Probus Club of Cecil Hills
Newsletter
7th May 2026

Presidents Message:

Hi fellow members I hope you are well; Jeanette is overseas now and has asked me to write this message on her behalf.

We certainly have some interesting activities in the coming months; I think it's fair to say that Cecilia has done a great job coordinating these events.

- *Thursday May 28th – Sydney Under Attack Cruise*
- *11thJune - BIENNALE OF SYDNEY*
- *23rd July- Christmas in July*

We also have some great Guest Speakers coming up, this month, we have the team from Fire and Rescue NSW at Bonnyrigg Hights to talk about "keeping our homes safe from fire ", very timely as Winter is approaching, a thank you to Robyn for her ongoing work.

The Secret to Longevity
A young person asked a 93-year-old woman how she managed to live so long and not have a single enemy in the world.
She replied: "It's easy. I just outlived them all".

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

Our Home Base



Management Committee

Jeanette Dupond
President

Ian Delandro
Vice President

Lynda Delandro
Secretary

Fred De Giorgio
Treasurer

Roman Marjanac
Membership 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 Officer

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

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From the Editors Desk

*Community groups are considered **critically important** in ageing, acting as key drivers for healthy, active, and supported longevity. They play a vital role in enabling older adults to "age in place" (live independently in their own homes) by providing social connection, mental stimulation, and physical health benefits.*

Why Community Groups Are Important

- ***Combating Isolation and Loneliness**: Around 1 in 5 older Australians are socially isolated. Community groups (e.g., hobby clubs, walking groups, Men's Sheds) bridge this gap by providing regular, meaningful social interaction.*
- ***Boosting Physical and Mental Health:** Participation in community groups is linked to better self-rated health, reduced risk of dementia, and lower depression and anxiety. Regular attendance can help manage chronic conditions community groups gives retirees a renewed sense of meaning and purpose.*

$5 Meeting Fee payable @ May meeting

Club Activities

Walking Group -Saluti's Café Lizard Log on Thursday @ 9.30am

Except on Wednesday 6t May as Monthly Meeting is on Thursday 7th May

Club Outings

Thursday 28th May:

Anniversary Cruise – Sydney Under Attack

***When**: Check-in time: 9.30am, boarding time: 9.45am (returning between 12.30 to 1.00pm).*

***Where**: King St–Wharf 3*

June 11th

BIENNALE OF SYDNEY

@ the White Bay Powerhouse

(Please see attached flyer for full details)

RSVP – May 7th Meeting

July 23rd

Christmas In July

(See attached flyer for full details)

Guest Speaker

Adam Turnor Browne & Team
Community Education Unit – Bonnyrigg Heights Fire and Rescue NSW
Topic: Keeping our homes safe from fire.

After the meeting
come and join us for lunch
@ ST. Johns Park Bowling Club

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:
07/05/2026- 10:00am
04/06/2026- 10:00am



Christmas in July

at the Palais Royale, Katoomba

23rd July 2026



An adventure to meet Santa on a cold and frosty day awaits. Cecil Hills Probus Club is heading off to the mountains to cheer in Yulefest and hopefully meet the jolly old fellow in red with his bag of goodies.



This outing has been planned to provide a number of options so that people can tailor their participation and fun to fit in with their hectic diaries!

You can choose just to come for lunch or you may wish to stay in Katoomba for a day or two, it's up to you.

Here are the details we have to date:

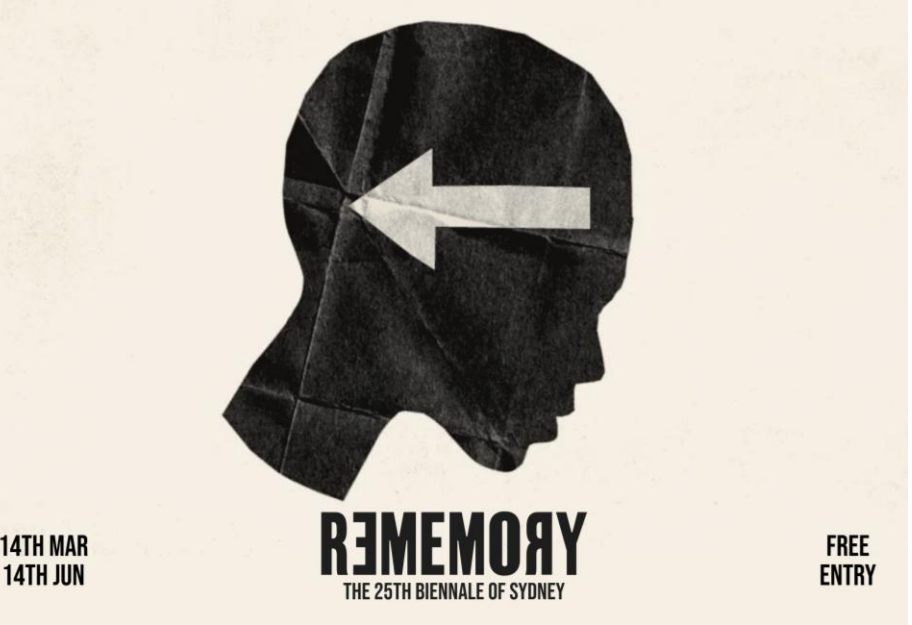
- The lunch cost is $79 and includes a four-course meal and a welcome drink upon arrival. (The menu will be finalised by the end of the month.)

- Travel is at your own expense. You may wish to catch the train to Katoomba, drive or car pool. (Lifts will be arranged at a later date.)

- Mid week accommodation costs are as follows;
    - Single/Double Occupancy with a light continental breakfast is $240 per room per night,
    - Twin Occupancy with a light continental breakfast is $290 per room per night.

- So that we don't miss out, numbers are required at the April meeting on 2nd April. This means how many will be there for lunch and how many rooms we need to hold and for how many days.

- The sign on sheet will be at the welcome desk at the meeting venue. Please read it carefully as this one is a little bit complex.



BIENNALE OF SYDNEY

11 June 2026

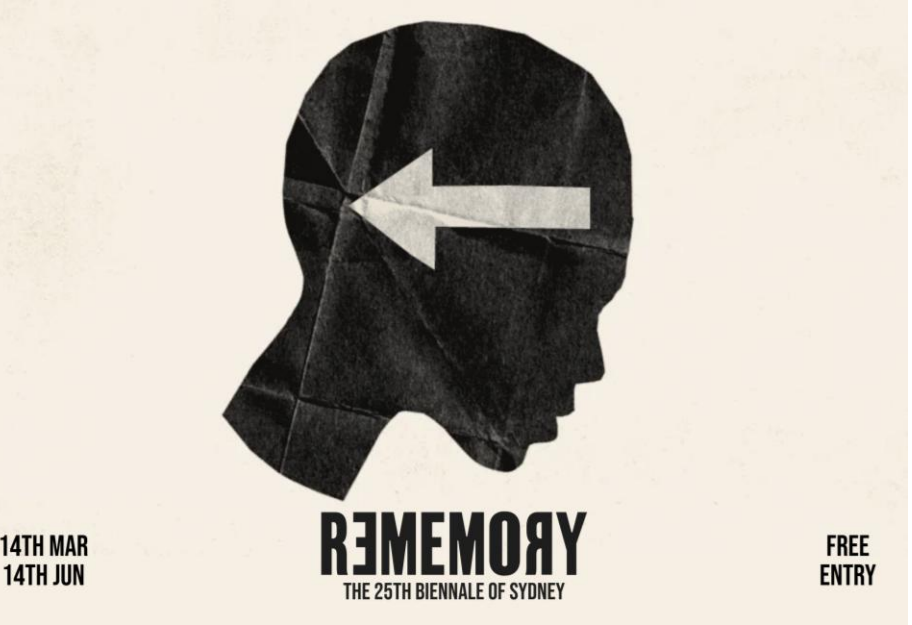
White Bay Powerhouse

Constructed between 1912 - 1917, **White Bay Power Station** is one of Sydney's most significant industrial landmarks. It initially powered Sydney's tram and rail networks, playing a crucial role in the city's growth. The station continued to expand significantly to meet demand for electricity and support various industrial operations. It was de-commissioned in 1984.

The **Biennale of Sydney** is one of the leading international contemporary art events. Since its inception in 1973, the Biennale of Sydney has provided a platform for art and ideas, showcasing the work of 2,400 artists from more than 130 countries. Today it is considered one of the leading international contemporary art events.

Located in Rozelle and overlooking Sydney Harbour, the **Bald Rock Hotel** is the oldest continually licensed venue on the peninsula. The Bald Rock opened in 1876 and if these original sandstone walls could talk, they would tell you of a colourful history filled with stories of underhand business, the smuggling of bootleg liquor through a secret tunnel leading to Sydney Harbour and even horses drinking beer. These days, The Bald Rock enjoys a reputation for being one of the most popular pubs on the Balmain Peninsula.





BIENNALE OF SYDNEY

11 June 2026

White Bay Powerhouse

Get a double hit of history and art at the 25th Biennale of Sydney. As entry is free to the Biennale, take the opportunity to marvel at the innovative, thought-provoking art from Australia and around the globe while wandering through the historic White Bay Powerhouse.

This will be a self-guided tour so that you can enjoy the building and art at your own pace.

And of course, just like any other Cecil Hills Probus jaunt, lunch is involved. Lunch will be at The Bald Rock pub.

WHAT: **Tour of the White Bay Powerhouse and Sydney Biennale**

WHERE: **White Bay Powerhouse, Robert Street, Rozelle**

WHEN: **11th June 2026, meeting at the entry to the exhibition at 11.00am**

LUNCH: **Bald Rock Hotel, 15 Mansfield Street, Rozelle**

COST: **White Bay Powerhouse + Biennale (general) – Free Lunch – 12.45 pm and at own cost**

RSVP: **By/at the May Probus Meeting, 7 May 2026 (Show of hands at the April meeting)**

NOTE: There is no parking at the White Bay Powerhouse. Transport for NSW is providing a Special Event Bus service during Biennale opening hours. This dedicated 443 special event bus service will be direct from Stand B at the QVB on York Street to the forecourt of White Bay Power Station. These run approx. 10 – 15 minutes weekdays starting at 10.30am. The Bald Rock Hotel is 500 metres away.