



Austral Probus Newsletter

April 2026

From the Editor

Hi everyone, we hope you all had a great Easter long weekend.

Now that you are all rested up, Dianne has been very busy organising activities for all of us to enjoy. Many of these are by train so only \$2.50 for the days travel plus your coffee and lunch.

With fuel prices up and the uncertainty of supply many of us have had to cancel other plans, so now we are free to attend these outings, starting with a tour of the war memorial in Sydney.

At our last meeting, we had a great speaker, Mr Gary Raymond, once a paramedic then joined the Police Rescue unit. He related some of his experiences. See the report on page 5.

Don't forget that your membership fees are due now.

Also the payment for the State Theatre tour.

Payment can be made online to:

Austral Probus Acc No: 10269041, BSB: 062-709

Use your surname as reference

2026 EXECUTIVE COMMITTEE

Kay Wilcoxon
President

Dianne Irons
Vice President

Michael McGraw
Treasurer

Rose Carniato
Secretary

Ann Heath
Membership & Welfare

Faye East
Guest Speakers

Dianne Irons
Activities

Email:
australprobus@gmail.com

Next Committee meeting
Friday 1st May
Club Austral 10.30am



A huge thank you
to Club Austral
and the
Porterhouse
Bistro for their
ongoing support

NEXT MEETING:

8th May 10.30am

Club Austral

— club —
austral

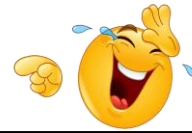
PORTERHOUSE
BISTRO

Club Calendar: All are welcome to attend Meetings. Including Management meetings. You are encouraged to stay for lunch after meetings. It's a good time to socialise.

Date	Activity	Venue	Cost	Pay By	Comments
14 th April	Anzac War Memorial Walk from Museum station	Hyde Park, Sydney 10.30am	Free		Lunch after to be decided.
1 st May	Management committee Meeting	Club Austral 10;/30 am			Stay for lunch
7 th May	Mothers Day Lunch	Camden Valley Inn	\$65	10/4/2026	Details to come
8 th May	General Meeting	Club Austral 10:30 am			Stay for lunch
26 th May	State Theatre Tour	State Theatre	\$17		OPAL
3 rd June	Back to the Tivoli Show	Bankstown Sports	\$15		
5 th June	Management committee meeting	Club Austral 10:30 am			Stay for lunch
12 th June	General Meeting	Club Austral 10:30 am			Stay for lunch
16 th June	High Tea	Campbelltown TAFE	Approx \$35		
1 st July	Xmas in July - Mudgee	Overnight Coach Tour 3 days/2 nights			Closed-Tour fully booked
20 th July	Christmas in July	Cruise Sydney Harbour	\$75	TBA	
August	Bare Foot Bowls	Club Austral	\$20		Lunch at your cost
8 th Sept	Little Snail Restaurant	Pymont	Opal Card		Lunch at your cost
25 th Sept	Fairground Follies	Bowral.- Bus Trip	\$110		Lunch at your cost
15 th October	Deltones Show	Casula Powerhouse	#30		
23 rd Oct	Annual BBQ	Mount Annan	Free		

Guest speakers

10 th April	Gary Raymond	First Responder Granville Rail Crash
8 th May	My Phan	Falun Dafa Community Outreach Team
12 th June	Paul Kearney	History of Rock & Roll 50's Australian Rock



Have a laugh at life, you've earned it!

- Of all your children, the only one who won't grow up and move away is your husband.
- I always wanted to marry Mrs. Right. I just didn't know her first name would be "Always."
- My doctor told me I need to sweat daily, so I told him I'd start disobeying my wife.
- My husband cooks for me like I'm a goddess—by placing burnt offerings before me.
- Be kind to your kids. They choose your nursing home.
- Husbands are like lawn mowers: They're hard to get started, emit foul odours and don't work half the time.
- Love is like one long, sweet dream. Marriage is the alarm clock.
- Apparently, saying "Oh, this old thing?" isn't an appropriate way to introduce my wife.
- You know you're getting old when your birthday cake is a fire hazard.
- I used to know a couple who grew fruit trees together. They lived to a ripe old age.
- If I ever decide to buy a horse ranch in my old age, I'm going to name it Pasture Prime.
- I called the incontinence hotline recently. They asked if I could hold.
- You know you're getting old when your doctor refers you to an archaeologist.
- Old people are just young people who have been alive for a very, very long time.
- With age comes wisdom ... and hair in really weird places.
- Allow me to politely suggest that this be the year you start lying about your age.
- With old age comes wisdom ... and early-bird specials!
- At my age, the only pole dancing I do is while holding on to the safety bar in the bathtub.
- I'm getting older and wider instead of older and wiser

Don't forget to checkout our website for more information and photos from all our events. www.australprobus.org

Happy
Birthday!

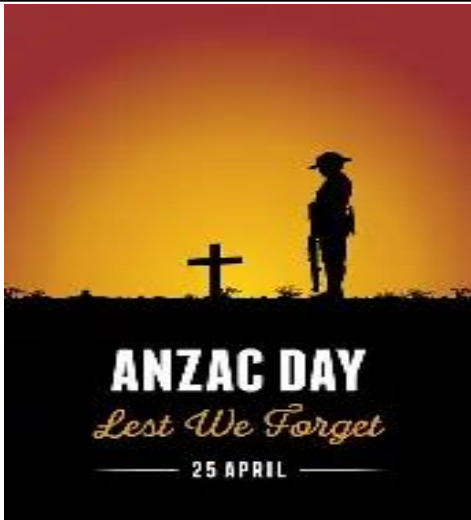
Lindsay Brown

Only Birthday in April

Grandma's Kitchen

Anzac Biscuits

- 1 cup rolled oats
- 1 cup coconut
- 1 cup plain flour
- 1 cup sugar
- 130 gm Butter (melted)
- 1 tablespoon golden syrup
- 2 tablespoons boiling water
- 1 tsp Soda Bi Carb



Method

- Combine all dry ingredients in a bowl
- Melt butter & Golden syrup over low heat. Add Soda Bi Carb, then pour into dry ingredients, Mix well.
- Roll full tablespoons mixture into balls.
- Place on baking paper lined tray 2 inches apart. Flatten slightly.
- Bake at 150 deg C for 12 minutes.
- Flatten, if necessary, Cool on wire tray

The area now known as Austral was originally part of West Hoxton. The first land grants were issued in **1818 and 1819** to colonial public servants, including **John Gurner**, a solicitor, **James Williamson**, in charge of government stores, and **James Foster**, a convict turned clerk, with Gurner cultivating 40 acres and using 80 acres for horses and cattle by 1826. Gurner Avenue is named in his honor. These early holdings were later acquired by the **Austral Banking and Land Proprietary Company**, which played a key role in the area's development.

Our Guest Speaker Mr Gary Raymond

AN AMAZING MAN

Our speaker for April was Gary Raymond APM OAM one of the first responders at the Granville Train Crash. However, that is just one of the many stories in which this amazing man has been involved.

Most of us would have been crushed by what he has seen. He joined St. John's Ambulance as a cadet, was a Paramedic and then a police constable moving up the ranks to become a Chief Inspector.

Many of us would remember where we were when we heard of this crash on the 18th January 1977. Originally it was reported that 83 passengers were killed. This was later upgraded to 84 when it was discovered that one of the young women was pregnant. Gary was just a young constable when the Granville Train Crash occurred. Arriving as one of the team to arrive first his superior officer sent him into the crushed third carriage to see if anyone was still alive. He found a young woman called Debbie whose lower body was crushed. All Debbie could think of was "would she ever marry and would she be able to have a child". She survived with horrendous injuries. To this day Gary has stayed in touch with her.

Over the years we have heard reported in the media many stories and then we move on. Gary has witnessed the horrific sights that come with natural disasters and the investigation of crimes that show man's inhumanity to others such as:

The shocking and sickening murders of Anita Cobby, Janine Balding and Ebony Simpson.

The Newcastle Earthquake, the tsunami that followed the earthquake in Malaysia and the terrible floods and bushfires in Australia.

Gary has moved on. Most of us would be shattered emotionally but he is a very special man who reassured us that he has great faith in "community" and all of the good people who outnumber the worst. He has helped set up a help group and is a counsellor for those surviving tragedies.

His faith has helped him stay grounded and seek the good in people. He is the recipient of **thirteen Bravery Awards**.

This is the eighth year of Austral Probus and on a personal note I would have to say I was moved by what Gary Raymond has contributed to our society.

Beverly McGraw



