



The Newsletter of the Combined Probuss Club of West Pennant Hills

Club Website: www.probussouthpacific.org/microsites/wphec

MEMBERS MUST READ

Members must consider their capabilities before undertaking any activities with the Club. This includes housekeeping duties and organised activities such as clubs, groups, trips or walks. It is the individual's responsibility to ensure that they are physically capable of undertaking any particular activity. In particular, please advise the Welfare Officer (Marie Macdouall) if your medical condition precludes you from helping in the hall set-up and kitchen rosters. The responsibility for compliance sits with attendees.

President's Message



Jeans for Genes Day
Tuesday 5 August
\$5 donation, Jeans, Cake plate

I know we say this all the time - "Doesn't time fly" - but here we are with the year half over and end of year will be here before we know it. For me, the warmer weather will be very welcome.

Jeans for Genes Day is a regular event for us. To support research into children's genetic diseases, your donations of \$5 are welcome. Please bring a plate of cake or biscuits for our morning tea, and jeans obviously are the order of the day. To learn more about the background of this important fundraising activity please read the article following in this newsletter, written by Anne Prestipino.

I enjoyed morning tea recently with Mavis and some of her knitting ladies – no shortage of conversation and a very nice morning. Thank you, Mavis. A couple of beautiful rugs were handed over to Mavis that morning which will make two young children very happy.

Have you been taking note of some of Leo's "Good Viewing" tips that were listed in the July Newsletter? Lawrie and I are always looking for something new to watch and I find this section interesting. If you have recently watched a series on TV that you really enjoyed, let Leo know so he can share with the group.

Member Mike Macdouall prepares a 3-monthly Roster for Hall and Kitchen duties and it's printed each month in this Newsletter. Please take a moment to note if your name is showing for Hall or Kitchen duties for the next period of time - your help setting out chairs and/or assisting Suzanne and Patricia in the kitchen is most important.

Following the passing of Milan Bohman, for those of you who knew him well, please take time to read the short notice, further in this newsletter, that Colleen Woodhead has written in remembrance of a very likeable, popular member of our Club.

Speaking of taking note, I urge you all to take the time to thoroughly read your Newsletter. It contains all the information regarding regular activities such as Mah Jong and Bridge, the walks and outing and contact details if you need more information. Newsletter editor, Susie Bannatyne, is doing a fantastic job making it more 'newsy' and your input is always welcome.

Janet Hayes

Editor's Notes

Milan Bohman – another sad farewell - to a Foundation Member who gave so much to this great Club. Colleen Woodhead's eulogy follows this entry.

My thanks to Anne Prestipino for her terrific article (page 4) explaining the history and goals of ***Jeans for Genes Day***.

Scratching your head over Ann Prescott's maths puzzles? This month's is on page 4.

Leo Dent's *Good Viewing* (page 5) is receiving good support – so please keep the suggestions coming.

Marion Dent's outing to the Chow Chak Wing Museum (pages 10-11) was a great success. Of special significance to me was the fact that pink paint was still visible on a jar dated c1800BC! When I later told Marjorie and Will Seaton about this find, Will remarked that those ancient people could probably teach Dulux a thing or two!

Check out the line-up of Ross Prestipino's great monthly speakers on page 6.

Geoff Child's Outings and Tours offer members some enjoyable times ahead. Be sure to book for *Murder Most Foul* at the August meeting (and pay Treasurer Jim by 5 August). See pages 6-7.

Lawrie Hayes' August destination offers walkers a chance to get the sand between their toes – and maybe even enjoy a sedate paddle. BYO bucket and spade! Details on pages 7-8.

For a while I have thought that the monthly *Calendar of Activities*, which should be readily accessible, ought to have a permanent place in the Newsletter. Up until now it has appeared on various pages, depending on other entries. So, unless there are strong objections, it will henceforth (don't you love that word!) appear on the last page as Appendix D. Please let me know what you think.

Susie Bannatyne

0413 897 016

Vale Milan Bohman



Milan was born in Zlin in Czechoslovakia July 1937. The family moved to India during the war where Milan attended boarding school until 1955, before leaving for Australia in 1956.

In Australia Milan made a career for himself at Merck, Sharp and Dohme where he worked until his retirement in 2002.

In 1959 Milan went to a dance where he met Mary, the love of his life, and they married in 1961. They had 5 children, 4 boys and 1 girl. Milan was a devoted father and husband, helping with the shopping, going to the meat markets, but not the cooking.

A great sportsman, Milan volunteered many hours of his time as a football and track and field coach, transporting his children to all their activities and still managing to play sport himself.

Milan and Mary were Foundation Members of W.P.H. Probus Club and participated in the many outings, walks and holidays organised by the Club. Milan also playing bowls, golf and tennis in the Club.

Colleen Woodhead

Jeans for Genes Day (Thursday 7th August 2025)

Jeans for Genes Day is a campaign that raises money to support the Children's Medical Research Institute. In particular, the research into genetic conditions.

The Children's Medical Research Institute was created 65 years ago (1958) with the aim to improve the health of children. It was established by Sir Lorimer Dods and Dr. John Fulton.

1 in 20 children will have a birth defect or a genetic condition that cannot be cured and will affect them throughout their life. Cancer may be triggered by genetic changes and is a leading cause of death in children aged 4-14 years. 50% of all admissions to children's hospitals are associated with genetic conditions.

The Jeans for Genes campaign was launched in 1994 to raise money to directly fund new groundbreaking genetic research. This year celebrates 31 years and to date \$65.7million has been donated to fund this important medical research.

The Gene Therapy Research Unit was established as a joint venture between The Children's Hospital at Westmead with the Children's Hospital Paris in 1994. The Jeans for Genes campaign was created to help fund this research, as well as to educate the public about genes and genetics. The Jeans for Genes campaign has now been replicated by other charities in the US and the UK to support their research into this important area of children's health.

This type of genetic research is becoming an increasingly important part of medical research. Gene therapy technology is creating a revolution in the treatment of an amazing number of health problems in both children and adults.

It is intended that our Probus Club at West Pennant Hills will support this charity at our meeting on Tuesday 5th August. Please wear jeans and donate to support the Children's Medical Research Institute's research into genetic conditions.

Anne Prestipino

Maths Puzzle

+++++
- Jenna has ten 5c coins, ten 10c coins and ten 20c coins. X
- X
- She chooses three of these coins and adds them together to find the total amount. X
- X
- How many different total amounts could she get? X
+++++

Anne Prescott

Answer on page 13.

Upcoming Activities

Good Viewing

Thanks to those who submitted shows to watch this month. If you have anything you want to contribute, please send details to leothedent@gmail.com

Cheers, Leo Dent

Title	Genre	Service	Episodes	Author
American Manhunt: Osama Bin Laden	Doco	Netflix	3	Janet Hayes
Featuring rare footage and interviews with CIA insiders, this edge-of-your-seat documentary series traces the epic hunt for Osama bin Laden				
Patience	Drama	iView	6	Marion Dent
Patience Evans is a young autistic woman who works in the York Criminal Records Office, England. Her world changes when she comes to the attention of DI Bea Metcalf. Bea recognises Patience's unique powers of deduction and asks her to join her team.				
The 1% Club	TV Series	7+	21	Jim Bannatyne
The show is styled as an IQ test and the questions are not based on general knowledge, like many shows, but of "logic and common sense". The top prize achievable is \$100,000.				
Little Disasters	Drama	iView	6	Susie Bannatyne
When Jess takes her baby to hospital with an unexplained head injury, her close friend, A&E Doctor Liz, makes the excruciating decision to call Social Services.				
The Secret Genius of Modern Life	Doco	SBS On Demand	17	Fran Kirby
Hannah Fry uncovers the secrets behind the miraculous technologies of the modern world, revealing the mind-blowing stories behind their invention.				
Full Swing	Doco	Netflix	23	Leo Dent
This immersive documentary series follows the world's greatest professional golfers - on and off the course - during a season of relentless competition.				

Garden Group

The next Garden Group outing is being planned for the Spring. I'm hoping to have day trip to Red Cow Garden in Bowral.

Ros Ward

Guest Speakers

August: Noel Phelan - The Navy at Gallipoli

September Judith Dunn – History of Parramatta

October Max Hitchins - 5 Most Important Words in the World

(see <https://www.probussouthpacific.org/microsites/wphc> for more details)

Ross Prestipino

Men's Coffee Group



Men's coffee, cake and general world problem solving session

WHEN: Fourth Friday - 22nd August at 10am

WHERE: Will's Café at the ARV

Don't forget about your chance to solve any number of the local and international problems by joining us for a cup of coffee and maybe a tasty cake or two.

Please email me lawriehayes@bigpond.com so that I can confirm reservation numbers.

Lawrie Hayes

Outings and Trips Away

Future trips away and day trips include the following.

21 August 2025 - Murder Most Foul

A 2 hour Discovery Walk exploring the dark history of Surrey Hills. 18 members have registered their interest - it's not too late to join the tour. The cost is \$35 per person. Please pay Treasurer Jim Bannatyne by Friday 5th August.

24 October 2025 - Zig Zag Railway

15 members have indicated their interest - feel free to add your name. I will provide a more detailed report at our next meeting and a sheet for expressions of interest will be on the table.

26 January 2026 - Tasmania

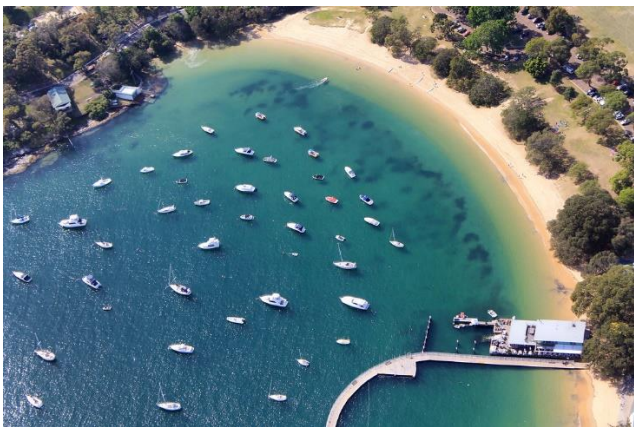
I have reserved 8 double rooms and 5 single rooms for a trip to Tasmania. Brochures will be available again at the August meeting and final numbers will be required then. If numbers are less than those reserved they can be filled by the general public.

24 May 2026 - Murray River Cruise

I met with Lisa from Proud Mary. Proud Mary is a river boat that cruises the Murray River. Brochures will be available for your perusal and please indicate your expressions of interest on the listing at the August meeting.

Geoff Childs

August Walk



Balmoral Beach

Date: Tuesday 12 August 2025.

Distance: About 4km.

Walking Time: Approximately 1.5 hours.

Grading: Easy. Level walkways along the edge of Balmoral beach.

Time: Train from Beecroft at 09.13.

Travel Options: Train from Beecroft at 09.13 to Epping, then metro to Crows Nest followed by the No. 114 bus to corner of Raglan Street and the Esplanade, Balmoral.

Map: Please see Appendix C.

The walk:

We will walk to the western end of Balmoral and then maybe a short excursion along the sand to the rocks on the western end of Bennett Beachside. From here we retrace our steps back past the Bathers Pavilion and onto Rocky Point Island for a group photo with the North

and South Headlands in the background. After the photo turn left and walk the full length of the beach to the sailing club. From here we walk around the back of the playing fields (maybe some activity on the exercise equipment). Once you reach the parking area we will return to the starting point at the Bottom of The Harbour Fish Shop for a sit-in or takeaway lunch.

The bus stop for our return home is on Raglan Street just around the corner of the fish and chip shop.

Lawrie Hayes

General Club Notices

Probus Meeting Roster

Month	Hall	Kitchen
August	Terry Stinson	Carol Dunning
	Andrew Clarke	Glenys Clarke
	James Wu	
September	Lawrie Hayes	Gael Ward
	Leo Dent	Marie Macdouall
	Neville Ward	
October	Mike Macdouall	Patricia Jackson
	Murray Bensley	Julia Elborn
	Andrew Clarke	

If you are unable to attend on allocated day please arrange for a replacement.

Regards, Mike Macdouall

Welfare Report

Unfortunately, Allan Whitehall has had another stint in hospital, but Kay reports that he is now home and coming along very well. Thinking of you, Allan, and sending best wishes to you.

I've been speaking to Gillian Crealy. Unfortunately, she had a serious fall and broke an arm and is in Hornsby hospital. A card was posted to Gillian with our thoughts and best wishes for a speedy recovery.

Please contact me if you hear of anyone unwell or in hospital.

Regards

Marie Macdouall

0434 819 862

Reports of Ongoing Activities

Knitting Group News



An enjoyable morning at Sunnyside Cafe last week. There were twelve attendees and it was also good to see President Janet joining our happy Group.

At the August meeting we will introduce an attendance sheet for our next morning tea. I would appreciate our Group members signing in and noting the date suggested as well as other information which may be detailed. Remember, friends are always welcome.

Until then, continue your wonderful efforts for our new project "Hope in a suitcase" - www.hiasc.org.au - empowering the lives of children in out-of-home-care.

Keep warm and keep well. My blessings.

God Bless.

Mavis Todd

Mah Jong Monday



There was only one session this month with 8 players = 2 tables.

Table 1: Ros Ward was the winner with Pat Jackson a close second.

Table 2: Lyn Horne was the winner with Suzanne Lord coming second against some of our best players. Well done, Suzanne.

All players had an enjoyable afternoon with some fun along the way.

Come join us, we can teach you to play!

Meg Mills

0414 639 654

Membership



Welcome!

New members

Anne Prestipino

and

Karen Childs

proudly sporting the Probus Club colours!

Fran Kirby

Outings and Trips Away

\$2.50 Outing to

**Visit to the
Chow Chak Wing Museum
on Thursday 24th July**



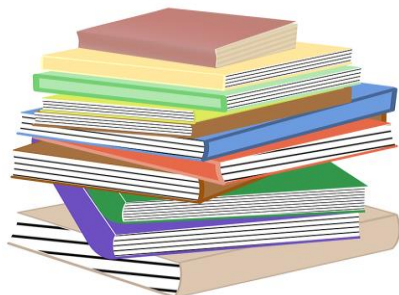
On Thursday 24th July a happy group of 16 set out on a cold sunny morning to the Chow Chak Wing Museum at Sydney University.

We spent a couple of hours exploring the eclectic collections of art, photos and antiques ending the day with a nice lunch at Sounds Cafe.

Thanks to everyone for making it a lovely day out!

Marion Dent

Second Friday Book Group



The Winds from Further West

By

Alexander McCall Smith

It was a smaller Group meeting this month as we missed Fran, Ann and Colleen. However, all present enjoyed a stimulating Book Group discussion followed by a delicious lunch provided by Sandra McGuiness.

All agreed the book was a very pleasant read by a popular author who cleverly brings current philosophical and social issues into his novels without grandstanding or being opinionated. His characters voice these issues and it is easy for the reader to find oneself a third member in these conversations. Not all members necessarily enjoy this kind of novel, preferring a strong story line. There was considerable discussion on the various characters in the novel from the main character, Neil the academic, who did not seek revenge after his wrongful dismissal from his post; Chrissie, his partner, who betrays him; Henrietta, the ruthless administrator; Tom, the student whose accusations lead up to Neil's conflicts and decisions to move to the Isle of Mull; James, his good friend; to Maddy, his friend who helps him adjust to a new lifestyle.

McCall Smith skilfully uses these characters to raise so many current social issues - broaching the concept of revenge, fairness, men and women in power roles, wokeness, the concepts of charity, religion, intimacy and bonding, impossible and unrequited love.

As a poet, McCall Smith also uses poetry as a method to reflect on the world today. His use of the poem *Dover Beach* by Matthew Arnold enables Maddy and Neil to discuss comparisons of the tormented world we face today and those faced by the many young men in wars of old. He then suggests that poetry has the power to haunt - which our group agreed with.

This book is recommended as an excellent read - a strong story line but with a gentle touch leaving the reader with plenty to think about. Although it is regarded as a "stand alone" book (unlike many of the other books written by AMS), Susie believes it will generate a sequel!

Robyn Dalton (Locum for Fran Kirby)

July Walk



For those who are counting heads, Karen Childs, was the photographer behind camera.

The walk from Carlingford light rail station to Parramatta seemed to be a popular event with 20 or so initial intended walkers. Some had higher priorities, and we were reduced to 18 participants who took advantage of the gentle downhill to the Parramatta River and then on to the Albion pub for lunch. I think that “no stairs” was a bonus for some, and we all had an opportunity to chat with each other on the way.

Glad to see visitors Paul Porta and Christine Taylor joining us.

"Take a Seat" boat sculptures



These boat sculptures located at various points along the Parramatta River are a public art installation that has received positive feedback. Visitors appreciate the unique artwork and the opportunity to enjoy the river views from these interactive pieces.

The sculptures are designed to resemble boats and offer visitors a place to sit and enjoy the surroundings.

Keep on walking, and check the venue for our next walk later in the Newsletter

See you next time.

Lawrie Hayes

Answer to Maths Puzzle

Solution

The following table shows the possible values for the total amount.

No. of 20c coins	No. of 10c coins	No. of 5c coins	Total value of coins, in cents
3	0	0	$20 + 20 + 20 = 60$
2	1	0	$20 + 20 + 10 = 50$
2	0	1	$20 + 20 + 5 = 45$
1	2	0	$20 + 10 + 10 = 40$
1	1	1	$20 + 10 + 5 = 35$
1	0	2	$20 + 5 + 5 = 30$
0	3	0	$10 + 10 + 10 = 30$
0	2	1	$10 + 10 + 5 = 25$
0	1	2	$10 + 5 + 5 = 20$
0	0	3	$5 + 5 + 5 = 15$

There are 10 possible combinations.

Two of these result in the same total value of 30c: $20c + 5c + 5c = 10c + 10c + 10c$.

This leaves $10 - 1 = 9$ possible values for the total amount.

Appendix A - Contacts and Activity Locations/Times

Management Committee

President	Janet Hayes	
Vice President	Colin Lissner	
Secretary	Anne Prescott	
Treasurer	Jim Bannatyne	

General Committee

Auditor	Will Seaton	
Guest Speakers	Ross Prestipino	
Membership	Fran Kirby	
Newsletter Editor	Susie Bannatyne	
Public Officer	Ron Ellis	
Special Events	Patricia Ellison	
Trips and Outings Coordinator	Geoff Childs	
Website	Leo Dent	
Welfare	Marie Macdouall	

Activity Leaders

2nd Friday Book Group	Fran Kirby	
\$2.50 Group	Marion Dent	

Bridge Group	Andrew Clarke	
Foyer Books	Wal Dover	
Foyer Spectacles	Ian Western	
Garden Group	Ros Ward	
Hall and Kitchen Roster	Mike Macdouall	
Kitchen, Morning Tea	Suzanne Lord Patricia Smith	
Knitting Group	Mavis Todd	
Mah Jong - Monday	Meg Mills	
Mah Jong - Thursday	Judith & Mike Reidy	
Men's Coffee Group	Lawrie Hayes	
Stamps	Lyn Hope	
Walking Group	Lawrie Hayes	

Location/Start Time of Activities

Activity	Location	Time
Probus Meeting	WPH Community Centre	9.45 first Tuesday
2nd Friday Book Group	Members' homes	10.00am second Friday
\$2.50 Group	Varies	Varies but generally on fourth Thursday

Book Exchange	WPH Community Centre	09.30 before Probus Meeting
Bridge Group	Dural Country Club	13.30pm first and third Wednesday
Garden Group	Varies	Varies but generally on the second Thursday
Knitting Group	Sunnyside Cafe, WPH	Varies according to need
Mah Jong -Monday	Dural Country Club	13.15pm second and fourth Monday
Mah Jong- Thursday	Reidy home	10.15am first and third Thursdays
Men's Coffee Group	Usually Will's Cafe, ARV	10am Fourth Friday
Spectacles Exchange	WPH Community Centre	09.30am before Meeting
Stamp Donation	WPH Community Centre	Please hand to Lyn Hope at the Meeting
Walking Group	Varies	Second Tuesday most months

Appendix B – Payment Details – Treasurer Jim Bannatyne

Members and those on the waiting list have three payment methods for membership (\$55 per annum) and activities:

- 1) Electronic Funds Transfer to
The Combined Probus Club of WPH - BSB 112-879
Account Number 478 850 160
Please remember to put your name and description (eg Membership) on the EFT;
- 2) paying at the meeting by cash or cheque. Please fill in the Registration and Receipts Form before coming to the meeting. (Print from the last page of this appendix);
- 3) mailing a cheque and Registration and Receipts Form (below) to
The Treasurer, 14 Veronica Place, Cherrybrook, NSW 2126.

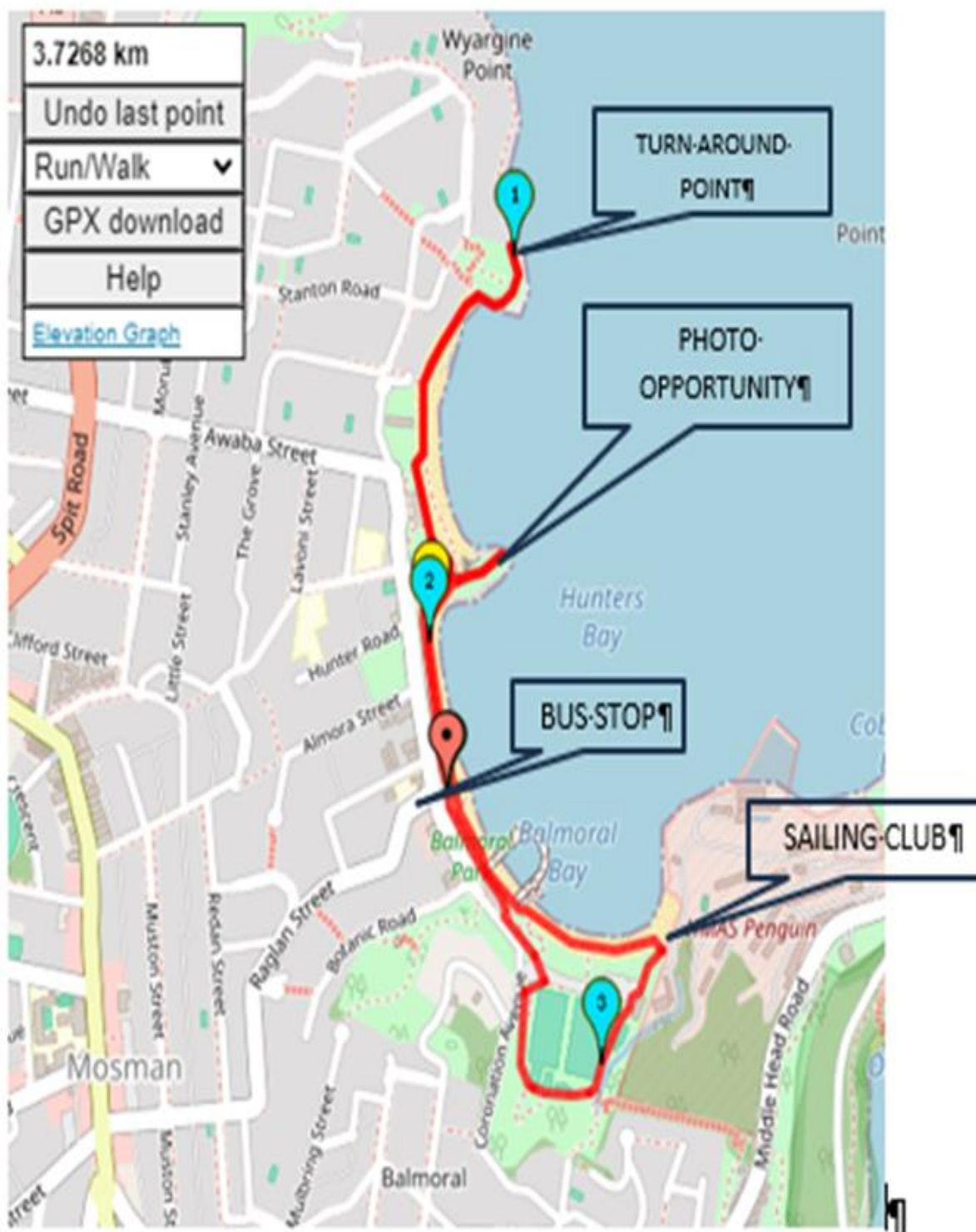
Jim Bannatyne

0429 408953

jim.bannatyne@hotmail.com

Registration		Receipt	
Function		Function	
Date of Function		Date of Function	
Name(s)		Name(s)	
Cost per Head	\$		
Number Attending		Received	\$
Method of Payment	Cash / Change (Circle one)	Received by	
This Payment	\$	Date of Receipt	

Appendix C – August Walk Map



Appendix D – Calendar of Activities for August

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5 Probus Meeting Lunch at Pennant Hills Pub	6 Bridge	7 Mah Jong	8 2 nd Friday Book Group
11 Mah Jong	12 Walk	13	14	15
18	19	20 Bridge	21 Mah Jong Murder Most Foul tour	22 Men's Coffee Group, Wills Café, ARV
25 Mah Jong	26	27	28	29

Note: For more details, see the activity reports, Appendix A for contact details/locations/times about specific activities and Appendix B for payment details.