BULLETIN No 371

MITCHAM HILLS COMBINED PROBUS CLUB INC.

OCTOBER 26th, 2026

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President's Report

Recently, a close long term friend (we started school together, aged 5) found the poem below when clearing a cupboard. It was written by Edgar Albert Guest (1881 – 1959), a British born American poet who became known as the People's Poet. His poems often had an inspirational and optimistic view of everyday life.

It's worth a read and, sadly, very relevant in today's world where showing empathy, listening to alternative points of view, and finding the positives in life around us, so often seem to have been forgotten.

SERMONS WE SEE

I'd rather see a sermon than to hear one any day,
I'd rather one should walk with me than merely tell the way.
The eye's a better pupil and more willing than the ear,
Fine counsel is confusing, but example's always clear.
And the best of all the preachers are the men who live their creeds,
For to see good put in action is what everybody needs.

I can soon learn how to do it if you'll let me see it done,
I can watch your hands in action, but your tongue too fast may run,
And the lectures you deliver may be very wise and true,
But I'd rather get my lessons by observing what you do;
For I may misunderstand you and the high advice you give,
But there's no misunderstanding how you act and how you live.

When I see a deed of kindness I am eager to be kind,
When a weaker brother stumbles and a strong man stays behind
Just to see if he can help him, then the wish grows strong in me
To become as big and thoughtful as I know that friend to be,
And all the travelers can witness that the best of guides today
Is not the one who tells them, but the one who shows the way.

One good man teaches many, men believe what they behold,
One deed of kindness noticed is worth forty that are told,
Who stands with men of honor learns to hold his honor dear,
For right living speaks a language which to everyone is clear,
Though an able speaker charms me with his eloquence, I say,
I'd rather see a sermon than hear one any day.

President, Judy Angus

PLEASE NOTE:
OUR NEXT PROBUS MEETING
is
MONDAY, 23 NOVEMBER, 2026





HAPPY BIRTHDAY to all Members celebrating your birthday in OCTOBER, 2026

John Granger
Jan Boag
Irene Foster
Merrilyn Hughes
Rhonda Lines
Rhys Roberts
Pam Surmon
Frank van der Linden

GUEST SPEAKERS 2026

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

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

Dec 7..... No speaker (Christmas lunch)

PROFILES 2026

TODAY ..... Anne Sales

Nov 23 ..... Des Foster

December 7 –no profile (Xmas lunch)

XMAS PICNIC

MONDAY 9th NOVEMBER

Gold Escort Ground, Belair National Park



TIME: 12 Noon

Please put your name on the list at the Outings Desk and nominate to bring a salad or dessert to share.

On the day you will need to bring the following:

- ***Salad or dessert**
- ***Chair and table (if required)**
- ***Plate, cutlery, glass/cup**
- ***Drinks - water, soft drink, tea/coffee, wine (if required)**
- ***Hat and sunscreen**



Supplied will be: *Sausages, patties and onions cooked by our great chefs, *Bread, sauce, serviettes etc.

Come along and enjoy the afternoon with your fellow Members. **Car Parking will be on the FLAT as will be access to the picnic ground.

Brian Ferris will be there to guide you, and we will have members assisting with carrying bags, chairs etc.

OUTINGS – Make sure to put your name on the Outings list at the meeting and put the date in your diary

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 the official Picnic Basket Inspector!"



REPORT ON OUTING TO OLD GOVERNMENT HOUSE, BELAIR

16 members had an interesting tour of the Old Government House at Belair. The guide was very informative, we learnt a lot, and the morning tea was beautiful with scones, jam and cream served with tea or coffee. *Doug and I had been a couple of times before over the years. We thoroughly enjoyed it – especially the history and the beautiful way the volunteers have decorated and furnished the House. This outing was followed by lunch at the Belair Hotel. On an Open Day at Old Government House, you can take a guided tour of the house and Servants' Quarters, stroll through the heritage gardens, and finish with afternoon tea.* Visit Us / Friends of Old Government House Inc https://oldgovernmenthouse.org.au/visit-us/



CHRISTMAS LUNCH



MONDAY 7th DECEMBER

Maid of Auckland Hotel, South Road, Edwardstown

Details will be discussed more fully at the next meeting e.g. cost, menu selection and list for members who will be coming. 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.

Once again, thank you all for your support.

GERALDINE NEW, OUTINGS ORGANISER

PLEASE NOTE: 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.*

NOTICE FROM BOB BRAMMY, The Probus Club of Marion – IT Conversation Group November 6th Meeting

The Marion Probus Club's NEXT IT Group session will be on ***Friday November 6th*** Club Marion starting at 10.30AM
All Probus members, partners and all Friends are welcome also other Probus Clubs are welcome, Coffee is available to purchase.
Future dates to mark into your Diaries:
December- No Meeting; February 5th - Emily
Hoping to see you at our next session.

Regards Bob Brammy --
Contact: 0417126200

DOGS

One day you'll find someone that's obsessed with you. It's probably going to be a dog. But it is what it is.



Ever noticed how you can 'catch a yawn' from another person? Incredibly, this same effect occurs with dogs - and more so in connection with humans they are bonded to!
In a study from the University of Tokyo, dogs were found to be more likely to yawn in sync with their owners than with a stranger. The same study indicated that contagious yawning is closely associated with social skills and empathy. So, if your dog yawns right along with you, this is likely to be a sign of empathy and affection towards you.



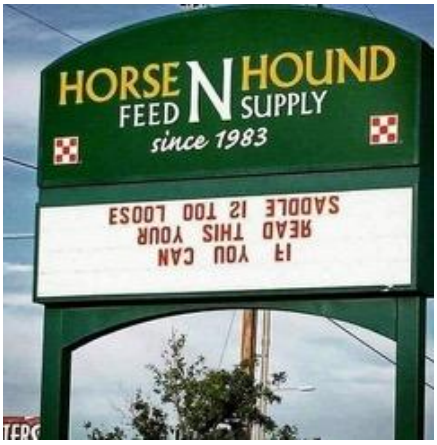




My Mum was cleaning out their liquor cabinet and offered me a bottle of Vodka they've had for ages.
I had to say "No", because I know it's 70% water from me stealing it when I was 16.









Many thanks to Helen Henbest for the jokes!

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Catherine Hutchesson MP
Member for Waite | Building a resilient community
& Tracey Yeend

Mitcham and Hills Wellness Education Sessions 2026 Program

Blackwood sessions are **5:00pm for a 5:30pm start**
on the 2nd Tuesday of the month
Blackwood Uniting Church (at the Roundabout)

10 November
How to Find Joy in Life as you age?

Annie Harvey presents "The JOY Effect". You don't need an hour to feel better, you need a few seconds and the right cue. In this upbeat, lightly interactive session, you'll learn a set of 20-second resets to shift from wired/tired to steadier and brighter. You'll practise quick techniques that calm the nervous system, release tension, and help you reconnect with joy—not as a big destination, but as a series of small moments you can access every day. Walk out with a handful of fast tools you'll actually use.



Speaker: Annie Harvey TEDx speaker and wellbeing educator

To view details of Mitcham and Hills Wellness Education Sessions Program see link:
https://www.catherinehutchesson.com.au/wellness

OUR NEXT Probus Meeting is NOVEMBER 23rd, 2026

At the Club Marion, 262, Sturt Road, Marion

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