PEN WEST NEWS & VIEWS ISSUE 280 OCTOBER 2026

The Newsletter of the Combined Probus Club of West Pennant Hills

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

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 (Lyn Marsden) 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

A warm welcome to October for all members. We trust you are in good health and we will see you at the next meeting on 6 October at around 9:30 am for a 9:45am start.

For any members having difficulties health-wise in attending meetings, please let us know your position, but we hope you are on the mend and able to join us shortly.

Over the last few of weeks we have seen new members joining our Club which is good for all of us. I suggest we can continue to see new members joining into the future.

In October we have one outing and others planned for the future. This month's outing is "Newtown – Murder Most Foul" which will be an insight into activities of bygone years (legal or otherwise) and usually behind closed doors. My sister lived in Newtown for around 10 years and met many good people there, who became long-term friends. She was known locally as "the cat lady of Newtown" during her stay there.

For the majority of members Lawrie's walks are always a good way to get out into the fresh air and take in some sights of places you may not have been to before. See later in this Newsletter for details of the October walk.

As always, I thank the Committee and all the Activity Leaders in advance for their commitment and efforts in handling the running of the Club and arranging activities or services for members. The Club couldn't run successfully without their work.

Finally feedback… If any member wants to make a comment or suggestion regarding the Club or its activities, please do not hesitate to speak to me or anyone else on the Committee.

See you at the 6 October meeting.

Colin Lissner

Editor's Notes

President Colin has nominated The Vicar, 271 New Line Road, Dural as this month's lunch venue.

Nobody has expressed an interest in starting a new book group, which is a shame.

New activities are always good. What about putting fingers to keyboards and writing some *Letters to the Editor*? Likes, dislikes and suggestions regarding your Club would be welcomed by me and the Committee.

Susie Bannatyne

Hospital Humour

A couple of funny things happened during my recent stays in the SAN.

#1 There I was lying on my bed with my left wrist being prodded for an artery by a Registrar. Suddenly a person with a trolley appeared at the door and announced "pathology". So I was then seen with a vein in my right arm being punctured. As I looked down at the scene, I just had to laugh, which induced coughing – which was not helpful!

#2 Mr Bannatyne and I were amused by a conversation heard in another room between a nurse and a patient. I wrote it out but decided that it read as rather too risque to print in this genteel publication. Suffice to say that the nurse was explaining what she was going to do "I'm taking it all off..." and the patient (obviously hard of hearing) repeating it incorrectly. If you were not in a hospital you would have been seriously worried! We were in stitches!

Susie Bannatyne

#3



Fran Kirby

New Activities

Anne's Puzzle



Five friends (Allegra, Ben, Clara, Flora and Zach) are each allergic to something different: pollen, shellfish, bee stings, cats or nuts.

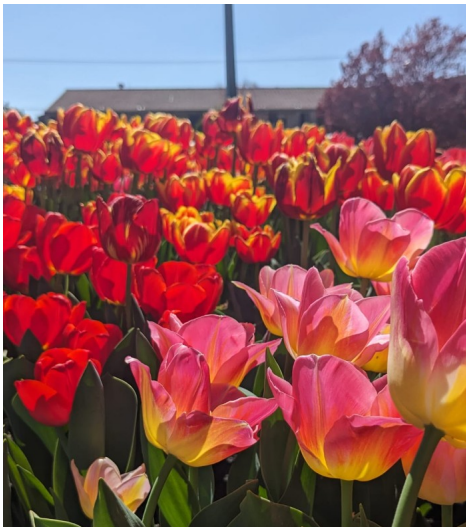
- Allegra has a food allergy
- Ben can play with his kitten for hours without issue (or medicine).
- Clara's allergy is not related to animals.
- Flora has seasonal allergies.

Can you figure out who is allergic to what? Answers on page 11.

Anne Prescott

Garden Group

Day Trip to the Bowral Tulip Festival Thursday 1 October 2026



We have a full bus for the day trip to Bowral!

Here are the details for those who are coming on what should be a lovely outing.

Depart from the WPH Community Centre at 9am.

Cost $32 each ($12 entry to Corbett Gardens and $20 for the bus).

Lunch at the Bowral Hotel ($15 weekday lunch or choose from the bistro menu). BYO lunch is ok.

Marion Dent

The Grill

Be ready to enjoy the grilling of Ross Prestipino's October subject.

Editor

Good Viewing

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

Title	Genre	Service	Episodes	Viewer
Falling	Drama	iView	6	Marion Dent
A nun and a priest, each dedicated to their religious calling, unexpectedly fall in love and must confront what this means for their vows and faith. Starring Keeley Hawes and Paapa Essiedu.				
Song Sung Blue	Musical Drama	Netflix	Movie	Leo Dent
Based on a true story, Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Starring Hugh Jackman, Kate Hudson and Ella Anderson.				
Chorale	Drama	Prime	Movie	Fran Kirby
A Chorale Society's male members enlist in World War One, leaving the demanding Dr. Guthrie to recruit teenagers. Together, they experience the joy of singing while the young boys grapple with their impending conscription into the Army. Stars Taylor Uttley, Oliver Briscombe and Ralph Fiennes.				
What We Did On Our Holiday	Comedy	SBS	Movie	Glenys Lissner
A family of five heads to Grandad's big 75th birthday party at an uncle's estate in rural Scotland. The parents are separated and hope the kids won't mention it. The kids love, can talk with, and would do anything for Grandad. The story unfolds as they reveal family secrets. Stars Rosamund Pike, David Tennant and Billy Connolly.				
Death Valley	Comedy	iView	6	Lawrie Hayes
Retired actor John Chapel and Detective Janie Mallowan team up to investigate murders in Wales. Stars Timothy Spall, Gywneth Keyworth and Alexandria Riley.				

Leo Dent

Guest Speakers

October Neville Turbit – A Spicy Tale – Super Power of the 1500s Portugal

November No speaker this month

December Peter Thorpe – AI for Seniors

Ross Prestipino

Knitting Group



How pleased our knitting ladies will be to meet a representative lady from our charity group called *Hope in a Suitcase,* at our Probus meeting in December to discuss size of rugs etc.

In the meantime we shall continue to finish items to enable us to have some goods to present to her. May I also remind you of the annual pop up Christmas shop at Cherrybrook Uniting Church commencing Friday October 30, 9am to. 1Pm, then Saturday October 31 from 9am to1pm. A collection of creative. handmade items and more will be on sale.

That is it from me. Enjoy this wonderful Spring.

Julia Elborn (0409 461 997) or Maris Wild (0412 170 756) are also happy to take your calls.

Mavis Todd

9680 7019

Ladies' Coffee & Catch-up



Hello everyone – our next coffee catch-up date is **Wednesday 21 October 2026, 10am**, at Wills Cafe, the ARV, Castle Hill. Always the third Wednesday of the month.

Come along and join us for an enjoyable morning.

There'll be a sheet on the table at our next meeting but I'm happy to hear from you either by phone or email. janetlhayes@bigpond.com - 0405 197 991.

Janet Hayes

Men's Coffee Group



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

When: Friday 30 October at 10am
Were: Wills Café at the ARV
Don't forget about your chance to solve any number of the local and international problems by joining us over a cup of coffee and maybe a tasty cake or two.
Please email me lawriehayes@bigpond.com so I can confirm reservation numbers.

Lawrie Hayes

Outings and Trips Away

Murder Most Foul

The next tour in our series will be to Newtown.

When: Tuesday 20 October 2026.

Meet: 10am Cafe Sofia, Erskinville.

Lunch: Banks Hotel, right next door to Newtown Station.

Trips for 2027 and 2028

14 to 20 February 2027 - South Coast and Southern Tablelands tour. Deposits required by 1 September 2026 with the final balance due by 14 December 2026.

13 to 23 June 2027 - Broken Hill, Flinders Ranges and Lake Eyre tour. Deposit $995 by 1 November 2026.

September 2027 - Lightning Ridge tour.

2028 - Gulf of Carpentaria tour.

Geoff Childs

October Walk

Lane Cove River Park Walk

Date: Tuesday 13 October 2026.

Distance: About 5.5 kms.

Walking Time: Approximately 1.5 hours or so.

Grading: Easy. Road and track walking. Mostly downhill with some bush tracks. ***NOTE! Parts of the track are undulating with some bush steps.***

Time: I will be catching the 09.06 train from Beecroft to Epping Metro (approx. 09.16). Arrival time at the coffee stop should be about 09:30.

Coffee Stop: We will meet at the Max Brenner Chocolate Bar which is just inside the Macquarie Centre doors near the bus area.

Travel Options: Train and Metro to Macquarie University Metro stop. Catch the 292 bus after coffee from stand C to the corner of Fontenoy Road and Lane Cove Road.

The Walk

After getting off the bus, cross over Lane Cove Road and turn left to the entrance of The Lane Cove National Park. Follow the park road down the hill on Riverside Drive until you reach the Porters Creek Bridge. Take the track on the left immediately after the bridge and walk down the hill through the forest and along the river edge until you reach the weir, then cross over and join the Lane Cove Park Café for a light lunch.

After lunch walk towards Delhi Rd for the bus to North Ryde Metro Station. The bus stop is on the other side of the road, so please be careful crossing the road as it is busy.

https://www.nationalparks.nsw.gov.au/things-to-do/cafes-and-kiosks/lane-cove-national-park-cafe

Hope you enjoy the walk.

See map at Appendix C

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.

Lawrie Hayes

General Club Notices

Probus Meeting Roster

Month	Hall	Kitchen
October	Victor Gobbo	Maria Gobbo
	Tim Nicholson	Leonie Nicholson

	Bob Vanderwaals	
November	David Field	Val Field
	Ross Prestipino	Karen Childs
	Andrew Clarke	
December	James Wu	Lorraine Fallon
	Russ Riddell	Sue Craig
	Mike Macdouall	

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

Mike Macdouall

Welfare Report

I have no reports of anyone being unwell but if you know someone who would appreciate a call please let me know.

Janet Hayes

janetlhayes@bigpond.com

0405 197 991

Report on Special Event – Soiree



Queens of the Night!

A big “thank you” to the three ladies (Patricia Ellison, Margaret Goddard and Ros Ward in their finery) who organised a pleasant and relaxing evening at the beautiful Lober House located in the ARV at Castle Hill.

About thirty or so of us enjoyed a generous array of canapes and good wine along with conversation between friends.

Lawrie Hayes

Reports of Ongoing Activities

Mah Jong Monday



First session we had 8 players = 2 tables.

Ros Ward was the winner on the day with 18,200, points then Lynne Horne only 2000 points behind, followed by Vivienne Truelove 2000pts behind Lynne Horne. All making good play!

Second session we had 9 players = 3 tables.

Lynne Horne was the champion with a very good score of 25,800 points, followed by Suzanne Lord with 18,000 points. Well done ladies.

We all enjoyed a pleasant afternoon's play.

We would welcome some new players. We can teach you, just give me a call.

Meg Mills

0414 639 654.

Outing Report

Snippet from the Toowoomba Trip



The looks on their faces says it all!

At Evans Head. *Left to right: Lawrie Hayes, Karen Childs, Geoff Childs, Marion Dent, Leo Dent, Denise Wheeler, Janet Hayes.*

Seven members enjoyed the Toowoomba Flower show. My full report will appear in the November Newsletter.

Geoff Childs

September Walk Report

The Fiddler and Caddies Creek



Right to left: Terry Stinson, Jim Bannatyne, Colin Lissner, Ian Western, Sue Craig, Stuart and Chistine Taylor, Suzanne Lord, Cecilia Bird, Marjorie and Will Seaton, Janet Hayes and Patricia Jackson. (Yours truly is behind the camera.)

As usual we met for coffee and a chat before we walked down the hill from the Fiddler Hotel and onto the track across Caddies Creek. Most were surprised by the bushland around the now not-so-new housing developments. We found our way in a loop back to the pub via Bruce Purser Reserve (pictured) and the rear of the housing development of Rouse Hill. Everyone relocated to the Ettamogah pub from the Fiddler (closed for renovations) for a well-deserved drink and lunch.

Thank you to all who joined us and I hope you enjoyed the day out.

Keep walking.

Lawrie Hayes

lawriehayes@bigpond.com

0417 210 108

Solution to Anne's puzzle

Allegra is allergic to shellfish, Ben to bee stings, Clara to nuts, Flora to pollen and Zach to cats.

Appendix A - Contacts and Activity Locations/Times

Management Committee

President	Colin Lissner	
Vice President	Anne Prescott	
Secretary	Marjorie Seaton	
Treasurer	Jim Bannatyne	

General Committee

Auditor	Will Seaton	
Guest Speakers	Ross Prestipino	
Membership	Fran Kirby	
Newsletter Editor	Susie Bannatyne	
Public Officer	Christine Taylor	
Special Events	Patricia Ellison	
Trips and Outings Coordinator	Geoff Childs	
Website	Leo Dent	
Welfare	Janet Hayes	

Activity Leaders

$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	
Ladies' Coffee & Catch-up Group	Janet Hayes	
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
$2.50 Group		Varies
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		
Ladies' Coffee & Catch-up	Wills Cafe, ARV	10am third Wednesday
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	Will's Cafe, ARV	10am last Friday
Spectacles Exchange	WPH Community	09.30am before Meeting

	Centre	
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) Pay 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);

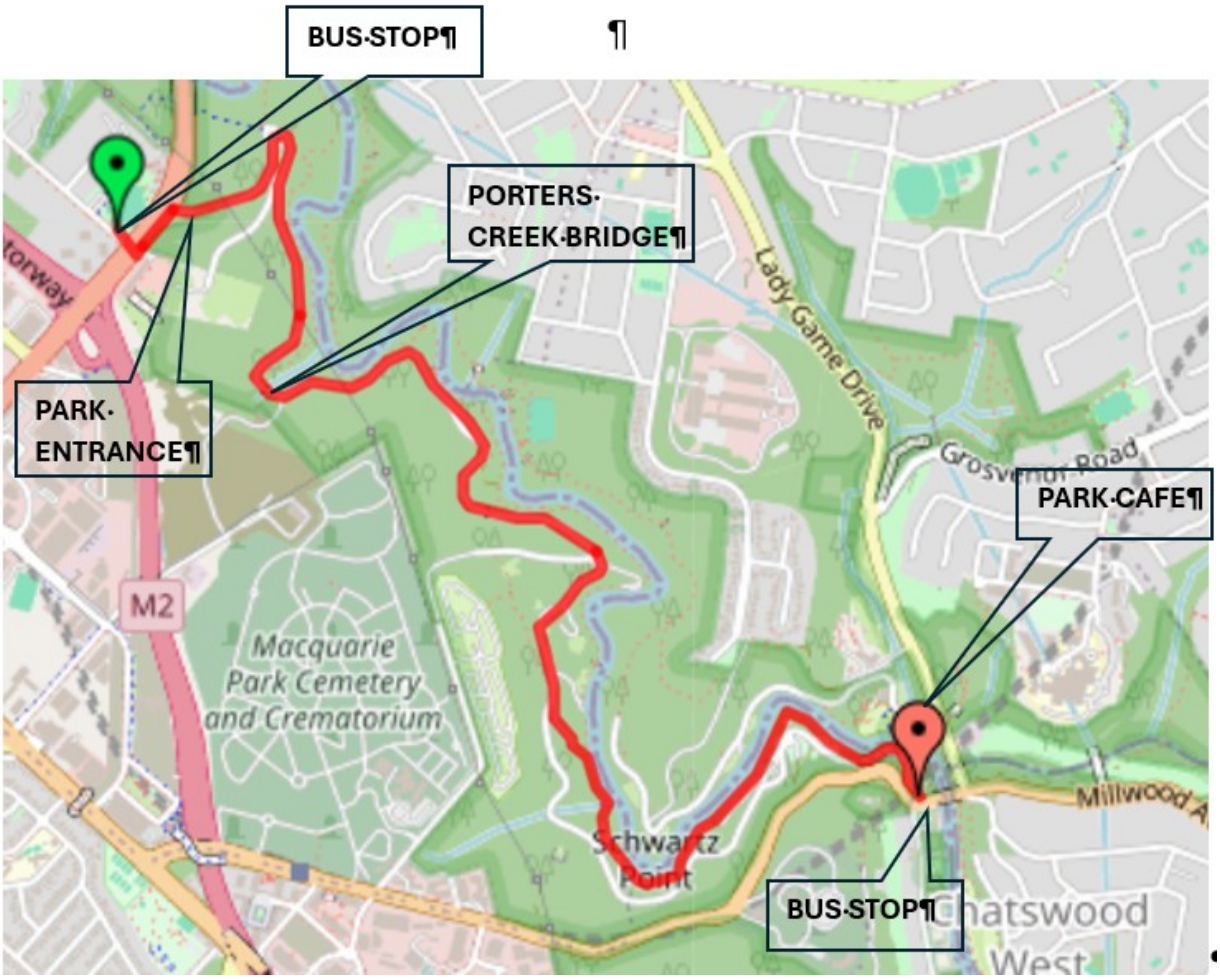
3) Go to any branch of St George Bank and make a deposit (cash or cheque) to the Club's bank account and then email me the details – your name and description (eg *Membership*).

Jim Bannatyne

0429 408 953 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 – September Walk Map



Appendix D – Calendar of Activities for October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Garden Group Outing Mah Jong	2
5	6 Probus Meeting Lunch at The Vicar	7 Bridge	8	9
12 Mah Jong	13 Walk	14	15 Mah Jong	1
19	20 Murder Most Foul, Newtown outing	21 Bridge Ladies' Coffee & Catch-up	22	23
26 Mah Jong	27	28	29	30 Men's Coffee Group

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