



# Staying Connected

Issue 73, August 2025

## MESSAGE FROM VICE PRESIDENT TREVOR

After attending the recent Probus South Pacific Information Day with fellow Management Committee members, one thing stood out clearly to me — our club truly sets the standard.

Compared with other Clubs, we are exceptionally well organised, friendly, and active. Our outings, lunches, and events are second to none.

Our use of WhatsApp for communication is something many clubs have not even considered — yet for our members it is a great tool to keep you informed, engaged, and connected in a way that really works.

Thanks to the efforts of your Management Committee, I honestly believe we offer the best Probus Club experience in Sydney — maybe even Australia. I'm proud to be part of such a fantastic team.

Trevor Logan  
Vice President

## EDITOR'S REFLECTIONS

Several events in August provided a time for reflection.

August 15 marked the 80<sup>th</sup> Anniversary of Victory in the Pacific (VP) Day, when Japan surrendered at the end of World War II – a war in which one million Australian men and women volunteered and served their country; a war in which almost 40,000 died.

In the same week, we had cause to recognise the condition of our democracy, when a group of high-powered Americans joined Australians in a three day 'conclave' in Adelaide, hosted by SA Premier Peter Malinauskas.

It was the Premier who laid out innovations by his state that all Australians (and other world democracies) hopefully appreciate. He also left the Americans despondent.

A world first, In 1894 universal franchise was introduced, with women allowed to vote AND stand for parliament (NZ granted women the right to vote in 1893) for the first time.

*Continued.....*

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## ACKNOWLEDGEMENT OF COUNTRY

Russell Lea Probus Club acknowledges the Wangal people of the Eora Nation as the traditional custodians of the lands on which we meet and we pay our respects to elders past, present and emerging.

## EDITOR'S REFLECTIONS - continued

Pre-filled ballot papers were next, with voters not having to write in their chosen name, allowing less-literate people to participate.

This year from July 1, private donations to political parties and MPs have been banned in SA, with the exception of new candidates and new parties. The system is now publicly funded, breaking the financial link between politics and unions, business and individuals with influential deep pockets.

South Australia also led the way with the social media ban on under-16s, to become national from December.

Other innovations we value include compulsory voting, an independent Electoral Commission and the 'democracy sausage'.

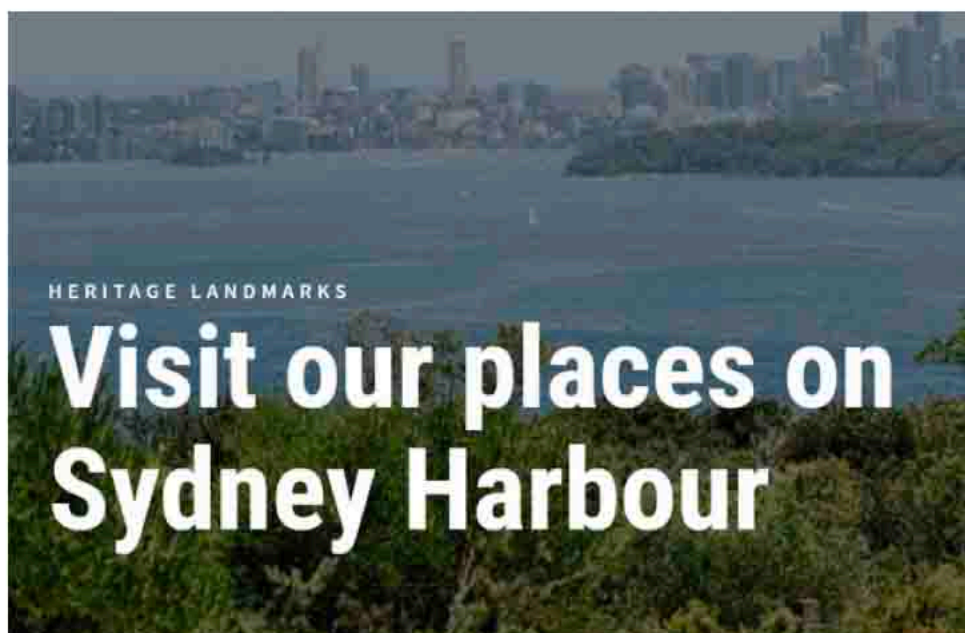
Why am I writing this? Because you only have to look across an ocean to the east to realise we have to value what we have and be ever-vigilant to maintain a fair and 'fair go' society, built on sacrifice and innovations by earlier generations of Australians.

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## SEPTEMBER GUEST SPEAKER

**Sydney Harbour Trust**

**"Extraordinary Places on Sydney Harbour"**



Our guest speaker will paint a vivid picture of potential visitor destinations on and around Sydney Harbour, including North Head Sanctuary (Manly), Headland Park (Mosman), Cockatoo Island (Sydney Harbour), Sub Base Platypus (North Sydney), Woolwich and Macquarie Light station (Vaucluse).

Plus you'll gain fascinating insights into convict life on Cockatoo Island, the role of North Heads Fort's military fortifications during World War II and more!

## FOR YOUR DIARY

### Tuesday, 2 September

(and every first Tuesday of month)  
Let's Talk About Books, Canada Bay Club  
2.00pm. RSVP Karen via WhatsApp.

### Friday, 12 September

Let's Do Lunch. Royal Oak Hotel,  
Balmain RSVP Trevor via Google form  
(link in WhatsApp)

### Monday, 15 September 2025

(and every third Monday of month)  
Walking (9.15am) and/or coffee (10am)  
at Carmels, 284 Great North Road,  
Wareemba.

### Monday, 22 September 2025

Palm Beach by Public Transport. Details  
to come.

### Thursday, 25 September 2025

Monthly Meeting, Club Five Dock at  
10.30am. Guest Speaker from Sydney  
Harbour Trust - "Interesting Places  
Around Sydney Harbour"

### Tuesday, 14 October 2025

"Kiama by Rail". Details to follow.

### Friday, 17 October 2025

NOTE: Second Friday this month only.  
Let's Do Lunch. Venue to be confirmed.

### Thursday, 23 October 2025

Monthly Meeting, Club Five Dock at  
10.30am. Guest Speaker: Shaun Rennie,  
musical theatre performer "Life in the  
Arts". Probus Day celebrations to follow  
at Club Five Dock.

### Thursday, 27 November 2025

Monthly Meeting, Club Five Dock at  
10.30am. Guest Speaker: Tim Elchal,  
Chiro/Osteo/Physio "Preventing Falls  
and Maintaining Mobility"

### Friday, 5 December 2025

SAVE THE DATE: Christmas Function.  
Details to follow.

## AUGUST MEETING REPORT

Forty four members and eight guests were in attendance, including two Probians from Loxton South Australia.

### Constitution Update

President Graham reported new Standing Resolutions, to accompany the recently approved Constitution, will be finalised at the September Management Committee meeting. Members will have access on request to the documents.

### Membership Report

Membership Officer Julie introduced, welcomed and inducted four new members into the Club (Barbara and Ian Imrie, and Helen and John Searle). Membership is now 65 members.

### Treasurer's Report

Treasurer Carmen presented an updated financial report. Carmen also provided feedback on the latest Inner West Probus Cluster Group meeting, where the focus was on treasury management. Carmen advised our Club is well set up administratively via electronic tools, especially through the use of Drop Box, while many other Clubs are still labouring under cumbersome paper systems.

### Activities and Outings

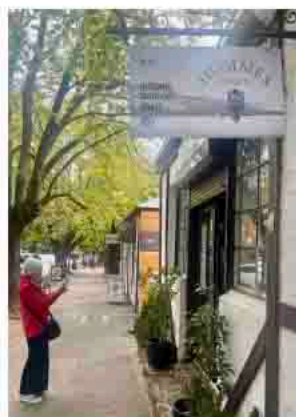
Activities and Outings Officer Megan outlined recent activities, and events coming up in the next month. These are listed in the "For Your Diary" section of the Newsletter.

### Newsletter Report

Newsletter Officer John advised members the August issue of the Newsletter will be delayed slightly.

Two attachments will be distributed with the August edition – a copy of the GoodSAM presentation at the July meeting by Monica Sitkowski and a Be Connected guide on how to spot different types of Scams and how to deal with them. Two members had volunteered for GoodSAM since the presentation. Several members reported they had been prompted to find nearby AEDs.

The September issue will include a focus on food and members were invited to contribute articles.



## WHERE IS IT?

### Clue

Historic town in the Adelaide Hills (note sign over shop entrance)

### Last month

Wolgan Valley north of Lithgow.

## FOCUS ON FOOD September issue



### Articles Wanted

To celebrate the coming of warmer weather, the equinox and anything else important in September, the next issue will include a special "Focus on Food".

In addition to What's in Season, several articles are already in production. More content is required, including under the following headings (with some examples to get you started):

1. Substitutes. If a dish calls for an ingredient that is not on hand what is an alternative? e.g. Spring onions as an alternative to chives
2. Last minute 'What's for Dinner?'. Readily available foods that are in the neighbourhood. e.g. Arancini or meat balls from Carmels, Wareemba; in-house lasagne from Panettas, Leichhardt Market Town, plus many more.

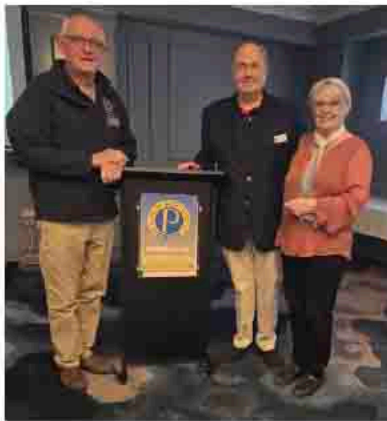
Contributions on any topic are most welcome - favourite recipes, places to eat, good local sources of fresh foods etc, and anything else that takes your fancy.

Send them to me at  
[john@producemarketing.com.au](mailto:john@producemarketing.com.au) by  
**Wednesday 17 September**

## NEW MEMBER INDUCTION August Meeting



*Membership Officer Julie Yates welcomes new members (left to right) Ian and Barbara Imrie, John and Helen Searle.*



## INTERSTATE VISITORS

Trevor and Lorraine Fielke from Loxton South Australia were visitors at our latest meeting. Both are Presidents of their respective Mens and Ladies Probus Clubs in Loxton. Both clubs have around 70 members.

They have previously been guests of our Club, back in the day when we met at Canada Bay Club.

## CHERRY FESTIVAL Auburn Botanic Gardens

Fourteen members were undeterred by the recent Sydney deluges to enjoy a very different day out on Wednesday 20 August at the Annual Cherry Blossom Festival at Auburn Botanic Gardens.

Despite the rain, the prolific blossom was still hanging on. The local Council's gardeners had done an amazing job in preparing the gardens, bringing the garden to its peak for the Festival.

Many in the group said they would return to visit the other sections, including the Zen Garden, Australian native garden and zoo and Forest Bathing areas in the 10 hectare site.



## AUGUST GUEST SPEAKER

### Bill Hayes, a Guardian ad Litem (GAL) in NSW Courts and Tribunals

Bill Hoyles was familiar to many members, as he and Probus Club member Col Rennie previously spoke to our Club about the role of, and experiences with, the State Emergency Service (SES).

Bill detailed what is a Guardian ad Litem (GAL) and described his role in the NSW legal system, as well as providing a number of informative case studies.

A Guardian ad Litem (GAL) is someone who must protect, promote and make decisions relating to the conduct of legal proceedings for a person, where that person does not have the capacity to properly instruct a legal representative.

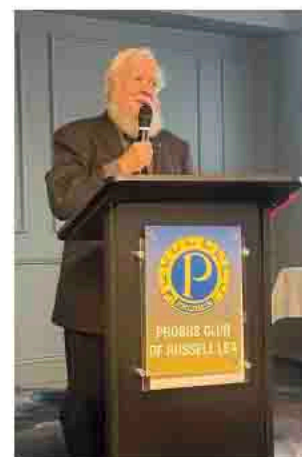
Bill presented a range of case studies to provide practical examples of the various situations GALs may experience and report. Examples included an 89 year old with advanced dementia, a child in care facing removal, and rental tenants facing eviction.

His clients have ranged from six months to 98 years old. Most common are clients in the Children's Court, all the way to instructing lawyers in Supreme Court hearings.

He concluded his final case study by paraphrasing a quote from Shakespeare's 'Merchant of Venice':

" Sometimes to do a greater right you have to do a little wrong".

His presentation was engaging, informative and provided a window into a very different world.



*Bill Hoyles with Guest Speaker Coordinator Toni Rennie*

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## CAN YOU SPOT A SCAM?

Be Connected, an Australian Government initiative, provides a host of free (and easy) on-line learning opportunities across many topics, none more important than spotting scams and what you can do.

Did you know older Australians are a prime target and most susceptible to a range of scams? Over \$2 billion is lost annually.

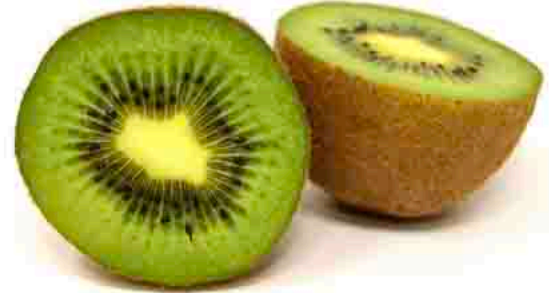
In mid-August Be Connected ran a one-hour webinar on the topic. A summary of the presentation was provided to participants and is included as an attachment with the Newsletter.

You are urged to read it, not only to find out the different types of scams, but also what you can do to help protect yourself financially.

To learn more about Be Connected go to: <https://beconnected.esafety.gov.au/>

## NOW IN SEASON

New mandarin varieties just keep appearing. The most recent count was nine varieties, including Imperial (first discovered in 1890 in Australia), Afourer, Phoenix, Hickson, Sumo (rugged skin), Delite, Tangold, and two seeded varieties Murcott and Venus. All continue to be good eating when available. Navel, Cara Cara and Blood oranges are also good eating.



More new apple varieties keep coming on to the market and all are worth trying. Australian-bred Pink Lady is probably now the most popular variety nationally. Pink Lady breeder, the late John Cripps from WA, also bred the new Bravo variety. Older varieties,

such as Jonathan and Red Delicious are disappearing from retailer shelves, to make way for the new varieties.

Pears and bananas are also generally good eating. To ripen pears (and avocados) put them in a paper bag with bananas to speed up the process.

For those interested in nutrition, big news out of the EU earlier this month. Green kiwifruit, which are now in season here, can now be marketed in the EU with claims about their positive impact on digestive health. Specifically, green kiwifruit “contributes to normal bowel function by increasing stool frequency”.

The asparagus season is just starting, and most supplies will come from Koo We Rup on the Victorian Mornington Peninsula. The season should continue until Christmas and beyond.

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## FAMOUS QUOTE

*“I have no special talent. I am only passionately curious”*

*Albert Einstein*

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## NO TOUCHING

“The Guardian” reports Dublin authorities have ordered tourists to stop touching breasts of the city’s Molly Malone statue. The statue is supposed to bring luck, but it seems not everyone is happy with tradition and her breasts are now off limits.

Molly Malone – by many accounts a fictional 18th-century fishmonger’s wife – is the subject of a ballad, known as “cockles and mussels”, that is an unofficial anthem for [Ireland](#), sung at weddings, parties and sporting fixtures.



Ray Yeates, the city council’s arts officer, told the BBC that while it has become a “worldwide phenomenon for statues to be touched or rubbed”, some people had noted that it mimicked undesirable behaviour. “It would be illegal in public, so why would we mimic it?”

The sculpture, by the artist Jeanne Rynhart, was first erected in 1988 and promptly labelled “[the tart with the cart](#)” in reference to the cleavage and rumours that Molly sold more than fish.

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## THREE QUESTIONS: TREVOR LOGAN

### Introduction

Trevor Logan and his wife Chris moved to Abbotsford after many years in the Art Deco town of Leeton, in the NSW Riverina food bowl, where he ran a very successful farm machinery dealership. As Trevor is one of the few Probus Club members with life experiences in the country, he has agreed to share his thoughts about living and working in Leeton.

### Tell us about your past business history

In 1957 my father, Keith Logan, moved our family to Leeton, NSW, to start an agricultural machinery business. Leeton was part of the Murrumbidgee Irrigation Area, an engineering marvel developed by Sir Samuel McCaughey, using water diverted from the Murrumbidgee River through a network of canals. Years later, irrigation was extended to Coleambally, opening up new farmland and new opportunities. My father seized the chance to supply machinery to this growing region, and the business became an important part of the local farming community.

### How has your industry changed from when you started to now?

When our business began, a 52-horsepower tractor with no cab was considered modern. Today, GPS-guided tractors with up to 715 horsepower are common, able to pull multiple implements at once, dramatically increasing efficiency. Farmers can now work much larger areas in less time, and many own multiple farms as a result.

Crops in the Riverina have always been varied — from rice, wheat, and cotton to citrus and grapes — but the technology and scale of modern farming have transformed the way the land is worked. Each piece of necessary equipment to farm today can be worth more than a million dollars. The Case 715hp Quadtrac is \$1,750,000. A far cry from the 1957 International 554 tractor coming in at a massive £1000.

### What were the pros and cons of living in a country town like Leeton?

Leeton was a warm and friendly place, with a strong sense of community often centred around sport and local events. The surrounding wineries added to the charm, offering some of the best drops in the Riverina. But country life had its challenges — access to services taken for granted in the city could be limited, and the climate delivered extremes from frosty winters to scorching summers. Spring brought hay fever and asthma for many, while mosquitos were an inevitable part of summer evenings.

Looking back, I'm grateful for the opportunities, friendships, and life lessons that came from growing up and working in the Riverina — experiences that shaped who I am today.



*1957 top of the range tractor at 52HP*



*2025 Case 715HP, packed with technology*

## REST, EAT AND RELAX ON THE ROAD North Coast

Travelling up and back to Brisbane via the coast last month it hit me there are not as many choices on or close to the highway, compared with other roads out of Sydney. The new 'highway' has bypassed many towns, which are still the main choice.

### Raymond Terrace

Heatherbrae's Pies – good choice of fresh foods beyond pies, near highway (north)

### Forster (Karen Wilson)

Dorsal Restaurant – lovely food, on the beach, great views

### Taree

Member Col Rennie suggests call in and support local businesses to recover from the recent catastrophic floods



*Dorsal Restaurant, Forster*

See suggestions from Visit NSW

<https://www.visitnsw.com/destinations/north-coast/forster-and-taree-area/taree/restaurants>

or

Tripadvisor – 10 Best Cafes in Taree:

[https://www.tripadvisor.com.au/Restaurants-g255332-c8-Taree New South Wales.html](https://www.tripadvisor.com.au/Restaurants-g255332-c8-Taree_New_South_Wales.html)

### South Moorland (20km north of Taree)

The Tucker Wagon Café – great truck stop for food and coffee; ample parking; close & easy access from highway.

### Kempsey

Freshwater Bar & Grill (RSL Club) – excellent club food, extensive menu

Lou's Café Restaurant – excellent breakfast and coffee; warm country atmosphere

### Evans Head

Surf Club Café – ideal relaxation for breakfast, morning tea and early lunch (closes at Noon) and fantastic endless views up the coast

### Far North Coast

There are numerous places in Bangalow, Byron Bay, Brunswick Heads etc, but parking can be a nightmare.

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## GoodSAM UPDATE

July guest speaker Monika Sitkowski has been good enough to provide a copy of her presentation to share with members.

A copy of her motivating presentation is included as an attachment with the newsletter.

Let me know your experience if you follow up on the web site

[www.ambulance.nsw.gov.au/goodsam](http://www.ambulance.nsw.gov.au/goodsam) and even registering to be a GoodSAM.