PROBUS CLUB OF CECIL HILLS
NEWSLETTER
Thursday 5th June 2025

Cecil Hills Probus Club
was formed at The Cecil Hills Community Centre on
6th June 2024.

President's Message:

Club Outings &Activities:
I have been hearing very positive feedback regarding the club's outings, particularly the Riverboat Postman. My spies tell me that everyone had a great time on the day.

Just a reminder that the final payment is needed for **Christmas in July** on the **Nepean Belle** at this meeting EFT is preferred or cash.

Guest Speakers:

- We have some very interesting Guest Speakers coming to our club. This month is no exception as we welcome **Emily Doris (Exercise Physiologist).** Emily is very passionate in working with the older population to improve the overall quality of life and to encourage social enrichment in a safe environment. Come prepared to join in some safe exercises

(Introduced by her proud grandparents, members Fay and Denis Muir)

- **Deborah Duncan**, from **Travel Managers** will be doing a presentation during the meeting on Norfolk Island and answering questions.

Denis Price
(On behalf of our Club President)

OUR HOME BASE!



Management Committee

Jeanette Dupond
President

Ian Delandro
Vice President

Ray Moncay
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
Sue Farugia
General Officer

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

Private and Confidential for Probus use only and is not to be used for any other purpose.

NOTICE BOARD

Keeping your personal information safe online

According to Scamwatch (a website run by the Australian Competition and Consumer Commission (ACCC) to help consumers and businesses recognise and report scams), over $320m was lost to scams in 2021 in Australia alone — this is predicted to increase year-on-year.

What's a scam?

A scam (or online hoax) is designed to trick you in to revealing your personal information. If successful, the scammers can then use that information to commit fraudulent activities, such as making online purchases with your credit card or opening a bank account.

To help educate yourself, Scamwatch and the Australian Cyber Security Centre (ACSC) have provided comprehensive information on how to spot a scam and protect yourself. Scamwatch also has a number of real-life stories on their website about Australians who've been scammed, and how they resolved their issue.

Just a reminder of our $5 meeting fee

CLUB ACTIVITIES

Walking Group -Saluti's Café Lizard Log every Thursday @ 09.30

Walking group is on Wednesday 4th because of the monthly meeting.

CLUB OUTING

Nepean Belle – Christmas in July

When:24th July 2025

TRAVEL: Boarding time is 11.30am, cruising 12.00 to 2.30pm. *Make sure you park in the parking area behind the green toilet block*

Lunch: Cost $73 per person (note vegetarian available)

Need to confirm attendance and payment at our Probus meeting on 5th June 2025

Guest Speaker

Emily Doris- Exercise Physiologist
Deborah Duncan, from Travel Managers

Probus Club Cecil Hills Bank Account Details

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

Join us after the meeting for lunch @ St. Johns Park Bowling Club

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:
05/06/2025- 10:00am
03/07/2025- 10:00am







NEPEAN BELLE PADDLEWHEELER

Grab your best Christmas jumper and get ready for a mid-year celebration to remember!

A Relaxing 2.5-hour scenic river cruise with a mouth-watering 2-course Christmas-style lunch served with freshly brewed tea and coffee.

Enjoy festive vibes and good cheer from the moment you step aboard. Take in breathtaking Aussie bush scenery – perfect for photos and feeling the Yulefest spirit!

WHEN: **24 July 2025.**

WHERE: **Boarding time is 11.30am, cruising 12.00 to 2.30pm**
Boarding is at the Jetty (near the public boat ramp) on Tench Avenue in Jamisontown. There is free parking just off Tench Avenue (on the river side). All you have to do is walk on the path down to our jetty. Make sure you park in the parking area behind the green toilet block - **don't park in the trailer parking area as Council Rangers actively patrol the area.**

COST: **$73 per person and includes (note vegetarian available)**

MAIN MEAL - *Shared Platter At Your Table*
Tender Roast Chicken *with Festive Stuffing and Cranberry Jus*
Sliced Hot Christmas Ham off the Bone *with a Honey & Caraway Glaze*
Served on a shared platter garnished with honey roasted vine tomatoes accompanied by
our Famous Creamy sautéed Potato and a selection of hot seasonal vegetables.

DESSERT - *Individual Alternate Serve*
Warm Sticky Date Pudding *with Hot Caramel Sauce*
Pavlova with Vanilla Bean Cream *topped with House-Made Berry Compote*

DRINKS – *available at the bar (own expense)*

RSVP: **Need to confirm attendance and payment at the June Probus meeting on 5 June 2025. Preferred payment by Direct Deposit before the June meeting to:**

Cecil Hills Probus Club
BSB: **112879**
Acc No: **490400680**