

# THE AUSTRAL ADVOCATE – JULY 2021

## PROBUS CLUB OF AUSTRAL ©



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

### CORONA VIRUS – COVID 19

Austral Probus Committee is monitoring Government and Health Department policy and directives on a day-to-day basis and will advise you on decisions taken regarding upcoming meetings and outings if and when the current situation changes.

### WELCOME TO THE AUSTRAL ADVOCATE

Meetings are once again on hold due to the updating COVID restrictions. There will be no meetings or public gatherings until further notice. Remember to practice social distancing, isolating, covering your nose & mouth when you cough or sneeze and washing your hands for 20 seconds.

A polite reminder that membership fees and event bookings are due. They can be made to:  
Events - BSB:062-709 (CBA)  
Account number: 10269041  
Membership - BSB: 062-709 (CBA)  
Account number: 10256339  
Reference: your last name.

Book Club.....bring your unwanted books and swap for something new. The book club is now run by Ann Heath. 🙌😊

The Austral Pharmacy Walking Group is now on at various times each morning. Contact the pharmacy for further information

<http://australprobus.org/>

Don't forget to visit our website to stay in the loop with our upcoming activities and events!

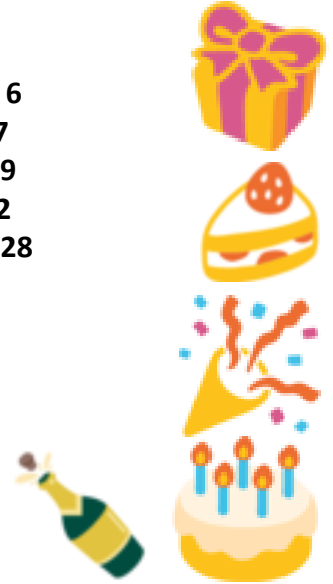
### BIRTHDAYS

#### June

Gordon Senson - June 6  
Sharon Moore - June 7  
Leonie Cassalls - June 9  
Christine Kiss - June 12  
Penny Visitinin - June 28

#### July

Maria Camejo - July 2  
Raul Camejo - July 7  
Lydia Stone - July 15



Austral Probus is now 61 members strong! Let your friends know they are welcome to join too!

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

# AUSTRAL

## BOWLING CLUB

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



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## PRESIDENT'S MESSAGE

Greetings Fellow Members,  
2021 appears to be moving along at a great pace with everyone keeping busy catching up with delayed events and travel from 2020.

In May we had our BBQ at 'The Dairy' at Wetherill Park with a great turnout and fantastic weather. Everyone seemed to have an enjoyable time with quite a few members taking part in the friendly games organised by Bill and Nick. Others watched from the sidelines with their cake and coffee in hand.

At our last meeting in June our speaker Bruce Shying spoke about some passengers and crew of the Titanic. Bruce had many anecdotes and interesting facts about the Titanic that we hadn't heard before.

Coming up in the next few months, especially for new members, is the Postman's Run on the Hawkesbury. I hope as many members as possible take part.

Unfortunately our July meeting was cancelled due to an untimely NSW lockdown. At the time of publication the lockdown has been extended until the 31st July which has resulted in the Christmas in July cruise and lunch being postponed. Our Activities Officer, Gary Amesbury is currently attempting to reschedule.

As it is still not clear when we will be 'let out' again I hope that everyone is keeping safe and not taking any chances with mixing.

Stay safe and keep active.

Regards

*Mike McGraw*



## VALE MARY LYONS

Our dear friend Mary Lyons passed away following a long battle with pancreatic cancer.

Mary joined Austral Probis as a founding member in March 2018 and became a friend to many of our members. She was always willing to give a helping hand and proved herself invaluable when she agreed to take on the position of Activities Officer at the Annual General Meeting on the 1st March, 2019.

Mary was an enthusiastic member of the committee and always had new ideas and planning to offer us. She made everyone else's job so much easier.

She will be sorely missed by many, but we will never forget her happy disposition and her smile.

Regards,

Beverly McGraw

Secretary



## MAY MEETING PHOTOS

May meeting. Guest speaker Bruce Shying kept us enthralled with his sea stories associated with Sydney Harbour.



## JUNE MEETING PHOTOS

Our June 11 meeting included a talk given by Kat Keane on Arthritis and all it involves. Also included are photos of the lucky raffle winners.



And congratulations to our 50+ year wedding celebrators!



## JUNE BBQ PHOTOS



### DON'T ANNOY US SENIORS

The old lady handed her bank card to a bank teller and said, "I would like to withdraw \$10.

The teller told her, "For withdrawals less than \$100 please use the ATM."

The lady wanted to know why.

The teller returned her bank card and irritably told her, "These are the rules.

Please leave if there is no other matter. There is a line of customers behind you."

The old lady remained silent for a few seconds, then handed the card back to the teller and said,

"Please help me to withdraw all the money I have."

The teller was astounded when she checked the account balance.

She nodded her head, leaned down and respectfully told her, you have \$300,000 in your account.

And the bank doesn't have that much cash currently.

Could you make an appointment and come again tomorrow?

The old lady then asked how much she could withdraw immediately.

The teller told her any amount up to \$3000.

"Well, please let me have \$3000 now", she said.

The teller then handed it very friendly and respectfully to her.

The old lady put \$10 in her purse and asked the teller to deposit \$2990 back into her account.

The moral of this tale ...

Don't be difficult with old people, they've spent a lifetime learning these skills!!

## HUMOUR AT ITS BEST!

I saw my mate Charlie this morning, he's only got one arm bless him.  
I shouted - "Where are you off to Charlie?"  
He said, "I'm off to change a light bulb."  
Well I just cracked up, couldn't stop laughing, then said,  
"That's gonna be a bit awkward init?"  
"Not really." he said. "I still have the receipt, you insensitive bastard."

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Went out last night and got really wasted.  
I woke up this morning next to a fat old bird who was snoring ..  
So, at least I got home OK.

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Angela Merkel arrives at Passport Control in Athens airport.  
"Nationality?" asks the immigration officer.  
"German," she replies.  
"Occupation?"  
"No, just here for a few days."

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As the coffin was being lowered into the ground at a Parking Officer's funeral, a voice from inside screams:  
"I'm not dead, I'm not dead. Let me out!"  
The Vicar smiles, leans forward, sucking air through his teeth and mutters,  
"Too late, mate, the paperwork's already done."

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I spent a couple of hours defrosting the fridge last night.  
Or "foreplay" as she likes to call it.

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After both suffering from depression for a while, me and the missus were going to commit suicide together yesterday.  
Strangely enough, however, once she killed herself I started to feel a lot better.  
So I thought - sod it, I'll soldier on.

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Got caught having a pee in the local swimming pool today.  
The lifeguard shouted at me so loud I nearly fell in.

I woke up this morning at 8 and could sense something was wrong.  
I got downstairs and found the wife face down on the kitchen floor,  
not breathing! I panicked. I didn't know what to do.  
Then I remembered the local cafe serves breakfast until 11.30.

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I woke to go to the toilet in the middle of the night and noticed  
a burglar sneaking through next door's garden.  
Suddenly my neighbour came from nowhere and smacked  
him over the head with a shovel killing him instantly.  
He then began to dig a grave with the shovel.  
Astonished, I got back into bed.  
My wife said "Darling, you're shaking, what is it?"  
"You'll never believe what I've just seen!"  
I said, "That tosser next door has still got my bloody shovel."

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A man is seeking to join the Glasgow Police force.  
The Sergeant doing the interview says:  
"Your qualifications all look good, but there is an attitude suitability  
test that you must take before you can be accepted."  
Then, sliding a pistol and a box of ammo across the desk, he says:  
"Take this pistol and go out and shoot six illegal immigrants,  
six drug dealers, six extremists, and a rabbit"  
The man being interviewed asks, "Why the rabbit?"  
"Excellent" says the Sergeant. "When can you start?"

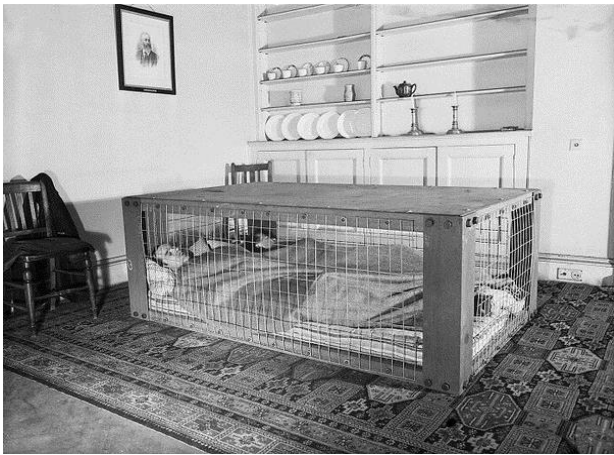


## INTERESTING OLD TECHNOLOGY

350-year-old pocket watch carved from a single Colombian Emerald.



A British couple sleeps inside a "Morrison shelter" used as protection from collapsing homes during the WWII 'Blitz' bombing raids.



Motorized roller-skate salesman in California, 1961.



In 1955, this small electric narrow gauge train was installed in New York's Holland Tunnel to monitor traffic speed.



This car is a French 'Delahaye 175s roadster', introduced at the Paris motor show in 1949. Only one was ever made. It was recently sold at auction for around five million dollars.



Kodak K-24 camera, used for aerial photography during WW2 by the Americans.



## INTERESTING OLD TECHNOLOGY

One wheel motorcycle, Germany, 1925.



Soviet peasants listen to the radio for the first time, 1928.



300-year-old library tool that enabled a researcher to have seven books open at once, yet conveniently nearby. (Palafoxiana Library, Puebla).



FBI's fingerprint files, 1944.



A rail zeppelin and a steam train near the railway platform. Berlin, Germany, 1931.



Bikes for your feet



## GARAGE DOOR

The boss walked into the office one morning not knowing his zipper was down and his fly area wide open.

His assistant walked up to him and said, 'This morning when you left your house, did you close your garage door?'

The boss told her he knew he'd closed the garage door, and walked into his office puzzled by the question.

As he finished his paperwork, he suddenly noticed his fly was open, and zipped it up. He then understood his assistant's question about his 'garage door'

He headed out for a cup of coffee and paused by her desk to ask, 'When my garage door was open, did you see my Jaguar parked in there?'

She smiled and said, 'No, I didn't. All I saw was an old minivan with two flat tires..'

## FEELING YOUR AGE

Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says:

'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'  
'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

## JUST THREE GUYS

Three old guys are out walking.

First one says, 'Windy, isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go get a beer..'

## HEARING AID

A man was telling his neighbour, 'I just bought a new hearing aid.

It cost me four thousand dollars, but it's state of the art.. It's perfect.'

'Really,' answered the neighbor. 'What kind is it?'

'Twelve thirty..'

## GETTING MARRIED

A senior citizen said to his eighty-year old buddy:

'So I hear you're getting married?'

'Yep!'

'Do I know her?'

'Nope!'

'This woman, is she good looking?'

'Not really.'

'Is she a good cook?'

'Naw, she can't cook too well.'

'Does she have lots of money?'

'Nope! Poor as a church mouse.'

'Well, then, is she good in bed?'

'I don't know.'

'Why in the world do you want to marry her then?'

'Because she can still drive!'

## THE PHYSICAL

Morris, an 82 year-old man, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.''

The doctor said, 'I didn't say that.. I said, 'You've got a heart murmur; be careful.''

## ICE CREAM PARLOUR

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool.

After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis'



## **VALE LORRAE DESMOND**

Actor Lorrae Desmond, a two-time Logie winning matriarch of Australian showbiz, has died at the age of 91.

Desmond is best known for her role of nurse Shirley Gilroy, appearing on Seven's *A Country Practice* from its 1981 inception until 1992.

But she was already a household name before that role, becoming the first woman to win the equivalent of a gold Logie as the host of her eponymous music variety show in 1961.

Her performance in *A Country Practice* landed her a second Logie – for Best Supporting Actress in a Series, in 1984.

Desmond, who was born in the NSW town of Mittagong in 1929 before moving to the UK as a child, began her five-decade showbiz career in Britain as a teen, appearing in a number of BBC shows.

In 1957, before returning to Australia, she represented the UK at the Eurovision Song Contest.

She was awarded an Order of the British Empire (MBE) for her services to entertainment in 1970, after touring Vietnam to entertain troops. In January this year, she received an Order of Australia (AM) for services to the performing arts.



## **VALE BOB FULTON**

Rugby league is in mourning after one of the game's greatest ever players, Bob Fulton, died, aged 74.

The former Kangaroos coach and star played 35 Test matches for Australia and was head coach from 1989-98.

Fulton, famously nicknamed "Bozo", made his debut with Manly in 1966, and was part of the club's first three premiership wins — including in 1976 as captain in what was his last game for the club.

One of the sport's original four Immortals when the concept was unveiled in the 1980s, Fulton also played 35 Tests for Australia and 16 matches for NSW in the pre-State of Origin era.

He returned to Manly as coach, winning titles in two separate stints at the club in 1987 and 1996.

The English-born ball-player, who grew up in Wollongong, also had success at an international level, coaching Australia to 1992 and 1995 World Cup wins with victories in 32 of his 39 games in charge.

He remains the only player to win a premiership and Ashes series as a player, captain and coach.

## INGREDIENTS

Ingredients

2 tbsp olive oil

500g beef mince

3 rindless hickory-smoked  
bacon rashers, finely  
chopped

1 brown onion, finely  
chopped

2 carrots, peeled, finely  
chopped

2 celery sticks, finely  
chopped

70g (1/4 cup) tomato paste

1 tbsp plain flour

250ml (1 cup) beef stock

400g can diced tomatoes

2 tbsp Worcestershire sauce

2 dried bay leaves

150g (1 cup) frozen peas,  
thawed

500g packet frozen pomes

55g (1 /2 cup) pre-grated  
four-cheese blend

Finely chopped fresh  
continental parsley leaves,  
to serve

## POM POM COTTAGE PIE IN SIX EASY STEPS!

Step 1

Preheat oven to 230°C/210°C fan forced.

Step 2

Heat half the oil in a 24cm (top measurement) frying pan over medium-high heat. Add the beef. Cook, stirring to break up any lumps, for 5 minutes or until browned. Transfer to a bowl.

Step 3

Heat remaining oil in the pan. Add the bacon, onion, carrot and celery. Cook, stirring, for 5 minutes or until onion softens.

Step 4

Add the tomato paste and flour and cook, stirring, for 2-3 minutes or until well combined. Gradually add the stock. Stir to combine. Reduce heat to medium. Return beef to the pan and add the tomato, Worcestershire sauce and bay leaves. Stir to combine. Cook, stirring occasionally, for 10-15 minutes or until sauce thickens. Stir in the peas. Season.

Step 5

Meanwhile, line a baking tray with baking paper. Place the pomes on the tray. Bake, shaking the tray occasionally, for 15 minutes or until crisp and golden.

Step 6

Preheat the grill to high. Use the back of a spoon to smooth the top of the mince mixture. Remove the bay leaves. Place the pomes over the top of the mince mixture. Sprinkle with cheese. Grill for 3-5 minutes or until the cheese is melted and golden. Sprinkle with parsley to serve.



At our age, what would you rather have, Parkinson's or Alzheimer's?

Parkinson's. Better to spill half an ounce of scotch than to forget where you keep the bottle.



### FEELING YOUR AGE

- #1 - Talk to yourself. There are times you need expert advice.
  - #2 - "In Style" are the clothes that still fit.
  - #3 - You don't need anger management. You need people to stop pissing you off.
  - #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
  - #5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
  - #6 - "On time" is when you get there.
  - #7 - Even duct tape can't fix stupid, but it sure does muffle the sound.
  - #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
  - #9 - Lately, you've noticed people your age are so much older than you.
  - #10 - Growing old should have taken longer.
  - #11 - Aging has slowed you down, but it hasn't shut you up.
  - #12 - You still haven't learned to act your age and hope you never will.
- And one more:  
"One for the road" means peeing before you leave the house



## GOD & ADAM

Adam said, "Gladly, Lord, what do You want me to do ?"

God said, "Go down into that valley"

Adam said, "What's a valley ?"

God explained it to him. Then God said

"Cross the River."

Adam said, "What's a river ?"

God explained that to him, and then said,

"Go over to the hill ..."

Adam said, "What is a hill ?"

So, God explained to Adam what a hill was

He told Adam, "On the other side of the hill you will find a cave"

Adam said, 'What's a cave ?'

After God explained, He said, "In the cave you will find a woman"

Adam said, "What's a woman ?' So God explained that to him, too

Then, God said, 'I want you to reproduce"

Adam said, "How do I do that ?"

God first said (under His breath), "Geez ..."

And then, just like everything else, God explained that to Adam as well

So, Adam goes down into the valley, across the river, and over the hill, into the cave, and finds the woman

In about five minutes, he was back

God, His patience wearing thin, said angrily, "What is it

Adam said

"What's a Headache ?"

