



*From the President*

Welcome to the 2023, 2<sup>nd</sup> quarter edition of the PROBUS Global Newsletter. We wish to thank the many PROBUS Global members from around the world who contributed to our newsletter and hope you will enjoy reading its global content and partake of the many programs PROBUS Global has to offer.

Our membership continues to grow with members in 15 countries with many utilizing the many programs we have to offer:

- Speakers' Corner
- Club twinning
- New club start-up
- Photos by members
- PROBUS Day
- Quarterly Newsletter
- Updated chat rooms
- Quarterly General Meetings
- Mapping of club and PG member locations

We had the PROBUS Global General meeting in March with a range of topics about PROBUS Global current status and future growth, especially the potential for our growth in Europe. **Jacques Pierre Nollet** and **Gauthier De Bradandere**, our European Coordinators, have developed a plan to expand PROBUS GLOBAL to the east of France and Belgium. The general meeting is structured so that the second part of the meeting has a focus country or region. In March, Nick French gave a very informative presentation on South Africa and reviewed some of the issues PROBUS confront in his country. Our next meeting will have **Liz Smith**, our New Zealand Coordinator doing a presentation on her country. All PROBUS Global members are invited to attend our general meetings.

With travel restrictions lifted, and our membership spreading their wings around the globe, why not take the opportunity to check in on PROBUS clubs/members wherever you are traveling? Many members have taken advantage of this opportunity. Check your PROBUS Global website; you will find members in most countries you may travel.

Enjoy the newsletter and when traveling, new friends.

Contact PG [here](#)

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Contributions welcome (200-500 words) for September issue: deadline: Aug 12, 2023. [newsletter@probusglobal.org](mailto:newsletter@probusglobal.org)

*Richard Furlong*  
President



## Editorial

Humans have many needs – food, shelter, sex and so on. But humans also feel the urge to find meaning in life. Meaning is different from happiness. Though happiness and meaning are often correlated, meaning doesn't necessarily include the pleasure that characterizes happiness. Meaningful pursuits may involve struggle, suffering or even sacrifice. Meaning also lasts longer, whereas happiness is fleeting. And it really is a need, not just something that's nice to have. Meaning is what makes life feel valuable and worth living and is about making choices to develop oneself as a person. For older people, once they retire from work, their children are

grown and they are not as energetic as they used to be, finding meaning is often difficult. However, we have the old adage that one is never too old to learn, to have enjoyable pursuits, to be creative, to value friendships, to appreciate small pleasures and show grace, courage and compassion when needed. These things give older people meaning, and to my mind, PROBUS provides many of these opportunities. In my own case, I can value friendships, learn from speakers and outings, be creative with newsletters and enjoy smaller things such as our monthly coffee and chat times. Each of us can find some meaning to look forward to in PROBUS, thereby going some way to filling that particular need.

*Mary Wilson*

## And there came ..... a PROBUS member from Canada !!!

Submitted by **Roger Domnisse**, Regional coordinator Region 3, Province of Antwerp, Belgium  
(Translated from Dutch)



Willy Jacobs, president PROBUS Antwerp North, Don Ross, president Winnipeg, Roger Domnisse, Regional coordinator & board member PROBUS

I was amazed when I received a message in mid-December from Elisabeth Ross, daughter of **Donald Ross**, a Canadian PROBUS member on holiday in Belgium and more specifically with his family in Antwerp. With a simple question: 'is it possible for my father to attend a PROBUS meeting in/around Antwerp? My surprise was obviously due to the fact that this was a first, but as a member of PROBUS Global I should have known better. Mea maxima culpa! PROBUS Global's Vision Statement states: *'By joining our PROBUS Networking group you will support the growth of PROBUS worldwide and enhance the image of PROBUS as the leader in fellowship for retirees and semi-retired members and continue the learning experience as we create links among members worldwide'*

In any case, the availability of Donald Ross in combination with the meeting dates of the Antwerp clubs and the hospitality of PROBUS Antwerp Noord led to his welcome in their meeting of 19 December.

**Willy Jacobs**, president of the club, myself and many members had ample opportunity before, during and after the meal to exchange ideas with Donald about PROBUS in Belgium and in Canada, the activities, customs, etc. Only then did it turn out that he was the president of PROBUS Winnipeg, a club of about sixty members. The fact that almost all meetings are accompanied by a meal he found particularly interesting. Would he also introduce in Winnipeg? Because the custom there is that, after the lecture of a guest speaker, the candidates stay for a cup of coffee before going home. Moreover, Antwerp North was kind enough to give the guest a memento in the form of a PROBUS tie. Later we read that our guest 'enjoyed' his visit to our club on the website of PROBUS Winnipeg:

*'One of the most enjoyable memories was attending a luncheon meeting of the PROBUS Club of Antwerp Noord. This is a club with about 40 members that meets twice a month; once for lunch only and the other with a speaker. Fortunately, I attended their lunch meeting, not only because I wouldn't have understood a speaker in Flemish but also because I was treated to a gourmet meal with wine and Crème Brûlée for dessert.'*

*I did say a few words about our Club and about Winnipeg. In thanking me their President, Willy Jacobs, presented me with a tie imprinted with PROBUS symbol. I will wear it to our January meeting.'*

I would like to take this opportunity to once again draw attention to PROBUS Global. So far, 42 Belgians have registered, about 1% of our total number of members. That's better than for the UK and comparable to Canada. But it could be better! I can recommend PROBUS Global again. The website contains untold information about PROBUS in countries worldwide. One can find ideas for activities, contact details (we have appreciated that with our Canadian visitor), it even allows to attend PROBUS meetings in other countries and much more!! Our country is represented by **Gauthier De Brabandere** - you can always contact him for any questions. Traveling and connecting with others makes people mentally richer. Perhaps, when it suits us, we should also contact the 'locals' when we are abroad. In any case, Donald Ross' visit was a very pleasant and fruitful experience.

A link to the original talk in Dutch can be found on the PROBUS Global web site

<https://probusglobal.org/Newsletters/2023-05%20Dommissie.pdf>

another link in Dutch is <https://probusglobal.org/Newsletters/2023-03%20PNederland.pdf>



## *PG quarterly meeting*

PROBUS Global held its quarterly meeting on Zoom on March 7, at 8am Toronto time. For some of the 42 team members and others attending, it started at 4am, for others at 11pm and for most at a more decent hour. The meeting took a couple of hours and despite the time differentials, 36 stayed throughout what was an interesting and lively seminar. A report from **President Richard** brought attendees up to date on PG's growth and also progress of new

programs. Other coordinators reported on their activities throughout Europe, the UK (now separate due to Brexit) and elsewhere. Marketing and the use of PG's web site was also discussed. It was interesting to note that "Find a PROBUS Club" is the most visited PG link. Discussion ranged from better use of technology to run clubs (see Club Administration on the web site for ideas), and that many UK men's clubs are still unwilling to accept women, to the problem of club attrition because of ageing members. The co-operation between European clubs, such as some in France, Belgium and Holland was reported upon. Interestingly, in an aside, a comment about referring to female Probians as "ladies" as distinct from women would have started a debate about the word "ladies" being dated or cultural, but time did not permit it. Following the reports and the discussions, **Nick French** from South Africa gave the keynote speech.

He started off with a fascinating snapshot of the political history of Southern Africa which has led to corruption, and total neglect of the country's infrastructure. The latter has resulted in no reliable electricity supply (just 4-5 hours a day) the consequent collapse of business and a very high unemployment and crime rate. People don't feel safe and don't venture out much, which caused PROBUS membership and club numbers to plummet. (Nick did intersperse his talk about how tourists could still enjoy themselves and appreciate South Africa's many wonders). His talk and, indeed the whole meeting, was recorded and can be found on the PG web site at <https://probusglobal.org/Meetings/#PG-MAR23> Direct



YouTube links are listed below, according to the agenda: [00:01:00](#) Agenda [00:02:00](#) President's Report - Richard Furlong [00:08:00](#) Website and Membership Report - Peter Jennings [00:15:00](#) Club Listings - Linda Metcalfe [00:19:17](#) Newsletter - Mary Wilson [00:30:00](#) Europe Update - Gauthier de Brabandere [00:59:05](#) Google Tools for Club Administration - Patrick Whittick [01:09:22](#) South Africa and Zimbabwe - Nick French

## *New Club in USA*



PROBUS clubs in the USA are a rarity. After several months of conversations, and zoom meetings with PROBUS Global President **Richard Furlong** and help from PROBUS friends in Canada, a PROBUS club was formed in the USA. Pictured left are the people at the inaugural meeting of the PROBUS Club of Palm Cove, Florida. **Larry Wright**, who was

instrumental in starting the club, said in an email *"The Probus Club of Palm Coast is on the Atlantic Ocean, 20 miles north of Daytona Beach, about 300 miles north of Miami, Florida. We held our first meeting March 8th, attended by 23, welcomed by the Mayor and Rotary District Governor with an interesting guest speaker, Dr. John Patrick, who had written several books on a variety of subjects. We are the only active club in the United States and look forward to starting an avalanche of clubs in the retirement capital of the U.S. ... we are on the way. Come and visit us in sunny Florida, the weather is awesome"*. Larry, who has been a Rotarian for 38 years, and President of two clubs, is the first PROBUS Global member from USA.

## *Artificial General Intelligence*



Most people are familiar with the deluge of artificial intelligence (AI) apps that seem designed to make us more efficient and creative. Despite numerous justifiable concerns, AI is becoming ever more pervasive and intrusive. But it is the latest technology that will irreversibly change our lives. It is the dawn of our inseparability from machines. To understand why this isn't the stuff of fairy tales, we need only look as far as recent developments in brain-computer interfaces (BCIs). Elon Musk's company Neuralink is seeking permission from the

US Food and Drug Administration to begin human trials for its BCI technology. This would involve implanting neural connectors into volunteers' brains so they can communicate instructions by thinking them. Researchers overwhelmingly agree AI will achieve human-level "thinking" within this century. What they don't agree on is whether this implies consciousness or not. Our lives are becoming algorithmically driven in ways we often can't discern, and therefore can't avoid. Already a minimally invasive implant can send emails and browse the internet using thoughts. Hypothetically, artificial general intelligence (AGI) that is, AI with human-level abilities, will become so advanced that it will irreversibly change human civilisation. [Your Editor has played around with ChatGPT and the result is on Page 6].

## *A meeting with King Charles*



**Linda Metcalfe**, PG's Administrator is justly proud of her husband **Malcolm**. Malcolm is pictured left, entering St. George's Chapel at Windsor Castle, where he shook hands and had a brief chat with **King Charles** as well as Sophie and Edward, the newly appointed Duchess and Duke of Edinburgh. As a recipient of the Lieutenant of the Royal Victorian Order (LVO) - (see the medal), he is invited to Windsor Castle for a church service and reception every four years. Linda and Malcolm travelled to the UK from Canada for this year's service, and later also visited Bletchley Park which they found fascinating. Malcolm's LVO was one of a series of Royal Victorian Orders bestowed on individuals in recognition of service to the Crown. Malcolm was involved in the organization of the late Prince Phillip's Duke of Edinburgh's Commonwealth Study Conference.



## Change of name

It is presumed that the change of name from PROBUS Day to PROBUS Month is universal. It has been decided that given that PROBUS Day was celebrated throughout the month of October worldwide, it makes sense that we are requested to now call the celebrations in October PROBUS Month. Having started off with PROBUS “catching the shirt tails” of

International Day of Older Persons - a United Nations initiative that encourages the celebration of seniors in the community – we, as Probiants celebrate it when we can, sometime in the month. Started in 2020, it has caught on globally, and we now have a theme for 2023:

***"Good friends, Great times, New adventures"***

## Soap



There are two companies in the world that collect and reprocess the small pieces of soap left over by hotel patrons. One in the USA started small, in a home garage, but now operates a fully industrial facility that cleans soap from up to 1.4 million hotel rooms worldwide. The other is a French company, and together more than 73 million bars of recycled soap have been distributed to countries such as Ghana, The Philippines, and Bangladesh, parts of which don't have access to basic services such as running water. However, their businesses are under threat because many hotel chains are looking to

reduce their usage of individually wrapped hygiene products and others are no longer providing soap in a solid form, preferring to use liquid soaps.



## The Rotary PROBUS connection

**Merv Richens** – PG  
Coordinator Australia

PROBUS Clubs around the world owe their existence to the wife of a Rotarian in England.

To quote from “The Story of Probus” a book written in Australia by Paul Henningham in 2006 – “In 1965 Harold Blanchard of the Rotary Club of Caterham in Surrey, England, retired from the workforce and – as he told it - trying to be helpful in the kitchen, got under his wife’s feet. She gave him to understand that his presence in her domain was less than welcome and she was only thankful that he went to Rotary luncheon once a week. She then added: ‘Why can’t you do something for the wives of retired men who are not Rotarians?’

Though spoken in jest, Judy Blandards’s words germinated and grew into an idea to keep the men from being under foot. Harold presented the idea to his Rotary Club of Caterham which upon adopting the proposal organised a meeting on

February 22<sup>nd</sup>, 1966, with 42 prospective members, who unanimously agreed to form a club – and the name adopted was *PROBUS* - an amalgam of the “pro” in “professional” and the “bus” from “business” – which is also the Latin word for probity and virtue. The inaugural meeting was held on March 2, attended by 35 members. So began the world’s first PROBUS club. Now PROBUS has spread to around 27 countries, 4,500 clubs and 300,000 members thanks to this Rotary initiative.

So, what is Rotary? Founded in 1905 in Chicago, by an attorney named Paul Harris who called a meeting of three business acquaintances, initially just for fellowship and friendship beyond his own profession. They met casually at first by rotating meeting in each other’s offices – and hence the name Rotary. They soon expanded their circle of friends and after a while decided that it would be good to do something useful in their community by combining their resources and they built the

first public toilet in Chicago. The concept of Rotary soon spread and now there are over 46,000 Rotary clubs and 1.4 million Rotarians around the globe. Rotary International, with headquarters in Chicago, is one of the largest service organisations in the world. Its stated mission is to “provide service to others, promote integrity, advance world understanding, goodwill, and peace through the fellowship of business, professional, and community leaders”. Like PROBUS, it is non-political and non-religious, but membership is by invitation only.

Rotary International’s policy on PROBUS is: *Rotary clubs may, at no cost to RI, organize and support PROBUS clubs as a worthwhile community service activity. PROBUS is not a program of Rotary International. As appropriate, the general secretary shall share information about PROBUS clubs with Rotary clubs through existing RI publications. The general secretary shall refer clubs interested in sponsoring PROBUS clubs to the PROBUS center in their area.*

Rotary channels its commitment to service at home and abroad through five Avenues of Service, which are the foundation of its clubs’ activities.

- Club Service focuses on making clubs strong.

- Vocational Service calls on every Rotarian to work with integrity and contribute their expertise to the problems and needs of society.
- Community Service encourages every Rotarian to find ways to improve the quality of life for people in their communities and to serve the public interest.
- International Service exemplifies its global reach in promoting peace and understanding through sponsorship of, or volunteering on international projects, seeking partners abroad, and more.
- Youth Service recognizes the importance of empowering youth and young professionals through numerous leadership development programs.

PROBUS as child of Rotary, has since become independent, and although some Rotary Clubs still support or form new PROBUS clubs overall, Probos globally is making a new life for itself.

## *Disagreement with ChatGPT*

Mary Wilson - PG Newsletter Editor

Following on to the **Merv Richen**’s article above, I had a disagreement with ChatGPT. I asked it what sort of activities PROBUS gets involved with. It listed Community Service as one of the main activities of PROBUS. I disagreed, explaining that when PROBUS was started, Rotary did the community work and fundraising, and while Probians could help Rotary if they wished, it is **not** one of the principal activities of PROBUS. ChatGPT backedpedalled, but with a never-the-less a good response. It is copied verbatim below:

*You are correct that community service is not a primary focus of PROBUS clubs. While some PROBUS clubs may engage in community service projects, this is not a central aspect of the organization's mission. Instead, PROBUS clubs focus primarily on providing social, cultural, and educational opportunities for their members, as well as opportunities for personal growth and development through a variety of activities and events.*

*You are also correct that Rotary played a role in the founding of PROBUS. In the 1960s, many retired professionals who had been members of Rotary found that the organization no longer met their needs as they entered retirement. In response, Rotary clubs in the United Kingdom began forming PROBUS clubs, which were designed to provide similar opportunities for fellowship and networking, but with a focus on retired professionals. Today, while PROBUS and Rotary share some similarities in their goals and values, they are separate organizations with distinct missions and structures.*

## Twins



There has been quite a bit of correspondence these past few months about twinning. So much so, that our webmaster has added some information to the web site on twinning, <https://probusglobal.org/ClubManagement.html#twin> and also, the club directory now includes a field for entering club twins. Two clubs which have twinned quite a few years ago, are the PROBUS Clubs of Dundas – one in Sydney, Australia, the other in Ontario, Canada. The two clubs carrying the same name, were twins on the occasion of the Canadian club's 30th birthday in 2019. They commemorated it together, exchanging gifts. These gifts included a gavel on a PROBUS crested stand with an inscription (pictured above) as well as 30 gold chocolate 'coins' from Canada, and from Australia, an inscribed clock and some Australiana mementos.

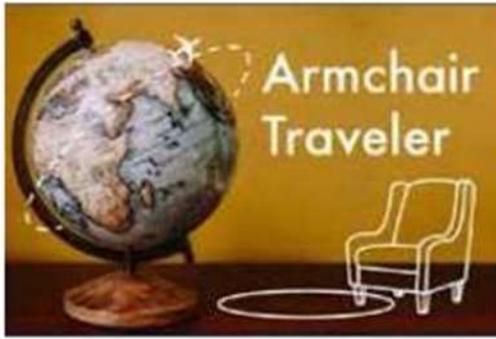
## Special PROBUS members

Probian are by no means ordinary, yet most members are classified as “Ordinary Members”. Most PROBUS clubs also have “Life Members”. These are members whose outstanding service to the club has been recognised with a Life Membership, which recipients having the privilege of not paying membership fees, yet enjoying all the benefits. Some clubs have Honorary Members, but as this does not carry voting rights or a right to hold office - it is rare. With members' agreement, it is bestowed on a past member who had contributed significantly in the past, and still wishes to turn up for the occasional meeting or join an outing now and then. A relatively recent category is the non-Active Member. These members are either on the long-term ill list, or members who have temporarily relocated to another town/country. Obviously they cannot participate in club activities, but have the view of returning eventually, (say in 12+ months). They are not counted in the club membership and they don't pay annual dues, nor joining fees upon returning. Naturally, they keep receiving newsletters and other communications. Some clubs have other categories, for example Potential Member, for those on a waiting list, but this is not advisable because misunderstandings can occur when other Potential Members are prioritised for membership. This can happen if there is a gender ratio in the constitution, or if a partner of an existing member is prioritised. Also, other members are usually prioritised for outings or activities. Note that once a person is deemed a member, those countries which have PROBUS Hubs and require capitation fees, have varying rules regarding these fees. Some even require clubs to pay capitation fees for regular visitors (such as potential members or spouses).

## Tech neck



Perhaps the older generation does not do it quite as much, but younger ones do – bending their necks to stare at their phones for hours each day. They may be headed for something doctors are now calling 'tech neck'. Researchers from the University of Texas Southwestern [found](#) tilting your head forward 45 degrees can increase the pressure on your neck by as much as 25kg, and leaving it in that position for a long time can cause permanent injury. Tech neck is repeated strain on the bones, nerves and muscles and can result in chronic pain. Muscle stiffness, joint inflammation, pinched nerves, arthritis, and even bone spurs or herniated discs can also occur. It is estimated that on average, in the Western world, people spend around [150 minutes](#) bent looking at their phones every day. Around one in five admit to staring at phones for more than five hours each day.



## Travels of a Donkey

Part five



By Graham McCombie

PG's UK  
Coordinator



*From the pen of the NEWBURGH (incorporating International) Correspondent of the PG Newsletter (Reuters Syndicated)*

Once again Greetings dear reader – hope all is well with you n yours and my thanks to those who contacted me after last quarter's contribution.

I start this quarter's ramblings with the news that the subject of last quarter's nonsense – Murphy the Manic Mule has shuffled off this Mortal Coil; I know He Haw (pun intended) about his demise. "He Haw" is a Scottish slang expression for nothing – or at least that's the PC translation – a bit of imagination will reveal the more appropriate meaning.

So where do I go from here?

I haven't been Globe Trotting much this year unfortunately and travel has been pretty limited, unless you can describe the bus journey from Newburgh to Aberdeen as being of interest. A more miserable and depressing exercise I can't imagine; I feel heart sorry for the poor sod who walks in front of the bus with a red flag – he takes some abuse – in a multitude of languages.

However I shouldn't complain – Public Transport for the crinklies is free in Scotland – downside is that there's no guarantee that the bus will either arrive or arrive on time.

The Ed has been suggesting that I regale you with some of my more serious travel experiences so with that in mind I'd like - if permission is granted - to tell you a bit about the Life and Times of Thomas Blake Glover (1838-1911) – "The Scottish Samurai" and the Scot who shaped Japan.

What has this to do with travel? Patience!

Glover like myself was born in Fraserburgh – a Fishing Port in the North East Corner of Aberdeenshire Scotland. Fraserburgh carries the nom de guerre of the "Broch" and by default folk born there attributed with the handle "Brocher". Title probably comes from several sources – Burgh, Fort or Castle, however the jury is still out amongst academics on the subject.

Couple of years back I had the great good fortune of working on a Japanese Drillship/ Research Vessel called the "Chikyu" – "Earth Discovery". The only white painted Drillship in the World and the pride of Japan.

I travelled from Tokyo to Shimizu – "Pure Water" on the Shinkansen or Bullet Train as it's affectionally known.

The Bullet train as I'm sure you'll all know has a very impressive track record – oh no, not another pun?

Time keeping is paramount and when the train was 19 seconds late on one occasion, the driver committed Seppuku – well maybe not, but you get the picture.

Lateness in the UK is considered a worthy and admirable achievement.

Back to the story.

The vessel was berthed in Shimuzu Bay under the mantle of the spectacular Mount Fuji. The job had gone well, and I managed to complete the work early and returned from Shimizu to Tokyo. I'd a couple of days to kill and having heard a bit about Thomas Blake Glover decided to visit the famous Glover House and Gardens in Nagasaki.

I flew from Tokyo to Nagasaki and was very lucky to get a window seat and the weather was clear blue sky. To my great joy we flew over Mount Fuji probably one of the most iconic Volcanoes in the World. Mount Fuji may mean Everlasting Life.

Arriving in Nagasaki I began my enquiries into how another Brocher ended up there in 1859 and became one of the founding fathers of the Mitsubishi Corporation and in 1908 was awarded the Second Class Order of the Rising Sun from the Japanese Government.

So if you're up for it over the next couple of articles I'll touch on the remarkable life of this charismatic and amazing Brocher.

Any comments – I'd love to hear from you – [graham@mmsgam.co.uk](mailto:graham@mmsgam.co.uk) .  
'till next time.

**Have you had an interesting speaker who is willing to share his/her talk with the rest of us? Register the name with Stan Thompson [speakers@probusglobal.org](mailto:speakers@probusglobal.org) and he will follow up from there.**

**Did you know that it is customary, in most Belgian clubs, to present a Past President with a Probus Past President's pin? Does your club honour the Past President the same way - or at all?**

## *Recognition of Office Bearers*

Recognizing office bearers in any PROBUS club can have numerous benefits. First, it acknowledges and shows appreciation for the work and dedication of the individuals who have taken up the responsibility of leading the club. It can also serve as a source of motivation for them to continue to perform their duties to the best of their abilities. Second, recognizing office bearers can also inspire other members of the club to take up leadership roles in the future. When members see Committee Members being recognized for their contributions, it can encourage them

to step up and volunteer for similar positions. This can ultimately lead to a more engaged and active membership base within the club. Finally, recognizing members who have made an effort just to help with smaller club tasks, builds a sense of solidarity among the members. It can foster a positive and supportive environment where everyone feels valued and this can contribute to a more enjoyable and fulfilling experience for all involved.



## *Tired drivers*

What if you could be fined or lose your license for driving while tired? A new study, published last month, claimed that with less than five hours' sleep, the likelihood of having an accident is similar to a driver being under the influence of alcohol. While alcohol related crashes have generally decreased, 20% of such accidents can be attributed to fatigue. Field studies have shown that having less than four to five hours' sleep in the 24 hours prior to driving, is associated with an

approximate doubling of the risk of a vehicle crash. This is the same risk when drivers have a blood alcohol concentration of 0.05%. A driver's risk of a car accident significantly increases with each hour of sleep lost the night before. Some studies even suggested that when a driver had between zero and four hours of sleep the previous night, they may be up to 15 times [more likely to have a crash](#) than those who have had adequate sleep.



## **Wanted**

**Your Editor is looking for newsletter items from our worldwide community to share with others. Has your club done anything unusual? Have any of your members achieved something of global interest?**

**Write to us and share!  
[newsletter@probusglobal.org](mailto:newsletter@probusglobal.org)**

**Congratulations to Wendy Machmer who, in April, was appointed General Manager of PROBUS Canada.**

**She has indicated that she will make a contribution to the next issue of this newsletter.**

## Is your data up to date?

Linda Metcalfe - PG Administrator



Perhaps you are unaware that every time your club information is viewed on the PROBUS Global website, an email is automatically sent to me. I will then review that information for your club and

see if someone can contact a member of the club executive by either an email, phone or both, with what we currently have in our database. Much of our information was gathered as early as 1970, to the present. Therefore, the contact, the phone number, nor the email may exist.

I often receive emails asking if I can help locate a club. At the very least, with no contact information, I can suggest contacting the club's meeting place, hoping they can provide the necessary contact information.

What next? I'll continue to search the web for any current information for the "lost" club such as in community websites. If my search is successful, I will contact that club and ask for up-to-date information and post it onto the PG website.

I will also inform the relevant contact that the club information was viewed, more than likely by someone who has moved to that area and wishes to join a local PROBUS club. Many clubs' memberships have declined post Covid and they are seeking new members. **Having current information for your club on our website will help potential members to make contact.**

You will find your club's information at <https://probusglobal.org/Clubs/https://probusglobal.org/Clubs/>

I also remind contacts that their club members are welcome to join PROBUS Global and take advantage of all the services provided.

In conclusion, please take a moment to view your club's information on our website and email [linda@probusglobal.org](mailto:linda@probusglobal.org). I shall be happy to see to the necessary updates.

## Ways to keep your brain Healthy

As we age, there is a gradual decline in the number of connections between neurons, which can lead to slower processing and a decrease in memory capacity. However, by engaging in healthy habits, we can keep our minds sharp, well into our dotage. There are numerous ways to promote brain health:

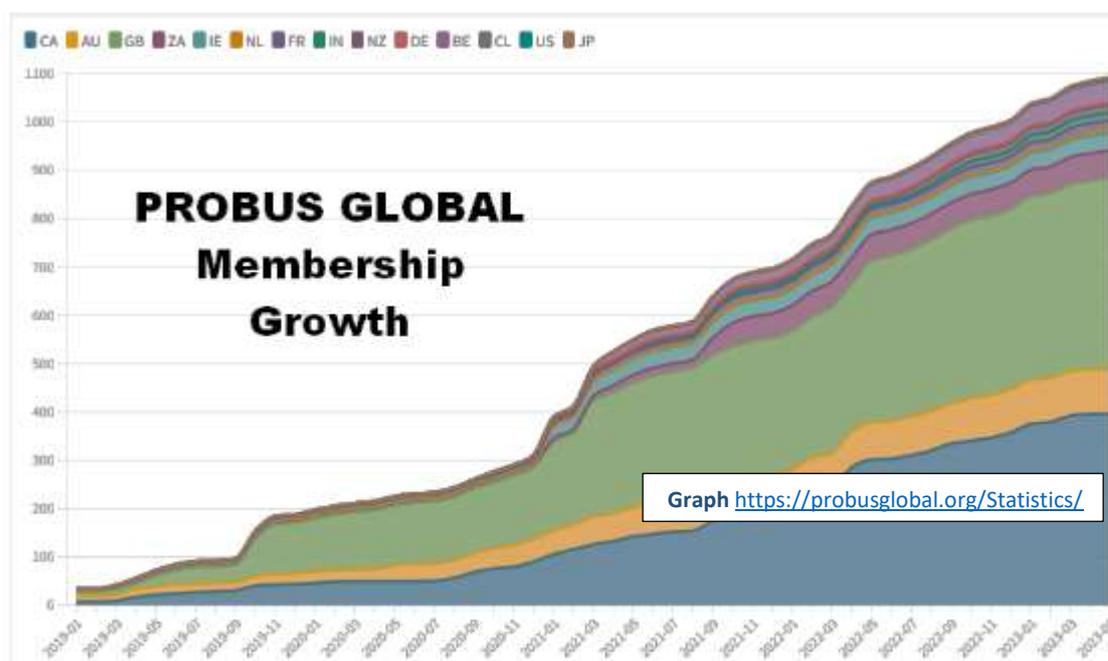
- **Challenge your brain regularly:** crossword puzzles, Sudoku, games, and other mentally stimulating activities can be found free, on line. What is your favourite? Wordle, Nerdle, Waffle, another?
- **Socialise regularly:** think PROBUS
- **Get enough sleep:** sleep is essential, so make sure you're getting enough.
- **Exercise regularly:** exercise is excellent for cognitive function.
- **Eat a healthy diet:** a diet rich in fruits, vegetables, and healthy fats help brain health.
- **Manage stress:** chronic stress can accelerate brain ageing - find healthy ways of managing it.
- **Stay curious:** curiosity and satisfying it keeps the brain healthy.
- **Stay positive:** a positive outlook can help reduce stress, win friends, and promote wellbeing.
- **Keep mentally active:** engage in new mentally stimulating activities, such as reading different genre books, writing, or learning. It's important to step outside of your comfort zone.
- **Practice mindfulness:** Not easy, but work on it and you'll be able to sustain it.
- **Limit alcohol consumption and quit smoking.**

## Words from the Webmaster

Peter Jennings - Webmaster

As we pass 1,100 members from 15 countries (a growth rate of 33%), it is time for a review of the website. We had over 100,000 page views in the past 12 months. <https://probusglobal.org/Statistics/>  
How did people get here?

Members clicked links in the newsletter and on club websites that linked to probusglobal.org. Non-members found us using a search engine.





*A bit of humour*



I told my wife I saw a deer on the way to work.  
She said how do you know he was headed to work?

Wisdom about getting older

"The years between 50 and 70 are the hardest. You are always being asked to do things, and yet you are not decrepit enough to turn them down." - T.S. Elliot

"At age 20, we worry about what others think of us... at age 40, we don't care what they think of us... at age 60, we discover they haven't been thinking of us at all." - Ann Landers

"It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." - Andy Rooney

"I've never known a person who lives to be 110 who is remarkable for anything else." —Josh Billings

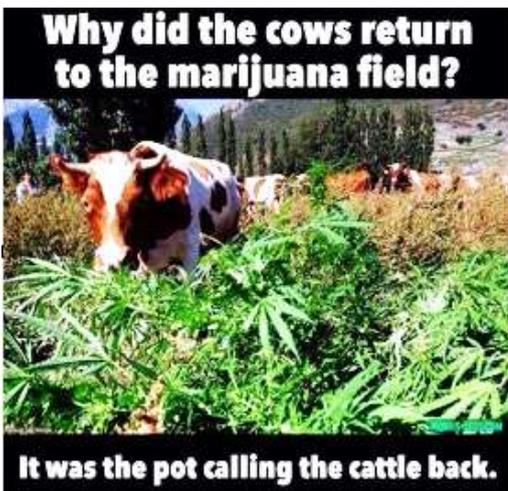
"When I was young, I was called a rugged individualist. When I was in my fifties, I was considered eccentric. Here I am doing and saying the same things I did then, and I'm labeled senile." - George Burns

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Louvre paintings

A thief in Paris planned to steal some paintings from the Louvre. After careful planning, he got past security, stole the paintings, and made it safely to his van. However, he was captured only two blocks away when his van ran out of gas. When asked how he could mastermind such a crime and then make such an obvious error, he replied, "Monsieur that is the reason I stole the paintings. I had no Monet, to buy Degas, to make the Van Gogh." (See if you have De Gaulle to send this joke to someone else. You have nothing Toulouse).

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Once upon a time there was a king who was only 12 inches high. He wasn't much of a king, but he made a great ruler!

97% of the human population is not very intelligent. I am so glad I am part of the other 5%!

The fact that there is a highway to hell and a stairway to heaven says a lot about anticipated traffic numbers.

Did you know that Adam and Eve were the first people to not read the Apple conditions?