



# GUILDFORD PROBUS

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Please  
Turn off Your  
Mobile Phones

## President's Report

4<sup>th</sup> December 2025

Welcome to our final newsletter for 2025. Barry did a great job in October whilst Peter and I had a break overseas.

Our disappointment in the non-appearance of the guest speaker in November, was quickly dispelled when Sidney stepped in to give us a first-hand account of his experiences

whilst growing up and living in South Africa during difficult times of racial abuse. So a very special "thank you" to you, Sidney.

Our "Mystery" bus outing was enjoyed by all who were able to attend.

Congratulations to Keith and Judy for being the closest in guessing the destinations. Thanks to everyone for participating in the fun of guessing.

Surprisingly, a large number of us guessed correctly for the Darrell Lea outlet and purchased "kilograms" of reduced-priced goods.

The other destinations included the Liverpool Regional Museum where we had morning tea, Campbelltown Japanese gardens, indigenous garden sculptures and lunch at the Ingleburn Bowling Club.

Sadly we farewelled Ray, our driver, who is retiring. We look forward to trialling future trips with a new company, supported by Ray and Shirley.

As another year nears its end and seasonal activities fill our time, plans for 2026 start to emerge. Our first meeting for 2026 will be on Thursday 5th February.

See you at the Coolibah for lunch on Thursday 15th January at 12 noon.

Thank you all for being a part of our club. Best wishes for a happy and safe Christmas.

Heather Schabel (President)

### PRESIDENT

Heather Schabel  
0421 339 961

### VICE PRESIDENT

#### & TOUR TEAM

Barry Hogan  
9632 1670

### SECRETARY

Gwenda Collins  
9631 3756

### TREASURER

Peter Schabel  
0412 729 044

### MEMBERSHIP

Margaret  
Ricketts  
9622 0574

### NEWSLETTER

Carol Duane  
0478 012 447

### GUEST

#### SPEAKERS

### TOUR BOOKING

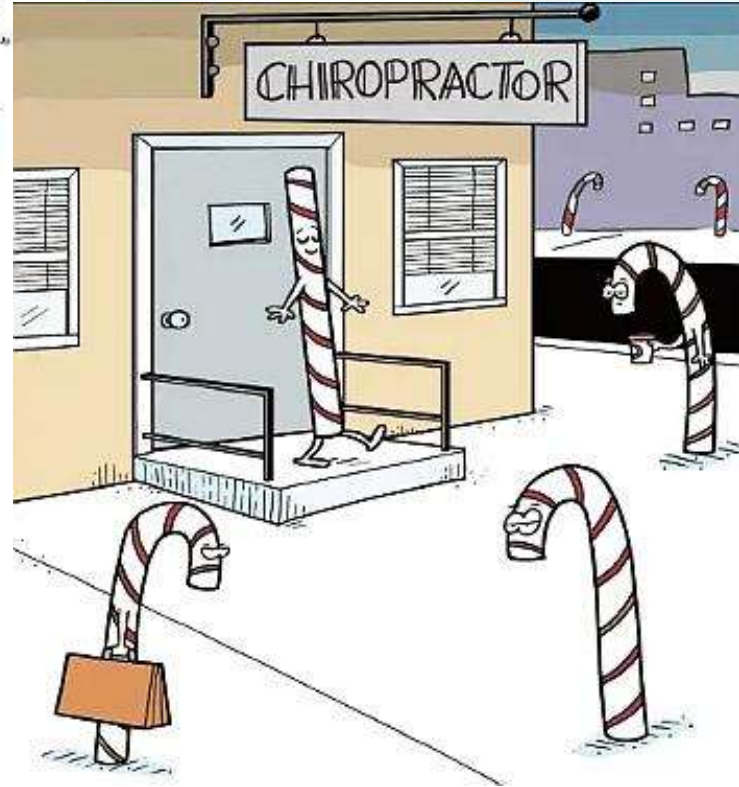
Rhilma Bruce  
0439 950 193

### WELFARE

#### & TOUR TEAM

Sue Both  
9632 1886  
0418 112 325





*Thank You Sidney*  
Your kind offer to step in at the last second and be our Guest Speaker for the October meeting was very much appreciated.





Wishing a very  
**Happy Birthday**  
to our members who are celebrating  
a birthday in **December**

**DAVID BAKER,**  
**JOHN COLLINS,**  
**BRIAN DUANE**  
**JOHN FLOOD**



**United Nations**

Peace, dignity and equality  
on a healthy planet

Here's some of the officially recognised United Nations International Days in December

3 Dec International Day of Persons with Disabilities

5 Dec World Soil Day

7 Dec International Civil Aviation Day

9 Dec International Anti-

Corruption Day

10 Dec Human Rights Day

11 Dec International Mountain Day

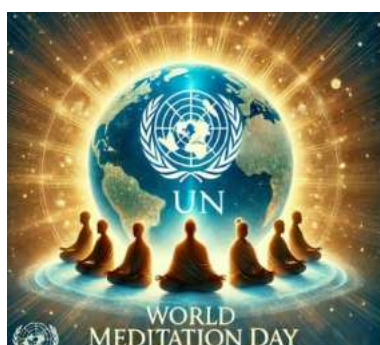
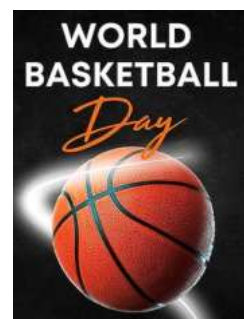
12 Dec International Universal Health Coverage Day

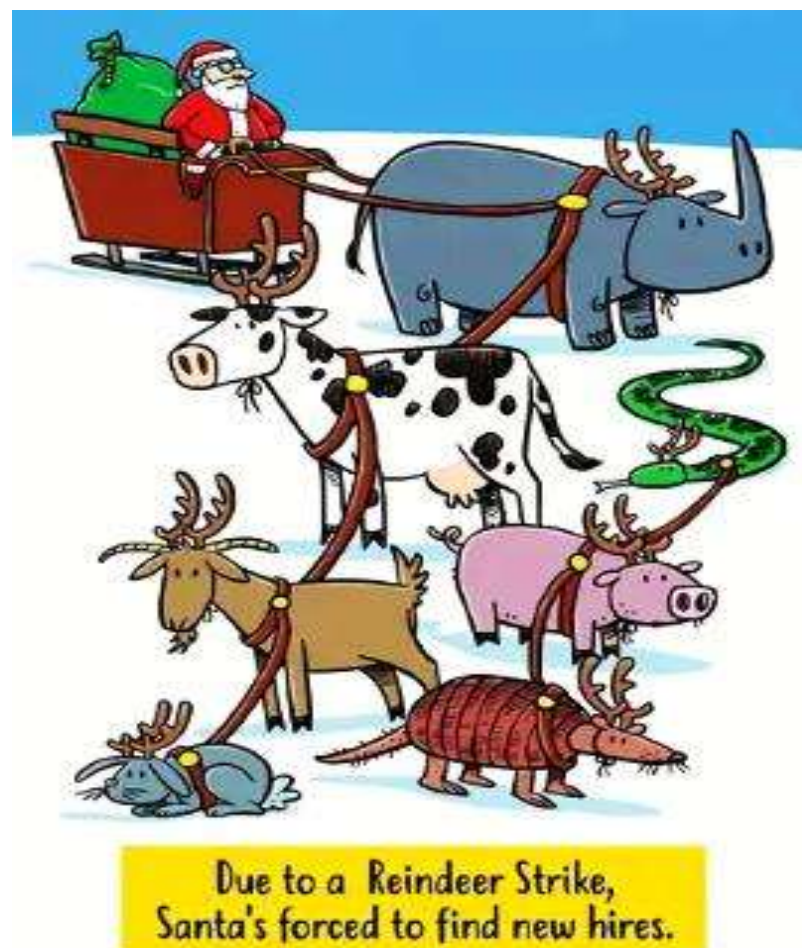
18 Dec International Migrants Day

21 Dec World Meditation Day

21 Dec World Basketball Day

27 Dec International Day of Epidemic Preparedness







Morning  
Tea at  
Liverpool  
Regional  
Museum



Campbelltown Japanese Gardens



Great Value  
\$15 lunch at  
Ingleburn RSL



Darrell Lea  
Factory Outlet





If you want to serve something different for Christmas, and also if you have fond memories of the

## **Sizzlers Cheese Toast**

here is the simple recipe which will impress your family and friends

### **Ingredients**

6 x 2 slices white bread frozen

200 g butter softened

100 g parmesan cheese grated

1 cooking oil spray



### **Method**

**Step 1** In a bowl mix the butter and parmesan cheese together until smooth and well combined.

**Step 2** Spread a thick coating of the butter mixture on the bread (one side only).

**Step 3** Return to the freezer.

**Step 4** Heat a frying pan to medium heat and spray with cooking spray. Put the cheese toast into the pan, butter side down and cook until the bread on the top side is defrosted and the face side is golden.

### **Notes**

Only thick slices of bread work well, consider buying a loaf to cut your own thick slices if necessary.

Sheets of baking paper must be placed between the layers of bread in the freezer to avoid them sticking together.

The processed powdery type grated parmesan cheese that is usually on the shelf near pasta sauces at the supermarket works well.

**Using frozen bread and then re-freezing after spreading with cheese mix is essential** before frying to for the authentic, iconic taste.

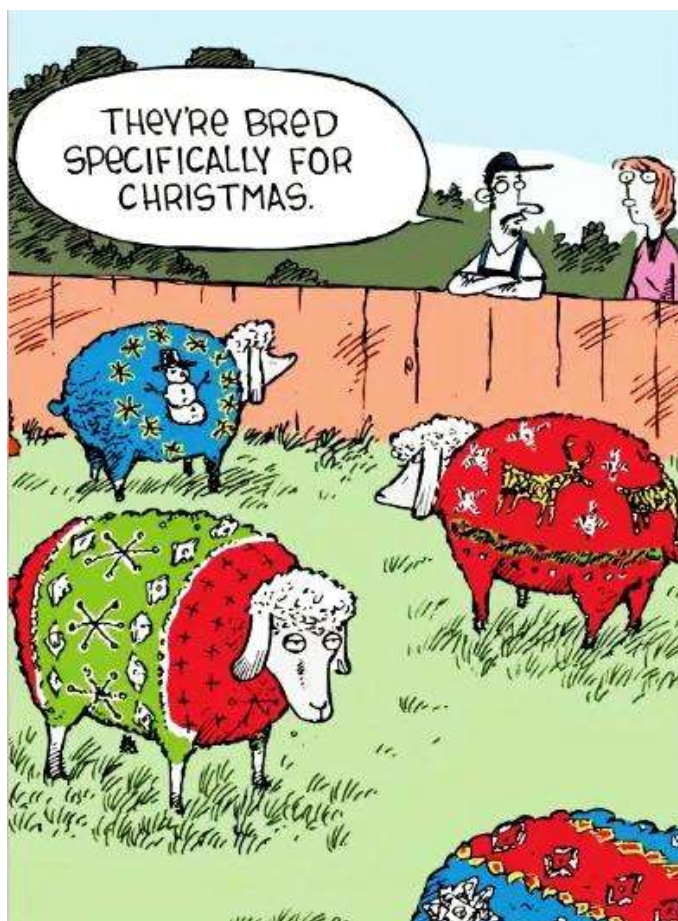
If you skip either step, it won't taste the same plus it might burn.

Oil a non-stick pan with a neutral flavoured cooking spray to avoid affecting the taste.



Times are tough. This Christmas will need to be 7.0% to 8.5% merrier.

THE  
MAGIC  
OF CHRISTMAS  
NEVER ENDS  
AND  
IT'S GREATEST GIFTS ARE  
FAMILY & FRIENDS





*Merry  
Christmas  
to All  
and to  
All a  
Good  
Night!!*

*January 2026 -  
Happy New Year!!*



Wishing a very **HAPPY BIRTHDAY** to our members who have a January Birthday



**SUE BOTH, PETER MCGANN,  
HEATHER SCHABEL**

Other people with January birthdays include Oprah Winfrey, Dolly Parton, Elvis Presley, Rod Stewart, Neil Diamond, Kevin Costner, Mel Gibson, Stephen Hawking, Wolfgang Amadeus Mozart, Lewis Carroll, A A Milne, J.R.R. Tolkien, Martin Luther King Jr.,

Remember when you  
could refer to your knees  
as Right & Left?



Instead of Good & Bad?  
Ahhh the good ol' days!

Remember when  
your knees only  
hurt from playing  
sports?



Now they hurt  
for no reason!



## 2026 SOCIAL DAYS

*\*Please **add your name to the list** at the Tour Team Table now if interested in any of these tours and excursions.*

*If you attend an organised event without having placed your name on the list beforehand, you are **not covered by Probus insurance**\**

**Pay in cash at the Tour Team table or by Direct Deposit - BSB: 032073 Account: 153813**

**Please include name and purpose in the description field.**



It will soon be time to find your favourite  
Hawaiian shirt or floral clothing  
for our

**ANNUAL SUMMER LUNCH**

**at the**

**Coolibah Hotel**

**12 noon**

**Thursday 15<sup>th</sup> January 2026**



### FISH & CHIPS

### Train and ferry excursion to Watsons Bay



**Thursday 19 February 2026**

Make your own way, arrive early if you'd like to walk around the area.  
Meet on the wharf at **12noon** for lunch at the cafe



Do you have a favourite shortbread recipe? My Canadian Friend sent me what she calls an easy recipe, she's a farmers wife, does lots of cooking, thought nothing of baking and decorating 5 dozen gingerbread men one afternoon for a Church fundraiser recently. She's such a good cook, she probably beats the shortbread mixture by hand for 10 minutes. Do you still beat everything by hand? Or do you always use a mixer?

### Melt in your Mouth Easy Shortbread Biscuits

1 cup soft butter    1/2 cup icing sugar    1 & 1/2 cup flour

Beat together for 10 minutes, then put spoonfuls on cookie sheet and bake at 175C for approximately 12-15 minutes.

Our flag bears the stars that blaze at night  
In our southern sky of blue  
And that little old flag in the corner  
That's part of our heritage too -

It's for the English, the Scots and the Irish  
Who were sent to the end of the earth  
The rogues and the schemers and dreamers  
Who gave our Australia its birth.

And you who are shouting to change it  
You don't seem to understand  
It's the flag of our laws and language  
Not the flag of a far away land

There are plenty of people who'll tell you  
How when Europe was plunged into night  
The little old flag in the corner  
Was their symbol of freedom and light.

It doesn't mean we owe our allegiance  
To a forgotten imperial dream  
We've the stars to show where we're going  
And the old flag to show where we've been

Thanks to Kay Hayes for providing a copy of the  
Keep the Flag poem.

It's unknown who wrote it, but it is an  
important contribution to the long ongoing  
debate about whether the design of our flag  
needs to be changed or not, especially every  
January around Australia Day.



Do you remember the old  
saying about catching  
more flies with honey than  
with vinegar?

While the saying was in  
reference to winning people

to your side more easily by gentle persuasion and flattery than by hostile confrontation.

it has been scientifically proven

that you actually **catch** more **flies** with **vinegar** than you do with **honey**!



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**2026 dates for your diary**    **Red = Meetings;**   **Dark Blue = Probus Activities;**   **Light Blue = Community Events**

|          |                           |                                                |
|----------|---------------------------|------------------------------------------------|
| Thursday | 15 <sup>th</sup> January  | Annual Summer Holiday Lunch at the Coolibah    |
| Thursday | 5 <sup>th</sup> February  | Monthly Meeting starts at 10.30am sharp        |
| Thursday | 19 <sup>th</sup> February | \$2.50 Train and Ferry to Lunch at Watsons Bay |
| Thursday | 5 <sup>th</sup> March     | AGM & Monthly Meeting starts at 10.30am sharp  |