PROBUS Global Newsletter



September 2025



From the President

It gives me great pleasure to welcome **Geoffrey Lloyd** to the PROBUS Global management team (see P5). Geoffrey has accepted the important role of Newsletter Editor. At the same time, we extend our warm thanks to **Mary Wilson**, who has done an outstanding job as Editor and whose dedication and creativity greatly strengthened our communications. As Mary passes the torch, Geoffrey will help us build on that strong foundation. Looking ahead, our October meeting will give members an opportunity to step back and reflect on the purpose of PROBUS Global. With more than 1,600 members worldwide, we are not a traditional club but a network that thrives on communication and shared experience. Our goal has always been to provide a platform where PROBUS members across the globe can connect, exchange ideas, and promote the spirit of PROBUS beyond local boundaries.

As President, I believe our priorities remain clear:

- Resources – to continue providing practical tools, contacts, and information that support clubs and members.
- Interactive Connections – to create opportunities for members to engage directly through meetings, discussions, and shared projects.
- Global Outreach – to strengthen our presence internationally and encourage new members and clubs to join our network.
- Accurate Information – to maintain an up-to-date database of clubs worldwide, ensuring members can find and connect with each other easily.
- Active Involvement – to encourage more volunteers to take part, bringing new energy and leadership into PG.

These goals are not static. They reflect the evolving needs of our members, and the success of PG depends on fresh contributions, new perspectives, and the willingness to share in the work. One of the challenges we face is ensuring continuity in leadership. Many of us, myself included, have been in our roles for longer than originally expected. For PG to thrive, we continue to strive to encourage new Presidents and leaders to step forward, bringing different styles and visions to guide PG into the future.

We always encourage PROBUS members to join PROBUS Global. But it is also important to pause and consider what a new retiree sees when joining a local PROBUS club. A recent article in the Newmarket, Ontario newspaper captured this well: newcomers are drawn to the fellowship, the speakers, and the opportunity to build new friendships at a time of transition. That is the very spirit PG seeks to extend globally. (Spotlight: How one retiree found community in the Men's PROBUS Club of Newmarket)

I am confident that with Barbara and Geoffrey now on the team, and with the continued support of all our members, PROBUS Global will remain a strong, forward-looking communication system for PROBUS worldwide.

Richard Furlong

Contact PG Here

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Contributions welcome (200-500 words) for December issue. Deadline: November 15, 2025.
newsletter@probusglobal.org



Editorial

There is a wealth of articles about how Seniors can sharpen their thinking and improve their memory, but a recent piece highlighted that all suggestions should be backed by science. Being lazy, I was disappointed to learn that while many of us turn to Sudoku, Wordle, or brain-training apps, research increasingly shows the most effective way to boost memory, focus, and brain health is through exercise. Indeed, a growing body of research indicates that regular physical activity enhances three key areas of brain function: cognition, which is the overall ability to think clearly, learn and make decisions; memory, especially short-term memory and the ability to recall personal experiences; and executive function, which includes focus, planning, problem-solving, and managing emotions. For me, unfortunately, exercise is a dirty word. My stimulation comes from reading, creative writing and the camaraderie I gain through Probus among other social pursuits. Luckily, these activities are also cited in scientific literature as ways to boost brain health; however, while important, they are not quite as effective as exercise.

My creative writing for this newsletter is coming to an end. …And yes, it had to be creative because only a few of our members were willing to have their words in print and share their gems of international interest. So please, support your new Editor, **Geoffrey Lloyd**, (see page 5) and write to him about unusual happenings and people in your Probus world.

Despite the paucity of contributions, your positive feedback was generous and has made it a genuine pleasure to edit this little journal and to be part of the friendly PG Team.

Thank you all, and keep enjoying Probus and its three traditional tenets: Fun, Friendship, and Fellowship, plus the fourth casual tenet, Food.

Mary



Travels of a Donkey



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

Episode Thirteen – "X111 – Still Travelling"

Greetings Dear Reader,

"Fit like foo're ye a' deein?" Where has the time gone – middle of the year already. Since my last communique I've been off on jollies again.

Locally Aberdeen has just played host to the spectacular Tall Ships event in the city which attracted hundreds of thousands of spectators. The event - described as Scotland's biggest tourism event this year - began on Saturday, featuring almost 50 majestic vessels from around the world. Unfortunately, the weather was less than kind and yours truly was playing with vessels in Ijmuiden The Netherlands and missed the lot unless the vessel has an engine as its main propulsion then I'm not interested. Sadly, these days all sailing vessels have engine

propulsion which detracts somewhat from the wooden ships and iron men image of the Pirates of the Caribbean.
I spent a bit of time in a newly constructed Port in Turkey a couple of months ago – away in the back of beyond on the Black Sea in a place called Filyos. True to form KLM lost my bags, so once again, I found myself without any gear relying on the kindness of the crew to kit me out. Grub on board though was great – Traditional Turkish Food which I love.
Also, recently I spent a week working in the Shetland Islands and at the Oil Terminal of Sullom Voe. Now the Shetlanders who are more disposed to align themselves with Norway rather than UK have their own couthie language/dialect and it did cross my mind to give you a couple of phrases if you ever visit the Islands – apologies to ex pat Shetlanders if there are any errors.
Ahint – not a clue or suggestion but - behind
Baagie – Seagull
Peerie – small
I could go on but I know our Editor would rather I wrote English gibberish.
Today we have the President of the US visit his Golf Courses at Menie Estate Aberdeenshire – just a couple of miles from where I live. Apart from road closures and a massive Police presence so far there doesn't appear to be anything out of the ordinary.
In fairness the courses are first-class, which is more than can be said for my golf. As Leslie Neilsen said, "We don't play Golf to feel bad, we play bad Golf, but we feel good".
Or at least that's my mantra.

The item below was sent to us by **Merv Richens**, PG's Australian co-ordinator, in place of his regular *Rotary Connection* column.



Probus and Wellness

Health experts' tips to support wellbeing highlight five key areas that can significantly improve retirees' quality of life. Three of these, and a fourth if you really stretch, are already part of the Probus experience. The fifth, outside Probus's scope, is prioritising **good sleep**. Stick to a consistent bedtime routine and ensure you're comfortable and not too hot. The one that demands a bit more effort is maintaining a **balanced diet**. Probians often go out for meals, and most have lunch or morning tea at meetings, so that's a stretch for Probus. However, the other three are directly relevant. **Keep moving** is one tip, and if your club offers many activities and you participate regularly, it adds extra benefit beyond your usual walking or exercise. …And don't forget to stay active at home and indoors. When spending time at your computer or reading, take breaks to stretch and walk around a little. **Stay well-hydrated** by drinking tea, coffee, or water. If the Probus meetings are arranged theatre-style, and if it's permitted, bring a drink along and sip it throughout. Drinks are available at many clubs, so refill your glass often. Older adults tend to feel thirst less than younger people, and dehydration can occur suddenly. Ultimately, what Probus excels at is fostering **connections and engagement**. Much has been written about emotional wellbeing, and without social links, people's mental health can suffer.

Members' Opinions

While our countries and opportunities are vastly different, we would like to have anecdotal information about Probus in your area. For example, we'd like to know the distances members travel to meetings, or the time taken to do so. Many live in country or remote areas others live where traffic and populations are dense so they travel to Probus by public transport. What mode of travel do you use? Another area of interest for PG is the attendance at meetings. What does your club believe to be a good percentage? How many meetings can one miss without comment? What are your club's rules about attendance? What "services" do your Welfare Officers provide? Birthday/get-well cards? Hospital visits? Transport help? Follow-ups on absent members? Write to us and let us know your practices and opinions about these questions.



International Women's Day Celebrations

Anna Dhurai, Probus Club of Chennai, India

The Probus Club of Chennai, jointly with the Russian Centre for Science and Culture, celebrated International Women's Day at the latter's premises in Chennai. The event honoured the achievements and contributions of women in various fields of endeavour. Guests of honour included Ms. Padmini Pattabiraman, a writer and journalist, Ms. Mamathi Chari, author and artist, and the President-Elect of the Rotary Club of Madras. There were two presentations made, the Probus Award of Excellence-2025 and a Probus Recognition Award-2025. The celebration aimed to recognise and appreciate the invaluable contributions of women in society, promoting gender equality and empowerment.

Disruptors

Disruptors are individuals, movements, technologies, or nations that challenge established norms and shift global dynamics in unexpected ways. These disruptors often emerge in times of instability or rapid change, leveraging innovation, ideology, or power to upend traditional systems. Technological advancements such as artificial intelligence, geopolitical assertiveness from rising and established powers, and grassroots movements demanding justice and social equity have all acted as major disruptors. While they can spark progress and adaptation, they also introduce uncertainty, forcing governments, institutions, and societies to rethink long-held assumptions and strategies for the future. The older generation, while not complacent, work at warding off anxiety engendered by disruption, and Probus helps in that members can share their concerns with like-minded people in a convivial atmosphere.



PG's New Editor

Professor Geoffrey Lloyd began his working life as an apprentice gas-fitter in Wales after leaving school at age 15 with no qualifications whatsoever. He progressed through the company and retired after 35 years' service as a Senior HR Manager and entered the world of academia.

He was appointed Research Fellow at the University of Wales and later, Cranfield University of Management. This was followed by Professorships at Universities in the Netherlands and Sri Lanka. He has acquired Master's degrees in Science, Arts, Business, Law, Philosophy, Theology and Psychiatry and holds two Doctorates. He was the founding editor of the journal 'Management Matters' and has published 12 books and over 50 articles; his latest book published in 2023 was for Probus. Geoffrey joined Probus in 2020 and was Chairman of Llandrindod Wells Probus Club in 2023. PG warmly welcomes him as its newsletter Editor and looks forward to his input on its management team.

Thinking of travel?

The Economist Intelligence Unit's (EIU) Global Liveability Index is no popularity contest. It's a comprehensive assessment of 173 cities worldwide, scored across five key categories: stability, healthcare, culture and environment, education, and infrastructure. Each city is scrutinised, with everything from political stability to public transport, hospital wait times to cultural vibrancy factored in. This year, the EIU noted a global dip in stability, thanks to rising geopolitical tensions and civil unrest. So which cities came in the top 10 as the most liveable? The top one was Copenhagen in Denmark. Equal second place were Vienna, Austria and Zurich, Switzerland. These were closely followed by Melbourne, Australia, Geneva in Switzerland, and Sydney, also in Australia. The others were Auckland, New Zealand, Osaka, Japan, Adelaide, Australia and in 10th spot was Vancouver Canada. At the other end of the spectrum, war-torn Damascus in Syria remains the world's least liveable city.

What Can You Do for Your Club?

Andy Redman, Probus Club of St Catharines, Ontario, Canada

Ask not what your Club can do for you; instead, ask what you can do for your club.

If good people don't step forward, then what do we end up with? And even though some of us feel uncomfortable at times when asked to step up, we're all here to make a difference and to make positive change in our retirement years.

All Probus Clubs require turnover every 2-3 years of their Management Committee (MC) offices, to ensure strength and viability for its future, and to avoid fatigue for those officers in place.

Unlike in our former professional lives when there may have been constant pressure to get things done and meet deadlines, Probus exemplifies fraternity, friendship and fun, whether as an MC officer or simply as a participating member. The pressure is minimal and timelines are flexible. What is important is that the Club is financially viable by ensuring its income is sufficient to meet ongoing costs; that the Club is overseen in a relaxed manner by people with fresh ideas; that programs meet members' needs, to complete the circle of fraternity, friendship and fun.

Decide that you can and will contribute to your Club for many of the above reasons; and, most important, that you advance your retirement growth by succeeding those MC members who need to take a break.

Thank you.



Attendance records

Most clubs keep attendance records, not just for their meetings, but for all their activities. In some countries, it is mandatory for insurance purposes. PG would like to hear from clubs if they use these records for other purposes. For example, the welfare officer of some clubs follows up on anyone who has missed two or more consecutive meetings. Attendance sheets for outings are useful for newsletter editors who seek feedback articles and photographs of recent activities. The management committee (MC) ones are tools whereby the MC can assess if certain people are suited for specific jobs. For example, if an MC person who travels and misses many committee meetings, they would not be suitable to take charge of the day-to-day chores. However, they would be useful for filling in for a missing speaker or doing cameo talks about their trips. Let's hear from you. How does your club use these records?



Laughter

Philosophers and psychologists have spent hundreds of years thinking about what makes us laugh. There have been many theories; the oldest was coined by British philosopher Thomas Hobbes, who in 1651, postulated that happiness engendered laughter upon the realisation of being superior to someone else. Others have since posed many more theories. In 1750, Irish philosopher Francis Hutcheson suggested the "incongruity theory". This happens when we meet one word with two meanings, such as Christmas cracker jokes, or Rob Beckett asking "What did one plate say to the other plate?" and

answering “Dinner’s on me”. Even Sigmund Freud bought into the argument by stating (in 1905), “repressed energy is discharged by laughter”. Freud’s relief theory of humour was illustrated when no one was at ease when Bob Mortimer’s magic act featured a napkin rising into the air at groin height, but everyone laughed. More recently, it is believed that we laugh when we see a “surprising quality” that “stems not from the revelation of the unknown, but from an unexpected look at the known”. We laugh because now we know we’re properly seeing the world as it is. This century, Douglas Robinson’s work in linguistics and Antonio Damasio’s work in neuropsychology suggest our brain and our body learn to respond to the world before our mind has kicked in. We’re physically laughing before we’ve mentally processed what’s funny. We see this response in babies, and it stays with us throughout our lives. However, we don’t tend to laugh in isolation. It is evolutionarily ancient and helps us connect with others. What older theories don’t seem to take into account is that we also laugh out of embarrassment, politeness, nervousness and derision.



Photo

https://probusglobal.org/Photos/

The Editor’s pick of the recent photos posted on the PG website was taken by **John Thorne** from Hobart, Australia. The caption reads:
My wife, Shirley and I had a pleasant walk in a Tasmanian wilderness park and spotted these fungi specimens. No, we didn't pick them!



Late Probian’s book of Poems

Geoffrey Lloyd, Incoming Editor of PG Newsletter

Past President of Llandrindod Wells Probus, Dave Wilson (who sadly passed away last year), was a music teacher, band leader and a prolific poet. A visiting London Probian described his poems as “a masterpiece with so much joy in reading his words; what a talent he had!” With permission from Dave’s wife Gill, I compiled his works and published them in a book, which was launched at our Christmas lunch last December. There was much coverage in local papers. The book has sold well for only £6 a copy and made a great Christmas gift! Profits from sales go to local charities and to the bands in which Dave and Gill, also a musician, played. During my year as Chairman, I concluded each meeting by reading one of his poems to the great delight and mirth of the audience! Copies of the first edition are available from me. Probus Club Llandrindod Wells’ members, wearers of Dave's waistcoats, now refer to them as 'Wilson's!

Falls

While anyone can experience a fall, they're a common cause of disability and loss of independence in older age. A large proportion of elderly people worldwide die from falls, and sadly, many of these people are dying early, not when their "time has come". Falls are often preventable. Here are several key actions that can be taken to reduce the chances of a fall. First, once over 65 years, easy balancing exercises that take little time can make an enormous difference. For example, if it is safe, stand on one leg for a minute (and then the other) while doing a chore or just brushing your teeth. Also, squats, lunges, stepping in different directions and walking sideways and backwards all help. Second, have your medication reviewed when there is a change, because certain medications, such as sleeping tablets, as well as taking multiple medications, can increase your risk of falling. Third, common sense will dictate how to reduce hazards at home – no loose rugs or "rogue" electrical cords, etc. An occupational therapist can assess a home and advise on grab-rails, and ramps if needed. Finally, care for yourself. Ensure good vision. If your feet are sore, see a podiatrist. A physiotherapist can assess your gait to correct bad walking habits, and if necessary, don't be too proud to use aids.



Above: This is a website traffic map. Visitors from all over the world view the PROBUS Global website. (2025 to August 1)

Club newsletters

To what use does your club put its newsletters? Yes, it is a communication tool for members, but it can be so much more. It should be noted that if used as suggested below, consideration needs to be given to privacy and what contact information is published, particularly if it is uploaded onto a website. Newsletters are excellent at promoting your club, particularly if it is not filled with minutes and financials. The latter need to be kept separate. If it carries exciting photos and reports of outings and members having fun, plus foreshadows future activities and speakers, then prospective members' interest is piqued. If sent to the offices of your local council or MP, some of it may end up being mentioned in their newsletters. Sharing it with neighbouring clubs may encourage them to have joint activities with your club. If an enquiry about membership is made by phone or through Facebook (or other social media), send a recent newsletter (or direct them to one on your club's website) and explain that it will give them an idea of what your club does. Newsletters can highlight achievements, showcase success stories or milestones to build reputation and credibility. They can encourage member participation in activities, create a historical record, and, if well-designed, they can show professionalism and enhance how the club is perceived by outsiders. They should not be behind firewalls for members only. Finally, they can educate with articles about wellbeing and other interests such as travel, or local entertainments.

New Zealand Update

Liz Smith, New Zealand Coordinator

NZ clubs are planning their Christmas functions and many of them will go into recess after their December celebration, not resuming monthly meetings until February. Prior to that, in October, clubs will celebrate Probus Day. In the Northern region, there have been three 30th birthday celebrations: Waikanae, Raumati and Levin. At the Waikanae Probus Club several members were foundation members and one was on the original committee.







Members of Probus Global visiting New Zealand will find Probus Clubs all over the country. When arriving at Wellington Airport, visitors, for the past 12 years saw two giant eagle sculptures hanging from the ceiling. Now, they have been replaced. Situated above the main Concourse is a local bird spirit, Manu Muramura, from a Maori legend relating to Wellington and its harbour. The fibreglass sculpture is 15 metres long, and its translucent feathers' hues change with the light. Those arriving or departing Wellington Airport cannot fail to be impressed by the beauty and intricacy of the airport's latest artwork.

New Zealand's Probus clubs are warmly welcoming of overseas visiting Probians, so if you have time, make contact and join one of our clubs at a meeting.

Is Probus Dope?

Peter Jennings, PG Webmaster

If you were born before 1980, you probably don't use the word dope in the modern slang sense – It means something is excellent, terrific, and cool. This meaning became popular with the spread of hip-hop among American urban teenagers. Those $500 trainers are dope, man! Sick! The English word dope derived from the Dutch *doop* when covered wagons hung a bucket of thick black grease on their axle. They called it dope because it resembled the Dutch dipping sauce popular in New York (formerly New Amsterdam).

When the settlers arrived in San Francisco, thick black opium paste reminded them of axle grease, so they named it accordingly. By the end of the 19th century, 'dope' came to refer to all narcotics, and in the 20th century, it was mainly used for marijuana. Today, the drug culture uses it to refer to heroin.

The doping of racehorses with drugs led to the use of the term dope to refer to knowing which horse was likely to win. By the early 20th century, newsrooms used the term to mean reliable or valuable information. Is that straight dope or what?

Personally, I find PROBUS to be excellent. Attending meetings and activities is addictive. There is always new information to be gleaned from those meetings. Dope, for sure.

Belgium's National Probus Day

Gauthier De Brabandere, PG European coordinator


Early morning (9 am) registration

About 440 Probians from all over Belgium gathered in Kortrijk, Belgium for this, 26th bi-annual reunion. While most attendees were from within 100km, quite a few covered the 200/250km from Courtrai – the town well known for its historic flax trade and linen/textile industry. We were also pleased to host a delegation from Probus France led by **Jacques Pierre Nollet**, president of Probus France. All participants chose a morning activity in their language (Dutch or French) from 26 pursuits, including industrial or academic visits, cultural or tourist attractions, or a conference for those who preferred not to walk. Later, they returned on buses, for the traditional "apéritif", enabling participants to renew old contacts or make new ones. **Gauthier De Brabandere**, substitute president of the organising committee, welcomed everyone and City Alderman in charge of culture, **Felix De Cleck** spoke of the merits of the city, congratulating the seven Probus clubs who jointly organised the event. Finally, National Probus President **Annie Goddaer**, expressed her pleasure at the support of the attendees at the event, organised in her hometown during her term as National President. This was followed by a formal luncheon allowing participants to continue their conversations while enjoying the delicious food and accompanying wines.

The organising committee was delighted by the event's success, making the more than 12 months of preparation worthwhile.

Invitation

PROBUS GLOBAL ZOOM MEETINGS

MONDAY OCTOBER 6, 2025 - **8pm EST** Toronto time

or

TUESDAY OCTOBER 7, 2025 – **9am EST** Toronto time

*(Note **different time zones** to suit most members worldwide)*

In addition to the agenda items there will be a Q&A session during the meeting and you may submit specific questions in advance so that the President Richard or the Webmaster Peter can answer them.

Questions can be emailed by Sept 30 to president@probusglobal.org

Agenda and links to the meetings are available on the PG website.

SMILE

I trained my dog to fetch beer. It may not be too impressive, but he does get them from the neighbour's fridge.





I never use turn signals because it is nobody else's business where I am going.

Our town is so small that we don't have a town drunk, so we all take turns.





It's six months since I joined a Gym and I have seen no progress. I'm going there in person tomorrow to see why and what's really going on.

A prostitute says to Paddy, Hello, would you like to have sex?

Paddy says, Okay, but only if you do it like my wife does!

She replies, I can do it however you would like. So how does she do it?

Paddy replied, She does it for free!



When someone says "stop living in the past" I say, "but the music was so much better back then."





Boss hangs a poster in the office: *I AM THE BOSS. DO NOT FORGET*

He returns from lunch and finds a note on his desk: *Your wife rang. She wants her poster back.*

Boss: Do you believe in life after death? Employee: Certainly not. There is no proof of it. Boss: Well, there is now. After you left early yesterday to go to your uncle's funeral, he came here looking for you.

Quotable quote: "In my many years, I have come to the conclusion that one useless man is a shame, two is a law firm and three or more is a congress."
John Adams (an early USA President).