



PROBUS CLUB OF DOUBLE BAY INC.

NEWS BULLETIN: JULY 2025

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President Gail Hill
Treasurer John Cooke
Secretary Lynn Sitsky
Mail: PO Box 272, Edgecliff, 2027

Meeting Place: Cruising Yacht Club of Australia
New Beach Road, Rushcutters Bay
Day: Third Monday each month except December
Time: 10.00am to 12 midday
Social Coffee meeting: 1st Monday of each month
10am Mia Café Edgecliff Centre
<http://www.probussouthpacific.org/microsites/doublebay>

Chair: Gail Hill

Meeting 21ST July : Speaker: Guest Speaker: Marlene Mathews – Athlete and Olympian
Marlene Mathews is well known as a highly accomplished Australian sprinter from the 1950s and early 1960s. She is celebrated for her numerous world records and achievements, including multiple medals at the Olympics and Commonwealth Games. She is also recognized for her contributions to athletics as a coach and administrator after retiring from her competitive career.

Abbreviated Minutes of the General Meeting held 16 June 2025

Opening: President Gail opened the meeting and welcomed member and guests.

Visitors: Paul Webb, Graham and Gillian Wheatley, Bev Ferguson, Michael Aaron, David Bridger, Susan Horrobin

Apologies: Sue Ferrier, Margaret Wilcox, Euphemia Siddell, Margaux Davies, Alf Smith, Megan Passmore, Frances Etty, Vahbeez & Boman Kalapesi, Robyn Hutcheon.

Secretary: The Minutes of the previous meeting were confirmed and there was no business arising.

Treasurer: John reported that he had purchased a new laptop worth \$1500 for \$950 in a sale. This will enable Anne to compose our own website without further expenditure. The old laptop was offered to members for a small cost, otherwise it will be offered to a charity. The current account stands at \$3,482 from which payments amounting to approx. \$2,000 will be paid to the CYCA and to the Women's Club for the Christmas party. He expects to end the year solvent.

Membership: Doreen reported we have 70 members. There is a waiting list of 6 women and 4 men. There was no induction this month due to Doreen's trouble with her email.

Welfare: Alf is in hospital and Euphemia is still on the sick list.

Speakers: Carole announced she has the sprinter Marlene Matthews, aged 92, for July.

Entertainment: Gail gave out tickets for *The Half Life of Marie Curie*, June 20 at the Ensemble Theatre at 11.00am. Due to lack of interest she has cancelled the booking to *Cats. Live at Lunch: Ladies of the Night*, with Jane Rutter and the Opera Studio Soloists will be at Chatswood Concert Hall, 10 September, 12.00pm, cost \$46.

Outings: Robyn reported the Paddington Art Trail and lunch at Café Mia took place a week late due to bad weather on 29 May. The trip to Retford Park, Bowral, 26 June. Bus pick-up 8.00am Woollahra Golf Club, New Maclean Street, Edgecliff at 8.30am. The first 21 paid-up members on the list will be on the bus. The tour will start at 10.30. Robyn received an email from the Rose Bay Probussouthpacific Club about a 4-day tour to Temora, 18-21 September which includes the Temora Air Show, the Young Show and the Japanese Gardens. Speak to Robyn if you are interested. Danuta announced that the Christmas in July Lunch will be at the Polish Club, 25 July, 3 courses for \$55 with 2 choices for each course. The Club is at 182 Liverpool Street, Ashfield. At this point, President Gail extended an invitation to members to come up with any interesting suggestions for activities for the Club.

Bulletin: Anne asked to send her anything for the Bulletin by email rather than by text message, and to send it directly to her rather than through Doreen.

CYCA: Renovations start next week.

Coffee break at 10.30.



Probus Club members at
Retford Park, Bowral

Guest Speaker: Andrew Campbell, Hearing & Brain Health

Andrew Campbell has a Bachelor of Social Science, majoring in Psychology, and a Master of Clinical Audiology. His master's thesis was on Quality of Life and Hearing Rehabilitation in Adults, and this has been the focus of his 24-year career.

There are now many major studies on the importance of hearing and brain health, a topic that is not common knowledge. In the 1980s, studies indicated the link between hearing loss and dementia. Andrew outlined the results of a 2011 Johns Hopkins University study over a 12-year period of the effect of hearing loss on developing dementia. There are three main causes; these are (1) Social isolation, (2) Cognitive overload, which affects parts of words, i.e. consonants, which carry the meaning of words, and (3) Cerebral atrophy, shrinkage of the brain, particularly the hippocampus, where new memories are formed and which is concerned with spatial navigation. To help overcome hearing loss it is important to get early intervention. In Australia only one third of people needing audiology take action in a timely manner. To be effective, hearing devices must be appropriate, fitted properly and worn at least 12 hours a day. It is also preferable to go to an independent practitioner as many of the larger companies are overseas corporations and manufacture their own brand so do not have access to all solutions. In the US two thirds of audiology clinics are independent; in Australia it is only 7 percent. Dementia means memory loss, communication difficulties, visual perception challenges, attention deficits and problems with judgement and reasoning. It is the leading cause of death in women and the second for men. Presently there is no treatment, but two important things can help: the prevention of hearing loss, and lifelong learning. Every member received a copy of Andrew's book *Hearing Loss & Brain Health*, and an invitation to a free assessment at his clinic.

President Gail thanked Andrew, and the meeting closed at 12.00.

UPCOMING EVENTS

Theatre

Ladies of the Night – Live at Lunch, with Jane Rutter and the Opera Studio Soloists, Chatswood Concert Hall, September 10, cost \$46.

Polish Club Lunch Friday 25th July. 12-2pm

Address 182 Liverpool St, Ashfield

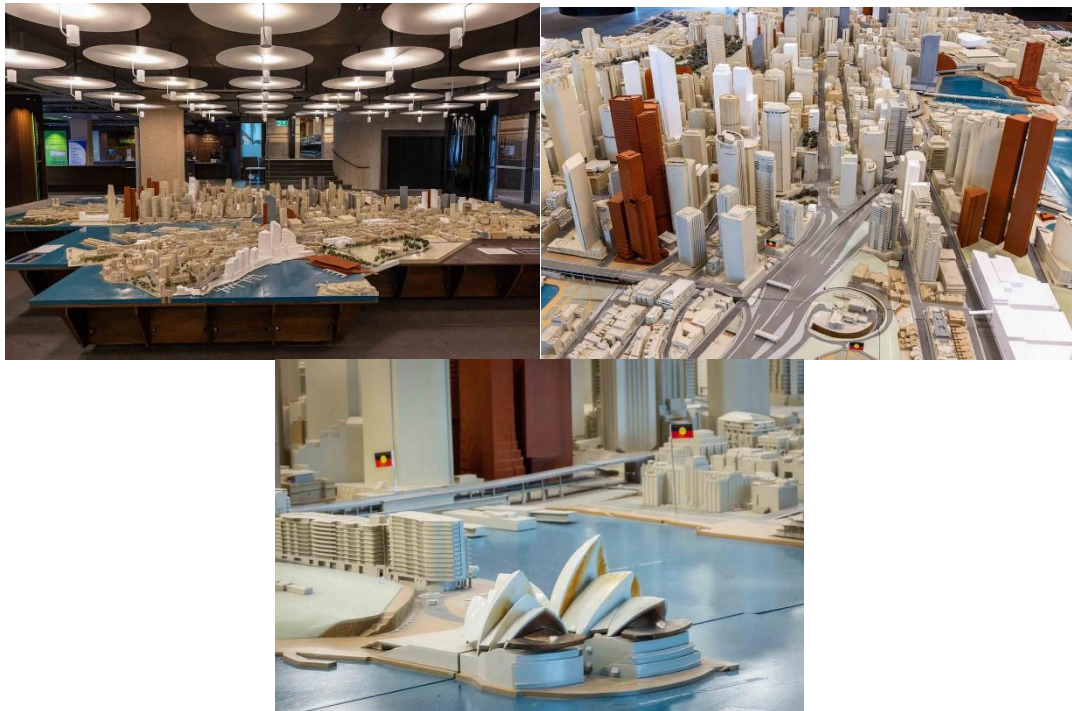
A Bus (23 seats) is organised for this event. The bus departs Woollahra Golf Club 10.55am and New McLean St (behind Edgecliff Centre) at 11.15am.

Cost for lunch only \$55 add \$10 for the bus. (Only the first 23 people to pay will have a seat on the bus)

Other activities

Trivia at CYC 2nd Wednesday each month. Contact Doreen
Sydney Croquet Club, the 2nd Sunday of the month. Contact Robyn

TOWN HALL HOUSE - CITY MODEL of the CITY OF SYDNEY



Date: 10:45am for 11:00am, Thursday, 21st August 2025.

Departure Times: Meet inside at 10:45am at Town Hall House, 456 Kent Street Sydney.

Itinerary: Join us for a visit to Town Hall House - City of Sydney model.
The City of Sydney is the only council in Australia that maintains and exhibits a working scale model of its local area.

The 1:500 scale model of the city on Level 2 of Town Hall House was built in 2 stages over 30 years.

The city model was designed to be easily updated with proposed developments to allow for accurate comparisons. A colour code identifies existing buildings, proposed buildings and buildings under construction. As the model grew, it went on public display and became popular with visitors. Today it contains around 4,000 buildings.

Following the visit will be lunch in Chinatown.

Cost: Model visit is free.

Lunch in Chinatown at your own expense

Enquiries about outing to Robyn Weiher, 0416 464 606