



MANLY BEACH PROBUS CLUB

September 2026 Newsletter



Meeting day/time: 1st Monday of every month at 10:00am

Next meeting: Monday 5 October 2026 (Public Holiday), 9.45 for 10.00am.

Meeting venue: Manly Youth & Community Centre, 9 Kangaroo Street, Manly 2095

Minutes of last general meeting are sent with the newsletter, please review before the next meeting.

President's Message:



Many members empathised with September Guest Speaker, Olga Cahill's poignant address to our Club on the plight of lack of Government funds to institutions like Stewart House. The Committee and I would like to thank members for their kind generosity after our last meeting. Our donation will contribute substantially to enhancing the lives of these public school children in need.

On a more cheery note - exciting news: We have reached our limit of Eighty members. We will celebrate this milestone at our Picnic for Probuss' 50th Anniversary on 1 October. Even though we are only a little over a year old, it is pleasing that everything is coming together so nicely. Our regular activities are thriving. We had a record number for our amazing outing to Chinatown at Burwood. It is great to see the Manly Beach boys are having fun at their regular get togethers. And our craft day has really taken off with several charities benefiting from our talented members' work.

For 50 years, Probuss has been enriching the lives of retirees and semi-retirees by bringing people together through friendship, fun and shared experiences. Throughout this special anniversary year, clubs from every corner of the country are embracing the occasion in their own unique way. Our contribution is going to be in the form of an elegant picnic in the park. We will be inviting local dignitaries and the area will be festively abounding in Probuss colours of blue and gold and lots of balloons!. Please make a special note of 1 October, at 4 pm, in "The Office", East Esplanade, opposite Garfish Restaurant. The Manly Town Hall will also be resplendent in Blue and Gold for the occasion.

Across Australia, more than 90,000 members in over 1,400 clubs have discovered that retirement is not about slowing down—it is about embracing new opportunities, building lasting friendships and staying connected to their communities. As Probuss celebrates its Golden Anniversary in Australia, the importance of that connection has never been clearer. The World Health Organization (WHO) has recently released new guidelines identifying social isolation and loneliness as among the leading modifiable risk factors for dementia. The report highlights that nearly half of all dementia cases may be preventable through lifestyle changes. Social connection was recognised alongside physical activity, with hearing health and mental wellbeing as key factors in supporting healthy ageing. The findings affirm what Probuss has championed for five decades.

Our next meeting will take place on 5 October, which of course, is the Monday of the long weekend. To vary things a little for this month, we will not have a guest speaker but a morning of fun and games and making new friends, plus our usual chatting over a delicious morning tea. The venue is of course, the Manly Community Centre, 9 Kangaroo Street, at 9.45 for 10 - and as always, we love to see all those happy smiling faces at our activities in the meantime, most particularly our celebratory picnic on 1st October!

Anne McEncroe (Foundation President)



Celebrate 50 Years of Probos – especially in the Probos Month of October



Please come to our Picnic on 1 October at “The Office”, East Esplanade *opposite* Garfish from 4 pm. BYO Drinks, chair and Food and dress in **Blue and Yellow**



On 1 October Manly Town Hall has been identified as a landmark that will be illuminated in Probos colours [Probos 50th anniversary events | Key National and State Events](#)

Please also view this video from the Chairman, Michael Ransom of Probos South Pacific - [LINK](#)

Welcome to new members:



Ngaire Childs, Nicola Giuliano
Congratulation to Ngarie you are out 80th member!!!

Happy Birthday to Members who have recently celebrated their birthday and those with upcoming birthdays



OCTOBER: Sylvia Prescott, Deanna Rockliff, Barry Miles,
NOVEMBER: Peter Welch, Tricia Whicker, Heather Scott-Young, Lisa Spettigue, Laurie Horsington, John Baines, Di Kirby, Bridget McVicar

Next meeting dates/times:

Monday 5 October 2026 (Public Holiday) 9.45 for 10.00am
Monday 2 November 2026



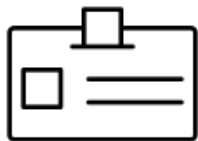
We are required to keep accurate records of meeting attendance. There is an expectation that members will attend at least 60% of meetings to maintain membership.

If you are unable to attend a meeting, email both secretary.mbprobusclub@gmail.com and Membership.mbprobusclub@gmail.com to have your apology registered, (put ‘apology’ or ‘meeting apology’ as the subject).

Monthly Inspiration

“The more you praise and celebrate your life, the more there is in life to celebrate.” — Oprah Winfrey

Reminder: please wear your name badge



Please wear your Probus Name badge to our **Club Meetings** and **Activities**. Wearing your badge is very helpful for new members as they get to know everyone, current members who are still trying to remember everyone's name and at events it also identifies you as a member of Manly Beach Probus.

If you have misplaced your badge, a new one can be ordered for you at cost price. Please see Sally Morton at the next meeting or email Membership.mbprobusclub@gmail.com

Guest Speaker

September Thank you - Olga Cahill from Stewart House in Curl Curl



Thank you to Olga for a very passionate talk about the work of Stewart House and the lovely and needy children they support

Your generous donations for Stewart House at the last meeting were very much appreciated.

If you would like to continue your support for Stewart House you could consider one of the following ways

1. Make further donations of clothes for children 7-14 years old (both new and near new) - please bring them to the meeting and Vivian will arrange delivery to Stewart house
2. Donations of money is very welcome and appreciated - see this link [Donate to Stewart House](#).
3. Donations of items or money to support the "High Five" reward program – please refer to [Gifts for the children - Stewart House Children's Charity](#)
4. You might also like to consider joining Friends of Stewart House (Registered Charity). Here is a link to their website including the work they do to support Stewart House and the children in their care and the different events they run to raise awareness and funds- friendsofstewarhouse.au"
5. Subscribe to their newsletter (it is a good read!)- [Subscribe - Stewart House Children's Charity](#)

October Speaker: There will be no speaker for the October meeting. Instead, we will have a few activities to get to know members better and also identify future activity groups and leaders.

November Speaker: Catherine DeVrye - Best-selling Author and Leading Australian Motivational Speaker. The topic of her talk will be her new book - '**Beyond Timbuktu: Journeys of Hope & Humanity**'

Catherine DeVrye is a best-selling author and one of Australia's top motivational speakers, known for her inspiring and practical approach to leadership, customer service, and personal resilience. With a diverse background that spans a decade in executive roles at IBM across Australia, Tokyo, and Hong Kong, DeVrye has developed a unique understanding of corporate dynamics, cross-cultural management, and quality customer service.

Always in search of new material, as a thought leader she has even trekked to Timbuktu! An active surf lifesaver, sportswoman & adventurer, she's cycled over the Andes, scaled peaks in the Antarctic & climbed 20,000' to the summit of Mt Kilimanjaro in Africa & beyond Everest Base Camp

Catherine has taught at prestigious institutions such as Harvard University, The Melbourne Mt. Eliza Business School, and IMD in Switzerland

If you have any recommendations for future inspiring Guest Speakers, please leave a note in the Suggestion



Box

Keep cups - Caring for the environment



Members are warmly encouraged to bring their own keeper cup to our meetings for morning tea.

By reusing your cups, we can help reduce the number of disposable cups used each month, cut down on waste, and do our bit for the environment.

It is a simple habit, but together these little actions add up—and it is another lovely way for our Probus community to show care for our beautiful local surroundings.

Activity report

For more photos go to the [Manly Beach Probus Members only Facebook page](#)

We'd love you to share your photos and stories from the activities you've attended on our members-only Facebook page, it is a wonderful way to add even more fun and connection and get involved.

Activity Groups

Manly Beach Boys

Another pleasant afternoon/evening yesterday (14th September) with 10 outstanding and robust Manly Beach Boys attending at the Hotel Steyne, Manly from 4.30pm. At least 4 of our group were travelling. Our activity this month was name your favourite - movie, sports and holiday destination. The best movie category was much more difficult to select than expected, but we had a lot of laughs.

Neil Spettigue is coordinating this very active group

Craft and Chatter Group

The Craft group meets each Tuesday at 1.00pm at Craft and Soul, 2 Wentworth St. (School holidays and Melbourne Cup Day excepted)

The group has made some fabulous items. Many have embraced the challenge of making Christmas stars from Fabric strips – you will have to wait until the Christmas party to see these!!!

Everyone is welcome, please keep in contact with Brenda Gilet who is coordinating this group and communicating through a dedicated Whats App group

If you have any spare craft items eg fabric pieces, wools, needles or hooks that you no longer need the group would appreciate any donations to make items for Charity.

Walkie Talkies

As you are reading this newsletter the next adventure of the Walkie Talkie Group is probably in progress. Hoping you are having a great time exploring our local area.

For more information on this group or to offer suggestions for future walks please talk with Trish and Deanna who are coordinating this group

Activities team - LETTUCE ENTERTAIN YOU!!



Links to details for events are included in the diary dates below.

Please also refer to our [website](#) for the activity information.

It would be helpful if you can view the activity information and pay for activities by bank transfer **prior** to the Club meeting. Bank transfer is the preferred method of payment. Please see how to pay later in the newsletter.



Don't miss an event ! To help you keep track of activities and club events, follow the instructions on our website at [Manly Beach Probus Club - Activities](#). Click on "[subscribe to our club Calendar](#)" and the events will then transfer to your calendar. Also remember to save the [Manly Beach Probus Club](#) website one of your favourites so you can find it quickly and easily. Not sure how to do this? – Ask Sally for help at the next meeting.

💬 Our club thrives on connection, laughter, and shared experiences. The more we participate, the more vibrant and welcoming our community becomes. Joining in is the best way to meet others and help shape future events that reflect what *you* enjoy.

🗨️ Got an idea for an outing, activity, or theme? Pop it in the Suggestion Box—we're all ears! Let's build a club that's full of energy, friendship, and unforgettable moments. See you at the meeting!

Activities coordinator

PAYMENT DATES

PAY BY

Saturday 19th December Christmas in the Grandparents Club 2.30pm Glen St \$68 30th Sept

BOOK THESE EVENTS NOW

No Payment Required

Thursday 8th Oct Bus/Ferry to Ettalong and \$35 lunch at The Diggers Hotel

Must add name to Booking List no later than 5th October

Saturday 24th Oct Heritage Tour of GPO and lunch at The Rocks

Limited to 15 FULLY booked with a Waitlist

SAVE THE DATE.....

Friday 13th Nov Jacarandah Walk and lunch

Lights in the City with dinner Tuesday, 22nd December (?) DATE TO BE CONFIRMED

Brainstorming at our next Meeting

Let's shape the future of our club together! At our next meeting, we'll open the floor for a lively and welcoming discussion about new activities and fresh ideas. This is your chance to dream big—think about the adventures, interests, and experiences you'd love to share with friends. Every suggestion, no matter how small, can spark new journeys and help our club thrive.

We also invite you to step forward and volunteer to lead one or more of our activity groups. Whether you're passionate about walks, book clubs, outings, or any other interest, your assistance can make a real difference. Your voice matters, and your involvement makes our community stronger. Come ready to inspire and be inspired—let's build a club that reflects what *you* enjoy!

Potential new groups could include Movie buffs, Theatre group, Book Club, Wine appreciation, Golf, Sailing, Kayaking, Mahjong, Bridge, Canasta, Art appreciation, Line dancing, Coach Trips, Travel



MANLY BEACH PROBUS DIARY DATES FOR SEPTEMBER

SEPT 2026	Payment due for Christmas in the Grandparents Club NOW	Glen Street Theatre Saturday 19 th December 3pm
	Every Tuesday Afternoon (except School holidays) Craft & Chatter @ Craft and Soul, 2 Wentworth Street, Manly	1pm-2.45 pm
Monday 28 th Sept	WALKIE TALKIES	Meet in park opposite Garfish 9:30am

MANLY BEACH PROBUS DIARY DATES FOR OCTOBER

OCT 2026	Every Tuesday Afternoon (except School holidays) Craft & Chatter @ Craft and Soul, 2 Wentworth Street, Manly	1pm-2.45pm
Thursday 1 st 	Picnic in the Park To celebrate 50 years of Probus at "The Office" East Esplanade <i>opposite</i> Garfish Then walk to Manly Town Hall to see it illuminated in Yellow and Blue for Probus	From 4pm BYO drinks, chair and food Dress in Blue & Yellow
Monday 5 th	Probus Meeting Followed by lunch at the Manly Club	9:45 for 10am
Thursday 8 th	Ferry to Ettalong with Lunch at The Diggers Meet at 8:40am Stand C West Esplanade, Manly	Catch 199 bus at 8:50am to Ferry Terminal Return to Manly approx 3:30pm
Monday 12 th	Coffee & Chat Manly Beach Boys	10am Manly Pacific 4pm-6pm The Manly Club
Wednesday 14 th	HAPPY HOUR 4pm-6pm BYO drinks	Las Palmas West Esplanade Behind The Espy
Monday 19 th	Committee Meeting	9:30am
Saturday 24 th	Heritage Tour of GPO With lunch at The Rocks Meet 10:00 inside Manly Wharf	Tour 12pm-1:30
Monday 26 th	WALKIE TALKIES Sculptures by the Sea	Meet outside old Max Brenners at 9.00am

How to pay for an Activity

BSB: 112 879 **ACCOUNT NO:** 427 365 666

ACCOUNT NAME: MANLY BEACH PROBUS CLUB INCORPORATED

REFERENCE: Your Surname & Initials **AND** *activity name*

Please send an email to notify your payment to both
treasurer.mbprobusclub@gmail.com **AND** activities.mbprobusclub@gmail.com

To assist with administration:

- Please pay for each activity separately
- Please pay for each person separately

Morning Tea and Hall set up

A big "Thank you" to those members who have volunteered to date.



Thank you to Natalie who has volunteered to lead the Morning tea arrangements. Please see Natalie if you can help with Morning tea set up and serving



If you can get to the Hall early – your assistance in setting up the tables and Chairs would be appreciated

BOOK SWAP



Have you recently enjoyed a book—fiction, non-fiction, a recipe book, or something of special interest? If you would like to swap a book, please bring it to the next meeting, place it on the Book Table, and feel free to choose another one to take home. If your book remains on the table at the end of the meeting, please take it home with you.

Management Committee:

Executive Committee

President

Anne McEncroe

President.mbprobusclub@gmail.com

Vice President

Janice Scheinecker

vicepresident.mbprobusclub@gmail.com

Secretary

Kerrie Goodwin

secretary.mbprobusclub@gmail.com

Treasurer

Derek Ponsford

Treasurer.mbprobusclub@gmail.com

Committee Members

Activities Officer

Robyn Mobbs

activities.mbprobusclub@gmail.com

Membership Officer

Sally Morton

Membership.mbprobusclub@gmail.com

Website / Technology Officer

Sally Morton

Guest Speaker Officer

Viv Cateaux

speakers.mbprobusclub@gmail.com

Newsletter Officer

Brenda Gilet

newsletter.mbprobusclub@gmail.com

Welfare Officer

Irene Addison

General Committee

Ishbel Searle, Trish Whicker

Publicity Officer

Beverley Elliot

Coordinators:

Morning tea

Natalie Nolan

Coffee and Chat

Manly Beach Boys

Neil Spettigue

Walking Groups

Walkie Talkies – Deanna & Tricia

Happy Hour

Craft Group

Brenda Gilet

Manly Beach Probus Club Social Media

Website	 <p>Feel free to share the link to our website with your friends who may be considering joining! Manly Beach Probus Club</p>	
Facebook	<p>- We have a public Facebook page and a private Facebook group - if you use Facebook, please become a member of our private group.</p>	
	<p>Manly Beach Probus Club Members only. There is a Private Facebook group exclusively for Manly Beach Probus members to share photos, ideas, and thoughts. Click on the link or use the QR code below to request to join</p>	
	<p>Manly Beach Probus Club. This is a public page to promote the Club.</p>	

Probus celebrates 50 years in Australia



To keep up to date on special events and offers on what Probus South Pacific are organising you can go to this link [Probus - Celebrating 50 Years in Australia](#).

Through the year our Club will have some celebration moments

Probus at 50: Why Connection Matters More Than Ever

Marking 50 years of connection, conversation and community, Michael Ransom, Chairman of Probus South Pacific Limited, joined Roz Townsend on *Ageless with Roz*.

In the interview, Chairman Michael Ransom explores how Probus has quietly become one of the great forces keeping life after work vibrant, social and full of purpose. Listen to the interview [here](#)

Membership growth

Please view at this talk on membership growth by the Probus South Pacific 50th Anniversary spokesperson Heather Ewart. <https://us.list-manage.com/acbsNibpGsL?e=aa3723fb75&c2id=6d3a4729f11f66fb5619e980facd5fbc>

Probus South Pacific

- We recommend all members register for “*Probus Active Retirees Magazine*”. To download and/or subscribe [click here](#)
- To sign-up for the “*Active Retirees Probus E-Newsletter*” [click here](#)

To learn more about [Probus - Member Benefits Scheme Australia](#) – [click here](#)