



Gymea Combined Probud Club Inc.

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PROBUS TIMES

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PRESIDENT: Diann de Vere 0412424258 SECRETARY: Toni Proudlock 9545 2243

Correspondence: The Secretary, Gymea Combined Probud Club Inc. gymeacombinedprobud@gmail.com

FROM THE DESK OF YOUR PRESIDENT.

A warm welcome Members and Visitors,

Wow! Where has this year gone? It's only 4 months to Christmas and before you know it, we will be getting the tree out to decorate, putting the lights up and writing those Christmas cards to our friends and loved ones.

Many of our members spent a beautiful lunch at the Diggers to celebrate Xmas in July with live entertainment and all the good old carols that we know. Some of us even got up to dance. A great day had by all.

Here we are into the last month of winter and even though some mornings and evenings have been a bit chilly, we really can't complain about the beautiful winter days we have experienced. It's hard at times to realise that there is a war going on in the Middle East, when we live in such a great country.

Once again, please support your Probud Club by way of the productions, activities and any tour that has been arranged for you by the Committee. It's all about friends, fun and fellowship.

There will be a list for the Xmas Luncheon on the back table.

Have a good month, take care and tell those closest to you that you love them.

Diann de Vere



**Next month's General Meeting will be held on
September 14 2026 at Miranda RSL Club at 10:30AM.**

\$\$\$\$\$ FINAL PAYMENT OF 2026 FEES ARE NOW OVERDUE. \$\$\$\$

BOOK CLUB



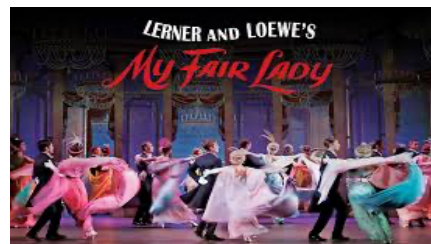
The next book for discussion is Fanatic Heart by Tom Keneally on Monday 7th September at 3pm Gymea bowling club.

This latest novel, based on the life of one John Mitchel, an educated Protestant Irish rebel in the mid-1800s, bears a comprehensive dedication page to convicts, indigenous people of Tasmania, 'black birded' Melanesians, the forebears of African-Americans, and especially his own Irish ancestors.

Maree Clout

THEATRE PARTIES

MY FAIR LADY - Joan Sutherland Theatre, Opera House, Tuesday 6th October 2026 at 1.00pm. YOU CAN TRY PICKING UP TICKETS AT THE DESK OTHERWISE PICK THEM UP AT SEPTEMBER MEETING



WHISPERING JACK - THE JOHN FARNHAM MUSICAL - Roz Packer Theatre, Walsh Bay, Tuesday 1st December, 2026 at 6.30pm. Cost \$123.00 is to be paid no later than September meeting. **FULLY BOOKED, WAITLIST ONLY.** PLEASE PAY NO LATER THAN SEPTEMBER MEETING.

IT'S A BEAUTIFUL NOISE - THE NEIL DIAMOND STORY - Wednesday 10th February 2027 at the Lyric Theatre, Pyrmont. Cost \$100.00, to be paid by November 2026.



PRIVATE LIVES - A Noel Coward production - Theatre Royal, Wednesday 10th March 2027. Cost \$100.00 to be paid by January 2027 meeting

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

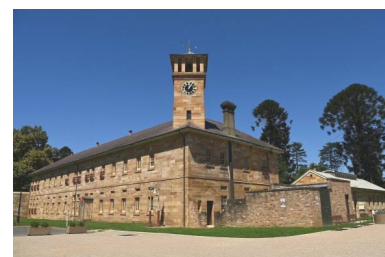
If you are going to a Theatre Production or an Activity and it is UNDER \$100 you MUST PAY the FULL AMOUNT - NO DEPOSITS as voted for by members at the February General Meeting. SORRY, NO EXCEPTIONS.

GUEST SPEAKER

Our Speaker is Judith Dunn OHM FPDHS who will speak on Colonial Ladies, Lovely and Lamentably Loose.

An amusing yet thought provoking talk on the lifestyle of convict women incarcerated in the Female Factory. Through small glimpses of their lives we can understand their wants and needs, their feisty natures and mischief they got up to.

Judith is a migrant who is passionate about Australian history. She has been Historic Graves Convenor of the eight Parramatta cemeteries for over 40 years and has written seven books. Judith is also a professional tour guide and was named Tour Guide of the Year by the institute of Australian Tour Guides.



Maureen Ibbotson

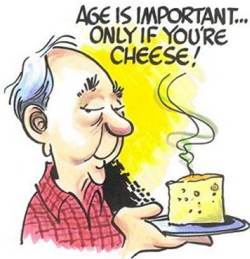
WELFARE

Good morning everyone, I hope this email finds you well, and that you have avoided the cold and flu season. Spring isn't very far away. If you could let me know if there are any members who have been unwell or in hospital I would appreciate it.

I can be contacted via email or phone/text. Many thanks for your assistance.

Chris Collum

THE MEN'S COFFEE CLUB



The next gathering of the men's coffee club will be held on Wednesday 26th August at the Bass and Flinders Pavilion Café at 10:30AM.

I look forward to some scintillating conversation around the table.

David Bell

TOURS AND OUTINGS

6 DAY MID-NORTH COAST TOUR - Sunday 15th November-Friday 20th November 2026. Cost is \$1699.00 INCLUSIVE, PP/TS. No extra cost for coach if we get 20 members. Maximum 25 persons. All meals, tours, entry fees included. Deposit \$200.00. **For those who are sharing please pay deposit as soon as possible by cash or EFT.**

PLEASE NOTE.

Those members who have not previously paid the deposit of \$200.00 including solo accommodation please do so by EFT as soon as possible

THE DEPOSIT OF \$200.00 IS NON REFUNDABLE.

Diann de Vere

Australia Day Cruise on Sydney Harbour

- 3.5-hour cruise on Sydney Harbour
- Seafood and carvery buffet
- Dessert, coffee and tea
- Fully licensed bar
- Allocated indoor seated dining
- See the Ferrython, Regatta and more
- Electric atmosphere on Sydney Harbour

**Cost \$135, payable in November.
Departs from King Street Wharf,
Darling Harbour. 11:00AM, SHARP.**



Please see list on the back table for your expression of interest.

David Bell

CELEBRATING THE 50TH ANNIVERSARY OF PROBUS IN AUSTRALIA



President Diann de Vere and Vice President Phyllis Elton cutting the cake celebrating the 50th Anniversary of the founding of Probus in Australia at the July 2026 General Meeting. After the meeting members enjoyed a cuppa and slices of cakes provided for the occasion.

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.

CARDS

Unfortunately we had to cancel our cards afternoon after the July meeting due to the distracting noise from the building renovations @ the club. Hopefully we will give it a go after the next general meeting & lunch on Monday 10th August.

Come one & all to join in on a pleasant couple of hours together.

Jenny Lennox

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

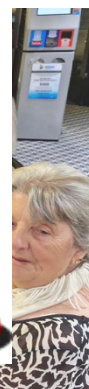
**I JUST SHUFFLE
A LITTLE SLOWER
THESE DAYS.**



DINING CLUB

JULY

A large group of members enjoyed a fun day of food and entertainment at the Xmas in July celebration at Miranda Diggers. It sure beat



travelling to Camden.

AUGUST



Our lunch date on August 19th will be held at “Vic on George”. The restaurant is situated on the 3rd floor, far left hand corner of the Myers Emporium which is just a short walk from Town Hall station. The train timetable is:- Cronulla 10.33...Caringbah 10.38..Miranda 10.40...Gymea 10.43..Kirrawee 10.45...Sutherland 10.49 ...Jannali 10.51..Hurstville 11.05.... 3rd carriage front of train....

Phyllis Elton

MEMBERSHIP



BIRTHDAYS

August

3 rd Denise Field
4 th Janet Cain
8th Ray Jenner
24th Colin Pithers
25th Kay Cooper

September

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



President Diann De Vere welcoming new member Helen Fischer to the club and presenting her with the certificate of membership.

Congratulations and best wishes to you all.

**IF YOU WISH TO MAKE ANY CHANGES TO YOUR CONTACT DETAILS, HAVE
A **MEETING APOLOGY** OR NEED TO MAKE A MEMBERSHIP ENQUIRY
PLEASE PHONE/TEXT: -
David Bell or email**

EXPRESSIONS OF INTEREST

If you are interested in going for walks, please put your name down on the list provided at the desk. Unfortunately previous attempts to revive our walking group have failed due to lack of interest, hopefully we can go back to the good old days of a walk and chat followed by a lunch or coffee revival session.



ANOTHER EASY RECIPE FOR YOU

West African Beef Stew

Preparation time: 20 minutes. Cook time: 120 minutes. Yield: 6 servings
This is an easily prepared meal.

1 Kg Stewing Steak
Rice
1 Onion chopped Eggs, hard boiled
2 Tablespoons Flour
2 Tablespoons Curry Powder
¼ cup Peanut Butter
2 Cups Beef Stock
1 cup Coconut Milk



Method

Chop meat into bite sized pieces, brown in a pan, then remove. Chop and brown onion, then add flour, curry powder and peanut butter. Stir until thickened and add the meat, beef stock and coconut milk.

Simmer, covered for about 2 hours or until tender. Serve on a bed of Rice and garnish with sliced boiled eggs, toasted Coconut, Bananas, roasted peanuts, Tomato slices, Pineapple chunks and croutons.

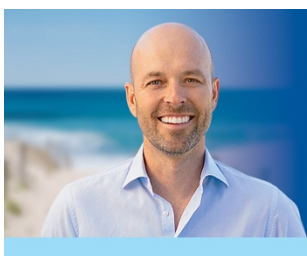
\Note: garnish with eggs, coconut, bananas, peanuts, tomato, pineapple and croutons are optional.



www.probusgymeacombined.org.au



Grant Fletcher



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SIMON KENNEDY MP
FEDERAL MEMBER FOR COOK

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Authorised by Simon Kennedy, Liberal Party of Australia, Sydney, NSW



Scheduled Activities 2026- 2027

Date & Time	Location	Activity	Cost	Paid	Organiser
August 2026					
Monday 10 th August	Miranda Diggers	Cards after the meeting	HEAPS		Jenny
Wednesday 19 th August	“Vic” on George	Diners Club. Train to city			Phyllis
Wednesday 26 th August	Pavilion Cafe Sans Souci 10:30AM	Men’s Coffee Club			David
September 2026					
Monday 7 th September	Gymea Bowling Club 3PM	Book Club			Maree
Wednesday 23 rd September	Pavillion Cafe Sans Souci 10:30AM	Men’s Coffee Club			David
Wednesday 30 th September	Little Snail Pymont	Luncheon	\$50		Phyllis
October 2026					
Tuesday 6 th October	Opera House 1:00 PM	My Fair Lady	\$112		Diann
November 2026					
Sunday 15 th -Friday 20 th November 2026.	6 DAY MID-NORTH COAST TOUR	Coach Tour	\$1699.		Diann
December 2026					
Tuesday 1 st December 6.30PM	Roz Packer Theatre, Walsh Bay,	Whispering Jack	\$123		Diann
January 2027					
Tuesday 26 th January 11:00AM	King Street Wharf, Sydney Harbour	Australia Day Cruise	\$135		David
February 2027					
Wednesday 10 th February 202	Lyric Theatre, Pymont	It’s a beautiful noise – The Neil Diamond story	\$100		Diann
March 2027					

, Wednesday 10th March 2027.	Theatre Royal	PRIVATE LIVES - A Noel Coward production	\$100		Diann 0412 424 258
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