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BULLETIN No 357

MITCHAM HILLS COMBINED PROBUS CLUB INC.

JULY 28th, 2025

PO Box 587, Blackwood, SA 5051

<http://probussouthpacific.org/microsites/mitchamhills>

President's report

Information is a VERY precious commodity! These days, we source our everyday knowledge, facts, information and (potentially) subsequent opinions from a variety of mediums.

Whether we read written materials, watch television, listen to the radio, follow social media or believe what friends tell us, we then need to decide what we believe. For example:

The Hummingbird vibrates its wings more than 80 times per second. I

know this because Tom Hanks told me (TV - 'The Americas')

Introduced soil microbes can increase the productivity of a cow's pasture by 25% (TV - "Landline")

Adelaide had just been named as "The 9th most liveable city in the world" (from the 2025 Global Liveability Index, Economic Intelligence Unit)

Whilst this is fascinating, "feel good" information, there are more manipulative forces at work within our society.

Recently, Brian and I realized that clearly our email systems and personal data had been compromised, involving outside businesses, with resultant extortion demands – despite our safeguards.

SO....as our Probuss guest speaker told us last year, it is recommended that members register for the government websites "IDCARE" and "ScamWatch", both of which send regular updates about current scams which are circulating in our community.

Whilst "Forewarned is Forearmed", hopefully and with healthy scepticism, we can still appreciate what we see, do, read and hear in our wonderful 9th city "Liveability" of Adelaide. Enjoy!

July flower: Water Lily

July gemstone: Ruby

Roslyn Ferris, President



Invitation from the Probuss Club of Marion—Computer information—all other Probuss club Members, Partners & friends are welcome

IT Conversations Group: 10.30am—12.30pm, upstairs room Club Marion.

August 1st—Exploring Windows 11 and what are PassKeys?

Other dates for the Group: October 3rd; November 7th; February 2026.

More information from IT Conversation coordinator brammy.bob@gmail.com or 041 7126 200

*** PLEASE NOTE: ***

THE NEXT GENERAL MEETING is MONDAY 25th AUGUST, 2025

HAPPY BIRTHDAY

**TO ALL MEMBERS CELEBRATING
YOUR BIRTHDAY**

JULY 2025

Marlene Amos

Judy Angus

Christie Barber

Rosemary Brench

Margaret Hodgson

Marlene Hutchins

Frank Lane (LM)

Anne Sales

Bill Scott

Heath Timberlake

Anne Welfare



PROFILES 2025

TODAY Michele Hoppe

25 August Lynene Jesse

22 September Frank van der Linden (from
Holland to Australia)

27 October Des Foster, INDIA

PROBUS GUEST SPEAKERS 2025

July 28 Lesley McCauley

The secrets behind nursery rhymes

August 25 Chris McDermott

Little Heroes Foundation

Sept 22..... Bob Lunn

Why Adelaide is called "The City of
Churches

Caravan and Motel Trip 2026

The 'organising committee' has held its first meeting and is well on the way in planning an enjoyable few days in Mannum.

Thank you to Liz Brown, Michele Wagnitz, Pearl Benveniste and Rae Durham for being willing volunteers to assist with the planning.

If there is anyone who would like to attend but who requires transport to / from Mannum, could you please contact me or any of the people listed above.

Judy Angus, ph: 0412997877



12 AUGUST MITCHAM & HILLS WELLNESS EDUCATION SESSIONS

Tuesday at Blackwood Uniting Church (at the Roundabout)

5pm for 5.30 pm start.



The Hospital Research
Foundation

12 August- Better Bone Health

With World Osteoporosis Day on 20 October, The Hospital Research Foundation will discuss bone health and bone conditions across your life.

Learn about preventative measures for maintaining strong, healthy bones, and what's recommended to achieve this.

Please note

*August's session is
now 'Better Bone
Health', Tom
Craig, Hospital
Research
Foundation.*

*The session 'When
is it time to go to
Emergency?' has
been moved to 14
October.*

OUTINGS

MONDAY 11th AUGUST

SAHMRI BUILDING

2 North Terrace, Adelaide

TIME: 10.30 am - 12.30 pm
Meet at reception area

MAX NO 25

COST: No Charge

LUNCH: Hello Sarnie Cafe

Situated Ground Floor of building

Has lunch time menu available

As for previous outings to the City it is advisable to catch the train.

It is only a short walk down North Terrace to SAHMRI Building

Members interested in attending Outings please put your name on the Outings List at the meetings and make sure to put the date in your diary

MONDAY 15th SEPTEMBER

MOVIE - WALLIS THEATRE MITCHAM

DOWNTON ABBEY - The Grand Finale

TIME: 10.00 am

COST: \$15 p/p (group fee)

LUNCH: To be announced next month

There is no limit to numbers for this event so I'm hoping many members will put their name on the list to come.

Please keep those suggestions coming in.

The Suggestion Box is on the Outings Desk at all meetings and suggestions will be discussed at Committee Meetings for appropriate action.

Note paper and biro is available on the desk.



GERALDINE NEW - OUTINGS ORGANISER

COPY CATS—REPORT OF CONCERT

Written by *Michele Wagnitz*

Last Tuesday 62 of us had a wow of a time at the Copycats performance at the Blackwood Community Centre. Every skit brought smiles, laughter and applause.

This group of 6 women have been providing unique and vibrant performances for 50 years, beginning as a mothers group when their children were at primary school. Now in their seventies, each played a unique part captivating the audience with mimes of timeless songs, with comedic twists and lively choreography. Costumes are made by them and they were stunning. Sue Freene was the emcee keeping the show running and reciting some very funny poems including one about the joy of a mammogram, and the battles in supermarkets for toilet paper during COVID times. Hits of the 50s 60s and 70s got us all toe tapping and singing along. Catherine Hutchesson (our local MP) attended and took some photos of members to go in the next Blackwood Times.



31 went on to have lunch at the Belair Hotel in our own private room where we continued to talk about the show and generally have a good time.



Our thanks to Geraldine New who spent much time organising this for the members.
Well Done Geraldine!



SIGNS

- * On an electrician's truck,
'Let us remove your shorts.'
- * Outside a radiator repair shop,
'Best place in town to take a leak.'
- * On a maternity room door
'Push, Push, Push.'
- * At a car dealership,
'The best way to get back on your feet—miss a car payment'
- * Outside a muffler shop,
'No appointment necessary. We'll hear you coming.'



it's not going to end well



OUR NEXT Probus Meeting is...MONDAY..25th AUGUST, 2025

At the Club Marion, 262, Sturt Road, Marion

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Catherine Hutchesson MP

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