



PROBUS CLUB OF DOUBLE BAY INC.

NEWS BULLETIN: SEPTEMBER 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>

Meeting 15th September

Guest Speaker: Max Hitchins

Subject: How To Develop A Memory Like An Elephant.

Max Hitchins is an Author (35 books), Poet, Pilot, Pianist, Publican, Memory Magician, Melbourne Cup Raconteur and in the World's Hospitality Industry he is known as the Hospitality Doctor.

Max Hitchins is renowned for his memory skills and has been selected as the World's Consummate Speaker Memory Master. He teaches how to develop a memory like an elephant, which is a metaphor for having an extraordinary memory capacity. Hitchins has memorized over a century of Melbourne Cup results and history, showcasing his exceptional memory skills. His work includes a book titled "How To Develop A Memory Like An Elephant," which offers insights into training memory and its importance across different stages of life. Hitchins is also known for his role as the Hospitality Doctor, sharing his hospitality ideas and experiences with audiences worldwide

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.

How to Plot a Hit, by Melanie Tate and starring Georgie Parker, at the Ensemble Theatre, October 1st at 11.00am, \$85.

Fly Girl, Ensemble Theatre, November 20th at 11.00 am \$83.

FOR YOUR DIARY – SAVE THE DATE - DETAILS TO BE ADVISED

September Friday 19th Chau Chak Wing Museum in the grounds of Sydney University free entry. Lunch in the museum cafe.

October Friday 24th Government House tour. Lunch in a cafe afterwards

November Friday 21st Riverboat Postman from Brooklyn. Includes morning tea & ploughman's lunch (gluten free available if ordered in advance).

December 1st Probus Club Christmas lunch at the Women's Club in Sydney.

Other activities

Sydney Croquet Club, the 2nd Sunday of the month. Contact Robyn.

Abbreviated Minutes of the General Meeting held 18th August 2025

Opening: President Gail welcomed members and visitors and introduced the various Committee members who now sit together in front.

Visitors: Frances Miller-Karlsen, Selina Wang, Lynette Garrick, Bruce Markell, Catherine Kennedy, Gillian Wheatley, Beverley Ferguson, Paul Webb, Len McDowall, Michael Aaron, Joyce Aaron, Susan Horrobin

Apologies: Naomi Mendelson, Deirdre O'Loughlin, Ken Packham, Val Packham, Rae Gower, Hannah Wargon, Carolyn Killian, Lorraine Jones, Robin Hutcheon, Robin Jenkins

Induction of New Members: Doreen introduced two new members who were welcomed to the Club by Gail. Paul Webb, a retired company director whose interests include cooking, gardening, art and supporting the Garvan Institute. Michael Aaron, for many years with IBM and as an independent consultant whose interests include German literature, weightlifting, cooking and classical music. Secretary: The minutes of the preceding meeting were passed and there was no business arising. Correspondence: Gail reported the Red Cross indicated they are willing to talk on catastrophes and CPR.

Probus South Pacific notified that next year is the 50th Anniversary of Probus Clubs in Australia and invited expressions of interest from anyone interested in helping organise events.

Treasurer: Our balance remains the same as last month. John asked that members pay on time for tickets to events.

Membership: We have 74 members with 9 on the waiting list. Doreen asked visitors who are thinking of joining to obtain and fill in an application form.

Bulletin: Anne reported that the website is now more or less up to date.

Welfare: Frances reported that Robin Hutcheon has finished treatment for now but is not yet well enough to attend meetings.

Speakers: Carole is up to date with speakers.

Entertainment: Gail has handed out tickets to those attending September's events, *Live at Lunch*; also, *How to Plot a Hit in Two Days*. She mentioned that for anyone interested, the Sydney Male Choir's annual concert, *A Touch of Tango*, was to be on the coming Saturday, 23rd August at Sydney Town Hall. The November entertainment will be *Fly Girl*, a play about Deborah Lawrie's trials in becoming the first female commercial airline pilot in Australia, at the Ensemble Theatre, Thursday 20th November 11.00am, payment of \$83 pp to be made by 4th September.

Outings: Robyn said the August outing to the Model of Sydney at the Sydney Town Hall would be followed by Chinese lunch at the Palace Restaurant in Pitt Street. A visit to the Chau Chak Wing Museum at Sydney University, will be on Friday, 19th September followed by lunch at the Museum's café. Michael Aaron encouraged member to go and see this excellent museum. A tour of Government House will be on 24th October with lunch at the Quay and November will be the Riverboat Postman cruise, The Christmas Lunch will be at the Women's Club in December as in previous years, to be announced.

CYCA: Judy Lee will replace Megan Passmore as our liaison person.

Coffee break at 10.35

Jennifer Phelps, Children's Medical Research Institute

Jennifer has a BSc Hons from the University of Glasgow and a Dip.Ed. from UNISA. She has been a high school teacher and for more than 30 years has been Community Relations Manager at the Children's Medical Research Institute for which she received a medal for outstanding service from the Governor General.

The Children's Medical Research Institute (CMRI) was founded in 1958 by Sir Lorimer Dods and Dr. John Fulton who recognised the need for research in paediatrics. To raise funds, Channel 7 held the first Telethon in Australia and to this day the Institute remains community funded. On the move to Westmead the Jeans for Genes campaign began in 1994 when it was recognised that infectious diseases had been largely controlled and genetic research was needed. \$80m has been raised to date. Jennifer explained our genes explain what we are, who we are and why we have certain characteristics. Every living thing on the planet contains cells which have a nucleus, which has chromosomes which are thread-like structures of DNA which contains genetic material organized into genes. Humans typically have 46 chromosomes arranged in 23 pairs, with 22 pairs of numbered autosomes and one pair of sex chromosomes (XX for females, XY for males). DNA (a double helix) holds the code for life we inherit from both parents. It is now possible to identify faults in DNA causing genetic diseases and artificially modify them to create a correct sequence. This is called gene therapy.

President Gail thanked Jennifer and the meeting closed at 12.00pm



Members enjoying a yum cha lunch at the Palace restaurant after the enjoyable and informative visit to the Model of Sydney

Probus South Pacific has advised we need to update our Standing Resolutions. A sub-committee has examined this and made recommendations. The changes will be voted on at the General Meeting on October 20. Links to the new Standing Resolution will be emailed to all members and some hardcopies will be available at our meeting on September 15th. Please take the opportunity to look at this before the October meeting.

PROBUS MEETINGS 2026

January 19; February 16; March 16; April 20; May 18; June 15; July 20; August 17; September 21; October 19; November 16