



**PROBUS CLUB OF KILLARNEY HEIGHTS**  
8 Keldie St, Forestville, NSW 2087  
ABN 62 621 547 226

**No 416   DECEMBER 12TH, 2025  
NO MEETING IN DECEMBER  
NEXT MEETING JANUARY 15<sup>TH</sup> 2026  
MEMBERS and PARTNERS**



**PRESIDENTS REPORT**  
**Cliff Ventris President**

I am very pleased to report that our Annual Christmas Luncheon held on Tuesday 9th December at Cromer Golf Course was a most successful event attended by some sixty people. The weather was perfect and greens in superb condition. As usual, the Christmas lunch was excellent and enjoyed by all. Each table received a lucky number prize of a \$50 gift token. Additionally a magnificent patchwork quilt was donated by Toni Watson and won by Alan and Nita Man. The quilt attracted much attention particularly by the members of our newly-formed Craft Group.

We must congratulate Ken and Lyn Fletcher for organising such a successful event. Flowers for the tables were provided by Carol Morley thank you.

We have found a volunteer to represent our Club at PSPL level on the organising committee for a number of festivities across the country to celebrate the 50th anniversary of PROBUS in Australia and that person is Helen Reinthal. Thank you Helen for coming forward and we look forward to hearing more news from you regarding these proposed functions.

The new Craft Group continues to grow and interested parties should please contact Paula Diamond for details.

At our last meeting, members voted on the proposed Revised Constitution and Standing Orders in the positive. This result was advised to PSPL and the Department of Fair Trading. Rob Beaton and Grahame Reinthal are to be thanked for the considerable work provided by them in this major task.

PSPL have advised us that they have reviewed the capitation fees for the 2026-2027 Probus year. Accordingly, the Board has resolved to set the ensuing fees at \$21.50. This represents an increase of \$1.50 for the year. This increase is necessary to maintain their services and to fund membership growth. This issue was discussed at our last committee meeting when we decided to absorb the increase out of accumulated funds so ably controlled by our hard-working treasurer Brian Skingsley.

I understand that the traditional scones served at our November general meeting were much enjoyed by all. Thank you Sue Baxter and her helpers.

**MEMBERSHIP**

As of 2th December we have 76 active members and 7 non-active a total of 83 members  
Paul Baxter

## FUNCTIONS

### XMAS LUNCHEON CROMER GOLF CLUB

Fifty Nine people attended the Annual Christmas Lunch. A delectable Christmas meal was served up. The Table Winners of the raffle were: Bruce Downie, Gerard De Jong,

Jan Rassack, Brian Skingsley, Cliff Ventris, Ann Clark, and Robin Taylor.

The Highlight was the beautiful quilt hand made by Toni Watson, wife of member Peter Watson, who kindly donated the Quilt as our Lucky Door Prize. The lucky winner was Alan Mann. Thanks to Carol and Tony Morley for the Christmas Bush that was part of the table decorations.

A very enjoyable day for all those who attended

Ken Fletcher



### AUSTRALIA DAY BBQ THURSDAY, 22ND JANUARY, 2026

Commencing at 5 pm Mactier Street, Narrabeen (Jamieson Park)  
Always a good day, by the water's edge of Narrabeen Lakes. The Club will supply  
Sausages, bread rolls. Attendees to bring own drinks, cups, chairs etc.  
Further information in the January Newsletter.

## CRAFT GROUP

Last Wednesday, 3 ladies came and we had a very enjoyable afternoon of chat and a cuppa. The next get together will be on Wednesday the 8<sup>th</sup> February at 2:00 PM when we may even do some craft. Would love to welcome some of our new members as it would be a good introduction to our club.

Just give me a ring on 0448826136 or 9450-1860. Paula Diamond

## BIKE RIDING



We are riding every Wednesday, generally starting at 9.00 am at the Dee Why Surf Club car park and riding, on cycle paths, to Narrabeen where we join non riders for coffee and a chat under the "Tree of Knowledge" at Grumpy's, the Tram Ticket Office, northern end of the B-Line car parking area near the southern side of the Narrabeen Lake bridge.

Contact Bryan Power 0402-106-168 [powerbryan@hotmail.com](mailto:powerbryan@hotmail.com) or Tom Keating and Keith Penfold.

### November speaker report Food.

Hette Mollema presented an interesting talk on the origins of our food. Prior to people adopting farming some 12,000 years ago, hunter gatherers relied on the natural landscape to provide sustenance. It is thought that world population at this time was in the order of tens of millions. Their diet depended on the seasons and what was around in those seasons. Agriculture slowly developed in Eurasia, Northern Africa and to a small extent, the Americas.



Agriculture meant that people lived in groups, closely sharing space with animals

that had been domesticated. The incidence of cross species disease increased such that it is thought that early farming populations didn't experience old age as we know it now. Some grasses were developed into high yield crops such as wheat and rice. Domesticated animals such as cattle, sheep, goats, pigs and chicken became the major sources of protein for growing populations. Over time diets changed from what was seasonably available from the wild to what grew well. So diets changed from a diverse range of wild foods to a few food types. Most of what we consume today is very similar to what was being consumed 500 years ago. Australia didn't have animals suitable for domestication nor the vegetation suitable for providing high yield crops.

As Europe explored the world, it found other foods on new continents, such as potatoes and maize from South America, which are now grown around the world. Good food types from anywhere are now grown everywhere.

Agriculture also provided surplus food which could be stored for later consumption and meant that surplus farming labour was available for other tasks such as making ceramics and the extraction of metals. These lead to the early arts and sciences, and then to civilisation.

Climate change will impinge on current world farming areas. As the world warms, farming will become less productive, placing stresses on world population which is expected to level out at about 10.4 billion (lots more than 12,000 years ago). The availability of fresh water is also expected to become an issue, further placing limits on population.

Tom Keating



Happy Christmas to you all. See you in January -  
Brian

Birthdays to 15 <sup>th</sup> January 2026		Financial report November 2025
<p><b>DECEMBER</b></p> <p><b>18 Geoff Rassack</b>  <b>20 Alan Richards</b>  <b>30 Ted Smith</b></p> <p><b>19 Menta Fairclough</b>  <b>27 Petzy Meyer</b>  <b>28 Jan Rassack</b>  <b>31 Barbara Chisnall</b></p>  	<p><b>JANUARY</b></p> <p><b>3 Maurine Stephenson</b>  <b>4 Neale Bull</b>  <b>6 Lyn Fletcher</b>  <b>11 Alan Mann</b>  <b>12 Frank Love</b></p> <p><b>8 Marian Gill</b>  <b>11 Bev Bennell</b></p>	<p><b>Opening Balance . . \$7,905.43</b>  <b>Add income \$ 4,365.15</b>  <b>Less expenses \$ 445.68</b>  <b>Closing balance \$ \$11,824.90</b></p> <p><b>Less for payment.. \$4,821.00</b>  <b>Money in reserve \$ 7,003.90</b></p> 

**All the best for Christmas & 2026**

If paying by EFT the banking details are **BSB 062-295 10519860** Probus Club of Killarney Heights.  
 Please make sure your name and event is given so that it can be properly applied.  
 You should also advise the Treasurer and organiser, emails below

COMMITTEE 2025 / 2026
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<b>President Cliff Ventris 0412-547-791</b> <u>cliffandcindyventris@gmail.com</u>	<b>Newsletter Brian Skingsley 9452 5898</b> <u>bskingsley@gmail.com</u>
<b>Vice-President Tom Keating 0408-698-892</b> <u>Tekeating@gmail.com</u>	<b>Secretary Carol Morley 0401-657-408</b> <u>carolynmorley2@bigpond.com</u>
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<b>Convenor Grahame Reinthal</b> <u><a href="mailto:Grahame@reinthal.com.au">Grahame@reinthal.com.au</a></u>	<b>Treasurer Brian Skingsley 0419-460-639</b> <u>treasurer@khprobus.org</u>
<b>Crafts Paula Diamond 9450 1860</b>	<b>Welfare Cindy Ventris 0412-547-791</b> <u>cliffandcindyventris@gmail.com</u>
<b>Functions Ken Fletcher 0473-229-002</b> <u>Kenfletcher1970@gmail.com</u>	
<b>Membership Paul Baxter 0401-800-354</b> <u>pauldigbybaxter@hotmail.com</u>	

When	Where	What
22 <sup>nd</sup> January	Jamieson Park	Annual BBQ
8 February	Paula Diamond	Craft Group