

The Newsletter of the Combined Probus Club of West Pennant Hills

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

President's Message



As I write this message Lawrie and I are looking forward to joining our Probus friends on a trip to outback Queensland. So I will not be chairing our meeting in June but I know that Vice President Colin will do an excellent job in my place.

I do want to say a special thank you to our Committee members following on from our changeover in April, and to the many new Committee members who are doing a great job of picking up the duties involved. It's not always easy but everyone is working together well to keep the club active and interesting. For instance, the Hawkesbury Race Day on Tuesday 27 May, and Sue Craig's planning for an evening at Hannah's in Beecroft on Wednesday 18 June.

Having said that, I also want to say how important you, the members, are. We need your help, and we need your suggestions.

At our last meeting we had a good response to planning for a men's coffee group and Lawrie will be putting out some information shortly to get that going. Maybe in this Newsletter . . . ? *[Yes, on page 5, Ed.]*

Finally, I am sure Treasurer Jim will remind you that membership fees are due, \$55 a head – thanks Jim, I was one that needed reminding!

Janet Hayes

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.

Editorial

Those members who knew Alison Guthrie will appreciate Colleen Woodhead's heartfelt tribute below.

This is an exciting issue with four new items filling its pages.

First, the **Activities Calendar** will now include functions and outings. Please note that a booking has been made for lunch after this month's meeting at The Pennant Hills Pub.

Second – a bit of fun (or maybe torture for some)! For those numerically-minded, there will now be a monthly **Maths Puzzle**. Anne Prescott has kindly agreed to set these and the first appears on page 4. So get those brain cells working!

Third, **Slice of Life** - a monthly article by any member with something to say of general interest. Have you ever wondered what happens to the spectacles donated each month? Ian Western spoke to our Roving Reporter and the article appears on page 4.

Fourth is Lawrie Hayes' **Men's Coffee Group** – details on page 5.

Anyone wishing to contribute, please contact me.

Finally, I'd like to thank those members who have responded to my request for feedback – positive and room-for-improvement – all very much appreciated and please keep the comments coming.

Susie Bannatyne

0413 897 016

Vale Alison Guthrie



Alison Guthrie, born 4th June 1941 passed away 1st May 2025.

Alison and John Guthrie were Foundation Members of West Pennant Hills Probud Club.

John was Treasurer of the Club for 3 years and Alison worked on the side table assisting the Treasurer for over 10 years.

Alison was an active member of the Club, joining the Bowls where she played for many years until a bad back caused her to stop playing.

When a Mahjong group was formed Alison immediately joined learning to play and later often playing new games, it did not matter if she did not win the game, Alison was a good sport.

Later, when a Bridge Group was started, she joined and enjoyed playing, often saying to her partner, Barbara Taylor, when their score was not good, “*well at least it was a day out!*”

Alison loved playing games, even Snakes and Ladders. She participated in holidays and outings when possible.

Over the years Alison had many health problems but she still remained positive and fought back. Alison will be remembered for her wit and sense of humour, calling a spade a spade, her optimism, determination and her smile.

The Funeral for Alison was held at Alan Drew, Castle Hill in the Heritage Chapel. Archdeacon Ken Allen conducted the service, Ken was originally from St. Pauls, Castle Hill where Alison was a Parishioner. A number of friends and family including her granddaughter spoke or did a reading.

Refreshments were served after the service.

Colleen Woodhead

Calendar of Activities for June

NB First Men's Coffee Group Meeting 30 May

Outback tour 1st to 8th June

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Probus Meeting Lunch at Pennant Hills Pub	4 Bridge	5 Mah Jong	6
9 Mah Jong	10 Walk	11	12	13 Book Group
16	17	18 Bridge Hannah's Wine Bar	19 Mah Jong	20
23 Mah Jong	24	25	26	27 Men's Coffee Group, Wills Café, ARV
30				

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

Maths Puzzle

+ + + + +

- | | | |
|---|---|---|
| ■ | | x |
| ■ | My book is open. | x |
| ■ | I see two pages. | x |
| ■ | The sum of the page numbers is 245. | x |
| ■ | <i>What is the next page number?</i> | x |
| ■ | | x |

[illegible]

Answer on page 14.

Anne Prescott

Slice of Life

Foyer Spectacles “Where do they go?”

Ian and Sandra Western are well-known faces to most of you - Sandra being a foundation member and Ian joining a few years later after retiring from his business. They have been regulars on outings and trips away including joining the non-van-owners on Caravan Group holidays.

Ian is also a member of the West Pennant Hills – Cherrybrook Lions Club and is the co-ordinator for its *Recycle for Sight* program.

Collected spectacles (some 500,000 annually and increasing) become part of a huge logistical enterprise. They are sent to the refurbishment centre in Brisbane where, on a conveyor-belt system, they are repaired and cleaned before being scanned and bar-coded with their prescription. They are then given to those in need in Australia and overseas and, from responses received, these gifts are often life-changing.

An important aspect of this process relates to the people involved. Men and women on pensions, benefits and Community Service Orders undertake this work and thus *“learn work skills, ethics and reliability that helps them gain regular employment and economic independence”*.

These endeavours are supported by Councils, corporations and various agencies in every state.

So, if you have old spectacles stashed away in a drawer, now is the time to dig them out!

Ian Western spoke to our Roving Reporter

Forthcoming New Activities

Men's Coffee Group



MEN'S COFFEE, CAKE AND GENERAL WORLD PROBLEM SOLVING SESSION

WHEN: Friday 30th May at 10am

WHERE: Will's Café at the ARV

I have booked 12 places at this stage, so that we can gather and enjoy some “man time” with coffee or tea and cake.

At this stage the plan is to meet each month on the last Friday at Will's Café and hopefully it will become a regular gathering.

Please email me lawriehayes@bigpond.com so I can confirm more or fewer in the group.

Lawrie Hayes

Probus Meeting Guest Speakers

June: Daniel Hart - War and the Art of Propaganda

July: Alan Lawrenson – Australia's Looming Energy Crisis

August: Noel Phelan – The Navy at Gallipoli

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

Ross Prestipino

Hannah's Wine Bar Evening



HANNAH'S WINE BAR COCKTAIL EVENING

Due to popular demand, you are invited to Hannahs wine bar for an evening of drinks, tapas and conversation with your probus friends.

When: Wednesday 18th June 2025 - 5pm till 9pm or so.

Where: Hannah's Wine and Tapas Bar, 18 Hannah Street, Beecroft. Located above the Woolworths arcade, up about a dozen or so stairs or access by lift from Woolworths' car park.

How much: \$65:00 per person payable to our Treasurer (preferably via EFT The Combined Probus Club of WPH BSB 112-879 Account Number 478 850 160) before our next meeting on 3 June 2025. There is a limit of 40 attendees, so get your money in early. First in best dressed as they say.

What do you need to bring? Just bring your elegant selves and an enjoyable mood.

What do you get? Great company in a relaxed atmosphere, a tasty selection of nibbles and tapas, plus unlimited (within reason) wine and beer.

Although it will be a largely stand and mingle event there will be chairs to enable you to rest your feet and legs.

Sue Craig

June Walk



The Rocks to McMahon's Point Via Harbour Bridge

Please note

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. **DON'T FORGET TO BRING SOME WATER WITH YOU ON THE WALKS.**

- Date:** Tuesday 10 June 2025.
- Distance:** About 4km.
- Walking Time:** Approximately 1.5 to 2 hours.
- Grading:** Moderate to easy.
- Time:** I will be catching the 9.06 train from Beecroft. We should meet at about 10.10 outside Wharf No. 5.
- Travel Options:** Train to Central then train to Circular Quay.
- Lunch:** The Fortune of War in George Street (above First Fleet Park)
<https://www.fortuneofwar.com.au/>

The Walk (for map, please see Appendix C)

After we have gathered outside Wharf No. 5 at Circular Quay, we cross First Fleet Park into George Street, then turn right and then left into Argyle Street where we will enjoy a coffee and cake at the Renaissance café.

From the café walk across the road and up the hill to the base of the Rocks Stairs. Take the stairs up to Cumberland Street and then across the the elevator to the Bridge walkway. Turn right and walk across the Bridge to Milsons Point. At this stage you can ride the elevator down to the road level or take the stairs. Walk under the rail line and turn left down the to the water's edge. Turn right and walk around Lavender Bay and up the stairs into Bayview Street. Turn left and then into East Crescent Street. Take the sign-posted walkway to the Mc Mahons Point ferry stop back to the Circular Quay.

The ferries run 5 minutes before the hour and 25 minutes after the hour. Once you arrive at Circular Quay, walk back across First Feet Park to the Fortune of War opposite for lunch and then home.

Lawrie Hayes

Outings and Trips Away

1. Our trip to Outback Queensland commences on 1st June and finishes on 8th June 2025.

I have been contacted re collection and evening meal for day 1 - I would expect all tour members to have received a call.

2. Bob Crabb has arranged a visit to Hawkesbury races on 27th May.

3. A visit to the Parramatta Town Hall and the Parramatta Phive building is being arranged for July 2025 and I will confirm an exact date soon. The cost will be \$15pp, payable on the day, plus lunch at a nearby café.

The itinerary for the day includes a tour of the Town Hall between 11am and 12noon and the Phive building tour between 2pm and 3pm.

4. I have spoken to a company called Murder Most Foul. The tour leader offers many inner city tours. The tour we will commence with is around Surrey Hills.

On this not-so-typical walking tour, you will meander through dark alleys and winding lanes, exploring the dark history of Sydney's Surry Hills. You will investigate the ghastly crime scenes of historical murders committed between 1820 and 1930. They took place in the old terraces, back lanes, and iconic street corners. You will stand at the exact spot where the bodies were found and wander around the old detectives' crime scene.

Weekday tours can be arranged, I'm looking at arranging the tour for July/August. Cost is \$35pp.

5. 26th January 2026. I have reserved 8 double rooms and 5 single rooms for a trip to Tasmania. Brochures will be available at the June meeting for your review. Final numbers will be required at the August meeting. If numbers are less than those reserved they can be filled by the public.

6. Pencilled-in tours include: October 2025 - Zig Zag railway.

Geoff Childs

General Club Notices

Probus Meeting Roster

Month	Hall	Kitchen
June	Bob Crabb	Vivienne Truelove
	John Vermeer	Meg Mills
	Ross Prestipino	
July	Mike Macdouall	Marjorie Seaton
	Will Seaton	Vivi-Anne Logan
	Russ Riddell	
August	Terry Stinson	Carol Dunning
	Andrew Clarke	Glenys Clarke
	James Wu	

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

We have a declining number of members who, for various reasons, find they are unable to assist with the putting out of chairs and helping out in the kitchen. All members, unless you are unfit to help, it would be appreciated if you could assist with these duties. The more people who help out means the less times your name comes up. It would be greatly appreciated if you could assist and I will be available to catch up and discuss at the next meeting.

Regards, Mike Macdouall

Welfare Report

Patricia Ellison is recovering from her fall a month ago. Although still bruised and walking very cautiously, she is up and about and is her usual cheery self.

Sandra Western also had a fall but is feeling better. She is still sore and bruised but will hopefully be at the June meeting.

Allan Whitehall had a pacemaker inserted and is home and progressing well. We send Allan our best wishes and are so happy to hear all went well.

Our Treasurer, Jim Bannatyne will undergo hip replacement surgery on Tuesday 27 May at the San Hospital. Sending best wishes to Jim for a successful operation and a good recovery and hoping that he is up and about very soon.

Please be sure to contact me if you hear of anyone unwell or in hospital. Stay well and hopefully we see the weather improve after all the rain we've had.

Drive safely.

Regards,

Marie Macdouall

0434819862

Reports of Ongoing Activities

Garden Club



Autumn colour at Mt Tomah Botanic Gardens

We had a very pleasant day out to Mt Tomah on Thursday May 8th.

The weather was perfect, sunny and not too cool and very good for viewing the beautiful Autumn colours in the mountains 🍁.

Please see the link below for photos that were taken on the day.

https://www.probusouthpacific.org/microsites/wphc/Mount_Tomah

Marion Dent and Ros Ward

Knitting Group News

Our dear knitters are disappointed to hear Ronald McDonald has sufficient rugs for quite some time. Also, "Sanctuary", our local home for Mothers and Children affected by Domestic abuse, is being well cared for in many areas including bed linen and blankets for this expected cold winter.

With this information Maris and I are now endeavouring to find other groups in need - perhaps Parramatta Mission, who would appreciate our beautiful warm rugs. Some beanies and Bears will still be accepted by Ronald McDonald at the moment.

Should any Probus Member hear of other charities needing assistance with warm rugs please ring Maris on 0412 170 756 or myself on 0427 668964.

Good to hear that Anne Turner is now home after a lengthy stay in hospital and rehab following receipt of a new hip. Anne is an ex-Foundation Member of our Probus Club and one of our consistent knitters.

Maris and I will keep our team informed of developments. Go safely, keep warm, take care of each other. Blessings to all.

Fondly, Mavis Todd

Mah Jong Monday

For our first session we had 8 players. The overall winner was Meg Mills with a score of 22,000 points closely followed by Barbara Shannon with 18,000 points.

At our second session we had 3 tables with 12 players. Ros Ward was the overall winner with a good score of 25,800 points. Vivienne Truelove came in second with 18,600 points and on the third table Fran Kirby and Suzanne Lord tied with 14,400 points each.

Two good afternoons' play was had by all!

New players interested to learn, give me a call, we can teach you.

Meg Mills

0414 639 654

Mah Jong Thursday

Both Thursday Mah Jong games were down in numbers in May. Sadly we lost our long-term friend and player Alison, who will be sadly missed.

The men's table have been improving rapidly and we expect some high scores coming. All players are on a par after playing for so many years.

Judith & Mike Reidy

Second Friday Book Club

A tougher discussion this month, about **Prima Facie by Suzie Miller**. This novel is based on the Olivier and Tony Award-winning play of the same name, which is returning to the Sydney stage in early July.

Tessa Ensler is a young, brilliant defence barrister from a working-class background now at the top of her game - defending, cross-examining and lighting up the shadows of doubt in any case. Tessa believes in the law, believes in the system. Her quick-witted cross-examinations and intelligence in the courtroom see her clocking up win after win - including securing freedom for men accused of rape and sexual assault. Innocence until proven guilty is, after all, the bedrock of a civilized society.

One sickening night though, Tessa finds herself in a position countless women - one in three - have been in before her. And she struggles to find the strength to confront the system in which she has had such faith - and to confront him in court. As defendant, he does not have to testify, but she is subject to scarifying cross-examination about her rape with the full awareness that the system has not been built to protect her.

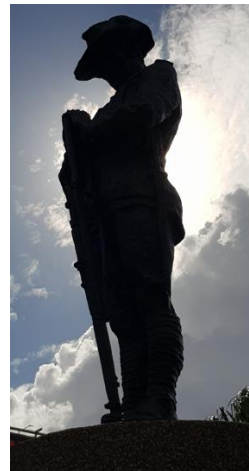
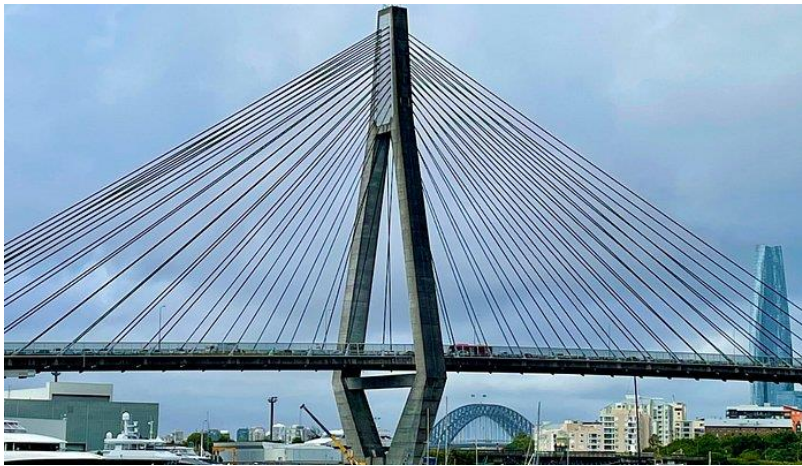
The book is a raw look at the price victims pay for speaking out, and the system that sets them up to fail.

We found the book an excellent description of what happens when a victim is asked to navigate a system that is not set up to accommodate the lived experience of sexual assault survivors. It raised many questions too - about consent, responsibility, guilt and shame, trust and the exercise of power. It was a sobering read.

Fran Kirby

May Walk

Just a few photos to go with a description of our recent walk



We had 13 sign up for the walk, and due to various reasons, only 7 managed to join the us. The weather was warm, sunny, and the company enjoyed exploring a new (well, maybe new to some) part of our beautiful Sydney.

The coffee start set us up nicely for the walk around the entrance to Blackwattle Bay and to the Bridge deck and on to the new Rozelle Parklands, then into the wetlands and the calm Whites Creek track and wetlands to the Victoria Hotel for a well-deserved beer and lunch.

I think that the No470 bus trip cook's tour after lunch through Annandale, Glebe and the city to the Metro at Martin Place was a surprise to everyone. Cafes and eateries galore looked very inviting. Maybe worth exploring at another time.

Looking forward you having you join us on our next walk through part of the Rocks and over the iconic Bridge, around Lavender Bay and ferry back to the Quay for lunch at a recently renovated Fortune of War Hotel.

Keep walking - see you next time.




Lawrie Hayes


Answer to Maths Puzzle

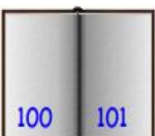


My book is open. I see two pages. The sum of the page numbers is 245. What is the next page number?

Strategy 1: Guess, Check and Refine

Let's think about page numbers in books. What do we know about them?

 <p>Page 1 is on the right.</p>	 <p>Then we have pages 2 and 3,</p>	 <p>... and so on.</p>
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	<p>Let's see what happens when we add the two page numbers together.</p> $10 + 11 = 21.$ <p>21 is much too small, we want the sum to be 245.</p> <p>Can you make a good guess at how big the left page number should be?</p>
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 <p>Let's try with 100 on the left page. Then the next page is 101. $100 + 101 = 201.$ This is getting a lot closer. What shall we try next?</p>	 <p>Let's try with 120 on the left page. Then the next page is 121. $120 + 121 = 241.$ This is getting really, really close. What shall we try next?</p>	 <p>Let's try with 122 on the left page. Then the next page is 123. $122 + 123 = 245.$ We've found it! What happens next?</p>
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The question says, What is the next page number? So, what is the page number after 123?

The next page number is 124.

Strategy 2: Work backwards.

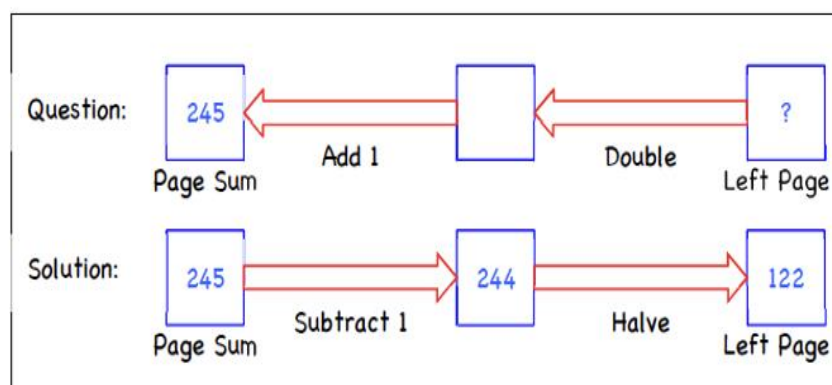
To get the sum, we add a page number to the page number after it.

This is like:

- Doubling the left page number, and then
- Adding 1.

Let's say we have done this.

How do we go backwards?



Working backwards, we see that the left page is 122. So the right page is 123, and the next page number is 124.

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 Club	Marion Dent	
Bridge Group	Andrew Clarke	
Foyer Books	Wal Dover	
Foyer Spectacles	Ian Western	
Stamps	Lyn Hope	

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	
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 Club	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
Spectacles Exchange	WPH Community Centre	09.30am before Meeting

Stamp Donation	WPH Community Centre	Please hand to Lyn Hope at the Meeting
Walk	Varies	Second Tuesday most months

Appendix B – Payment Details – 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 112-87
Account Number 478 850 160
Please remember to put your name and description (e.g. 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 - June Walk

The Rocks to McMahon's Point via Harbour Bridge

