



From the President

Welcome to our third-quarter newsletter. We're excited to share that PROBUS Global continues to thrive, with our membership now reaching 1,340—a significant growth from our humble beginnings five years ago with just 30 members.

As we look to the future, it's time for renewal. At our July general meeting, we formed a committee to review our management structure and chart our path forward. This committee is composed of dedicated member volunteers from around the world.

Over the past five years, our programs have expanded significantly, and we're now considering a new initiative: a virtual club. Under the leadership of Adi Treasurywala, a Global member since 2021. Ideas are being exchanged from Europe to Australia. One of the first suggestions is the club's name, "PROBUS Sans Frontières" (PSF). If you notice emails with the PSF heading, you'll know they're related to this initiative.

A highlight of the July meeting was presenting the Shirley Roberts Award to Gauthier De Brabandere of Belgium for his outstanding work in promoting PROBUS in Europe, including PROBUS Global. Shirley's family expressed their gratitude for keeping her legacy alive.

Maybe it's a time to review Shirley's and other founders' vision when she had a leadership role in forming PROBUS Global. *PG would connect you with a vibrant community of retirees and semi-retirees worldwide, fostering friendship, learning, and cultural exchange. Members would enjoy access to diverse programs and the opportunity to contribute to global initiatives.*

Whether you are seeking new experiences, sharing knowledge, or expanding your social circle across borders, PROBUS Global would offer a supportive environment to enrich your retirement years with meaningful connections and activities.

Certainly, Shirley would be delighted with what we achieved, let's see what the next five years bring.

Richard Furlong
President

Contact PG [here](#)

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Contributions welcome (200-500 words) for December issue. Deadline November 15, 2024

newsletter@probusglobal.org



Editorial

Many older people have cognitive dissonance. They refuse to see themselves as old, but see many of their cohorts as such. They have their personal biases against the elderly despite being one. Research shows that ageism exists in various forms, and can start early. Writing for *New Scientist*, freelance writer Clem De Pressigny wrote about her four-year-old son who had expressed concern about Christmas presents being forgotten “because Santa is old”. According to the World Health Organization, one in two people globally are ageist - that’s half of us! Most of us know that making ‘light-hearted’ comments about someone’s religion or race can be hurtful. Why should those who are the target of such remarks about age (“Forgot? It’s because you are old”) be any different? Do you resent it when people say “At your age, you’re pretty sharp”? Why shouldn’t I be? Or at what age am I supposed to deteriorate?

I know many people who are much younger and are not “sharp”. My response is “Wait until you are old and see how comments like that make you feel”.

There is a huge amount of research demonstrating the correlation between ageist attitudes and poor health, longer recovery and deteriorating general well-being. Strangely, this is evident not only in those who are the brunt of ageist views but also in those who have them.

Occasionally, I am also guilty of playing the ageist card, but only when it is to my advantage, and not at the expense of others. I am aware when I do it. But then, I don’t internalise it as some do, so I figure it is not harmful. Being involved in clubs such as Probus, keeping active and attending as many Probus events as you can, keeps you young. As long as one lives life to the full and enjoys the experience, age is just a number.

Mary Wilson

PG requests that clubs which merge or change their names notify the PG Administrator at linda@probusglobal.org. If you wish for us to publicise this change in the PG newsletter, please supply your club’s web address or a club email address.

Inducting new Members

Has your club revisited its induction procedures lately? Is it time to upgrade them? Many use stiff, formal welcoming words crafted in another era, but haven’t changed them. Some change the spiel with each change of President to reflect that President’s perspective. Others stick to a formula which, while welcoming, mostly extolls the virtues of PROBUS, is not very personal except implying “you have done a clever thing by joining”. Other clubs personalise each welcome by finding out the interests of the new member and incorporating them in less formal, but warm welcoming words. Then what happens? The presentation of a “welcome kit” with various items - perhaps a PROBUS pin or membership certificate, copies of PROBUS magazines, a contact list, and other appropriate items of interest such as club rules and constitution etc., – is important. It shows the club is organised and gives new members a means by which to bond with it. Is s/he asked to reply to the welcome? It is not necessary, but an offer to do so is always appreciated. Naturally, members show their welcome by clapping after the induction, but in some clubs they stand to do so, making the welcome more meaningful. Bigger clubs ask new members to wear a bright sash for their first few meetings so others can recognise them as new and make a point of welcoming them. Does your club do something different? Let us know.

Learning new skills beyond 60

Think you're too old to learn something new? Think again! Research recently reported by *Scientific American* shows that older adults learn just as well as young people. Older people often compensate for learning challenges with their enhanced capacity for analysis, self-reflection and discipline. The secret lies in the brain's ability to rewire itself – a process known as neuroplasticity. With each new skill acquired or subject learnt, the brain forges new neural pathways, enhancing its ability to learn even more. It's a cycle that can keep the mind sharp and agile.

A study of 58 to 86-year-olds given a variety of cognitive tasks over six weeks found that while certain cognitive functions may slow with age, the mature brain compensates with the following advantages:

- **Verbal abilities:** a lifetime of conversing, reading and writing equips older adults with an expansive vocabulary and nuanced communication skills.
- **Inductive reasoning:** with age comes wisdom, based on a rich tapestry of life experiences.

- **Visual-spatial skills:** the ability to understand spatial relationships
- **Basic math:** practical experience with everyday maths (mental arithmetic).
- **Emotional regulation:** the amygdala, the brain's emotional centre, becomes less reactive to negativity, allowing older adults to maintain a balanced perspective.

There are some obstacles to overcome. These include assumptions when an older person is unwilling to embrace new perspectives, unhealthy diets and immobility which hinder neuroplasticity, negativity that stunts positive outcomes, inflexibility in using technology to learn and poor social connections inhibiting interaction, collaboration and discussion, and, importantly, lack of stress control.

Challenging the brain with new skills can keep the mind sharp in the golden years. So, whether it's picking up a musical instrument, diving into a new hobby, or enrolling in a university course, the message is clear: it's never too late to learn, the benefits are boundless, and age should not be a deterrent.

Fundraising

PROBUS was started by Rotary which is a service and fundraising organisation. The original idea was that it would serve those Rotarians who reached retirement age and wished to step down from service but wanted to continue the social aspect of Rotary. Therefore PROBUS was never meant to be a fundraising organisation, only a social club for retirees. Indeed, in many countries, it is explicitly stated in club constitutions that it may not fundraise. Most Probians support charities individually (such as health research, animal shelters or environmental projects), but if they wish to fundraise actively, they are encouraged to support a Rotary club effort. As PROBUS evolved, in some countries, (e.g. India) clubs have adopted a charity or cause they aid. Clubs may add to their coffers through raffles or sponsorships, but may not donate to any charity from these general funds without a vote of approval of its membership. They do **fun**raise, but mostly not fundraise.





Wendy Machmer, General Manager

PROBUS Canada

One of the focuses of PROBUS Canada has been to provide additional services and products for our clubs. We continue to expand the Club Reference Guide on our website to include new initiatives.

Our Marketing Committee has reviewed and standardized our logo, color palette, style guide, and developed several promotional items, such as brochures, rack cards, business cards, flyers, presentations, and bookmarks. These templates can be downloaded by the clubs and edited for their club needs. The most recent addition is a 20-second and a 45-second promotional video.

Recognition for our clubs and individual members has been enhanced with the development of certificate templates using the PROBUS Canada branding. Some certificates are available for the Directors to present to their clubs, a different set is available for the clubs to present to members. In addition, the national awards have been revamped and standardized.

Another opportunity for club members is to participate in group plans for Extended Health Care (EHC), Dental, and Travel Insurance, as well as Home and Auto Insurance.

A key goal of PROBUS Canada's 2024-2027 Strategic Plan is to increase our membership each year. A new program has been established to assist. The [Ambassador Program](#) provides logistical and financial support for new Probus club start-ups, either in underserved areas or in areas where existing clubs have long waiting lists. The Program is staffed by two former PROBUS Canada Presidents.

New leads or inquiries about starting a new club that are received from either the general public or existing clubs will be referred to the Ambassadors. In addition, the Ambassadors will review the online Club Directory to identify clubs with long waiting lists. In both situations, the Ambassadors will advise the relevant District Director of a potential new club in her/his District. The District Director will decide to pursue the lead or to work collaboratively with the Ambassadors to offer help and guidance in founding a new Probus club.

If a sponsoring club is unable to assist with funding the start-up costs, the new club can submit a budget to PROBUS Canada's Finance Committee through their District Director, with a request for an interest-free repayable loan. Through the New Club Loan Program, funding is available for up to \$1,500 per new club. The loan must be paid back within one year.

PROBUS Canada now has approximately 34,000 members in 242 clubs. The clubs are divided into 15 Districts, each of which elects a Director. These directors form the national Board of Directors. Our President for 2024-2025 is Inga Thomson Hilton, Director for British Columbia District 3. You can find details on our Team on the PROBUS Canada website at probuscanada.ca.



Recently the Newmarket and Lindsay Probus clubs (Canada) organised a Golf Day which they promoted to 24 local Probus clubs. Some countries have groups of clubs that have formed Associations, and many of these associations also run Golf Days where Probians from the district can mix, mingle and enjoy themselves. Why not get a group of clubs together to enjoy an activity? Share the joy.

New Zealand today

Liz Smith – NZ Coordinator

In NZ we have now passed the shortest day of the year and let us hope the weather warms

up as we approach spring. We had two long-weekends in June. The first was when we celebrated the King's Birthday - a week before Australia did. It still seems odd to say King's birthday after all those years of Queen's

birthday weekend! The second weekend is uniquely NZ. It is called Matariki, which is the Māori name for the large cluster of stars that are visible mid-year. I believe these are called the Pleiades in some parts of Europe. There is a Māori legend that says that the wind god, Tāwhirimātea, was so angry with his siblings for separating their parents - the sky father Ranginui and their earth mother Papataunuku - that he tore out his eyes and tossed them into the heavens. In Māori culture, Matariki is a time to remember the dead and to release their spirits so they can become stars. It is also a celebration to recognise the gods who provided the harvest and share this with Whanau (family) and friends. Matariki is also the Māori New Year. I did not know anything about this when I was growing up. It was not until the 2000s that this became recognised, and in 2022 it was declared a public holiday,

held on a Friday either at the end of June or beginning of July, depending on which was closest to the Tangaroa lunar period during the lunar month Pipiri. The Māori have many wonderful legends and I had a book of them. Sadly in various moves, I have lost it. After Matariki, it is not until the end of October before we have another holiday weekend - Labour Day.

Celebrations for 50 years of Probus in NZ, and our club where it all started, are on track. We'll have a special luncheon on 4th November. The VIPs have all had their invitations as they usually have full diaries. The balance of invitations have now been sent and we are hoping for a good turnout. It is a major event and to think Probus in the Southern Hemisphere began at our small seaside town of Paraparaumu! [See Page 11]



Are vitamin supplements useful for longevity?

Well, no, but it's complicated. A 20-year longitudinal study (of 29,000 adults) published in the [JAMA Network](#) has found that there is very little evidence taking daily multivitamins extends your life and the practice may increase your risk of an early death by about 4%. The multi-billion dollar supplement industry is supported by around a third

of the Western world's population taking supplements. The results found no variation across race, ethnicity, education or diet quality. As always, there is a "however". A commentary said there was still a place for supplements among those with severe dietary deficiencies. While multivitamins may not improve mortality rates, they can still play an important part in general good health, especially for older cohorts. For example, vitamins C, E, and zinc are associated with slowing the progression of age-related macular degeneration. Multivitamins are also linked to improved memory and slowed cognitive decline. Even so, refocusing nutrition interventions on food, rather than supplements, may provide the mortality benefits that multivitamins cannot deliver. The caveat in the study was that more people with increasing health issues may turn to taking multivitamins which could explain, in part, the higher mortality risk.

The Rotary Connection

Merv Richens – PG Coordinator Australia

Rotary started with the vision of one man — Paul Harris. The Chicago attorney formed the Rotary Club of Chicago on 23 February 1905, so professionals with diverse backgrounds could exchange ideas and form meaningful, lifelong friendships. Over time, Rotary's reach and vision gradually extended to humanitarian service. Members have a long track record of addressing challenges in

their communities and worldwide. Whatever Rotary may mean to us, to the world it will be known by the results it achieves.

Like Probus, it was initially for men only, with women being allowed to join in 1989. Since then, women have been making an increasing contribution to the good that Rotarians are doing around this global village.

The Rotary year starts in July each year and for this Rotary year 2024-25, Rotary International has its second Female President Stephanie Urchick, from Canonsburg, Pennsylvania.

There are about 46,000 Rotary Clubs around our global village, with approximately 1.4 million Rotarians and Rotaractors. Each club, as with Probus, has a new President each year, and a management committee or “board of directors” including a secretary and treasurer and other members taking responsibility for each of the five avenues of service mentioned in previous articles.

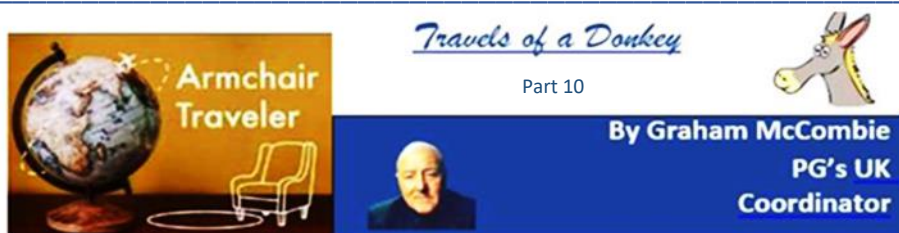
Unlike Probus, Rotary Clubs have one global administration centre based in Chicago, known as Rotary International, to which all clubs belong and pay a yearly administration fee. Along with paid staff, there is also a Board of Directors with Directors elected for two years from various regions around our global village.

The Board of Directors elect a President to serve for 12 months and this President then sets a theme for his or her year of service and sets goals which are agreed to by fellow directors which are then shared with the member Rotary clubs. This Rotary Year President Stephanie has her theme “The Magic of Rotary” and along with this, she has a focus on promoting peace and reducing conflict. One initiative is to hold a Rotary Presidential Peace Conference in Istanbul, Türkiye, 20-22 February 2025, will be an opportunity for the Rotary community and our partners to build on Rotary’s contributions to promoting peace by exploring:

- Peace in a polarized world
- Technology, media, and peacebuilding
- Environmental issues in peacebuilding
- Making peace last



Probus clubs as a community service initiative of Rotary, can also do their small part in promoting peace and conflict resolution through friendship, fellowship and fun!



Travels of a Donkey
Part 10
By Graham McCombie
PG's UK
Coordinator

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

Greetings Dear Reader “Fit like foo’re ye a’ deein?”

I’m penning my latest offering en route from Peterhead to Aberdeen on board the mighty vessel “Evita II” an Offshore Platform Supply Vessel. Sadly, Offshore Vessels are ill-equipped to provide sundowners, entertainment, sun loungers, swimming pools or even a modicum of the luxury offered by mind-numbingly expensive Travel Companies. This particular branch of the Marine Industry operates on a strictly Zero Tolerance Policy, and enforces it! This little jolly isn’t exactly a World Class Cruise, but then you can’t have everything.

Since our last get-together, I've put in a lot of air miles, but not as much as my luggage, which seems to prefer the company of baggage handlers and airlines rather than mine. Lost luggage is a pain, as I'm sure many of you can attest to, and, like delays, cancellations and no-shows are becoming the norm.

Recently, on a particularly frustrating trip, I remarked to one of the Cabin Crew that my ears were painful. She very kindly asked "Would you like a sweet?" to which my reply of "Which ear do I stick it in?" received the same response as yours I guess – dismay and indifference!

I've been complimented over the past few months on my excellent command of the English Language – mostly from Scandinavians, Turks, East Africans, West Africans, Middle and Far Easterners, and even the English – so my attempts at smoothing out Parliamo Doric haven't been in vain. D'you know, every flight I've been on during the past year, has been fully booked and in some instances overbooked and costs are going through the roof – how do folk manage to afford it – especially travelling with families?

Anyway, enough of my moans and groans re travel, and as you may remember, my application for a role as a Tripadvisor Representative was binned; now you know why.

On a more positive note, I'm planning a trip back to one of my favourite countries – Croatia.

Hopefully to take place in September. For those of you looking for a restful place, this is the country for you – nice friendly folk, nice weather, great nosh and more importantly, first-class vino – and all locally produced.

Speaking of vino – do you know the definition of an Alcoholic? – It's - "someone who drinks more than his Doctor" No McDonalds, Wimpy, KFC or other vulgar outlets – at least not where I visit – paradise! Well worth a visit. Is it obvious that I'm friendly with the Croatia Tourist Board?

Back in the not-so-sunny dreich and dour North Of Scotland which I should be promoting, rather than Mel Gibson; here are a puckle mair useless phrases of Doric in case you have an overwhelming desire to visit this mortal coil...

Far ye gaan

Aye, pechin' awa'

Hud on a minty

So, until my next communication...

"Lang may yer lum reek". Sliante

Any comments – I'd love to hear from you – graham@mmsgam.co.uk.

Where are you going

I'm fine, thanks

Wait a second

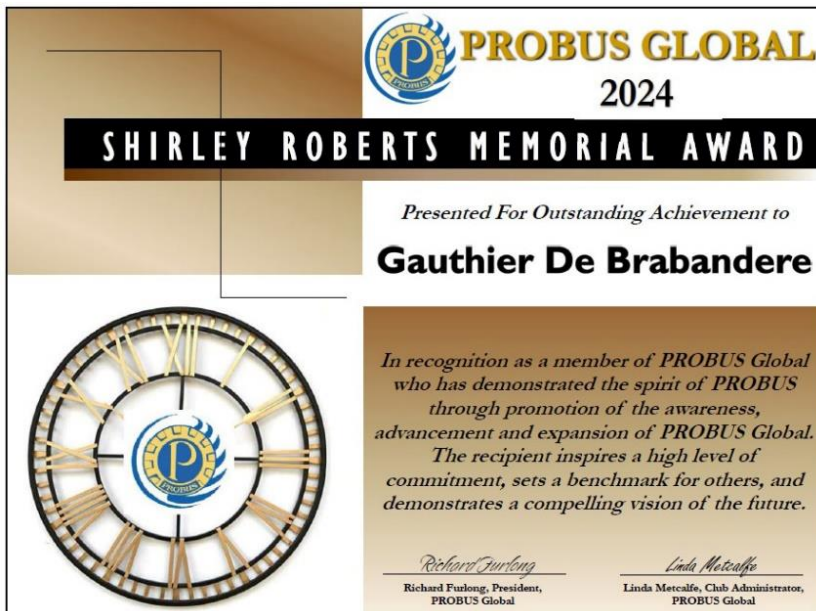


Visiting Europe

Larry & Eva Wright, Probus Club of Palm Coast, Florida, USA
Eva and I recently took a Viking cruise starting in Barcelona and finishing in Bergen, Norway with many stops in between. We met with some Probus members in Falmouth, England after making contact through Probus Global, and two couples met the ship at port. Richard and Susan Perkins and Martin and Tessa Winters had coffee with us and then gave us a brief tour of their lovely town. Probus Global is a great way to contact and meet up with other Probus folks worldwide when travelling. In Bergen, Norway we had a great tour guide who introduced us to the mythical Norwegian Trolls. The picture (left) is a

“Forest Troll” known for its mischievous behaviour, spooking children and cattle. This one is obviously “petrified” because of his accidental exposure to sunlight!

Eva and I, originally Canadian, now live in Palm Coast, Florida a city of 95,000 on the Atlantic Ocean. We recently formed the first Probus Club in Florida and are only one of two active clubs in the United States. We are 20 members strong and growing, having monthly guest speakers and a few social events each month. Come and visit, we are close to Disney, Kennedy Space Centre, MarineLand, Universal Studios and St, Augustine, the oldest city in the US.



Shirley
Roberts
Memorial
Award



PROBUS Global awarded **Gauthier De Brabandere** (pictured) the Shirley Roberts Memorial Award at its Committee meeting at the end of July. Gauthier, a member of the Kortrijk Rodenburg Probus Club in Belgium since 2005 joined PG in 2000. He subsequently became a regional

coordinator and was voted in as President of Probus Belgium in 2019. He has been a relentless advocate of PG and has actively promoted PROBUS Global in Belgium, France and the Netherlands. Jacques Pierre Nollet PG's European coordinator in France, proposed him for the award, and the PG Committee was delighted to make it. [see letters below]

Dear Linda, Richard and Jacques Pierre,

The special event during today's Probus Global Management Meeting was an overwhelming surprise to me. The introduction and demand by Jacques Pierre made me blush. Too much honour for an achievement in Europe we worked on together. It made me blush on the one hand, but certainly gave me a feeling of great pride.

I thank all members of the Probus Global Management Team for granting me the award. And for building up the friendship.

May I dedicate this award to Probus friendship? It created the two way street of mutual understanding and friendship between Jacques Pierre Nollet and myself, thanks to Probus Global.

I also thank my President Jean Paul Pannekoek and next President Annie Goddaer who always backed me on efforts to promote Probus Global, and who encouraged membership of Belgian Probus members.

Many many thanks to all of you !

*With pride and enthusiasm In friendship Very best regards, **Gauthier***

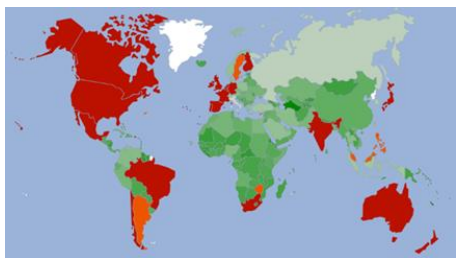
Thank you Richard for keeping us abreast of the new recipient of the award.

Please pass on our congratulations to Gauthier and our thanks for all his work to promote PROBUS Global, a fellowship organisation that was so close to our mother's heart. In such a fragmented World, endeavours like yours have never been more important in keeping people and humanity connected.

Our father is not so well these days but takes great comfort knowing that Shirley's legacy continues in some small way.

Wishing you and the team every success with your work.

*Best wishes, **Carolyn & Nickie Roberts***

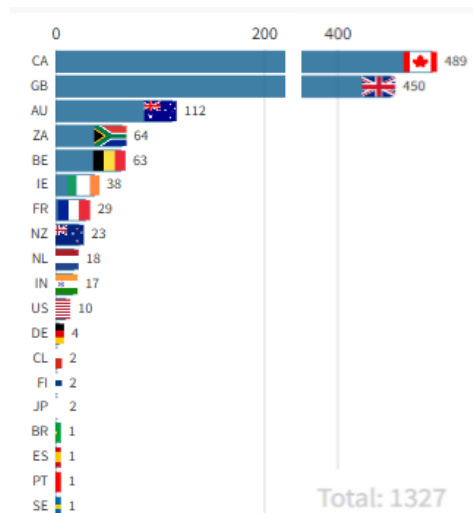


The sun never sets on the PROBUS Global empire. We now have members in 20 countries. The strange thing is, that While Australia has the far greatest number of Probians in the world (almost

a third), it only ranks third in PG membership! (See below). Come on Australia, you can do better!

On the [Statistics Page](#) of PG's website, you can view the growth of PROBUS Global in animated graphs like this one.

Click on any date on the timeline to see how many members we had on that date.



Relevance Deprivation Syndrome:

What The Heck Is That?

John Payne, Probus Club of Greenway, Canberra, Australia

After 21 years in Australian politics, former Foreign Affairs Minister, Gareth Evans, made a discovery in Retirement. It wasn't a new discovery. Millions have made the same discovery before, and since.

Retirement can be a double-edged sword. On the one hand, it's a time to enjoy the fruits of our labour, to travel and relax. On the other, it can also sometimes lead to a surprising emotional challenge which Evans dubbed Relevance Deprivation Syndrome (RDS). This isn't an official medical term, but it captures the feelings many retirees experience when they suddenly find themselves without the daily structure and social interactions that work provides.

Understanding RDS

RDS is that nagging feeling of being left out or no longer needed. For decades, a job might have defined our identity. Our skills and expertise were recognised and valued, and we had a clear role and purpose. Once we retire, that sense of purpose can feel lost. It's a common experience. After all, we've spent most of our life contributing to our field, and are now put out to pasture.

This feeling of irrelevance can lead to sadness, loneliness, and even depression. It's not just about missing the work, but also the sense of belonging and the daily human interactions and routine.

But retirement doesn't have to mean an end to feeling relevant. It can be a fantastic opportunity for people to reinvent themselves and discover new passions.

The Role of Groups Such as Probus

One of the best ways for people to combat RDS is by staying socially active and engaged. That's where groups such as Probus come into play. So how do Probus Clubs help retirees counter RDS?

Staying Connected

Probus clubs offer a social network that can help bridge the gap left by leaving the workforce. Our clubs organise regular meetings, outings, and interest groups that keep members engaged. Whether it's a book club, a hiking group, or a travel club, there's something for everyone. These activities help maintain a sense of belonging and relevance.

Lifelong Learning

Retirement is the perfect time to explore interests we might not have had time for

during our working years. Probus clubs often provide guest speakers who cover a wide range of topics, from history to technology. Engaging in lifelong learning keeps our minds sharp and opens up new avenues for personal growth and development.

Building New Friendships

Perhaps one of the most significant benefits of joining a group like Probus is the opportunity to build new friendships. Loneliness is a major issue among retirees, but being part of a supportive community can make a world of difference. Sharing experiences, laughing

together, and supporting each other through the ups and downs of retirement can lead to lasting, meaningful relationships.

Embracing the Next Chapter

Retirement isn't the end; it's the beginning of a new chapter filled with potential for a new lease on life. Retirees can combat Relevance Deprivation Syndrome by staying active, engaged, and socially connected through groups such as Probus and finding new ways to feel relevant, fulfilled, and thriving.

Club Activities - What activities does your club offer?



Peter Jennings -PG Webmaster

Scanning the [newsletters](#) that arrive monthly from PROBUS clubs around the world, I am staggered by the variety of activities that are available to club members. Our active members are constantly in motion, cycling, hiking, playing golf and pickleball, while the sedentary members enjoy films, chats, cards and board games and more. Everyone seems to enjoy eating and drinking.

[Read More ...](#)

Grey Olympics

From the Editor

Australia is a sporting nation, and as I write this we are amid Olympic fever. Some years ago, my club held a "Grey Olympic" event in a local park. We had quoits, boules, skittles, and croquet, among other sedentary-type ball games. It was a huge success. A member catered a scrumptious morning tea and our laughter, while making fools of ourselves, could be heard "off field" a long distance away. Try it!

PG Notes

PG has identified several Newmarket Probus clubs; UK, Canada, New Zealand, Queensland Australia, Gautang South Africa, and County Cork Ireland. Do you know of any more? PG would like to facilitate contact between these clubs.

**The Logdon Probus Club in the UK has changed its name to the Twyning Probus Club.
Contact peterpps321@gmail.com**

Waiting for the business portion to end so we can hear the speaker.



Guest Speakers

The [list of guest speakers](#) available to present to your club, in person or via Zoom, now has **69** speakers and **125** talks. We contacted our speakers last month to update their details and received several interesting and entertaining responses.

[Chris Helme](#) has presented to PROBUS clubs for 40 years and delivers 60-70 talks annually. He writes that he watched our recent meeting video on

YouTube with great interest. *“The presentation about New Zealand in particular Wellington I found interesting – I have a weekly two-hour brass band radio show which is played in Wellington. The show plays across 16 stations altogether including Australia, Italy and Ireland and many stations in the UK and my Christmas shows which are picked up in many countries through the charity station Radio Christmas.”*

Chris talks about pirates, brass bands, and sad, humorous, almost unbelievable incidents from his former life as a local bobby.

Perhaps some of the culprits arrested by Chris ended up meeting [Carl Bailey](#), MBE, our retired prison governor who is amazed at the inside knowledge we Probians have of prison life when he gives his talks. *Where did they learn about life inside?* he wonders.

Many speakers hope to sell their books to club members. [David and Sue Williams](#) have spoken to at least 50 clubs about their voyage of personal discovery across the Atlantic in a small boat. Some



wondered if they might be crazy when they heard how many things went wrong.

[Adam Shoalts](#) has crossed Canada's Arctic by canoe and captivates his audience with his tales of survival as he explored uncharted rivers in the north. Probians shiver

as he recounts his paddling in ice and snow. [Read more speaker feedback in our August update on substack.](#)

Many speakers present for free, or for a small donation to their favourite charity. Some have reasonable speakers' fees. Despite normally commanding huge fees, [Luigi Calabrese](#) speaks for free to 12 PROBUS clubs a year. Invite him to address your club.

Congratulations

PG has recently sent certificates and letters of Congratulations to two clubs.

One was a commemorative certificate to the Kapiti Coast Probus Club in New Zealand, about to celebrate its 50th year, and that it was the first club being chartered in New Zealand, and, indeed, in the Pacific Region.

The other was a Certificate of Achievement to the Furness Club in the UK which was also celebrating its Golden Anniversary.

PG Committee Zoom meeting

Five members of the MC, nine country coordinators and seven visiting PG members attended a productive committee meeting at the end of July. The following points are featured:

- The President reminded those present that we require a volunteer because his term is over.
 - We are growing fast and require “new blood” on the team, including more area/district coordinators to promote PG and report back.
 - PG’s management structure needs revision.
 - Stan Thompson was thanked for his tireless work on corresponding with, and listing speakers.
 - Updating records is constant and often difficult due to a lack of club contact information on the web.
 - Belgium club numbers have remained steady since the last report of four new charters.
 - South African club numbers have shrunk by a third since Covid. People are parochial because travelling anywhere is unsafe. There are 54 clubs.
 - Facebook has proved very successful at promoting membership in Australia.
 - Newsletter readership has grown to 8,000/month, with 23 paid subscribers.
 - Five members have volunteered to be involved with a virtual club. A planning committee is being organised.
- There was an award presentation. (See above).

Pandemic Eradication

We have all been living with COVID and its various mutations for several years, so why can’t we eradicate it? In 1980, smallpox was declared eradicated by the World Health Organization — the only human disease to reach that milestone so far (although recently it has reared its head in isolated cases). The disease that had plagued humanity for at least 3,000 years led to the estimated [deaths of 300 million people](#) in the first 80 years of the 20th century. Today, smartphones allow community members to participate in self-monitoring by reporting suspect infections through dedicated applications. More sophisticated point-of-care diagnostic tests can confirm diagnosis in hours rather than weeks. Yet now, pandemic eradication would be nearly impossible. Why? In the 1900s, public health workers worldwide coordinated strategy, logistics and vaccine donations to accomplish eradication, despite all political tensions. However, geopolitics and national rivalries impede international collection which now prevents equitable access to vaccines and successes such as the smallpox eradication programme.



Members' photos

Our members have been out and about again.

Patrick Whittick (UK) took his camera to Staffa Island in Scotland to find these adorable Puffins.

[Large Image](#)

Are you an amateur photographer? Share your latest images with us at

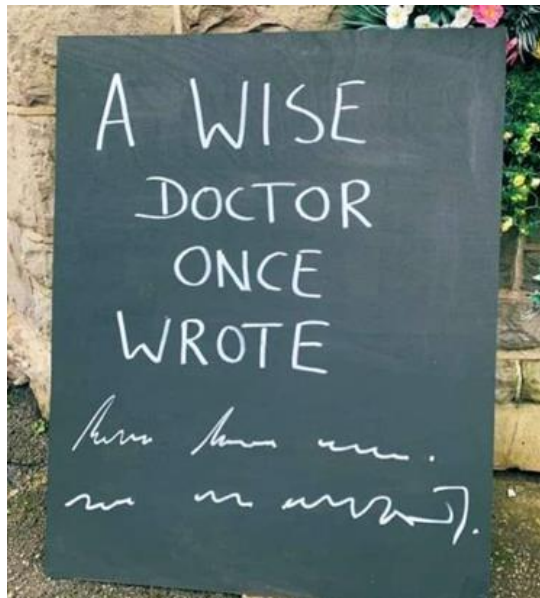
<https://probusglobal.org/Photos/>

SMILE: Paddy went into a pizza shop and ordered a medium size pizza. When it was ready he was asked if he wanted it cut into 6 or 8 slices. Paddy answered "Only 6. I could never eat 8 slices."

I SAW A GUY TODAY AT STARBUCKS. NO PHONE, NO TABLET, NO LAPTOP. HE JUST SAT THERE DRINKING COFFEE - LIKE A PSYCHOPATH.



One day I was walking along the beach with friends when someone shouted, "Look at that dead bird!" Someone else looked up at the sky and said "Where?"



Do not regret growing older, it's a privilege denied to many

The great thing about being old is when you make new friends, it is for life!

Age has its advantages. Too bad I don't remember what they are.

Retirement is what happens between doctor's appointments.

Money isn't everything, but it sure keeps you in touch with your children.



4 SURVEILLANCE CAMERAS (OLD MODEL)



Andrew, a 70-year-old wealthy widower, arrived at a Probus Club with his new wife, a stunning 25-year-old. "How did you convince her to marry you?" whispered a fellow Probian. "Easy. I lied about my age," said Andrew. "What did you tell her? That you are 50?". "Nah!" said Andrew. I told her I was 96."

