



NEWSLETTER

July 2026

Volume 36 Issue 5

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July Meeting

Tuesday, 28th

Seaforth Bowling Club

Meeting Agenda

9.30 Registration, morning tea and fellowship.

10.00 Guest Speaker: Paul Kearney
History of Rock and Roll.

10.50 Business.

*If not attending, please inform: Peta
Cass, petahcass@gmail.com.*

August meeting: Tuesday 25th

President's Message

July 2026

Once again I will try to speak to any members I've missed as I would like to have a conversation with everyone. Friendship and interest in people is what all organisations should be about.

Once again the Guest Speaker was wonderful. How lucky to do something you love for most of your life. His information and experiences were so interesting. Imagine being on the TWO QUEENS for all those years. He even looked the type to be chosen for that position.

Some of our members are in the Mountains for Christmas in July. They may not have snow but it certainly has been cold up there. We hope they are having a wonderful trip.

I will be asking a few more people to share their holiday memories. They do not have to be overseas trips but somewhere special to you.

Thank you Helen for sharing a holiday that was fun and interesting.

I know I keep asking but if any newish members would like some information on the V.Pres. position please talk to me.

I'd like to urge more members to come to the lunch/trivia days.

Good fun and pleasant company.

At least our shortest day and spring is on the way.

Looking forward to our next meeting.

Anne Creek

Coming Events, Registrations and Payments 2026

Aug 19 (Wed) — \$2.50 Opal Day — Westmead Research Centre.

Aug 25 (Tues) — Xmas in August — 12.30 following July meeting, SBC — Cost \$55 pp.

Oct 21 (Wed) — \$2.50 Opal Day — Details to follow.

Credit card, cash or cheque payable to the Probus Club of Seaforth Inc
Seaforth Banking information: BSB — 032 294; Account No. — 690735

Current Membership 67

JULY BIRTHDAYS

Barbara Mackney 5; Helen Deacon 12; Susan Hinves 18;
Judy Campbell 23, Colin Carpenter 28.

Guest Speaker

Paul Kearney

History of Rock and Roll

Paul is returning, to once again, entertain us by presenting the history of rock and roll with a selection of great old Aussie rock 'n' roll songs and video clips from the early 1960s.

Dianne Swan, Susan Stead

Welfare Report

We are nearly halfway through the winter season, hopefully this is good news for those who do not like this particular season. Susan Stead is progressing well with her rehab for a new knee. Should you know if anyone who is not feeling the best, please do not hesitate to contact me. Hope to see you all at the next Probus meeting.

Judith Doig

Assistant to Lili Koch

With the resignation of Pam Reese as her assistant, Lili is desperate for an assistant. If you can help Lili, your assistance will be gratefully accepted.

Activities

Xmas in August **Tuesday, August 25**

Following our monthly meeting, 12.30 pm for a sit down meal.

Two courses \$55; Champagne/orange juice on arrival. Tables of 6.

When paying please indicate any dietary problems and indicate with whom you may wish to sit. Payment by cash, cheque or direct debit EFT 032-294, Acc 690-735.



Four cold, but happy bowlers, Hazel, Pam, Nola and Jenny.



Look, it works! Garry Enfield at our Tech Class.

Bowls Report

Great news, Jenny Grant is back with us bowling on the greens. You lit our faces up on this cold bleak morning.

While Reg and Warren remained curled up under their blankets, Pamela Reese and Jenny Grant were victorious over Nola Davies and myself.

Selfie photo picture displays our winter woollies and oh boy didn't those hot coffees go down well.

Hazel Sellin, Bowls Coordinator

PS. I still don't understand why we have to have winter!

Hazel Sellin, Bowls Co-ordinator

Walking Group **Burnt Bridge Creek** **Monday, Aug 3**

We will meet at 9:30 for 9:45 at Seaforth Community Centre, in Baringa Ave, where we will park, near corner of Koobilya St and walk westward to where the track begins and then walk eastward to just past the tunnel under the expressway and return to our start point.

Drive to Black Nectar Coffee at Nth Balgowlah shops for our traditional coffee.

Enquiries: Ray Isaacs, 0478 577 009; Hazel Sellin, 0422 524 021.



*Yours truly, Jeannette, Gary and Dianne enjoying our Curl Curl walk.
Hazel was behind the camera.*

Tech Group

The next Tech Group meeting will be at the Totem Club at 11 am August 11.

Members, interested in learning the ins and outs of their mobile phones, iPads and/or laptops, the vagaries of the Internet, spam and AI, etc, are more than welcome. It's not all serious — plenty of laughs ensured.

If you would like to join our Tech Group, contact Gavin Kerr at ghmkerr@icloud.com or phone 0404 073 760.

\$2.50 Opal Discovery Day

Children's Medical Research Centre. Westmead (CMRI)

Thursday, August 20

Discovery Day 10am to 2pm (see attachment); cost \$25 includes Devonshire tea and light lunch

Travel Program

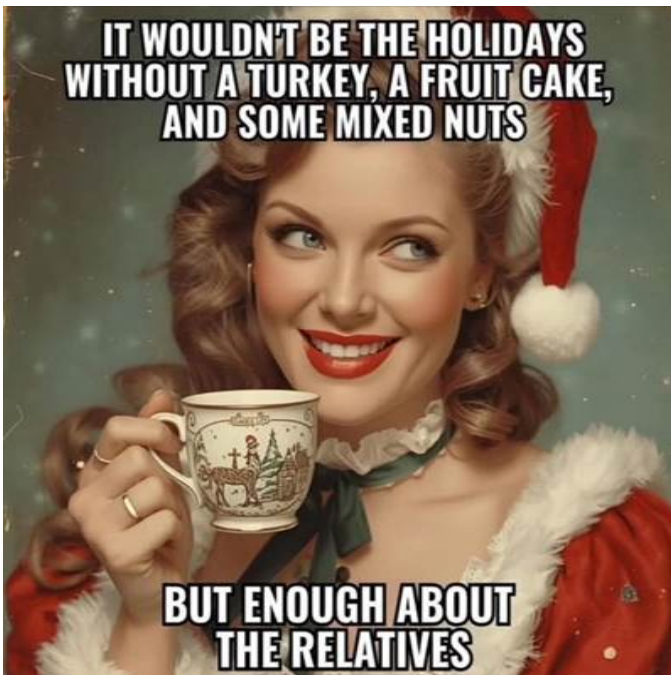
Meet at Wynyard Station up to Platform 3 at 8.45 am for the T1 Penrith train 8.52 am to Westmead Station. Look for our group near the rear steps.

At Westmead Railway Station 9.30 am exit for the Westmead Light Rail L4 Carlingford. Travel two stops to the Children's Hospital to arrive at 9.40am. Walk back 50m to CMRI on the main road, 215 Hawkesbury Road, Westmead.

Register with Lorraine Sergent. The last day to book and pay is July 28. Contact Lorraine at July meeting, phone 0410 184 895 or email lsergent44@gmail.com to confirm your tour place and pay \$25pp to Seaforth Probus, bank BSB 032 294, account 690 735.



Our June guest speaker, Commodore Christopher "Kit" Rynd, and Coordinator Dianne Swan.



Probus Club of Seaforth — Founded in 1990, Inc 1996

PO Box 339, Seaforth, 2092 <https://SeaforthProbus.Wordpress.com>

President: Anne Creek 0422 227 499 douglas.creek@optusnet.com.au; **Vice-President:** vacant; **Secretary:** Annette Kearns 0417 412 447 amtk1944@hotmail.com; **Treasurer:** Michael Calloway 0403 207 321 angle_street@optusnet.com.au; **Editor and distributor:** Ray Isaacs 0478 577 009 ray.n.net@hotmail.com; **Getaways Coordinator:** vacant; **\$2.50 Opal Days:** Lorraine Sergent 0410 184 895 lsergent44@gmail.com; **Guest Speaker Coordinators:** Dianne Swan 0409 837 753 dingary44@gmail.com; Susan Stead 0403 219 849 sstead9@tpg.com.au; **Attendance Registrar:** Peta Cass 0419 442 198 petahcass@gmail.com; **Welfare Coordinator:** Judith Doig 9949 2071 pdoi5805@bigpond.net.au; **Bowls Coordinator:** Hazel Sellin 0422 524 021 hazelsellin@bigpond.com; **Culture Coordinator:** vacant; **Walking Group Coordinators:** Ray Isaacs 0478 577 009 ray.n.net@hotmail.com; Hazel Sellin 0422 524 021 hazelsellin@bigpond.com; **Luncheon Group Coordinators:** Hazel Sellin 0422 524 021 hazelsellin@bigpond.com; Carmen Anderson 0422 412 184 carmen.anderson7@icloud.com; **Technology Group/Club Historian/Registrar:** Gavin Kerr, 0404 073 760 ghmkerr@icloud.com; **Recruiting:** Lili Koch 0417 691 779 lilikoch@bigpond.net.au.



Discovery Days

at CMRI

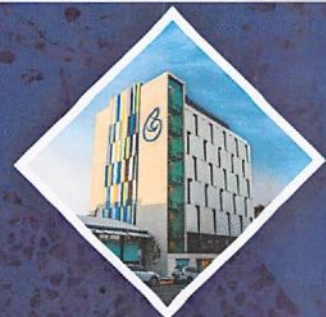
Time: 10:00am - 2.00pm

Date: Any day except Friday

Venue: Conference Room at CMRI
214 Hawkesbury Road, Westmead

Cost: \$25 includes Devonshire tea and light lunch

Contact: Jennifer Philps,
Ph: 8865 2819, M: 0417 498 312, E: jphilps@cmri.org.au



A talk on Genetics
and "What is in our Genes"



Speak face to face
with scientists and join them
in their laboratories



Join them in their laboratories
and find out about diseases such
cancer, epilepsy and
genetic disorders



Healthier kids, brighter futures

Possibility of small group joining another (less than 20) already booked. (I will email dates)