



PROBUS CLUB OF GREENWAY INC.

FELLOWSHIP FRIENDSHIP & FUN

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For Website [Press Control & Click Here!!](#)

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If for any reason you are unable to attend the meeting, please call or text Annette 0408 926 128 (then you are an apology rather than an absence.)

PRESIDENT'S JANUARY MESSAGE

Hi everyone, Happy New Year to you. 2026 looks as though it will be another bumper year for our club. On top of some amazing locally organised activities and outings, Probus as a whole is celebrating a whopping 50 years in Australia, meaning we will have more fun activities than usual to consider. I'm hoping 2026 will live up to the hype! **Noela**

COMMITTEE NEWS: RELOCATION OF GREENWAY PROBUS MEETINGS – FROM 10

FEBRUARY The Tuggeranong Vikings Club is undergoing renovations from 1 February and will no longer be available so from Tuesday 10 February, Greenway Probus will meet at Tuggeranong Southern Cross Club. **Our meetings will take place in The Brindabella Room which is located on the first floor.** The lift is near Reception. You can get a coffee from the café downstairs. I have arranged for the same layout. The room provides two televisions and a drop-down screen, so hopefully future presentations can be made without any problems! For those who are not members, the joining fee is as follows:

	1 year	3 years	5 years
Single concession	10	25	30
Family concession	12	30	40

However, if you do not have a membership card, someone will be available to sign you in as a visitor.

PLEASE REMEMBER THAT OUR JANUARY MEETING WILL STILL BE AT TUGGERANONG VIKINGS CLUB. ~ **Sandra Allen.**

THE AGM IS TUESDAY 10 MARCH and the following people have indicated intention to nominate for 2026 committee positions: Sandra A – **President**, Pam **Treasurer** and Gail **Assistant Treasurer**; Tom **Delegate & Secretary**; Linda **Minutes Secretary**; Linda and Gail **Outings**; Sandra B **Welfare**; Maria **Newsletter**; Annette **Membership**. **Positions waiting to be filled: Vice president, Web Manager, Membership Secretary and Speaker Seeker.**

BANKING DETAILS FOR DIRECT DEPOSITS: (please note change of account name)

Combined Probus Club of Greenway Inc. **ANNUAL FEES OF \$36 DUE BY END OF MARCH**

BSB: **062914**

ACCOUNT: **10634121** (In Reference put your name and what the amount is for e.g. John Smith Membership Fees)

**New members Robert and Warwick bring our numbers to 73. (55 females and 18 males.) The Xmas party was attended by 53 members (compared to 62 in 2024) and a huge thank you to Santa, to the lovely lady who decorated the tables and to all who made it a special day for us!



**WE WISH A Happy January Birthday To:
Jacqui, Deb, Robyn, Paul & Carol**

WELFARE

Sending fond thoughts to Clem in hospital:

(If you know of any member who is unwell, please call Sandra B on 0429 133 363)

HERE ARE SOME GREAT PHOTOS FROM OUR CHRISTMAS PARTY!

Thank you to photographers Pam & Graham, the lovely lady who decorated the tables and to Santa.

It was a merry occasion with lots of laughter and when Santa was seen walking through the club, a few children excitedly lined up to talk to him. Well, being a kindly Probus Santa, he sat down and talked to them for a while but eventually, when Santa tried to get away to the loo, some of them trailed after him!

(I once saw a Santa with lollies stuck to his clothes running for his life pursued by 50 children! ~ed)





Santa liked our Treasurer



OUTINGS

THE WALKING GROUP

3rd Thursday of each month. (15 January) Meet at The Coffee Club South Point, promptly **9.25 for 9.30am**. We walk to a café, have refreshment and chat then return. (No Co-ordinator)

GREENWAY SUNDAY DINING GROUP

First Sunday of each month. Members meet at various venues for lunch. There are usually about 20 of us and you'll be welcomed. Why not come along and give it a try and then decide if you want to join?

Contact Sandra B on 0429 133 363

GREENWAY REGULAR MOVIES GROUP

Want to go to the movies but reluctant to go by yourself? Why not join our regular movie group? Just give your name to **committee** and you'll be in the loop for the regular outings also to have coffee or lunch after. This is likely to be alternating Tuesdays and Wednesdays on a fortnightly basis if there is a movie that members wish to see.

****THURSDAY 5 MARCH (NEW DATE ~CHANGE THIS IN YOUR DIARY)** This is the NEW DATE for the **TOUR OF PARLIAMENT HOUSE FOLLOWED BY LUNCH** then Question Time at 2pm. Put your name on the list on the Outings Table. Apart from food costs, we'll each pay \$28 on the day for the tour. ****FRIDAY 13th MARCH FREE TOUR AFP MUSEUM IN HUME**, then we'll lunch elsewhere. (AFP request 12 members only.) If popular, we'll arrange another opportunity. ****APRIL 14th PHANTOM OF THE OPERA on the harbour outside the Opera House.** (Everybody has paid their \$100 deposit and the final payment of \$137 is due by the 13 January general meeting next week.)

linda.tregonning@bigpond.com

****18 APRIL 2026 BUNDANOON HIGHLAND GATHERING ONE PLACE LEFT**

We depart Friday 17th in a bus driven by Phill who has a special licence. Spring Motel in Mittagong Friday night is \$175 per room, (pay on check-in.) The Saturday Highland Gathering entry is \$22 (we can pay that by transfer for everyone) and we return to Canberra after the closing ceremony.

linda.tregonning@bigpond.com



**** 19 JULY 2026 THE XMAS IN JULY CRUISE** 19 July to 29 July equals ten days of fun! **Contact Cruise Away if you decide to join us!** A Balcony room \$3,208 per cabin; Obstructed window ocean view \$2,608 per cabin; Interior room \$2,346 per cabin. **A reminder to always have travel insurance in place.** Final payment 1st March to 'Cruise Away' Contact is linda.tregonning@bigpond.com

PS Don't forget the Probus 50th Anniversary Cruise (Oct 31 to Nov 10th) on Celebrity Solstice which now has more than 140 bookings by members from Probus Clubs around Australia. See last page of October

newsletter or contact TRADE TRAVEL 1800 034 439

A PASSENGER WHO HAPPENED TO BE ON A ROYAL CARIBBEAN CRUISE REPORTED THIS:

"When the last 3 passengers to get on the elevator put it over the weight limit, everyone needed to exit, in order for the elevator to re-set itself. Unfortunately, one woman proceeded to have an 'episode,' lost all self-control and refused to get off. She then began swearing at everyone! The woman was yelling, "I'm not going anywhere" and finally someone said "Neither is anyone else you selfish cow!" (I had to cover my husband's mouth to prevent him laughing in the elevator bay.)"

OVERHEARD AT THE 'FIRST SUNDAY OF THE MONTH MEMBERS LUNCH':

The husband of one of the members who has a great personality was asked why he doesn't join the club because we welcome more men in Greenway Probus. His reply: "I can't, I'm too busy. When she goes to those meetings, I stay home and do all the housework!" (Naughty boy.)

FUTURE SPEAKERS & ENTERTAINMENT

Tues 13 January	Keith Podger	From the Seekers!
Tues 10 February	Guess Who?	Annette
Tues 10 March	AGM + 2 Cameos	Tom & Sandra A
Tues 14 April	TBA	
Tues 12 May	TBA	



"It keeps me from looking at my phone every two seconds."



The Jeep' in action

The Ride-on Mower – a Phill Repair/Love Story

Towards the end of 2023, a friend approached me asking if I could reassemble an old mower for him. I went to look at it and found it consisted of two milk crates, an interesting looking ride-on with an unknown number of parts missing.

The owner had had it for a number of years and said *"The motor works"*. He wanted to pay me but I couldn't give him a quote on cost as I hadn't worked on a ride-on mower before. As I was leaving, he asked if I wanted it *"Yes"* was my immediate reply. *"\$100"* he said and I replied *"Sold."* It's mine!

Six months later I sent him a photo of it completed with a strip down and repaint. The linkages worked out, blades sharpened but it had NO BELTS. So, on a trip to Coffs Harbour, Pam and I called in to a mower shop and got a catalogue of mower belts. From that, we could guess the belt types and the age of the mower. Back in Canberra, M&G Industrial had just the right belts in stock.

"The Jeep" as we call it, is most likely a 1975 Victa 8/34 or 11/34. I haven't been able to get an exact Model Number, but I just love the look of it.

A great little mower for my playground!

DID YOU KNOW that exposure to sunrise is good for our health? It resets our circadian clock which influences nearly every cell, tissue and organ in the body. Neurosurgeon Dr Jack Kruse says he abandoned the operating theatre, to work in a different area of the hospital where he is less exposed to artificial lighting and can easily step outside into sunlight for a break. He has discovered that sunlight on the skin **and especially through the eyes** stimulates a critical protein essential for his physiology whereas artificial light disrupts this protein's pathways causing DNA damage! *"Modern lighting is a cellular saboteur."* Dr Kruse claims. *"Daily sunrise exposure at least 20 minutes with no sunglasses"* is what I recommend. *"Our ancestors thrived outdoors, but industrialisation caged us under gaslight, then fluorescents, now LEDs."* His platform JackKruse.com isn't just science-based, it is a critique of modernity's war on nature.

DID YOU KNOW that the island of Taiwan actually has an Indigenous population? Anthropologists say there was once a tiny, black race called the Ta'ay thought to be 'Pygmies' who were Hunter-Gatherers living in Taiwan's hills 10,000 years ago who because they perished, have been relegated to myth. However; adult remains measuring only 139 centimetres have been excavated and Archaeologist Professor Hsiao-Chun Hung from the ANU describes them as *"Short stature, dark people with curly hair."* Because most of the modern Indigenous people intermingled with invaders and became a hybrid culture. The Japanese in 1622, the Dutch in 1626, the Spanish who were expelled in 1642 by the Dutch returning. In 1662 the Dutch surrendered to a Chinese takeover by the Qing Dynasty, then modern Chinese under General Chiang Kai Shek fled there from Civil War in 1949. Before the 17th century Chinese settlers intermarried with the Indigenous population, they were in imminent danger from Indigenous hunters, who proved their manhood and readiness for marriage by headhunting Chinese heads which were prized.

WORD OF MOUTH

(This is a new list with changes and additions)

In order to be helpful to our members, the committee is sharing information about tradesmen who are known to provide trustworthy and competent service. We plan to publish a list every few months.

(Please note: Probus Greenway will not be held responsible for outcomes.)

Plumber: Matt Whyte 0422 239 570

Electrician: Dan Hillier at J Hill Electrical 0423 769 200

Handyman: Alan Ashe 0472 720 093 Alanashe50@gmail.com

Painter: Glendenning Painting 6293 9160 www.glendenningpainting.com.au

Gardeners: Paul Brown 0417 432 732 --Also Gary Laing 0427 852 556

Window Cleaner: Harold Dimpel of Harold's Window Cleaning 0410 622 272

Accountant: Michael O'Hehir--RSM Deakin 6217 0317 www.rsm.com.au

Financial Adviser: Lindsay Walker--RSM Deakin 6217 0317 www.rsm.com.au

Lawyer: (Wills & Estate Planning only) Kerstin Glomb —Principal Woden 0448 760 662
kerstin@wpsolicitors.au

Computer Help: Crawfords Mobile Computer Service 6112 8380 <https://crawfords.network>

Macintosh Computer Help: Renny 0422 397 979 www.macservicesact.com.au

Dentist: 'Gagan' at Vogue Dental, Chisholm Shops 6291 5533

Optometrist: Optorica at Weston 6288 3155

Wooden Flooring: Floors by Powell 6280 8183 www.floorsbypowell.com.au

GOOD NEWS...GOOD NEWS...GOOD NEWS...GOOD NEWS...GOOD NEWS...GOOD NEWS

In California: Nearly 900 acres bordering Yosemite have been returned to the Southern Sierra Miwuk Nation, reuniting the tribe with their ancestral land after 175 years of displacement.

In Sumatra: A new camera survey has captured nearly three times as many images of the endangered Sumatran tiger as ever before, offering hope for the future of these majestic cats.

In Japan: A new study has found that having a pet dog boosts teenage mental health by changing the microbes in their bodies.

In the USA: Bison herds are thriving. In the early 1880s when trains arrived, furious male buffalo (at the time there were approx. 60 million buffalo) literally charged and derailed trains, forcing passengers to shoot from train windows! At the command of government, troops and hunters almost eradicated them and by 1883 nearly all were gone. They were saved by Molly Goodnight whose husband brought hundreds of orphaned calves to her to hand-raise and today their descendants form the Texas State Bison Herd. (It has now been discovered that the ground-breaking their hooves cause as they travel in huge herds, significantly improves pastures.)



THANKS, LINDA FOR SHARING YOUR LIFE WITH US:

I was born in England in my grandparents' home, in a little town called Heswall across the Mersey from Liverpool but my earliest memory is of living with mum, dad and my younger brother in Dunfermline, Scotland, where dad was stationed in the British Army. He had returned from the war with severe PTSD (which nobody understood in those days) after years as a Japanese prisoner of war in Changi, followed by the Burma railway after which, he was transported to Japan to work in their factories. After returning to the UK, he became a nurse and met my mother-- also a nurse when they were both working in a Liverpool hospital. He then returned to the British Army. During the war, my mother had experienced extreme trauma and shame when forced to give up a baby girl for adoption and had never really got over it. (Eventually, they did meet when the lines of communication were opened. The adoptive parents had moved to Canada and my mother went there and met her daughter.)

My parents were two traumatized people and it wasn't a successful union. Dad sought comfort in the bottle and I remember lots of arguments. When my mother discovered my father had come into quite a sum of money when he'd left the army which he'd hidden away, she immediately put a deposit on a nice house. The house and furniture were still being paid off on the never-never when word came that my mother's application for our passage to Australia had been approved, giving us just three weeks to pack and depart so my grandparents were left to sort everything. Australia needed more citizens and were offering fares by sea for ten pounds for adults and children free passage and my mother saw Australia as a positive move, so we made this journey to the other side of the world, and became what was known in those days as "*Ten Pound Poms.*"

The Migrant Hostel in Cabramatta was our first accommodation in a Nissan hut with the toilet and showers down the lane and we ate with hundreds in a huge dining room. As a twelve-year-old uprooted from a school I'd liked and a nice new home, I was very unhappy. However; we'd met a lady on the ship and through her, mum took a live-in job as Assistant Housekeeper in a big Strathfield boarding house and we all moved in there. The place was full of returned servicemen recovering from war, so it was rough. They were often drunk and sometimes pissing out of windows. My mother was horrified! She didn't understand that the Australians, too, had been traumatized at war and she just thought of them as 'drunks.'

Eventually, my mother's sister, her husband and two daughters emigrated to Australia and they too were sent to the Cabramatta migrant hostel which they hated, so we all moved in together into a small rented house where my mother, father and brother slept in the 'sleepout' and I shared a bedroom with my cousins. My parents were great square-dancers and asked me if I'd like to go along with them and I enjoyed it. Anything to do with singing and dancing makes me happy. My dad loved to sing and in England and also in Australia, he would take my brother and me to church so that we could join him singing in the choir. My brother, now seventy-five, recently joined a choir in Adelaide. In my case, only six months ago I left a choir because I'm now straining to get up to the top notes.

I was about sixteen by this time and it was at square-dancing that I met my first husband Ray, who was three years older than me. He was at university studying economics and working part-time in the Darling Harbour Railway Yards in Sydney. Meanwhile, my father joined the Australian Army and back to Cabramatta we went, this time into an army house. Then dad was moved to Tasmania but we stayed on in the house and then I discovered I was pregnant. Well, in those days, 1964, what you did in a situation like that was get married and so we did. However; on the wedding day, I started a miscarriage. So, Ray and I went to live with mum and my brother, but it was too hard with my mother being so controlling, so we moved into a tiny flat and I found a job. 1969 was an important year. My daughter Cheryl was born, Ray was offered a Public Service job in Canberra, we moved here and two years later had a baby boy Mark. The marriage wasn't good, but I found an escape in the Canberra Philharmonic Society. It *saved* me! My first show was "*Showboat*" at the Canberra Theatre. It was a wonderful experience and I went on to perform in many shows. I also stage managed, was production manager, and was President on two occasions, the first time being when Philo staged the very first amateur production of *Les Misérables*. Somewhere in there in the 80's, Ray and I divorced and it was a relief for both of us.

Then in 1986, I married a theatre set designer and builder and we shared a love of theatre. We had a great life for fifteen years, travelling, enjoying social life with friends from the theatre, but sadly it ended when he took a position at Questacon and ran away with the lady who was his boss. It broke my heart. I still have his name Tregonning. When he left, I decided to return to England to escape the pain and I asked my son Mark if he'd like to accompany me. Being gay, Mark was enthusiastic about the thought of London. I worked for 6 months for the Civil Engineering Association in London and I was there when the Queen Mother died. Our offices were across the road from Westminster Abbey so I saw the whole event. I returned to Australia eight months later and Mark stayed on for another year.

I was fifty-three, homesick and missing my daughter and grandchildren. I lived with my mother again, as I had nowhere else to go and once again, it was difficult living with her. I tried to get a job and went to many interviews but my age seemed to be against me. Finally, I worked in a number of maternity leave contract positions in administration and eventually a position at Communities @ Work became full-time. The CEO asked me to bring Oz Harvest to Canberra and in doing so, I acquired financial sponsorships and found a number of charities to take the food to. Oz Harvest, for those who don't know, is Australia's leading 'food rescue' organization which saves surplus food from being wasted and delivers it to charities that help people in need. Once Oz Harvest was up and running, there was a staff reorganization and the CEO made me redundant. I finished my working life as Manager of Dial-an-Angel a home and family care agency.

Mark returned to Canberra and continued his involvement in theatre. He was a great dancer and I was in shows with him: "*Evita*" and *Baby Boomers the Musical*" were two memorable shows with him. Cheryl also performed in Baby Boomers and what a joy it was to perform with both my children in a show. Sadly, Mark was HIV positive and passed away in 2009.

On a happy note, travel is one of my real passions and I've travelled the world. My first husband and I travelled extensively and I returned to the UK for the first time with him and the children by ship in the 70's when he was awarded a Public Service Scholarship to study in London and we lived there for 18 months. I also travelled with my Engineers Australia job and also with friends. I've been to most places I've ever dreamed of going to, including most cities in Asia, Europe, America and Canada, South America and of course many times to UK. I am now an avid cruiser, mostly with my daughter. This year I'm cruising around Japan, doing two cruises from Sydney and then a tour in Sri Lanka later in the year. I consider myself very lucky to be able to take these journeys and to have such adventures!

When I moved to Bonython in 2022, I heard about Probus, so thought I'd give it a try but I went to a different Probus Club first and it was such an unwelcoming experience I almost gave up. Then fortunately, somebody said to me "Try Probus Greenway." When I eventually decided to try Greenway, I was not in a good place for a number of reasons. However; fortunately for me, the day I joined I sat next to Gail. After we got to know each other at a couple more meetings, Gail asked me if I'd be interested in working with her on social activities because Noela was about to become President and would no longer be organising outings. I jumped at the chance to work alongside Gail and being on the committee. With my background in the Philharmonic Society, Secretary, Production Manager and eventually President, I believe I'm a good organiser and I really enjoy being involved.

After Allan Parker passed away, his position of Secretary needed to be filled and the Committee decided to split the role into a number of positions. I had been Secretary to a number of Boards as part of my career, so I offered to take on producing the Agendas and Minutes for the Committee and General meetings. This role combined with my social activities certainly makes me feel like part of a big family. I only have my daughter in Canberra and she works, so being involved with Probus has really made a difference to my life. I now have some lovely friends and go on good outings. Thank you, Greenway Probus, for making me feel so welcome and part of the Probus Family!