDENT)

APOLOGIES:.....

CONFIRMATION OF MINUTES OF PREVIOUS MEETING held on 23 March 2022

Moved by ..... Seconded by .....

PRESIDENT'S REPORT

BUSINESS ARISING FROM LAST AGM: NIL

CORRESPONDENCE: (Addressed to this AGM) NIL

PRESENTATION OF THE ANNUAL FINANCIAL STATEMENTS: (TREASURER)

GENERAL BUSINESS:

APPOINTMENT OF RETURNING OFFICER: (for the election of the Management Committee

ELECTION AND INDUCTION OF MANAGEMENT COMMITTEE MEMBERS

PRESIDENT	Helen Howes
VICE PRESIDENT:	Paul Hrones
SECRETARY	Liz Waring
TREASURER	Norma Moran
PUBLIC OFFICER	Liz Waring

CLOSE OF ANNUAL GENERAL MEETING .....

**BREAK FOR MORNING TEA**

Speaker: Taylor Harrison Always keeping Active.



MINUTES OF THE 32ND ANNUAL GENERAL MEETING OF THE PROBUS CLUB OF NARRABEEN LAKES HELD ON THE 23RD MARCH 2022 AT THE NARRABEEN BAPTIST CHURCH

The meeting was opened at 10.20am by esteemed member and Returning Officer Paul Hrones.

MINUTES

The minutes of the previous Annual General Meeting held on 24<sup>th</sup> March 2021 having been circulated, were confirmed as a correct record on the motion of Paul Hrones and seconded by Ivan Heyman

REPORT OF ACTING PRESIDENT

Lynn Grierson thanked the Committee members, group leaders and service officers for their excellent support and efforts during the past year.

FINANCIAL REPORT

As Treasurer Norma Moran was not able to attend as having to isolate as a close COVID contact. Pat Axford advised the meeting that the annual accounts will be presented to members as soon as available. A copy of the Financial Report for 2021 has now been received and is annexed to these minutes. It will be submitted for adoption at our April meeting.

ELECTION OF OFFICERS

Paul Hrones asked the meeting if there were any nominations for any of the positions on the Committee.

Nominations having been received by the due date for the four positions on the Management Committee, Paul Hrones asked the meeting to declare that the following persons be elected:-

PRESIDENT	Ron Allars
VICE PRESIDENT	Helen Howes
SECRETARY	Liz Waring
TREASURER	Norma Moran
PUBLIC OFFICER	Liz Waring

Paul thanked the outgoing Management Committee for their work in the past 12 months.

The meeting was adjourned until 27<sup>th</sup> April 2022 for consideration of the Financial Report.

MINUTES OF THE ADJOURNED 32<sup>ND</sup> ANNUAL GENERAL MEETING OF THE PROBUS CLUB OF NARRABEEN LAKES HELD ON THE 27<sup>TH</sup> APRIL 2022 AT THE NARRABEEN BAPTIST CHURCH

The meeting was opened at 10.07am by President Ron Allars  
Ron explained that the AGM was adjourned as the Annual Financial Report was not available at that time.

ANNUAL FINANCIAL REPORT

The finalised annual financial report was attached to the last Newsletter to all members.  
Ron asked the meeting if any member had any questions or queries.  
As there were no questions Ron asked for approval of this Financial Report.

Approved by: Rosemarie Hamilton and seconded by Helen Howes.

Meeting closed at 10.09am

Confirmed .....President