Probus Club of Cecil Hills- Newsletter
Thursday 6th August 2026

Presidents Message:

Hello and a very warm welcome to you all!
August already and a little cold! but we are over the hump for winter.

Well, our Christmas in July was a resounding success and the feedback has been positive.
Those members that travelled on the train enjoyed their adventure, the 7 members that stayed overnight even though it was very cold had an enjoyable time even playing games in the foyer while eating pizza.

Our guest speaker this month is Noel Phelan telling us the story of the navel disaster of the Costa Concordia cruise ship.

Our outing this month is to the Nurse's Museum and then lunch at the Boatshed in La Perouse.

Our next meeting is Thursday 6th August at our home base 5 Sandringham Dr Cecil Hills

Come and join us for lunch after the meeting @ St. Johns Park Bowling Club

Jeanette Dupond
Foundation President

Our Home Base



Management Committee

Jeanette Dupond
President

Ian Delandro
Vice President

Lynda Delandro
Secretary

Fred De Giorgio
Treasurer

Roman Marjanac
Membership Officer

Angelo Sartor
Transport Officer

Denis Price
Newsletter Officer

Cecilia Wilson
Outings & Activities Officer

Jenny Suwala
Welfare Officer

Robyn Graham
Guest Speaker Officer

Fay Muir
Ray Moncay
Sue Farrugia
General Officers

Cecil Hills Probus Club
Was Formed @ The Cecil Hills Community Centre
6th June 2024

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From the Editors Desk

Accepting aging isn't about giving up; it is an active process of shifting your focus toward what you can control, celebrating resilience, and embracing new perspectives. It means honouring your current self rather than comparing yourself to the past, allowing for greater peace, authenticity, and emotional intelligence.
To successfully navigate this transition, try incorporating these practical strategies into your routine:

- *It's natural to feel some anxiety about getting older, but shifting your perspective can be empowering. Instead of focusing on the uncertainties, try reframing aging as a time of growth, wisdom, and new possibilities.*
- ***Stay social and active:** Maintain your ties with family, friends, and community to ward off isolation. Regular, low-impact movement like walking or yoga is also key to preserving mobility and mental clarity*
- ***Focus on the Present:** Shift your energy away from the uncontrollable future by practicing mindfulness. Grounding yourself in what you can control today reduces anxiety about the unknown.*

Club Website

For all the latest on upcoming events – outings, Gourmet Club etc, a plethora of information.

$5 Meeting Fee payable @ August Meeting

Club Activities:

Walking Group -Saluti's Café Lizard Log on Thursday @ 9.00am

Except on Wednesday 5th August as Monthly Meeting is on Thursday 6th August

Gourmet Club

***WHERE**: Green Peppercorn Restaurant*
1/3 Hamilton Road, Fairfield
(There is limited parking)
***WHEN:** 20 August 2026 at 6.30pm*
RSVP:** All Gourmet Club events are organised via the Floktu website **The RSVP date is 6 August 2026 i.e. our August Meeting

Club Outings:

Tuesday 11th August:

Tour of Prince Henry Hospital Museum, Little Bay

Take a tour of the Prince Henry Hospital Nursing and Medical Museum

Friday 11th September

Scenic River Cruise of the Hacking River, plus lunch
*RSVP: Register via Floktu with numbers and payment due by/at the August Probus meeting **on 6th August 2026 (preferably before if possible).***

Guest Speaker

Noel Phelan, Volunteer, Naval Historical Society
Topic: The Sinking and Salvage of the Costa Concordia

Note:To Probus Members & Guests:

As there is ongoing construction work at the public school, when parking your car at the meeting, please park well clear of the entry gate and the driveway to the public school. Thanks.

Probus Club of Cecil Hills A/C Details

Acc/Name Cecil Hills Probus Club INC BSB: 112879 Acc #: 490400680

Meeting day/time: *1st Thursday of every month at 10:00am*
Meeting Venue: *The Cecil Hills Community Centre*
5 Sandringham Dr, Cecil Hills NSW 2171



Next Meeting Dates/Times:
06/08/2026- 10:00am
03/09/2026- 10:00am



CECIL HILLS PROBUS CLUB

Scenic River Cruise of the Hacking River



In three hours, cruising in the relaxed and informal atmosphere of the M.V Tom Thumb III, you will enjoy exploring the upper reaches of the Hacking River, one of Sydney's most unspoiled waterways, with its many bays and inlets down to the open expanses of Port Hacking and Bate Bay. A full commentary and morning tea will be provided on the cruise.

PIPPIS



WHEN: 11th September 2026, ferry departure 10.30 am (on the dot – be there by 10.15 am).

WHERE: Leaving from the public wharf at Tonkin St, Gunnamatta Bay, just below Cronulla railway station. (Very limited parking).

COST: $30 for the cruise, lunch at Pippis Restaurant, at own cost. Mains around $38 and Entrees $26.

RSVP: **BOOKINGS via** Floktu with numbers and payment due by/at the August Probus meeting on 6th August 2026 (preferably before if possible).

If transferring funds into our account, please use the following details:
Acct Name: Cecil Hills Probus Club Inc + your name and Hacking
BSB: 112879
Acct Number: 490400680

Spring in the Riverina Bus Tour –

Hosted by Northmead/Winston Hills Probus Clubs



6 Day – Spring in the Riverina Tour

Day 1. Tuesday, 20th October 2026 Goulburn, Harden & Temora Aviation Museum

06:00am	Coach Arrives at pick up location (1 x bottle of water given to each passenger) 06:30am Coach Departs.
09:00am	Morning Tea at Trappers Bakery, Goulburn (at own expense) 09:45am Continue journey through picturesque pastoral country
11:45am	Lunch at Jackson Café, Harden
12:45pm	Coach Departs, with a stop in Murrumburrah to admire the Bill the Bastard statue Albury St. (Burley Griffin Way) near Bathurst St, Harden, 2587

Bill, a first Australian Light Horse, was among 29,348 horses shipped from Australia to the Middle East in 1914 to fight in World War I.

02:15pm	Temora Aviation Museum – home to an impressive collection of flying military aircraft
03:45pm	Check in to the Motels, Koreela Park Motor Inn and Goldtera Park Motor Inn 05:30pm Happy Hour at Temora Ex-Services Club (Own expense)
06:30pm	2 Course Alternate drop Dinner at Temora Ex-Services Club

Day 2. Wednesday, 21st October 2026 Berton Winery & Griffith Guided Town Tour

07:30am	Check out Motel
07:45am	Breakfast at Temora Rural Museum and inspection
09:15am	Depart Temora, Barellan for Morning Tea the town Evonne Goolagong Cawley grew up in
11:45am	Arrive Berton Wines for tastings 01:00pm Depart for Griffith
01:15pm	Lunch in Griffith at The Sugar Mill Café
02:30pm	Arrive Griffith Tourism Hub to watch introductory video on Griffith; wander through the interpretive display and view the Stained-Glass Window.
03.00pm	Depart for 1 1⁄2 hour town tour with local guide
04:30pm	Return tour guide to Griffith Tourism Hub and depart for accommodation 04:45am Check into accommodation – Kidman Wayside Inn
06:30pm	2 Course Dinner at the Motel

Day 3. Thursday, 22nd October 2026 Farm & Garden Tours

07:15am	Breakfast at the Inn
08:45am	Depart for Catania Fruit Salad Farm
09:00am	Visit Catania Fruit Salad Farm (guided farm tour & morning tea) 11:15am Depart for Morella Grove Olive Farm
11.30am	Arrive at Morella Grove Olive Farm for tour and tastings
01.00pm	**Depart for Spring Fest Garden #1 (TBA) - Includes lunch**
02:30pm	**Depart for Spring fest garden #2 (TBA)**
03.00pm	Depart for CBD. Free time to wander the Citrus Sculptures
06.00pm	**Dinner**

Day 4. Friday, 23rd October 2026 Altina Wildlife Park – Pioneer Park Museum - De Bortoli Wines

07.00am	Breakfast at the Inn
08:15am	Depart Griffith for Altina Wildlife Park 09.00am Arrive Altina Wildlife Park

Day 4 continued

11.30am	Depart for Pioneer Park Museum
12.15pm	Arrive Pioneer Park Museum for guided train tour and lunch (cold meat & salads, dessert + tea & coffee)
03.00pm	Depart for Emeri De Bortoli Garden 03.20pm Arrive De Bortoli Wines for tasting 04:30pm Depart for accommodation
06:30pm	2-Course Dinner in House at the motel

Day 5. Saturday, 24th October 2026 Coolamon Cheese, Junee Chocolate Factory, Young

07.00am	Breakfast at the motel 08:00am Check-out
08.30am	Depart
10:15am	Morning Tea at Coolamon
10.45am	Coolamon Cheese Co. cheese self-guided – free time – free tasting 12:00pm Depart Coolamon
12:30pm	Lunch, Junee Liquorice & Chocolate Factory
01:30pm	Tour & Taste, Junee liquorice & Chocolate Factory
02:30pm	Depart for Young
04:30pm	Check into Young Federation Motel, Young
05:30pm	Happy Hour at Young Services Club (Own expense)
06:30pm	2 Course Alternate drop Dinner at Club

Day 6. Sunday, 25th October Garroorigang Historic Home & Return Home

07:00am	Breakfast at the Young Services Club 08:00am Check out
08:15am	Depart Motel
10:15am	Arrive at Garroorigang Historic Home for Morning Tea and visit
11.00am	Guided tour of Garroorigang Historic Home
12:00pm	Depart for lunch
12.15pm	Lunch at Goulburn Golf Club
01.45pm	Departs for Home (comfort stop on route if needed)
04.00pm	Arrives at drop off location

Important Information:

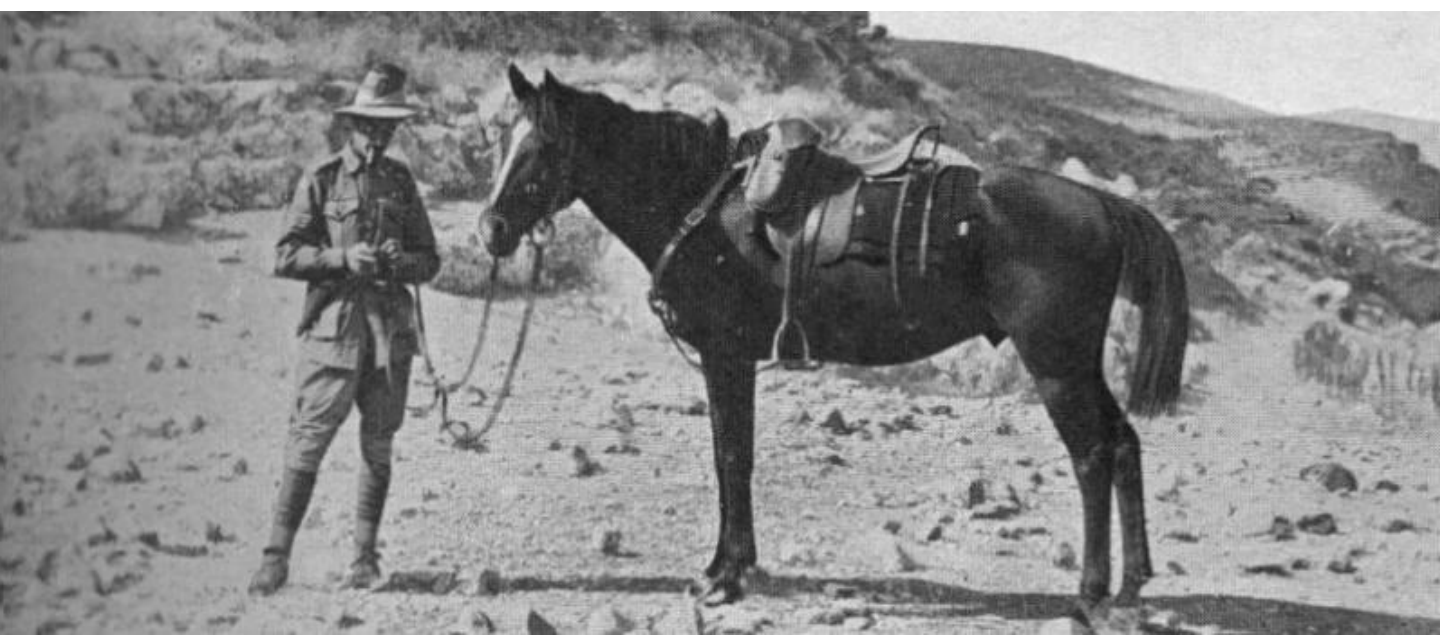
Approx Cost: $1699-00 per person twin share Single Supplement $490-00 per person.

Dates: 20th – 25th October, 2026

If Interested: Please contact Nancy at nancyjamieson14@gmail.com or Mark Dennis 0412 675 863



Bill the Bastard Australia's Greatest Warhorse









A Tribute to the Delltones

Celebrating the Soundtrack of a Generation at Liverpool Powerhouse

Relive the golden era of Australian rock 'n' roll with *A Tribute to The Delltones* - a high-energy show that honours one of the country's most beloved vocal harmony groups.

From their unforgettable hits like "*Get a Little Dirt on Your Hands*" and "*Hanging' Five*", to the tight harmonies and infectious stage presence that made them legends, this show captures the spirit, humour, and timeless sound of The Delltones.

WHEN: Thursday 15th October 2026 at 11.00 am
WHERE: Liverpool Powerhouse
COST: $30 pp for the show and $28 for lunch - Free Range Chicken Breast, Asparagus, Tomatoes & Olive Salt

Please note we are on a wait list for this show. Hopefully, we will know if we have seats before our September meeting. DO NOT pay at this stage – just register.

RSVP: **BOOKINGS via Floktu (https://preview-mode-cecilhillsprobusclubatributetothedelltones.floktu.com/) for registration of interest.** Payment (hopefully) due at the September Probus meeting on 6th September 2026.

When transferring funds into our account (upon confirmation we have seats – assigned on order of registration), please use the following details:

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BSB: 112879
Acct Number: 490400680