



Gymea Combined Probus Club Inc.

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PROBUS TIMES

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PRESIDENT: Jeff Irvine 0498 688 996

SECRETARY: Toni Proudlock 9545 2243

Correspondence: The Secretary, Gymea Combined Probus Club Inc. gymeacombinedprobus@gmail.com

FROM THE DESK OF YOUR PRESIDENT.

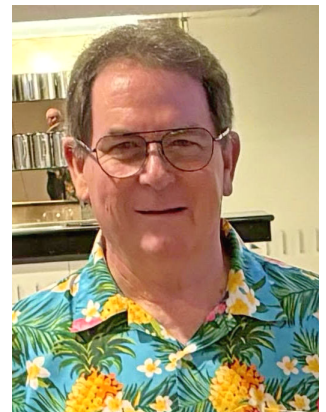
Dear Members,

Welcome back, and I hope you all enjoyed a happy and relaxing Christmas and New Year surrounded by family, friends, and good cheer.

As we begin another year together, we'll look forward with enthusiasm to an exciting program of meetings, guest speakers, outings, and social activities.

Probus is above all, about friendship, shared interests, and enjoyment in retirement, and hopefully the year ahead promises plenty of opportunities to connect, learn, and have fun.

Our committee has been working hard to put together a varied and engaging calendar, and we encourage everyone to get involved—whether by attending events, suggesting activities, or becoming a committee member.



Your participation in the club is what can make our club such a welcoming and vibrant community.

I thank you for your continued support and friendship and wish you good health, happiness, and many enjoyable moments throughout this year.

I know I'm sounding like a squeaky door BUT please consider joining the committee and fill in the nomination form at the end of this newsletter by the February meeting. ALL positions are declared vacant at the AGM so don't be shy about nominating and think you are getting in the way of somebody else, we need new blood and fresh ideas going forward.

Cheers everyone
Jeffrey Irvine

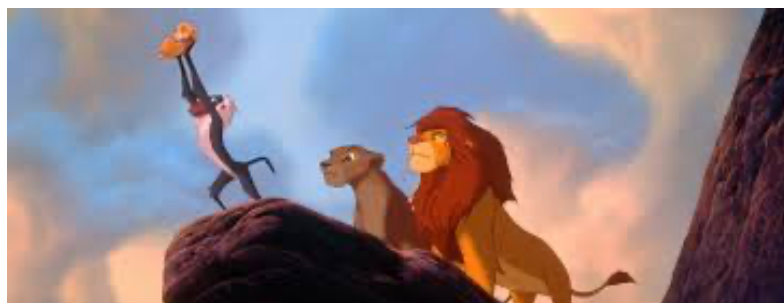
**The next General Meeting will be held on
February 9th 2026 at Miranda RSL Club at 10:30AM**

THEATRE PARTIES



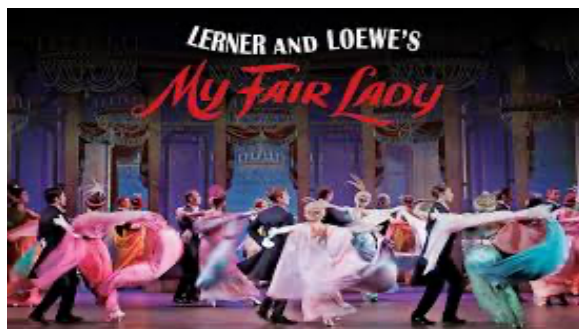
PRETTY WOMAN - Theatre Royal, Wednesday 4th March 2026.
Cost \$70.00 fully booked, wait list only.

THE LION KING - The Capitol Theatre,
Wednesday 5th August 2026. Cost \$120.00 -
To be finally paid by May meeting.



THE WAITRESS - THE Lyric Theatre, Wednesday 26th
August 2026 at 1.00pm.
Cost \$70.00. FINAL PAYMENT AT JUNE 2026 MEETING
*"Jenna, a talented pie baker, enters a local baking contest
to win prize money to escape her abusive husband and start
fresh, finding support from her fellow waitresses and a
romantic connection with her doctor".*

MY FAIR LADY - Joan Sutherland Theatre, Opera House,
Tuesday 6th October 2026 at 1.00pm. Cost: \$112.00. **TO
BE PAID BY AUGUST MEETING.**



**WISHING YOU ALL VERY HAPPY NEW YEAR FILLED WITH GOOD
HEALTH, LAUGHTER AND JOY.**

WATCH THIS SPACE FOR JOHN FARHNAM STORY AND MAYBE CLUDO THE PLAY

Diann de Vere

**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.**

CARDS

I STILL HAVE
coffee and jelly beans
A FULL DECK...

I JUST SHUFFLE
A LITTLE SLOWER
THESE DAYS.



Unfortunately we had to cancel cards in December due to various circumstances, however we are off & running again for the New Year. Dates for you diaries:

Thursday 15th January 2026 (not 8th Jan as in the December Times)

Thursday 19th February 2026

Gymea Bowlo - lunch @ 12 (optional) cards @ 1pm.

Come along & join in on a very PTA (pleasant Thursday afternoon).

Lennox (Ray's apprentice)

BOOK CLUB

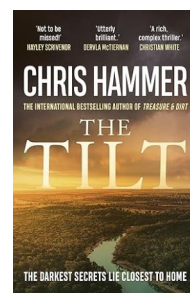
The next book for discussion is *The Tilt* by Chris Hammer on Monday 2nd February at 3pm Gymea Bowling Club.

Newly minted homicide detective Nell Buchanan returns to her home town, annoyed at being assigned a decades-old murder — a 'file and forget'.

But this is no ordinary cold case, as the discovery of more bodies triggers a chain of escalating events in the present day. As Nell starts to join the pieces together, she begins to question how well she truly knows those closest to her. Could her own family be implicated in the crimes?

The nearer Nell comes to uncovering the secrets of the past, the more dangerous the present becomes for her, as she battles shadowy assailants and sinister forces. Can she survive this harrowing investigation and what price will she have to pay for the truth?

Maree Clout



ANOTHER EASY RECIPE

Tuna Mornay with Coconut

Preparation time: 30 minutes. Cook time: 40 minutes. Yield: 2 servings

Ingredients

425 gram tin Tuna in spring water
1 cup Peas (or Corn)
1¼ cups Coconut Milk, Light
1 medium onion, diced,
1 cube Chicken Stock
4 tablespoons Parmesan Cheese
2 teaspoon Lemon juice
¼ cup Wholemeal Breadcrumbs
1 tablespoon Butter
1 teaspoon Coconut oil
1 ½ tablespoons Wholemeal Flour
Salt and Pepper to taste



Method

Drain the tuna and place in a suitable mixing bowl, add Peas (or Corn) and mix well. Season to taste. In a frypan, cook the onions in the Coconut oil until soft and well done, then add the onions to the tuna mixture and stir well. Add butter to the frypan and melt. Pour in the Coconut milk and slowly add the flour, whisking continuously to avoid lumps.

Add 3 tablespoons of Parmesan Cheese and the lemon juice. Crumble the stock cube and sprinkle over the top then add seasoning to taste and mix well. Place the tuna mixture into an ovenproof dish and pour this sauce over the Tuna mixture and stir until well combined. Mix the breadcrumbs and the remaining Parmesan cheese together and sprinle over the Tuna/sauce mixture. Place this overproof dish in the refrigerator until needed. Preheat the oven to 180 Deg C. and cook for 25 minutes and then grill for a further 5 – 10 minutes until golden brown on top. Serve, as is, or on rice or pasta or with steamed greens or with a salad.

THE MEN'S COFFEE CLUB

The Men's Coffee Club began in January 2025 and has proven to be a huge success. With the male membership being such a small proportion of the clubs numbers the chance for them to get together was warmly welcomed. Numbers ranged between 12 and 8 each month, conversations around the table varied from men's health, politics and of course sport and holidays. Our next gathering will be at the Pavillion Cafe, Bass and Flinders Wharf, Sans Souci at 10:30AM on Wednesday January 21 2026.



David Bell

MEMBERSHIP



Birthdays

January

3rd Megan Jenkinson
7th Margaret Shanahan
13th Jeanette Heidrichas
19th Phyllis Elton
28th Kay Lyons
30th Jenny Sharp



February

2nd Valda Connolly
4th Diann Devere
6th Toni Proudlock
7th Maree Clout
27th Eddie Bevitt

Wedding Anniversaries

February

14th Bob and Beryl Crouch 39 Years

**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**

WELFARE



Happy New Year to everyone. I trust that you will be blessed with good health and happiness in 2026! I hope that you all enjoyed Christmas and all the festive season. If you are aware of any members who are unwell or in hospital could you please advise me via email christinecollum12@gmail.com or phone/text. I wish you all the best for a safe and enjoyable year ahead.
Many thanks

Chris Collum

CLUB FACEBOOK PAGE



Christine Carter

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



Grant Fletcher

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).

IMPORTANT INFORMATION FOR THOSE INTENDING TO ATTEND CLUB ACTIVITIES.

Prior to adding your name to any Club Interest List or Booking Form for an Activity, Event,

Tour or Outing:

☐ **Please ensure you are physically capable of participating. Some activities may involve stairs or other physical challenges and may not be suitable to walking frames or wheelchairs.**

☐ **Please wear appropriate clothing and suitable shoes.**

☐ **If you are uncertain, for your own safety and comfort, please contact the Organiser for more details. When adding your name to any outing or tour that includes a meal:**

☐ **Remember to clearly note any allergies or dietary requirements. This helps organisers inform venues in advance and ensures your meal will meet your needs.**

If you wish to add another Club Member's name to an Activity, Event, Tour or Outing:

☐ **Please be absolutely certain they want to participate. There have been occasions where members were contacted about bookings they had not personally made.**

GUEST SPEAKER

We will start the year off with an informative talk on cyber security.

Our Guest Speaker Robert is from Service NSW, he will advise us on how to avoid online scams.

Please bring along your devices and he will help in setting up appropriate apps.



**Service
NSW**

Maureen Ibbotson

Scheduled Activities 2026

Date & Time	Location	Activity	Cost \$	Paid	Organiser
January 2026					
Thursday 15th January 2026	Gymea Bowling Club 12:00PM	Cards			Jenny
Wednesday 21st January 2026	Pavillion Cafe Sans Souci 10:30AM	Men's Coffee Club			David Bell
Wednesday 28th January 2026	Cronulla Golf Club 12:00PM	Lunch			Phyllis
February 2026					
Monday 2nd February 2026	Gymea Bowling Club 3:00PM	Book Club			Maree
Monday 9th February 2026	Diggers Miranda 10:30AM	General Meeting			David Bell
Thursday 19th February 2026	Gymea Bowling Club 12:00PM	Cards			Jenny
March 2026					
Wednesday 4th March 2026.	Theatre Royal	Pretty Woman	\$70		Diann
Saturday 7th March 202	Diggers Miranda 11:30AM	International Women's Day	\$45		Phyllis
Monday 9th March 2026	Diggers Miranda 10:30AM	Annual General Meeting			David Bell
Tuesday 17th March 2026	Diggers Miranda 11:30AM	Seniors Luncheon	\$40.0		Phyllis
August 2026					
Wednesday 5th August	Capitol Theatre	The Lion King	\$120		Diann
Wednesday 26th August	Lyric Theatre 1:00PM	The Waitress	\$70		Diann
October 2026					
Tuesday 6th October	Opera House 1:00PM	My Fair Lady	\$112		Diann

A COMPLEX SYSTEM THAT DOESN'T WORK IS INVARIABLY FOUND TO HAVE EVOLVED FROM A SIMPLER SYSTEM THAT WORKED JUST FINE.

2025 XMAS LUNCH AT MIRANDA DIGGERS



DINERS CLUB



The Diners Club Luncheon for January will be held at Cronulla Golf Club
12:10PM Wednesday 28th January 2026

International Women's Day Saturday 7th March ..Celebrate with your friends High Tea 11:30AM...Cost \$45.00. There will be 3 Guest Speakers...**Please pay money on Monday at the meeting....** Both functions are at Miranda Diggers.



Seniors Luncheon Tuesday 17th March 60's Revival Show (Remember Good Old Rock & Roll) Miranda Diggers 11:30AM ...Cost \$40.00 2 course lunch...
Money payable on Monday at meeting... Look forward to seeing a good crowd....

Phyllis Elton



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Probuss

Management Committee Nomination Form

Club Name _____ GYMEA COMBINED PROBUS CLUB Inc. _____

Committee Position _____

Name of Nominee (print) _____

Signature of Nominee _____

Proposed by (print) _____

Signature _____

Seconded by (print) _____

Signature _____

Completed forms to be received by Secretary by (date) _____

Completed nomination forms must be received by the Secretary either in person, by post or by email by the date nominated above.