



# Gymea Combined Probud Club Inc.

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## PROBUS TIMES

VOL. 31 NUMBER 5 P.O. BOX 542 GYMEA 2227 August 2025

PRESIDENT: Jeff Irvine 0498 688 996

SECRETARY: Toni Proudlock 9545 2243

Correspondence: The Secretary, Gymea Combined Probud Club Inc. [gymeacombinedprobud@gmail.com](mailto:gymeacombinedprobud@gmail.com)

### FROM THE DESK OF YOUR PRESIDENT.

Dear members,

I hope this message finds you well and enjoying good health and good company. It's been another wonderful month for our club, and I wanted to take a few moments to reflect on recent happenings and what's coming up.

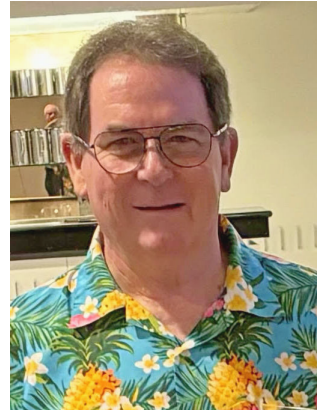
We had an excellent turnout at our last meeting, and it was great to see so many smiley faces—and a few new ones!



Our guest speaker, Mark Goodwin gave a fascinating talk on The Cronulla Riots, which sparked some lively discussion. A big thank-you to Maureen Ibbotson for organising all our guest speakers and Mark Goodwin was up there with your best.

Our recent Xmas in July at Diggers was good, but I'm so over this cold weather period, come on summer!

There was a good gathering of members, the laughs were plentiful, many thanks to Phyllis Elton for organising such an enjoyable day.



#### Club Matters:

Membership remains strong, and last meeting we were pleased to welcome our new inductee Cheryl Taylor and two recently inducted members received their certificates of membership also. If you see them, please be sure to introduce yourself and make them feel at home.

A reminder that if you haven't yet paid your membership fees for the year, please see our treasurer Beth Buckley at the next meeting or get in touch directly.

#### Upcoming Events:

Don't forget to check out the club activities page on our monthly Newsletter and book yourself a spot in the many activities. Looking ahead, we've got a few things to put in your diary:

- Our guest speaker at the 11th of August meeting will be Margaret Durie, speaking on the building of the Panama Canal, so don't miss that one.

- Upcoming Outing:

25th of August at 9am is Our Sin City Bus Tour of Kings Cross and because we have reached 30 people attending now, it's only \$120, so jump on board.

And as always, thank you to everyone who helps behind the scenes to keep things running smoothly. It's your involvement that keeps the spirit of our probud club alive.

Wishing you all a happy and healthy month ahead. I look forward to seeing you at our next General Meeting: Miranda Diggers on the 8th of September at 10.30am . Kind regards,

Jeff Irvine

**The next General Meeting will be held on  
September 8th 2025 at Miranda RSL Club at 10:30AM**

### WELFARE

Winter is almost over and I'm looking forward to spring and the warmer weather.

If you are aware of any members who are in hospital or unwell could you please advise me via email [christinecollum12@gmail.com](mailto:christinecollum12@gmail.com) or phone/text. Many thanks

Chris Collum



## **THEATRE PARTIES**



**FROM A DIAMOND TO A KING** - The Pavilion, Saturday 18th October 2025 at 7.30pm. Cost: \$100.00 (no concession). Tickets to be PAID BY SEPTEMBER MEETING or by EFT.

**FOOTLOOSE THE MUSICAL** - Engadine Musical Society, Engadine, Sunday 26th October 2025 at 1.30pm. Cost, \$46.00 to be PAID BY SEPTEMBER MEETING OR BY EFT.



**I STILL CALL AUSTRALIA HOME** - Sutherland Arts Centre, Saturday 20th September 2025 at 4.30pm. Cost, \$23.00 to be paid at August or by EFT.

**ITS DE-LOVELY - SONGS OF COLE PORTER**, Sutherland Arts Theatre, Sunday 2nd November 2025, at 1.30pm. Cost, \$23.00 to be PAID BY OCTOBER MEETING or by EFT.



**Diann de Vere**

**REMEMBER - WE NEED AT LEAST 30 FOR TICKETMASTER TO HOLD TICKETS.  
IF A MEMBER IS UNABLE TO ATTEND AND THE TICKET CANNOT BE RE-ALLOCATED,  
THERE WILL BE NO REFUND.**

**All Probus Payments can now be made by EFT. When making a payment, please ensure you state  
YOUR SURNAME, the CODE and name of ACTIVITY.**

**Details are: Account Name: Gynea Combined Probus Club Inc.**

**C.B.A. BSB: 062 278**

**Account Number: 1002 6233**

**If you are going to a Theatre Production or an Activity and it is UNDER \$100 you MUST PAY the  
FULL AMOUNT - NO DEPOSITS as voted for by members at the February General Meeting.  
SORRY, NO EXCEPTIONS.**

# TOURS AND OUTINGS

## WITH UP COMING TOURS AND THEATRE EVENTS EFT PAYMENTS

Event's Organisers require proof of payment for you to be registered to attend outing. Please print or email receipts.

## SIN IN THE CITY – 25TH AUGUST 2025

We are joining Miranda Probus for this OnCourse day trip.  
Pick up will be from Gynea Tradies bus stop @ 9.15am with return at approx 4.30pm.  
All information is listed on the OnCourse information sheet below.  
Full payment will be required by August meeting, but feel free to pay a deposit.  
Payment code for EFT is SinCity. Please text me when you have paid by EFT.

### PARKES DUBBO FORBES COWRA

### Golden West Tour November 14<sup>th</sup> 2025

\$1505 twin/share. \$1880 single six day package  
(Accommodation, food, day tours)

\*\*\*WE WILL HAVE OUR OWN COACH\*\*\*

Although there are still vacancies progress payments from \$200 can be made anytime at meetings or following the normal EFT procedure. Payment of balance is required at the September meeting or by EFT before 6th October.

**Monday 6th October for final payment.**

Avril

## Christmas at the Diggers

Join us for our clubs 2025 Christmas Celebration

**MONDAY DECEMBER 8th.**

**11:30AM Cost \$45**

**Christmas Baked Dinner, Dessert, Tea/Coffee**

**AND**

**ENTERTAINMENT**

**Tables of 8. Booking sheets available September meeting**

**FULL PAYMENT OCTOBER**

Janet Cain / Avril White



**PLEASE NOTE THAT UNLESS OTHERWISE STATED**

**A NON-REFUNDABLE DEPOSIT IS REQUIRED AT THE TIME OF BOOKING.**

*All payments must have the exact amount of the deposit and be placed into an envelope, stating your NAME, ACTIVITY and THE AMOUNT OF MONEY enclosed in the envelope.*

**PAYMENTS MADE VIA EFT** (Electronic Funds Transfer) Any money paid electronically, will require proof of payment at the Meeting, so please print your receipt and bring it to the meeting with you.

***Please see EFT details on Page 2***



## **XMAS IN JULY AT MIRANDA DIGGERS**

A merry group of members attended the Xmas in July Luncheon at Miranda Diggers beautifully presented food followed by much merriment on the dance



## **JULY MONTHLY LUNCHEON @ CLUB CRONULLA**



18 members which included **two** male members plus former member and Past President Jan Mecham enjoyed a lovely lunch and much animated conversation at Club Cronulla.

**Phyllis Elton**

## **AUGUST MONTHLY LUNCHEON**



Next Lunch is at the Bass and Flinders Pavillion Cafe (Captain Cook Bridge) at the wharf Sans Souci. Please put your name on the list ...put it in your diary.

**Wednesday 27th August 11:30AM**

**Phyllis Elton**

## **CARDS**





A small group enjoyed the lunch & cards afternoon in July. Maree & Valda took home the kitty & a happy smile. Mark your diaries for the 3rd Thursday of the month. Our next dates are Thursday 21st August & Thursday 18th September.

**Jenny Lennox**

## **BOOK CLUB**

Good morning, the next book for discussion is The last thing he told me by Laura Dave on Monday 1st September at 3PM, Gynea bowling club. Anyone interested in joining can speak to at the meeting or by phone.

**Maree Clout**

## **MEMBERSHIP**



### **Birthdays**

#### **August**

3rd Denise Field  
4th Janet Cain  
24th Colin Pithers  
25th Kay Cooper



#### **September**

7th Cheryl Taylor  
25th Dianne Cooper  
26th Rae Booker

**Congratulations and best wishes to you..If you wish to make any changes to your ADDRESS, PHONE NUMBER, EMAIL ADDRESS, have a meeting apology or need to make a membership enquiry Please phone :- David Bell 0423 911 496 or email :- belfry2226@ gmail.com**



President Jeff Irvine congratulating three of our members celebrating their 80<sup>th</sup> Birthday in July. Rosalie Downey. Grant Fletcher and Leonie Martin.



New inductee Cheryl Taylor was officially welcomed to the club by President Jeff Irvine.

## **GUEST SPEAKER**

Our Guest Speaker will be Margaret Durie who will do a presentation on the building of the Panama Canal.

**Maureen Ibbotson**

## **CLUB FACE BOOK PAGE**



Just double click on the reference below to go directly to our Website;



**Christine Carter**

**Grant Fletcher**

**[www.probusgymeacombined.org.au](http://www.probusgymeacombined.org.au)**

**Gymea Combined Members Closed Group**

**This is a Member's Only Closed Group and can be accessed via your own Face book Account (Not the Probus Face book Account).**



## Gymea Combined Probus Club

HOME

ACTIVITIES

GALLERY

FOR PROSPECTIVE MEMBERS

COMMITTEE

CONTACT US

CALENDAR & NEWSLETTER





# ANOTHER WINTER WARMER

## FISH CURRY

Preparation time: 15 minutes. Cook time: 45 minutes. Yield: 2 servings

**This is another nice and easy tasty recipe.**

1 tablespoon Peanut oil  
½ Tablespoon Fish Sauce  
1 cup Coconut Milk  
1 plant Coriander chopped  
½ Tablespoon Ginger Fresh  
100 grams Green Beans  
½ Tablespoon Turmeric Fresh  
Lime juice  
Rice  
Chilli, chopped  
500 grams Ling or other firm fish  
1 tablespoon Thai Red Curry Paste



### Method

Heat oil in a large fry pan, add the curry paste and gently stir fry for 1 minute until aromatic. Add the coconut milk, ginger, turmeric, chilli, fish sauce and stir well. Use Coconut milk sparingly, **DO NOT MAKE IT TOO WET**. Bring to the boil then turn down the heat and let it cool for 4 minutes.

Microwave the green beans for about 2 minutes prior to adding to the fry pan. Add the fish and the green beans and cook for 5 minutes more. Add the Coriander and lime juice just before the cooking ends. Serve with steamed rice



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# Scheduled Activities 2025

| Date & Time                       | Location                    | Activity                             | Cost \$          | Paid | Organiser |
|-----------------------------------|-----------------------------|--------------------------------------|------------------|------|-----------|
| <b>August 2025</b>                |                             |                                      |                  |      |           |
| Thursday 21<br>August 2:00PM      | Gymea Bowling Club          | Cards                                |                  |      | Jenny     |
| Monday August 25<br>9:15          | Bus Tour                    | Sin City                             | \$120            |      | Jenny     |
| Wednesday August 27<br>11:30AM    | Pavillion Cafe              | Lunch                                |                  |      | Phyllis   |
| <b>September 2025</b>             |                             |                                      |                  |      |           |
| Monday September 1<br>3:00PM      | Gymea Bowling Club          | Book Club                            |                  |      | Mareen    |
| Thursday 18<br>2:00 PM            | Gymea Bowling Club          | Cards                                |                  |      | Jenny     |
| Saturday September 27<br>4:30 PM. | Sutherland Arts Centre      | I still call Australia home          | \$23             |      | Diann     |
| <b>October 2025</b>               |                             |                                      |                  |      |           |
| Saturday October 18<br>7:30 PM    | Pavillion Sutherland        | From a Diamond to a King             | \$100            |      | Diann     |
| Sunday 26<br>October 1:30PM       | Engadine Musical Society    | Footloose                            | \$46             |      | Diann     |
| <b>November 2025</b>              |                             |                                      |                  |      |           |
| Sunday 2nd<br>November 1:30pm     | Sutherland Arts Theatre'    | Its de-lovely - songs of Cole Porter | \$23             |      | Diann     |
| November 14                       | PARKS DUBBO<br>FORBES COWRA | Golden West Tour                     | \$1505<br>\$1880 |      | Avril     |
| <b>December 2025</b>              |                             |                                      |                  |      |           |
| December 8                        | Miranda RSL                 | Christmas Party                      | \$45             |      | Avril     |
|                                   |                             |                                      |                  |      |           |