

# THE AUSTRAL ADVOCATE – AUGUST 2019

## PROBUS CLUB OF AUSTRAL ©



Austral Bowling Club, Corner of Edmonson Avenue & Eighth Avenue, Austral 2179

### WELCOME TO THE AUSTRAL ADVOCATE

A friendly reminder that our meetings are held every second Friday of the month at 10.30am at the Austral Bowling Club. Our next meetings will be held on Friday August 9th & Friday September 13th. Please consider having lunch at the Club following the meeting as it is a good opportunity to really get to know one another.

Don't forget to visit our beautiful website at <http://australprobus.org/>

Anyone interested in joining a movie club, meeting once a month at a local cinema?

Austral Probus was formed in 2018 specifically for 55 and over, retired or semi-retired, adults. Our aim is to bring together people with similar interests to give them an opportunity to share in various social activities.

A big thank you to Michael McGraw for continually supporting us with wonderful photos!

### UPCOMING BIRTHDAYS

Marilyn Amesbury 7th August

Joan Bailey 9th September

Rhonda Robinson 22nd September



When paying for events and membership please use the following bank details

Account Name: Probus Austral - Events

BSB: 062-709 Commonwealth Bank

Account number: 10269041

Reference: Your last name.

Please email the treasurer Marilyn

Amesbury, to confirm your deposit on

[australtreasurer@gmail.com](mailto:australtreasurer@gmail.com)

We would like to thank the **Austral Bowling Club** along with **The Porterhouse Bistro** for their ongoing support and patronage. Thank you!

# AUSTRAL

## BOWLING CLUB

[www.australbowlingclub.com.au](http://www.australbowlingclub.com.au)



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## THE PRESIDENTS MESSAGE

Here we are at the end of July, the year is just flying past with all the activities we have organised for you.

Since our last fun filled newsletter we have had a number of activities, First was the lunch at St Johns Park Bowling Club, this was well attended by our members and we all enjoyed a really great \$10 lunch. Several of us joined the club and shared our membership cards to allow everyone to get the special prices on food and drinks.

Next was the "Australian Trilogy Show" unfortunately only a few members attended that one, the others must have known that it was going to be way too loud, most of us left after the first hour of the show, but we did enjoy the dinner before the show started, we will keep our eye out for more suitable entertainment in the future.

July was our Christmas in July meeting and lunch which was well attended by 80% of our members, we were entertained by the Blue Hills Strummers where we were all able to sing along with the music and songs that we all knew, Then Santa arrived and handed out the gifts.

Everyone seemed to have a good time as no one wanted to leave afterwards!

Lastly was the outing to Berowra and the "Postman's Run" this was well attended with 18 people in attendance, most parked their cars at Lockies Pub by 7:15 am then we caught the bus to the train station where we met a few more members. We took the train to Strathfield where we had to change trains and pick up two more people, our train was delayed by 40 minutes due to signal problems and we were worried we might miss the ferry, Mary rang the ferry people and they assured us they would wait for the train which they did. Once on board we had Tea and Coffee and a homemade Anzac biscuit.

The Captain had a running commentary as we travelled along making stops to deliver the mail and supplies and meeting some interesting characters along the way. At midday lunch was served followed by more coffee and a nice chocolate to finish the meal off. We then returned to Brooklyn and took the trains back home arriving around 3:30 pm. We all had a very interesting and informative day and laughed with our friends all day.

Looking forward to our next activities, keep an eye on the website calendar.

Cheers,

Gary



## AUSTRAL PROBUS CLUB CALENDAR

MONTH	DATE	DAY	TIME	ACTIVITY NAME	VENUE	COST	PAY BY	COMMENTS
August	9 <sup>th</sup>	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Guest Speaker Bruce Shying
August	21 <sup>st</sup>	Wednesday	12:30	Lunch	Crossroads Hotel	Own Cost		
September	13 <sup>th</sup>	Friday	10:30am	Monthly Meeting	Austral Bowling Club			Guest Speaker, Raffaele Joudry
September	25 <sup>th</sup>	Wednesday	8am	Tulip Time	Bowral	Bus \$30		Lunch at Mittagong RSL
October	11 <sup>th</sup>	Friday	10:30am	Monthly Meeting	Austral Bowling Club			John Tregoning
October	23 <sup>rd</sup>	Wed	12:30 pm	Lunch	Camden Lakeside	Own cost		
November	8 <sup>th</sup>	Friday	10:30am	Monthly Meeting	Austral Bowling Club			

## GENERAL MEETING WITH ROLAND STORM

Roland Storm proved to be great entertainment at our June 14th meeting. He fired up our memories and enthusiasm for our youth with the names and songs of great Australian entertainers (including himself) , stories and fabulous music. We laughed and joined in the singing (sorry about that Roland).

Roland's philosophy of life is "Retire from work but not from life!" which he continues to follow. He is still working in various social clubs, including Probus clubs, around Australia and overseas. He is a man of great energy and joy for life which we were fortunate enough to share with that day. We hope to see him again in the future.



## GENERAL MEETING WITH ROLAND STORM



## THE TITANIC

On Saturday, 22nd June a gallant few present and past Austral Probus Club Members made their way to Camden Civic Centre to make sail on the Titanic. Fortunately, the seas were calm which made for a very comfortable evening.

Our Captain was Michael Booth and the entertainment included large screen streaming of the original Titanic movie as well as a vivacious group of Irish Dancers and a talented young man who played the violin. We were served with a hearty six-course meal replicating the last meal served in First Class.

We ate, we talked, we danced and after a great night made our way home grateful indeed that we were not passengers on the original Titanic. -Beverly



## A SUMMARY OF LIFE

### GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats..
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) You can't trust dogs to watch your food..
- 5) The best place to be when you're sad is Grandma's lap.

### GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing jelly to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts
- 4) Today's mighty oak is just yesterday's nut that held its ground...
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy..



### GREAT TRUTHS ABOUT GROWING OLD:

- 1) Growing old is mandatory; growing up is optional...
- 2) Forget the healthfood. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions...
- 6) Time may be a great healer, but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.

### THE FOUR STAGES OF LIFE:

- 1) You believe in Santa Claus.
- 2) You don't believe in Santa Claus.
- 3) You are Santa Claus..
- 4) You look like Santa Claus.

### SUCCESS: How true this one is.

At age 4 success is . . . . . Not piddling in your pants.

At age 12 success is.... . Having friends.

At age 17 success is ..... Having a driver's licence.

At age 35 success is . . . . Having money.

At age 50 success is. . . . Having money.

At age 70 success is . . . . Having a drivers license.

At age 75 success is ... . Having friends.

At age 80 success is . .... Not piddling in your pants.



Always remember to forget the troubles that pass your way;  
BUT NEVER forget the blessings that come each day.

## TESTICAL THERAPY

Two women were playing golf. One teed off and watched in horror as her ball headed directly toward a foursome of men playing the next hole.

The ball hit one of the men.

He immediately clasped his hands together at his groin, fell to the ground and proceeded to roll around in agony.

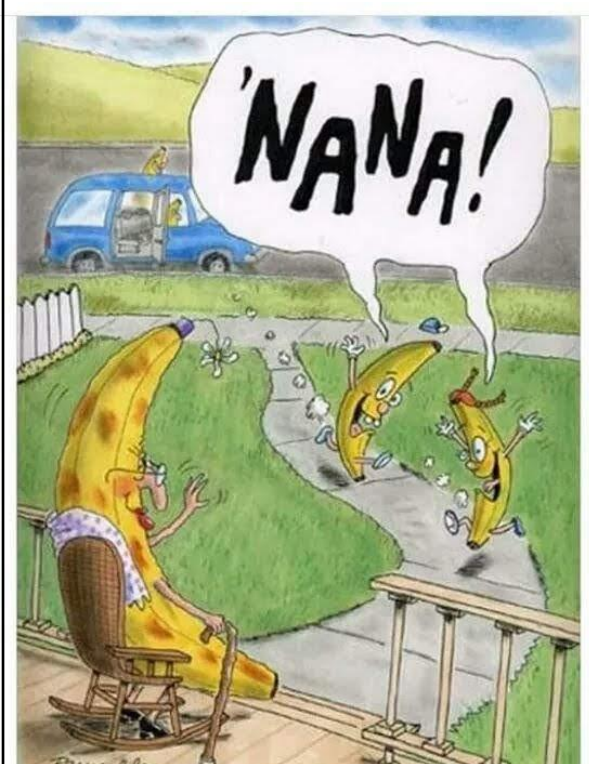
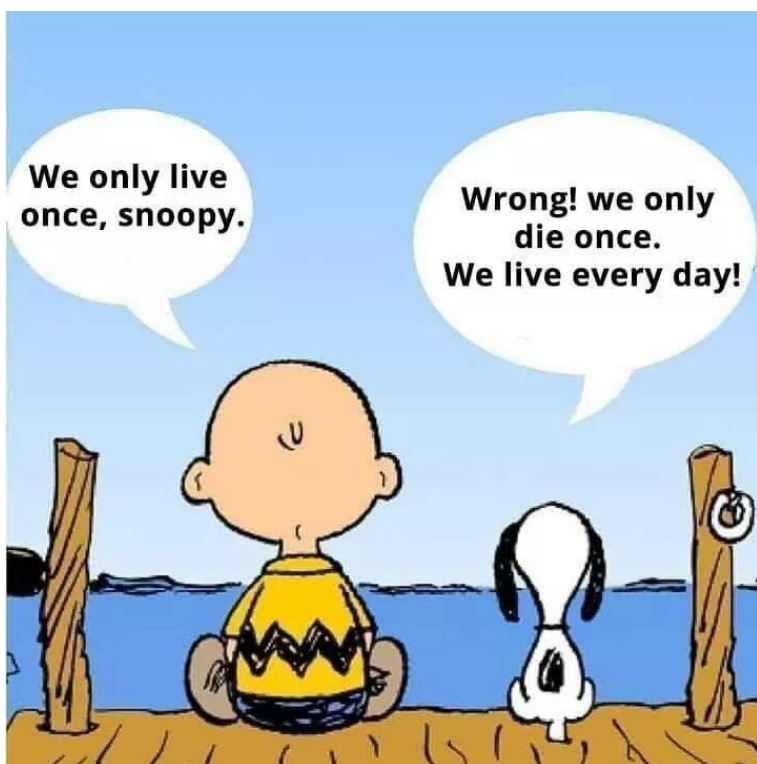
The woman rushed down to the man, and immediately began to apologize. 'Please allow me to help. I'm a Physical Therapist and I know I could relieve your pain if you'd allow me, she him.

'Oh, no, I'll be all right. I'll be fine in a few minutes,' the man replied. He was in obvious agony, lying in the foetal position, still clasping his hands there at his groin.

At her persistence, however, he finally allowed her to help. She gently took his hands away and laid them to the side, loosened his pants and put her hands inside.

She administered tender and artful massage for several long moments and asked, 'How does that feel'?

He replied: It feels great, but I still think my thumb's broken!



## BREEDING BULLS

My wife and I went to the Royal Agricultural Show and one of the first exhibits we stopped at was the breeding bulls. We went up to the first pen and there was a sign attached that said...

"THIS BULL MATED 50 TIMES LAST YEAR"

My wife playfully nudged me in the ribs smiled and said, "He mated 50 times last year, that's almost once a week."

We walked to the second pen which had a sign attached that said,

"THIS BULL MATED 150 TIMES LAST YEAR"

My wife gave me a healthy jab and said, "WOW that's almost 3 times a week! You could learn a lot from him."

We walked to the third pen and it had a sign attached that said, in capital letters,

"THIS BULL MATED 365 TIMES LAST YEAR"

My wife was so excited that her elbow nearly broke my ribs, and said, "That's once a day. You could REALLY learn something from this one."

I looked at her and said, "Go over and ask him if it was with the same cow."

My condition has been upgraded from critical to stable and I should eventually make a full recovery



## XMAS IN JULY

Our Kris Kringle meeting was a lot of fun. We relaxed with a performance from our local Blue Hills Strummers, who surprised us all and we were singing along and foot tapping in no time at all. Marilyn's quizzes and plays ensures we are all involved in our get together soon. Thank you Marilyn and your Mum. Be sure to ask her about Funny Videos.....now there's some history. Our not so secret Santa kept us entertained as we received our gift. So many smiles 😊😊😊



**XMAS IN JULY**



## BEIJING HOTEL BROCHURE



*A friend went to Beijing recently and was given this brochure by the hotel. It is precious. She is keeping it and reading it whenever she feels depressed. Obviously, it has been translated directly, word for word from Mandarin to English.*

**Getting There:** Our representative will make you wait at the airport. The bus to the hotel runs along the lake shore. Soon you will feel pleasure in passing water. You will know that you are getting near the hotel, because you will go round the bend. The manager will await you in the entrance hall. He always tries to have intercourse with all new guests.

**The Hotel:** This is a family hotel, so children are very welcome. We of course are always pleased to accept adultery. Highly skilled nurses are available in the evenings to put down your children. Guests are invited to conjugate in the bar and expose themselves to others. But please note that ladies are not allowed to have babies in the bar. We organize social games, so no guest is ever left alone to play with them self.

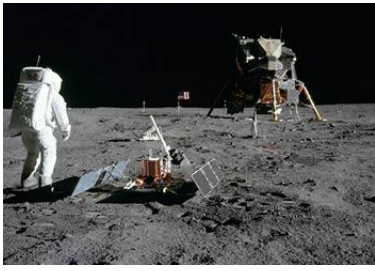
**The Restaurant:** Our menus have been carefully chosen to be ordinary and unexciting. At dinner, our quartet will circulate from table to table, and fiddle with you.

**Your Room:** Every room has excellent facilities for your private parts. In winter, every room is on heat. Each room has a balcony offering views of outstanding obscenity ! .... You will not be disturbed by traffic noise, since the road between the hotel and the lake is used only by pederasts.

**Bed:** Your bed has been made in accordance with local tradition. If you have any other ideas please ring for the chambermaid. Please take advantage of her. She will be very pleased to squash your shirts, blouses and underwear. If asked, she will also squeeze your trousers.

**Above All:** When you leave us at the end of your holiday, you will have no hope. You will struggle to forget it.

## UPCOMING EXHIBITS AT THE POWERHOUSE MUSEUM



### MEMORIES OF THE MOON LANDING

1 Jul 2019 - 1 Sep 2019 | 9.00am - 4.00pm

Memories of the Moon Landing captures key NASA images and showcases local memorabilia and memories (from newspaper clippings and NASA collector patches, to school project books and more).



### HIGH LOOM - LISA SAMMUT

1 Jul 2019 - 1 Sep 2019 | 9.00am - 4.00pm

Artist Lisa Sammut creates a large scale installation that suggests the size, scale and wonder of space, which takes over Casula Powerhouse's cavernous Turbine Hall.



### GIANT LEAP

1 Jul 2019 - 8 Sep 2019 | 9.00am - 4.00pm

Casula Powerhouse presents GIANT LEAP, a multi-arts program, designed to harness the high levels of interest generated by the 50th anniversary of the Apollo 11 moon landing in 1969.



### UNDER THE SAME MOON

20 Jul 2019 - 8 Sep 2019 | 9.00am - 4.00pm

This exhibition features works by artists that are members of community or cultural groups that have particular relationships with the moon.



### ASTRONAUT

20 Jul 2019 - 8 Sep 2019 | 9.00am - 4.00pm

Astronaut considers space exploration from the perspective of the astronaut and represents an aspect of that experience.



### FUTURE

20 Jul 2019 - 8 Sep 2019 | 9.00am - 4.00pm

Featuring works by artists Christelle Hug, Michael Cook, Kalanjay Dhir, and David Greenhalgh, Future looks at the artworks of the future.



### HOW I WONDER...

3 Aug 2019 - 15 Sep 2019 | 9.00am - 4.00pm

How I Wonder... examines space exploration using the most sophisticated equipment we have available - our imagination.

# POSTMAN'S FERRY RUN



## POSTMAN'S FERRY RUN



## ARCHIBALD PRIZE 2019 WINNER

Tessa MacKay's portrait of actor David Wenham entitled 'Through the looking glass.'



## SO TRUE!

### A DUCK WALKS INTO A BAR ...



"Got any bread?"

"No."

"Got any bread?"

"No."

"Got any bread?"

"No."

"Got any bread?"

"No, and if you ask me again, I'll nail your beak to the bar!!"

"Got any nails?"

"No."

"Got any bread?"



## MUSHROOM MELT STUFFED CHICKEN

### Ingredients

- ¼ cup butter
- 1 large onion, finely chopped
- ½ pound button mushrooms, chopped
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 cup Italian seasoned bread crumbs
- 12 skinless, boneless chicken breast halves
- 12 slices Black Forest ham
- 2 cups shredded Havarti-pepper cheese
- 24 slices bacon



### Directions

- 1) Preheat oven to 375 degrees F (190 degrees C).
- 2) Heat butter in a skillet over medium heat; cook and stir the onion and mushrooms with salt and pepper until the mushrooms are dark and juicy, about 5 minutes. Remove skillet from heat and stir in the bread crumbs. Set aside.
- 3) Place each chicken breast half between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the chicken with the smooth side of a meat mallet to a thickness of about 1/4 inch. Lay a flattened chicken breast out onto a work surface, and place a slice of ham on the chicken. Spoon about 3 tablespoons of the mushroom stuffing onto the chicken breast, and top with about 2 1/2 tablespoons of the Havarti cheese. Roll the chicken breast around the stuffing, wrap 2 slices of bacon firmly around each roll, and secure with toothpicks. Place the rolls into a 9x13-inch baking dish.
- 4) Bake in the preheated oven until the chicken is no longer pink and the stuffing is melted and hot, about 35 minutes. An instant-read thermometer inserted into the center of a roll should read at least 165 degrees F (74 degrees C). Remove the chicken rolls from the oven, and place an oven rack about 6 inches from the oven's broiler heat source. Turn on the broiler, and broil the rolls until the bacon is brown, 5 to 10 more minutes.

## SCHOOLS - 1950s v 2019

**Scenario:** Johnny and Mark get into a fight after school.

**1950s** - Crowd gathers. Mark wins. Johnny and Mark shake hands and end up best friends.

**2019** - Police called, and they arrest Johnny and Mark & charge them with assault. Both expelled even though Johnny started it. Both children go to anger management programmes for 3 months. School governors hold meeting to implement bullying prevention programmes.

**Scenario:** Robbie won't be still in class, disrupts other students.

**1950s** - Robbie sent to headmaster and given six of the best. Returns to class, sits still and does not disrupt class again.

**2019** - Robbie given huge doses of Ritalin. Becomes a zombie. Tested for ADHD – result deemed to be positive. Robbie's parents get fortnightly disability payments and school gets extra funding from government because Robbie has a disability.

**Scenario:** Billy breaks a window in a neighbour's car and his Dad gives him a good hiding

**1950s** - Billy is more careful next time, grows up normal, goes to college, and becomes a successful businessman.

**2019** - Billy's dad is arrested for child abuse. Billy removed to foster care; joins a gang; ends up in jail.

**Scenario:** Mark gets a headache and takes some Aspirin to school.

**1950s** - Mark gets glass of water from Principal to take aspirin with, Passes exams & becomes a solicitor.

**2019** - Police called, car searched for drugs and weapons. Mark expelled from school for drug taking. Ends up as a drop out.

**Scenario:** Johnny takes apart leftover fireworks from Guy Fawkes night, puts them in a paint tin & blows up a wasp's nest.

**1950s** - Wasps die.

**2019** - Police & Anti-Terrorism Squad called. Johnny charged with domestic terrorism, investigate parents, siblings removed from home, computers confiscated.

Johnny's Dad goes on a terror watch list and is never allowed to fly in an aeroplane again.

**Scenario:** Johnny falls over while playing football during morning break and scrapes his knee. He is found crying by his teacher, Mary. She hugs him to comfort him.

**1950s** - In a couple of minutes, Johnny feels better and goes on playing football. No damage done.

**2019** - Mary is accused of being a sexual predator and loses her job. She faces 3 years in prison. Johnny undergoes 5 years of therapy and ends up gay.