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# BULLETIN No 358

MITCHAM HILLS COMBINED PROBUS CLUB INC.

AUGUST 25th, 2025

PO Box 587, Blackwood, SA 5051

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

## President's report

How do we create something out of nothing? How do we define and remember pivotal times in our lives?

Historians would tell us that we have a “herd mentality” whereby, as a community, we remember key points of history and individual experiences. These times then help to define how we develop as a group, or society.

I particularly remember:

\*JFK's assassination (1963) – I was listening to the radio, whilst being driven to my Saturday morning tennis match, with a group of teenage teammates

\*The landing of Man, on the moon (1969) – I was writing a third year university English assignment. I spent the day running in and out of the loungeroom, trying to make sense of a grey, shadowy, illusive TV screen

\*Princess Di's death (1997) – I heard a radio announcement, broadcasted as I watched my son playing football, at Unley Oval, on a Sunday morning

9/11 (USA, 2001) – I was watching the Channel 10 late night television news programme, with an extremely puzzled and hesitant Sandra Sully trying to make sense out of what was coming through on her earpiece

What were you doing?

During August, 2025, we are lucky enough to have a wealth of events occurring in South Australia, all of which contribute to us being a living/ active society.

We celebrate National Family History Month, SALA (S.A. Living Artists) festival, Land Care Week, Libraries SA (multiple activities), plus more events to enjoy.

In 2026, we will be celebrating the 50<sup>th</sup> anniversary of Probus, in Australia. We will recognize our organization, not only for the dedicated group of people who created “something out of nothing”, but also as the nationally progressive, positive and all encompassing network of clubs who celebrate “fun, friendship and fellowship” for retirees.

In 2026, as Mitcham Hills Probus Club, what will we do, enjoy and remember?

August flower: Gladiolus



August gemstone: Sardonyx



\*\*\* PLEASE NOTE: \*\*\* THE NEXT GENERAL MEETING is

**MONDAY 22nd SEPTEMBER, 2025**

### ***Explanation of our Probus Constitution***

Many thanks to Des, Doug , Chris and Judy for helping to review/ rework our National Probud Constitution, Mitcham Hills Probud Constitution and Mitcham Hills Probud Standing Orders/ By Laws – (which I call our “work instructions”).

After today, you will all receive an email (or hard copy) version of our reworked Mitcham Hills Constitution (ie. The “rules” of our Probud club), as well as our club’s Standing Orders (ie. how we “run” the club). This is the required 21 days notice to you.

At September’s General meeting, we will all vote to approve these documents.

Ros Ferris, President



### **PROFILES 2025**

**TODAY** ..... Lynene Jesse

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

**27 October** ..... Des Foster, INDIA

**24 November** .. Di Brown

### **PROBUS GUEST SPEAKERS 2025**

**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



### **MITCHAM AND HILLS WELLNESS EDUCATION SESSIONS—**

**Tuesday at Blackwood Uniting Church (at the Roundabout) 5pm for 5.30pm start.**

## **9 September – Embracing Oral Health for Healthy Ageing**

The impact of oral diseases extends beyond toothache and aesthetic concerns, with research establishing that poor oral health can exacerbate a number of conditions including diabetes and heart disease. Furthermore, the loss of teeth can lead to nutritional deficiencies, affecting overall health and wellbeing.

Join Oral Health Therapists Mia Taliangis, Melissa White and Hannah Fraser from My Dentist Blackwood as they explore the relationship between oral health and general health, and strategies to enhance oral health as we age.



Melissa White  
Senior Oral Health  
Therapist - My Dentist

Q. How are false teeth like stars? A. They come out at night.

Q. What happens when you get a gold tooth? A. You put your money where your mouth is.

# OUTINGS

## **MONDAY 15th SEPTEMBER**

### **MOVIE - WALLIS THEATRE MITCHAM**

#### **DOWNTON ABBEY - The Grand Finale**

TIME: 10.00 am—film starts 10.30 am

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

LUNCH: To be announced at the meeting.

Parking is available in the shopping centre carpark where the lower level has parking for 4 hours

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

**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.**

**GERALDINE NEW  
OUTINGS ORGANISER**

## **MONDAY 13th OCTOBER**

### **SA WATER DESALINATION PLANT**

16 Chrysler Road, LONSDALE

TIME: 10 am for tour to start at 10.30 am

COST: Free guided tour

MAX: There is a maximum of 23 ONLY

PARKING: Is available on site

LUNCH: To be advised next meeting

*Also please advise  
Outing Organiser  
2 days prior to the  
event if you  
cannot attend.*

***Please note that part of the tour includes a bus trip around the plant where we will be supplied with a vest and head gear. Please wear appropriate footwear.***



***COPY CATS—MORE PHOTOS FROM  
THEIR WONDERFUL CONCERT***  
Photos courtesy of Brian Donnelley.



## **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.

Suggestions will be discussed at Committee Meetings for appropriate action.



## **REPORT ON OUR AUGUST OUTING**

Our group of 24 members all had a most interesting outing to the SAHMRI BUILDING where our guides, Michele Brooke and Terry, explained the wonderful work in medical research being carried out.

SAHMRI is an independent health and medical research institute located in South Australia.

The iconic building, opened in November 2013, was designed by Adelaide-based architectural firm [Woods Bagot](#). It's signature dia-grid façade, has earned the building the nickname 'The Cheese grater', being inspired by the skin of a pinecone.

SAHMRI's primary goal is to conduct high-quality health and medical research that leads to improved healthcare for Australians.

The building has over 700 researchers and is energy efficient with heating and cooling and ventilation systems throughout, along with rain water harvesting for the building and the landscaped area adjoining.

SAHMRI believe in creating healthier futures for all Australians and the researchers have access to state of the art technology to assist them with ground breaking improvements being achieved in areas of health. Some of the current areas of research are Aboriginal Health, Dementia in children, Parkinson's disease, Brain cancer and Pain management.

Adelaide is very fortunate to have this amazing facility which is only 1 of 3 in the world, and is achieving great results in medical research.

Our group then caught the tram down North Terrace and had lunch at the Strathmore where we had plenty to talk about after our very educational visit to the SAHMRI BUILDING.

*Gerry New, Outings Officer*



**OUR NEXT Probus Meeting is...MONDAY..22nd SEPTEMBER, 2025**  
***At the Club Marion, 262, Sturt Road, Marion***

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