BULLETIN No 369

MITCHAM HILLS COMBINED PROBUS CLUB INC.

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President's Report

It's hard to believe how quickly the year is going. Officially August is the last month of winter, and we can look forward to enjoying more sunny days. I have always preferred summer but knowing that many people like the predictability of the cooler temperatures, I have been trying to convince myself that there must be good reasons to embrace winter.
With the wonders of "Dr Google", I have found the following:

Why Winter is Wonderful

1. *Improved sleep quality, from cooler room temperatures.*
2. *Boosted metabolism, as our bodies work harder to generate warmth, naturally burning more calories.*
3. *Fewer pests and insects.*
4. *Relief from seasonal allergies due to reduced airborne pollen and outdoor pollutants.*
5. *Clearer skin due to better blood circulation.*
6. *Enhanced cognitive function as brain works more efficiently.*
7. *Stronger immune system as moderate cold exposure activates white blood cells.*
8. *Reduced joint inflammation as exposure to cold constricts blood vessels.*

Winter brings unparalleled coziness, a bug free environment and the perfect climate for hearty comfort foods. Cooler temperatures are scientifically shown to boost mental clarity, making it a great time for reading or starting indoor hobbies.
Thank you Google! If it's all true we should all be sleeping well, functioning at our best and have reduced aches and pains. I hope winter lovers can relate to these valid points, but for me, I am looking forward to the longer days, sunshine, blue skies and spending more time outdoors



Judy Angus
President

PLEASE NOTE:
OUR NEXT PROBUS MEETING
is
MONDAY, 28 SEPTEMBER, 2026

HAPPY BIRTHDAY to all Members celebrating your birthday in AUGUST 2026

Bernard	Donohue
Christine (Chris)	Hodges
Lynene	Jesse
Geraldine	New
Barbara	Smith
Michele	Wagnitz
Lynette (Lyn)	Wyld



PROFILES 2026

TODAY.....Tony Welsh
SEPT 28 .....Michele Wagnitz
OCT 26.....Rae Durham

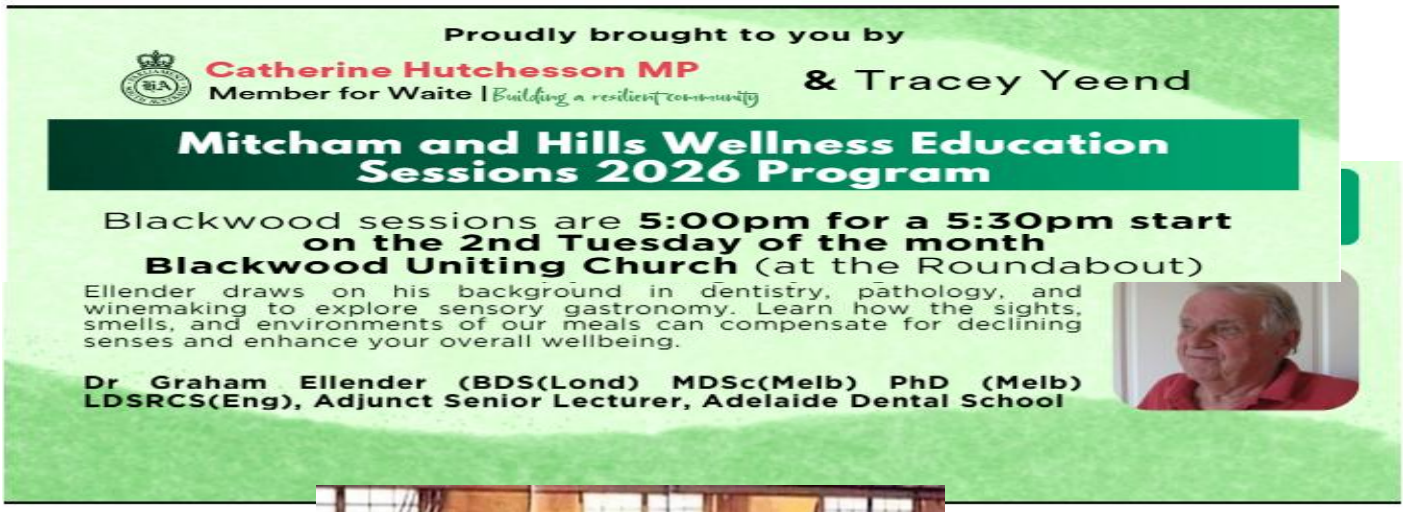
GUEST SPEAKERS 2026

TODAY.....Bob Lunn, Should the Punishment Fit the Crime?

Sept 28 ....Peter Shaughnessy – Stuck in the ice on an Antarctic Voyage 1985

Oct 26 .....*No speaker* as we will have a *special celebration for Probus' 50th birthday*

Nov 23 .....Craniofacial Aust.
(May be a Damian De Witt) – he was injured in a rock throwing episode on the southern expressway sometime back.







OUTINGS

REPORT ON OUTING 10th AUGUST--WALLIS CINEMAS MITCHAM--MOVIE : "HOLY DAYS".
Thanks to Wallis Mitcham for the awesome morning tea in the private dining area.
We had tea, coffee, cream biscuits and cake.

THE MOVIE WAS GREAT! Lots of laughs and a couple of weepy bits for those of us prone to that. Made in New Zealand with Miriam Margoyles, Jackie Weaver and Judy Davis who played 3 elderly nuns. The child playing the grieving boy was a very talented actor. The three unconventional nuns and the young boy embark on a wild, chaotic road trip to find themselves. We all enjoyed the film which was well acted and showcased the beautiful New Zealand scenery. 21 members then enjoyed lunch at Buongiorno Restaurant across the road. MICHELE WAGNITZ, ASSISTANT ORGANISER

MONDAY 14th SEPTEMBER

VENUE: MORNING TEA, MR NICKS KITCHEN AND COFFEE BAR
FREWVILLE SHOPPING CENTRE, 177 Glen Osmond Road, Frewville, 5063
TIME: 10 o'clock onwards…..Coffee/tea and a good range of cakes
MAX : 25 - 30
PARKING: Frewville Shopping Centre

MONDAY 12th OCTOBER



OLD GOVERNMENT HOUSE, BELAIR NATIONAL PARK

Time: 10.30am (Morning Tea served)
Cost: $20 per head (includes Devonshire Tea)
Max. No. 30
Parking: Parking area in front of building
Lunch: To be advised
PLEASE NOTE: Payment for this outing is to be paid in advance so please have $20 in envelope with name on the front when you put your name down.

This is the last outing for this year as the Xmas Picnic will be in November and our Xmas Lunch is in December. Details for these will be discussed more fully at the next meeting.



Note from Gerry. We would like to encourage participants to consider car-pooling to aid the less mobile and save on petrol costs. We thoroughly enjoy organising these events for you and will continue to find interesting places to go and visit. Any suggestions are very welcome. Thank you all for your support.

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.

Please make sure if you put your name on the list that you will be able to come on the day. Also please advise Outing Organiser 2 days prior to the event if you cannot attend.

We have had very successful and interesting venues for outings this year and I have more places of interest for 2027.

PLEASE NOTE: Members are welcome to come and enjoy outings as they add to your enjoyment of being part of our great Club. Outings are advised in the monthly Bulletin therefore giving members prior notice to keep the date free in your diaries

I'm always willing to have suggestions from members and will follow them up to fit into our program if suitable.

GERALDINE NEW, OUTINGS ORGANISER

The Probus Club of Marion – IT Conversation Group



September 4th Meeting

PLEASE NOTE THE NEXT IT Group session will be on **Friday September 4th at Club Marion starting at 10.30AM when Emily from the City of Marion Libraries** is back to present a new talk that provides an update on AI-powered scams and shows us how to use the new app Blinkist. Learn how to identify text and email scams that are taking advantage of AI tools to enhance their believability and use this knowledge to catch scammers in the act! Then feed your curiosity with the app Blinkist, completely free to use with your library card! As always, there will be a Q and A portion at the end, so bring along your tricky questions.
Please come along as we find Emily's talks most informative and interesting.
All Probus members, partners and Friends are welcome also other Probus Clubs are welcome, coffee is available to purchase.

Future dates to mark into your Diaries:

October 2nd – Jordan our Mobile Phone expert. **November 6th-** Emily
December- No Meeting **February 5th** - Emily
Hoping to see you at our next session. Regards Bob Brammy Contact: 0417126200



SOMETHING TO THINK ABOUT



In 2026, everything has become an app, a code, a portal. Yet the very people who built this country with their own hands now find themselves illiterate in their own homes. If booking a medical appointment or paying a bill requires the help of a son or granddaughter — assuming there is one — then the system has failed.

This is not innovation. It is exclusion.

Technology should serve people, not determine who is still entitled to dignity.

A society that forces a ninety-year-old to use a smartphone in order to access basic rights is not a modern society; it is a society that has decided to cast aside its own elders.

When we leave behind those who came before us, we are not evolving.
We are merely becoming more comfortable — and more selfish.

… (thanks to Helen Henbest)

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OUR NEXT Probus Meeting is SEPTEMBER 28th, 2026

At the Club Marion, 262, Sturt Road, Marion

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