

The Collective Spirit

Brought to you by the Members of George's Hall Probus Club.
Issue 88 - 25 July 2026

President's Report

Hi everybody
Once again it was good to see so many members at our meeting this week, and we welcomed three visitors, one of whom has already joined us. I want to apologise to Jan and Bill. I did not talk about the Christmas in July function at the meeting (my only excuse is that I am getting old and forgetful). I would like to thank them (and Craig) for all their hard work in organising the function. Everybody who went along had a wonderful time (see the photos later in the newsletter).

Thanks to Ray Cook for his informative talk about his time in New Guinea. I felt bad having to stop him, it was so interesting, but he did warn me that he could talk about it all day. We might have to get him back some time in the future to give us another chapter in his story.

This was the first time we've had a member's talk at our meeting in quite a long time and I know that everybody really enjoys these. Our aim is to have one each month, so I am encouraging people to come forward to do a little talk. It doesn't need to be very long, five minutes is enough and it can be about any aspect of your life. We all have interesting lives and interesting stories to share with our fellow members.

Our club is for all of us and we need everybody to look at ways they can contribute. Nothing happens unless somebody organises it. Dave and Bill have been trying very hard to get monthly walks up and running. However, life and the weather have got in the way, and it hasn't always run smoothly. But I know people are keen and it would be great if this can continue. July's walk will definitely be happening (see the details later in the newsletter) but Dave and Bill are not able to continue to organise them. So, we are desperately seeking someone else to take on this role. If you are interested in walking and have the time to organise and lead one each month (or even less frequently), please step forward. It would be a shame to discontinue this activity.

Our speaker this month was Debbie Ellicott, a Home Care Advisor from Local Guardians. She provided lots of information about the support available and the changes from the old system. Her main advice was to register as soon as possible with myagedcare to get the care you need to live well at home.

The first step is to register. Call 1800 200 422 or visit myagedcare.gov.au. An assessor will then visit you at home to undertake a needs assessment. My Aged Care will send an approval letter with assessed package levels and you enter the national waitlist. Once funding is assigned (and this can take up to a year) you need to find a provider that suits your needs. Local Guardians is one of the many providers that are available.

myagedcare

Keep smiling, Sue

VALE – Dawn Peacock



We were saddened to learn of the death of Dawn Peacock, aged 95 years. Dawn has not been a member of our club since she went into care a few years ago. However, lots of older members will remember Dawn and her husband Arthur. They joined our club in January 2004 and were both very active members for many years, attending our monthly outings and annual trips away.

From the Money Man:



Georges Hall Probus Club Inc.

Financial Summary
As at 21 July, 2026 :

Balance carried forward		**6,309.57**
Receipts		
Attendance fees received	3,016.00	
Membership fees	2,100.00	
Outings	28,709.00	
Raffle	815.00	
Reserve transfers	520.00	
Theatre shows	485.00	
Trading table	476.00	
Grafton Tour	1,100.00	
Total Receipts		**37,221.00**
Expenses:		
Attendance fees paid	3,000.00	
Capitation Feed Probus SP	1,655.50	
General expenses	1,011.51	
Membership Refunds	25.00	
Guest speaker	220.00	
New Equipment	798.00	
……Raffle Prizes	310.00	
Outings Payments	25,224.30	
Reserve Payments	500.00	
…….Theatre payments	485.00	
Total Payments		**33,229.31**
Total Funds Held		**10,301.26**
Less Deposits for Outings/Club Grant		-4,416.00
Less Reserve Account		-20.00
Less Grafton		-1,100
Club Funds available		**4,765.26**

Ray Cook





Brown's Buzz,
The Tour Co-ordinator's Report



29 July	Fifth Wednesday, Panania RSL – Morning tea and/or lunch at your expense. From 10.30. Please have your lunch pre-ordered.
5 August	Panania RSL – Morning tea and/or lunch. From 10.30
19 August	Lunch at Riverview Restaurant, Beauty Point Resort, Bernard Road, Padstow Heights. From 11.30.
Saturday 29 August	Guild Theatre Rockdale. Baskerville (A Sherlock Holmes Mystery). 2.00 pm. Cost $30.
2 September	Panania RSL – Morning tea and/or lunch. From 10.30
16 September 	Tour to Tulip Top Gardens. A longer day tour than usual, as we have to travel much further than usual. We will leave at 7.30 a.m. and return about 5.15 p.m. We will spend two and a quarter hours in the gardens. The cost for 30 persons is $90 per person. We do have morning tea at Heatherbrae Pies and lunch at the gardens **AT YOUR COST**. (You can bring your own lunch into the garden if you wish). All payments should now be made. **NOTE. The coach leaves from Club Condell Park at 7.30 am. You need to be at the club by 7.15 am.**
30 September	Fifth Wednesday. Probus 50th Birthday Celebration. Finger food style party at Club Condell Park. Cost $35.
29 Oct – 2 Nov	Tour to Grafton for the Jacaranda Festival. Cost $1575, single supplement $399. Hopkinson's Tours now have other Probus clubs interested to obtain the numbers. If you intend to go, please make sure you put your name down and pay $100 deposit NOW.

Keep Safe, Jan

Dash and Willy's Lazy Wondering Walkers



If you are interested in doing a Lazy 2k to 3k walk with a little fun and one or two surprises on the way with a coffee and cake after, then join Dash and Willy.

July Friday 31st - meet at Milsons Point Railway Station at 10.30 am. You will need to change trains at Wynyard to travel by train over the bridge. Note that this is a change from our original information.

We are **NOT** meeting at Circular Quay. From Milsons Point, we will walk to the Secret Garden, about a 2.4k walk. A coffee after at Milsons Point or back at the Quay (up to you). This walk is low grade but has about 10 steps into and out of the garden.

This will be our last walk planned for the time being.

Something to Do



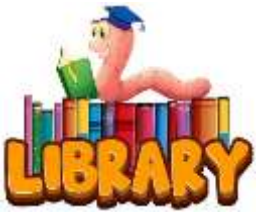
Next time you are looking for something to do?

Have you ever had a pie from Harry's Cafe de-Wheels at Woolloomooloo or 'The Loo' as it's affectionally known.

Try one of Harry's famous Tiger Pies but make sure you take plenty of wipes - it's a 'gooden'.

Harry's is located right outside the old finger wharfs at Woolloomooloo, right next to the Navy Wharf.

More Information about our libraries



Thanks Jenny Bargh

Following on from the recent article about our libraries, Jenny has found more information. She learned recently about free movie sessions, a home library service for those of us who cannot visit a library, and a bus service to pick up members from their homes and transport to the library.

As from Tuesday 7th July,2026, Jenny will be leading a new group at Bankstown Library in Embroidery. This is planned from 10am -11.30 am every Tuesday. She hopes some of our members would love to join her - it's free

Jenny also found a library App called "Libby" - found in the app store on the phone. It holds heaps of digital magazines that have disappeared from the newsagents. Everything from fishing, photography, cooking , finance, travel, patchwork, embroidery, knitting, Better Homes and Gardens, Women's Weekly, and lots more. All for free to read on a phone or other device.

If you want to read e-books on your tablet or phone, you can borrow them from the library, on line. You need to be a library member but there are huge numbers of books of all types available, including audio books.
https://cbcity.borrowbox.com/



July Birthdays

Robert Best, Jan Brown, Sandra Cohen, Denise Ericsson, Albert Ham, Barbara Kains, Pauline Lange, Sonja Lind, Margaret Mitchell, John O'Shea, Joy Scott, Carol Tonkinson



August Birthdays

Jenny Bargh, Gai Cavanough, Cathy Dice
Elizabeth Rea, Maureen Thorne

Best wishes everyone, Barbara Doust

Out and About
Christmas in July

Photographs by Sue Brown & Elizabeth Rea
And some Christmas Cracker jokes

Thanks to Jan and Bill for organising another fun day.
And to Craig for all his hard work on his birthday.

Q. What happens when dawn breaks?

A. It goes into mourning.

Q. What can you serve but not eat?

A. A tennis ball!







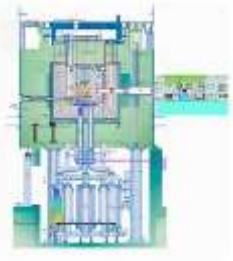









In the shire with Luppo.



Australian Atomic Energy Commission, Lucas Heights

The Australian nuclear site at Lucas Heights, NSW, was established by the Australian Atomic Energy Commission in 1958. Originally designed to test materials for a proposed nuclear power program, the site transitioned into a globally significant research facility, producing critical nuclear medicine and supporting scientific and industrial innovation.



Key Milestones in the Lucas Heights history:

- 1952–1953: The Australian Atomic Energy Commission (AAEC) was formed to oversee the search for uranium and the practical use of atomic energy.
- 1955–1958: Construction began on the High Flux Australian Reactor (HIFAR). It went critical on January 26, 1958, and was officially opened by Prime Minister Robert Menzies on April 18, 1958.
- 1960: HIFAR successfully produced its first sodium-24 medical isotope, launching Australia's now vital nuclear medicine industry.
- 1961–1995: The smaller MOATA reactor operated at the site for teaching, specialized neutron radiography, and small-scale research before being fully decommissioned.
- 1987: The AAEC was replaced by the Australian Nuclear Science and Technology Organisation (ANSTO), which continues to operate the site.
- 2007: After nearly 50 years of operation, HIFAR was shut down. It was superseded by the modern OPAL (Open-pool Australian light water) research reactor.



Present Day: OPAL remains the only operating nuclear reactor in Australia.

It is responsible for a large portion of the world's nuclear medicines and offers advanced neutron scattering facilities for international research.

Wally and Nelly Waramuk's

Must see movie,



All the way from Bullamakanka's Outside McGoos playhouse, a Nut and Muddles Movie, a McGooly production.
Starring William W C Brownie and co/starring Dav Lefty Uptown in the newest Move, **One Gardener and a Poet**.
Tickets on sale at the Steven's Street booking office.

Not in the Shire with Susie

The "old" Lidcombe Hospital



The hospital, originally built as a boy's reformatory in the 1880s was never used for this purpose and instead became an asylum for the Aged and Infirm (commonly known as the 'Old Men's Home') from 1892/3. In 1927, it became the Lidcombe State Hospital and Home in recognition of its growing importance as a medical facility.

This photo is from around 1920 and the Asylum was self-sufficient at this period with extensive vegetable gardens, poultry, a dairy herd and piggery as well as 50 acres of maize and oats under cultivation to feed the livestock.



The site evolved from the original proposed reformatory and model farm for wayward boys to an important teaching hospital that specialised in geriatric care and rehabilitation. One innovative aspect of the site was Sydney's first septic tank, constructed in 1897–1898.

Another claim to fame was its transformation into the Media Village for the 2000 Summer Olympics, providing accommodation and facilities for over 5,000 journalists. It was temporarily renamed Olympic Media Village.



The site was later purchased by Australand and demolition of the less significant hospital buildings and structures began in 2004. Seven hectares of the total 44-hectare hospital site underwent adaptive reuse, with the former historic core of buildings converted to apartments and strata-titled homes as part of the new "Botanica" master-planned community. The whole are is now a desirable residential address.

The precinct provides an important historical and archaeological context, containing an exceptional and rare collection of fine, intact architecture and landscapes of the Victorian, Edwardian, Interwar and late-20th Century styles, together with outstanding examples of asylum and institutional planning from leading Colonial, Government and private architects from the 19th and 20th Centuries. These buildings reflect changing technologies associated with the provision of medical care and public health administration for a period of over 100 years.

The Lidcombe Hospital site is valued by former medical administrators, healthcare practitioners and nurses for its prominence in development and training in the area of geriatric care and rehabilitation in NSW, and for its role as a teaching hospital. It is Heritage listed.

More next time, Sue

Members' Corner

Thanks to all our contributors



Rob's Joke of the Month
What do you call a cow with one leg?
Lean beef!!

What do you call a cow with no legs?
Ground beef!

Denise's One Liner
Anything that can go wrong, will go wrong.

Murphy's Law
If you're feeling good. Don't worry, you'll get over it.

Only the Irish
Thanks Frances and Robert.

A piercing shriek of "Oh my God, Help!" broke a phone conversation between a husband who was at work and his wife who was at home. The husband, terrified by the ongoing silence, called the Gardai. Several armed Gardai sped around to the house and found the unconscious wife by a dangling telephone.



After she revived, she gasped "he's still here in the house. He may be hiding under a bed, or in the closet. But he's still here, he ran right up to me".

"What did he look like ma'am?" asked the Gardai.
"Why, he looked like any other mouse"!

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A farmer questioned one of his farmhands, "have you ploughed that field yet"?
"I sort of have and I sort of haven't" the lad replied.
The farmer looked puzzled. "What do you mean"?
"Well, I've been thinking about it"
"So, have you ploughed the field or not?"
"No" the lad replied, "but I've been turning it over in my mind"!

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Science teacher: "What happened when electricity was first discovered?"

Bright pupil: "Someone got a nasty shock"!

Early Memories

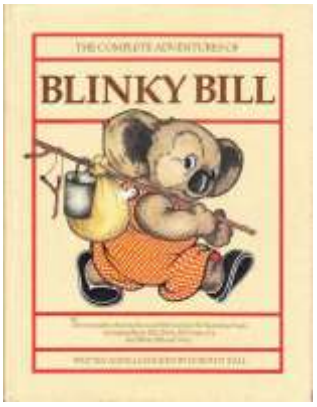
Denise started off our stories of early memories last month and I'm continuing with one of mine this month. I'm sure there are lots of great stories from our childhoods out there. So any contributions will be eagerly received.

When our house caught on fire

By Sue Brown

I started my school life at Oatley West Public school when I was just four years old. This was not unusual in those days and there was a transition class called Upper Kindergarten. I spent a year there, then moved to Upper Kindergarten. I don't remember much of those school days, but my class photos show that the classes were huge. It was quite a small school and in a very large bushy environment.

The most eventful occurrence at Oatley was the day our house caught on fire. I was at school, dad was at work and mum was visiting her sister. Some of the children at school went home for lunch and one of the bigger children who lived near us came back to school and told me that our house had burned down. As you can imagine, that terrified me, and for the rest of the afternoon, I was a mess. When I arrived home from school, I found the front lawn full of our furniture and firemen everywhere. The fire had been extinguished and we had only lost one room, the dining room.



The memories of that are still vivid and whenever I smell that distinctive burnt smell, the memories come rushing back. We were able to stay in the house, though dad slept in that room for a while for security. We were very lucky, we didn't lose much, though we did lose all our books. I remember the only book that was saved was "Blinky Bill" and I kept that all my childhood.

The loss of the books was a big deal. As children, our possessions were precious, we didn't have the toys and books that children of today have. Families didn't have money to spare, replacing our books was beyond our family finances. The neighbours were wonderful and the next day we were given a box of books that had been donated by all the families around.

It was not clear what started the fire, there was talk of an electrical fault, but we never did know if the landlord had any part in it, we knew he wanted us out. However, that was the beginning of the end and we moved soon after.



Winslow Wig's Who said that?

You only live once, but if you do it right, once is enough!

Answer at the end of the newsletter



Dash and Willy's Journal of The Days of Their Lives

It was a ride into Kalinga, the trail only slightly up and down, so even big Chuck was happy. The big inspector stayed with the group for a little over an hour but as he didn't speak English the only time he spoke was to Pitt and it was in Persian.



Grammar guided them to an old looking barn where, after some discussion, along with a lot of hand movements, with a one tooth and bearded Persian man, she told us to get our things and leave the camels with Toloes. Once we had all our things, Pitt said to us, we have a 10 minute walk to our hotel. It's called 'Alibaba's Palace', we stay for one night, then it's the train to Katoombra, so follow Sav.



Sav lead us down this street which had all these funny looking little stalls. They sold everything from tea pots and spices to coffee, to carpets and would you believe, phones, and of cause the stall holders came out trying to get us to buy something. And believe it or not, Big Chuck asked one if they had big Mac's in town. You should have seen the face of the old one tooth man. Rob Hob said, I don't know what that old man said, but I bet it was not nice. I thought he was going to spit his only tooth out.

Mongo asked Sav if after we get to the hotel "palace", Sav asked could he try and find his uncle's place. Sav said it's best if you speak to Pitt about that. We don't want you tracking around by yourself in a strange place.

As we turned into the next street Sav said this is the red light area on Kalinga but it's not like your red light area back home so don't look at the girls or young fellows. Don't speak to anyone, just look ahead and don't stop.

Well, we had only gotten one minute into the street when a lady about 6 foot 2in and about 18 stone called out to Willy, asking if he would like to come with her for the rest of the day. She said he would not be sorry. Well Willy started running to Sav, asking how much time to we get to the hotel "palace ". Big Chuck said she might have food Willy, we could all go with you.

By this time Pitt and Gramya caught up to the group. Pitt said forget it Chucky and walk faster. After about another 5 minutes they arrived at Alibaba's Palace, a nice looking 3 story building but painted "Pink", would you believe. Gramya had our rooms all sorted. We had to double up Willy and Dash, Rob Hob and Kit Kat and big Chuck with Mongo which Mongo was not happy about but as Gramya said, you win some, you lose some.

Pitt said to everyone go to your room, freshen up and meet in the bar at 5-30. I'll go over what is happening tomorrow.

So let's see what's in store for the group. Will Mongo find his uncle.
C Ya next time.

Recipe Corner



We are always looking for recipes. This is a very popular item in our newsletter. We have lots of great cooks in our club and I'm sure there are plenty more recipes out there to share.

Chicken and French Onion Casserole

Thanks Sandra Baker



Ingredients

- 1 1/2kg chicken thigh fillets
- 2 tbs plain flour
- 30g salt-reduced French onion soup mix
- 30g butter
- 1 tbs oil
- 3 bacon rashers chopped
- 2 onions medium sliced
- 1 cup water
- 2 tbs sour cream
- 1 tbs fresh parsley

Directions

Combine chicken pieces with flour and dry soup mix in a plastic bag. Toss well to coat chicken with mixture. Reserve excess flour mix.
Heat butter and oil in pan, add chicken. Cook turning often until browned all over.
Remove chicken, add bacon and onions, stir over heat until onions are just soft.
Return chicken to pan with blended reserved flour and water. Mix.
Put mixture into casserole dish with lid. Cover, bake at 180C for about 1 hour or until chicken is tender. Stir in sour cream and parsley just before serving.
Serve with rice.

A Little Poem for Seniors

Thanks Sandra Gruene





Another year has passed and we're all a little older
Last summer felt hotter and winter seems much colder
There was a time not long ago when life was quite a blast
Now I fully understand about living in the past
We used to go to weddings, football games and lunches
Now we go to funeral homes and after funeral brunches
We used to go out dining, and couldn't get our fill
Now we ask for doggie bags, come home and take a pill
We used to often travel to places near and far
Now we get sore asses from riding in the car
We used to go to nightclubs and drink a little booze
Now we stay home at night and watch the evening news
That, my friend, is how life is. And now my tale is told.
Incredible.
So, enjoy each day and live it up, before you're too damn old.



Zig Zag Zac's Book of the Month

The Boat

By I B Sailing



Andrea's Welfare Report

It was good to see Frances Dumbrell back at our meeting. Joy Scott is recovering from knee replacement surgery.

We wish all these people (and any others we don't know about) a speedy recovery.

If you know of anybody who is not well, please contact Andrea on 0415 659 961 and let her know.

Highsenburg's Quiz

Okay everyone, can you unscramble this town, it's not in Queensland

leadydofrs?

See you next month H

Answers

Who said that: Mae West



We are always looking for contributions to our newsletters.



Remember, the newsletter is for all of us, by all of us.

If you would like to contribute to our newsletter, you can contact any of our newsletter co-ordinators:
Dave on d.tourgossip@gmail.com or 0417 490 740
Sue on suebrown1948@gmail.com or 0412 899 193
Elizabeth on eejayrea@gmail.com or 0409 901 225

Compiled and designed by Sue Brown, Elizabeth Rea and Dave Lupton

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