



*From the President*

Welcome to the 2023 Spring edition of the PROBUS Global Newsletter. We wish to thank the many PROBUS Global members from around the world who contributed to our newsletter. We hope you will enjoy reading its global content and all that PROBUS Global has to offer.

Since our last newsletter in December, we have had many achievements within our global community. We have added our 1,000 members from our humble beginning just over three years ago, we have clubs twinning from different countries, our newsletter circulation has increased, we have added members from new countries to PROBUS Global. After years of decline, we will see the first new club in the United States in decades.

Recently I, as President, and Club Administrator Linda Metcalfe, made a presentation (see page 8) on PROBUS Global to King Edward County PROBUS Club in Eastern Ontario, Canada. The presentation was extremely well accepted, and the PowerPoint has been circulated to many locations. It is also available for any PROBUS club/member. If you wish to have a PROBUS Global management team member do a presentation at your club, they are as close as your email. One of the great benefits of PROBUS Global are the programs it has established over its brief history. Below from our presentation is a slide of recent programs:

**PROGRAMS:** Speakers Corner, Travel, Photos by members, PG Awards, PROBUS Day, Quarterly Newsletter, updated chat rooms, Quarterly General Meetings and Mapping of club and PG member locations

When we originated the idea of PROBUS Global, our vision was to make the world a smaller place for our membership, and today with travel restrictions being loosened, many of our members are traveling around the globe and meeting fellow PROBUS members in far off locations. Our Webmaster Peter Jennings may currently hold the record, meeting a fellow PROBUS Global member John Thorne 16,274 km from his home in the Niagara area in Canada. John is a driving force behind our Photos by Members. We continue to have reports of clubs opening their doors to clubs in other countries. This leads to many opportunities for expanding fellowship and a doorstep of friendship when you arrive in your twined country.

Please note that on March 7<sup>th</sup> PROBUS Global has scheduled a virtual General Meeting for its Management Team and all PROBUS Global members are invited to attend. We will review the path forward for PROBUS Global, keying on program development, Coordinator program by region, revenue, and marketing. We will hear the latest on our website, club registration and newsletter program. Nick French will be our keynote speaker, speaking about PROBUS in South Africa and Zimbabwe. Members can join the meeting by going to the PROBUS Global website and clicking on the Meetings and Presentations tab. The March 7<sup>th</sup> meeting will be highlighted. Click on the invite tab, and you will get a copy of the link to the meeting. Hope to see you at the meeting.

Contact PG [here](#)

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Contributions welcome (200-500 words) for June issue:  
deadline: May 12, 2023.

[newsletter@probusglobal.org](mailto:newsletter@probusglobal.org)

*Richard Furlong*



## Editorial

We in PROBUS are of an age that we mostly recognise when something is impolite or inappropriate and abstain from doing it. We request that phones be turned off during meetings and if we are expecting an urgent call, we notify the President and apologise in advance. A recent study has shown that ignoring people in favour of a phone – an act known as “[phubbing](#)”, or phone snubbing – has dire consequences. Important relationships such as with partners, supervisors, friends and family members can be irreparably damaged and is as hurtful as cyber bullying. Strangely, people are more likely to phub those closest to them. For

instance, study participants phubbed their partners the most, followed by their closest friends, siblings, children and parents. In partnerships, phubbing led to increased conflict, made the phubbed partner feel excluded, which resulted in less intimacy, reduced satisfaction with the relationship and in turn led to reduced life satisfaction. Phubbed children were more likely to become addicted to their smartphones, and displayed hostile behaviour online. And so the harm goes on. Friendships and relationships can break up over a very short period of phubbing, but younger age groups don’t seem to recognise just how hurtful it can be to prefer a phone over a relationship. It shouldn’t happen in PROBUS.

*Mary Wilson*

## Visiting Probians



PROBUS Global has been receiving numerous reports regarding PG members who contact other members overseas to see if they can fit in a visit to a PROBUS club when travelling. One example is when [Shirley Koob](#) and [Tim Miller](#) from the Probos Club of Saskatoon Bridges in Saskatchewan (Canada) visited the PROBUS club in the small New Zealand town of Kaiapoi late last year. It so happened that at the time of their visit, the Kaiapoi club was celebrating its 29th anniversary with live music and a sumptuous morning tea. While there, Shirley and Tim made a presentation of a commemorative plate showing a member of the Canadian Mounted Police. Another example from our webmaster appears on page 9. Share your visiting experiences on the PG web site.

## News from Japan

From [Kenichi Ito](#), PG’s Japanese Coordinator



Late last year, the 10th General Meeting of the Probos Centre-Japan and the Tokyo Hachioji Convention was held at the Keio Plaza Hotel Hachioji. About 180 Probians, from 22 clubs in Japan, participated in the grand event.

At the general meeting, there was a change of officers, including the president of the Probos Centre-Japan.

Following the General Meeting, the Tokyo Hachioji Convention was continued. The agenda was:

Part 1: Exchange Meeting, Part 2: Welcome Event, Part 3: Social Gathering.

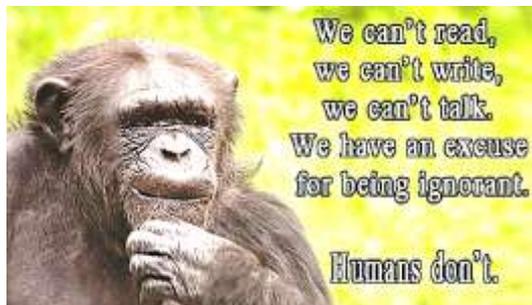
At the Exchange Meeting, presentations were made by Tokyo Hachioji Probos Club, Probos Club Matto, and Biwako Otsu

Probos Club. The second part of the agenda, the Welcome Event, featured songs and performances by the

Hachioji Probus Club's chorus group and singing by an opera singer. The third part, the Social Gathering, was full of spectacular dances by the Hachioji Geiko, which is a Japanese heritage.

When the long-awaited banquet began, and chatter at each table and taking of commemorative photos with the enchanting Geiko was much fun and very exciting. I was very impressed by this wonderful project. It was a reminder of the planning power and power of the host club, Tokyo Hachioji Probus Club.

The next day, in good weather, about 50 people participated on an excursion to Mt. Takao, Japanese Heritage.



## Vocabulary: does it affect one's intelligence?

A contribution by **Kumar Tipirneni** Hyderabad Probus club, India

**Vocabulary** is a collection of words. There are two kinds of vocabulary: **Recognition Vocabulary** and **Functional Vocabulary**.

Recognition Vocabulary is the set of words you recognise and understand when you see or hear them. These words are not swiftly accessible for verbal communication; we may have to fumble, pause or insert superfluous time-gaining words like: *um, so, like, you know*, etc. Their supply from the brain is slower than what the tongue can use. On the other hand, words in your Functional Vocabulary are those that are readily accessible when needed and flow naturally. Recognition Words one has are far more numerous than Functional ones.

**What does a word signify?** Let me give a simplistic example: "Cat" is not just a 3-letter word. It means a lot more: it brings to mind a relatively small but swift 4-legged furry animal which has whiskers, hunts rats and birds and can be a pet to humans. Therefore "cat" is really a "**packet of information**". When we hear the expression "Cat is a predator", if we do not know what these words mean and have to refer to a dictionary, then that would sharply slow down understanding and acquisition of knowledge. Moreover, we also lose track of what is being said thereafter.

**What is Intelligence?** The general definition of intelligence is that it is the ability to understand, learn and think. This is an inadequate definition. If your IQ is 135, you may understand something either instantly or in a second or two. However, with an IQ of 100 it may still be understood, but only after it is explained or read repeatedly. Thus, understanding the same thing is at significantly different speeds. A more relevant practical definition would be: **Intelligence is one's "Speed of understanding and learning"**. This relates to **Rational Intelligence**.

Given adequate effort, a less intelligent person can also learn well, but, a more intelligent person can learn more over the same period and can accumulate more knowledge. Perhaps, a meaningful practical formula is: **The amount of learning or knowledge = Intelligence X Quantity of Effort X Quality of Effort (Concentration)**. (If any of these three elements is zero, then the amount of learning would be zero).

Studies have shown that a "Genius" is not necessarily one who has an IQ of 160. Even a person with average intelligence can become a genius in a particular field (be it a sport or IT) by **putting in an effort of (the magic number) 10,000 hours**.

So, what is the relevance of vocabulary for intelligence and acquisition of knowledge? As brought out earlier, **the larger the vocabulary one has, the faster one learns**. The amount of learning/knowledge one can acquire in a given time depends significantly on one's **total vocabulary**, both Recognition & Functional. So effective and confident **verbal communication** requires a command on words; i.e. having a large **Functional Vocabulary**.

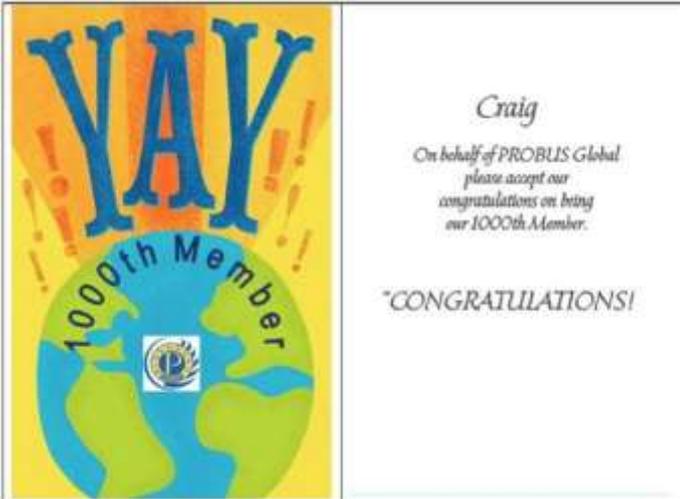
**Thought Process:** Thinking cannot happen in a vacuum. It requires a medium. That medium is language. Language is vocabulary + grammar. Understanding and learning is through thinking. Understanding and learning is intelligence. **A rich vocabulary enriches thinking and hence also intelligence.**

My constant refrain when interacting with boys or girls of all ages is:

1. **Enhance your vocabulary**, through reading and listening

2. Challenge yourself to **learn at least three new meaningful words each day**
3. **Repeat several times** the word you just learnt, so as to own those words and make them your slaves
4. When learning a new word, **make sure you also learn and practice aloud its exact pronunciation**. There are **audio-dictionaries** that can be downloaded onto your mobile for free. These dictionaries give both the British and the American pronunciations.

Interested in words? There is a newsletter called "Word a Day". – check it out on <https://wordsmith.org/words/today.html>



### 1000th member

Just After the distribution of our last newsletter, PROBUS Global acquired its 1000th member!

Congratulations **Craig Homewood** from East York Probud Club, Ontario, Canada!

Craig joined at 14.54 EST on November 30, 2022

Well done Craig! PROBUS Global has come a long way since it formed with 35 members in 2019!

### Benefits of indoor plants



Even if you don't have a green thumb, indoor plants are easy to care for and good for you. In the UK, one in eight households don't have access to any kind of garden and most living around the world in high rise apartments don't either. Having access to nature can have a number of beneficial [effects on our health](#). Greenery has been linked to alleviating symptoms of depression and anxiety, as well as other health conditions, such as asthma, cardiovascular disease, and poor immune function. While there's not yet a robust body of research on the mental health benefits specifically of houseplants, plenty of studies have shown how beneficial green space and gardening are for mental health. A recent review of 42 studies demonstrates that even just being in the presence of indoor plants can improve mental and physical health. Plants can [remove pollutants](#) such as carbon dioxide, nitrogen dioxide (from nearby traffic), fine particles (from dust) and volatile organic compounds (from air fresheners, cooking and cleaning). For people indoors for the majority of the day, indoor air quality is hugely important. Owning houseplants can have a range of benefits for our health and caring for them can give a tangible sense of fulfilment.

### Images and publicity

Have you agreed to having your photograph and/or video clip used in your club newsletter and other PROBUS publicity items? All clubs need to get this permission from their members, even if it is just a sentence on the membership application form to the effect that you give your consent for your image to be reproduced in print or electronic and social media when related to Probus. Most don't mind, but some members prefer to exclude social media, so your club must be aware of this privacy issue. Those clubs with Facebook or other social media pages also need a privacy statement stating how they use images captured for social media.

If you change your contact details, please let the PG Administrator know and she will change PG's own records for notices etc. However, on the web site, you will need to change your own profile.

## Powerful talk given to two clubs in Bruges

Jacques Couwenberg Flanders, Belgium and PG European coordinator Gauthier de Brabandere



Recently, the large ballroom of Moerkerke Castle hosted 89 members and partners from two PROBUS clubs in Bruges, for a talk by the eminent **Count Herman Van Rompuy**, (pictured) former President of the European Council (popularly known as President of the EU).

The speaker chose "*Experiences of a political sage*" as the title of his broad-ranging address. He gave an overview of the characteristics of the times in which we live: - Fear and uncertainty: since 2008 we have been experiencing a succession of permanent crises: banking, Eurozone, refugees, attacks, Covid, war in Ukraine and energy crisis. Also individualization of our society; status quo of happiness, loss of social capital due to domination of TV and smartphone use. And then, Democratic deficit; alienation from politics should not be a leadership deficit. He said that there is a need to protect citizens

and social life, but sometimes unpopular decisions have to be taken. However, there is hope because of people's capacity of resilience, adaptability and solidarity. The speaker in his most eloquent style, continued with an optimistic and determined view of the importance of the EU and European cooperation. He talked about the consequences of the war in Ukraine and about the relationship with Russia, about the relationship with China, about the need to become less dependent on those countries. The EU must take its destiny into its own hands and become strategically autonomous so that it is not exposed to blackmail.

Count Herman Van Rompuy also addressed the changing relationship with the US, from ally to enemy and back to ally, with the recurring need for more European cooperation on defence. Added to this are the many other challenges within the EU in relation to democracy, society and migration. Even the enormous population growth in Africa was mentioned. He concluded his talk by touching on the challenges of climate change, energy transition and new technologies. He ended with a positive message: "We have made a huge journey, and there remains a huge potential. That is why we remain hopeful. But "to hope" is a verb! And we have to act in order to achieve the goals and results of this hope".

The assembly concluded with a friendly reunion of members of both clubs, camaraderie and a sharing of the culinary delights created by the Moerkerke Castle chef.

## Succession Planning

Rob Neary PG Management Team



A problem typically faced by Probus clubs and associations is finding people to serve on their management committee. It's a problem that the general membership of the club prefers not to know about. In their view, so long as there is a committee in place, there's no problem, and no need to worry!

But there is a need to worry. It is certainly a problem for those currently on the committee or board who are faced with the amounts of work needed to be done, especially for large clubs. It is usual that committee/board members only serve 2 - 3 years before stepping down or resigning. The health and vitality of

management committees tend to be noticeably cyclical with Committees starting strongly and then growing weak as tiredness sets in.

Efforts to recruit new board/committee members are often met with excuses such as "I don't have the time", "I can't use a computer" and similar excuses. In reality, it's not really a case that a person **has** no time, but more a case that they do not want to **give** any time. The community spirit of the past seems to have evaporated these days!

What can your Probus Club do about this problem? The main thing is to see it coming and to put strategies in place. Don't wait until the problem becomes evident, but start to identify potential committee people as soon as possible, even when the present committee look very safe.

#### **Some strategies to consider:**

1. Create assistants to the main positions on your management committee/board as soon as possible. These assistants are "understudies" and should be mentored by the current position holder. The idea is to give the committee member someone who can "cover for them".
2. While a little contentious, some clubs interview prospective members and ask them to commit to a year to serve on the management committee as part of their acceptance into the club. Most Probus Club Membership Application forms include a statement about serving on the club committee at some time.
3. Change Standing Orders, or even the constitution, to provide committee members with free annual membership. A free membership is a very small sum of money compared to the hours of voluntary service provided by a committee member.
4. Create a Club Committee Member volunteers' awards scheme which provides club recognition and a treat suitable for the award recipient.
5. Look for regular opportunities during club meetings and events to give recognition to the contribution of one or some of the committee members.
6. Budget for special events just for committee member volunteers e.g., as a committee/board, go on a morning tea or luncheon treat somewhere special.

#### **Conclusion:**

Getting a succession plan is **not just** the responsibility of the Club Management Committee or Board - it's every member's responsibility as the Probus Club is their club. Planning early for your club's management team succession is critical. Remember: **"Failing to Plan is Planning to Fail"**.

### *Camaraderie*

Has the pandemic affected camaraderie at your meetings? In my own club it certainly has. Prior to social distancing restrictions, we mixed and mingled before and after meetings and during the morning tea breaks. Now we arrive and take a seat. The then restrictions forced us to stay in our seats, not move around, and be served our morning tea by staff. It limited social interaction and while we are now free to circulate and pick up our own food and beverage, it is difficult to push people to remain standing and mix again. Even encouraging members to sit somewhere else, just during the tea break, has proved unsuccessful. There are five stages of forming friendships. In a PROBUS club the first stage, stranger, is relevant to brand new members only. The other stages are; Casual acquaintance,

friends, deep friendship and then, intimacy and/or romance. We all know the value of friends and deep friendships in these days of rampant loneliness, especially among older people. Enhancing friendships takes effort, but without it, it is impossible to move beyond casual acquaintanceship. I know in my own club, we need to do much better to foster closer friendships, because as we age there is inevitable attrition. Indeed, PROBUS is an ideal milieu to strengthen, increase and enrich our lives with more and closer friendships. Outings and interest groups help, but what other positive moves can a club make to enhance the formation of closer friendships? There are four ways to chat about it with other PG members under the Chat menu at the top of every page on the web site.

*Mary Wilson* - Editor

## *Speakers with a different beat*

David Anderson Lochaber Probus Club, Scotland



Pictured from left; Estelle MacNeill, Sue Shirley , and Probus guest John Workman

The Lochaber Probus Club, a small club in Invernesshire, Scotland, had, as its final speakers for 2022, Sue Shirley and Estelle MacNeill of 'Highland African Beats', a community drumming group in Lochaber. Sue, a paramedic, worked abroad as a live casualty search dog trainer and handler for victims trapped in collapsed structures. It was in this situation, that she first encountered African drumming. She purchased her first drum in 2012, but when she retired and moved to Fort William, Sue found that she had the time to develop this interest, starting the drumming group Highland African Beats in 2016. The group now owns over twenty drums of varying sizes and sounds plus many African

percussion instruments. Most of the twenty-five drummers meet to practice every two weeks and give regular performances around the community. Sue says: "We play culturally specific African rhythms, mostly from the West of Africa such as Guinea and Mali". At the meeting, varying hand drumming techniques were demonstrated, and participation was encouraged. A video of members attempting this is available on YouTube at <https://youtu.be/MC8ga5r1A0s>

Lochaber Probus Club has had many wonderful speakers since it commenced in January 2000, but this meeting rated amongst the best of them. Special thanks to Sue and Estelle for their presentation and the best wishes of the club go to them and to their drumming group.

PG has received feedback from several clubs, appreciating our Speakers' Corner. If you hear an exceptional speaker, please forward their details to Stan Thomson (our speaker curator) using the form on the Speakers Corner, so we can add them to the growing list.

## *Congratulations on Poppleton Club's 40th Anniversary*

Philip Runacres, Poppleton Probus Club, York, UK



Poppleton Probus Club recently celebrated its 40th Anniversary. Two of the club's longest serving former Presidents, **Jack Prest** and **Ken Humphreys**, (pictured with Acting President **Angus Cookson**) cut the birthday cakes which were later enjoyed by the members present, along with a seasonal glass of mulled wine (or fruit juice). The thriving men's club with over 70 members kept going throughout the pandemic by using Zoom and now runs hybrid meetings for the benefit of members unable to attend in person. The meeting was entertained with a talk by member Julian Crabb on the life and times of former Poppleton resident and socialite Sir Alexander Beaumont Churchill Dixie.

New member from India, G.Ramakrishna, coined the catchy phrase about PG "Love the idea of caring and sharing"

## *PG President and PG Administrator guest speakers*

Debbie MacDonald Moynes, PROBUS Club of Prince Edward County, Ontario, Canada



At its January meeting, members of the PROBUS Club of Prince Edward County, Ontario, Canada learned that they are among 300,000 people who belong to 4,500 PROBUS clubs worldwide in 27 countries. **Richard Furlong**, President and **Linda Metcalfe**, Club Administrator of PROBUS Global were the guest speakers. Also joining on zoom were PROBUS Global executive members from

South Africa, Australia, Wales, Dominican Republic, USA, Japan and India.

It was explained that PROBUS was established in 1965 by Rotary Clubs which are service clubs, for its older members in the United Kingdom who were looking for social activities. Clubs were subsequently chartered in New Zealand in 1974, Australia in 1976 and in Canada in 1987.

The PROBUS Club of Prince Edward County was officially established on August 23, 2018. Since that time the club has grown from 88 charter members to its current count of 170, with more people joining each month. The local PROBUS Club didn't skip a beat throughout the pandemic moving monthly meetings onto zoom in May 2020 and becoming "hybrid" (meeting both in-person and on zoom) in September of 2022.

There are over 4,000 PROBUS clubs worldwide, 255 of them Canadian, consisting of over 35,000 members.

Pictured above, is a screen shot of the Zoom speaker, Richard Furlong (third from top), and one of his slides.

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## *Letters*

Debbie MacDonald Moynes PROBUS Club of Prince Edward County, Ontario, Canada

[\(See article above\)](#)

[Richard], we had some good comments from your presentation yesterday. Many people didn't realize the history, depth and breadth of PROBUS. Some people joined PROBUS Global during the meeting and likely more after the meeting. .... your slides are circulated to our membership. A casualty of the pandemic is our club ... attendance. I can tell you that these people were present [via Zoom]: RAU and his wife from India; two from South Africa, a Canadian who was in Florida and about to start a club; one from Wales, and one from from the Dominican Republic.

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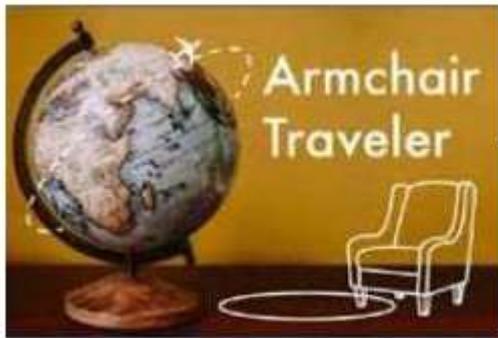
PG would like to thank the many members who sent good wishes to PROBUS Global for the Festive Season and the New Year. Some came from Canada, New Zealand, Australia, the UK and one letter which was in Afrikaans had to be translated through Google. One example of the type of good wishes we received is from **Peter Skelton** below: Others were similar.

*Date: Tue, Dec 20, 2022, 23:22*

*Subject: Re: Season's Greetings*

*Thank you for your Xmas greeting. I am in South Africa as a member of PROBUS Durban North. Previously Pretoria East. I have had lunches with two PROBUS clubs in Bournemouth and Glasgow in UK.*

*Happy Christmas to all the clubs in the world from a sunny South Africa.*



## Travels of a Donkey

Part Le Four



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 you had a fun filled festive and all the best for 2023.

My contribution this quarter starts with a bit of a dilemma. I had intended to get my travelogue up-to-date by telling you about some of the places I visited last year, however a more pressing matter needs addressing viz...

The Title of my Magnus Opus – “Travels of a Donkey”.

You're not going to believe this but my Daughter-in-Law and Granddaughter have just fallen heir to a Donkey. The kids are horsey type dudes. Indeed my Granddaughter was Reserve Supreme of the Caledonian Showing Championships last year – she was accompanied by a pony which helped. Very difficult for a twelve year old with a saddle strapped to her legs to negotiate the hurdles – help is required.

Anyway back to the matter in hand.

They've acquired Murphy the Manic Mule. Okay, for the purists among you I appreciate that Donkeys and Mules aren't the same however for the sake of poetic licence and my penchant for alliteration I'll stick to the misnomer Mule. This critter actually failed the screen test for the Shrek movies which takes some doing.

Donkeys are portrayed as gentle, amicable, nay cuddly, beasts as depicted in Gracie Fields rendition of “Little Donkey”. Donkeys are supposed to be a highly intelligent animal despite popular misconception.

However if Joseph and Mary had entered Bethlehem with this in tow, the Manger would have ended up like a scene from “Apocalypse Now”, and the Wise Men, if they'd had any sense, would have stayed at home; this representative of the Equidae Family has serious attitude and social issues. Something like the “Wee Man Syndrome”

Donkeys allegedly have incredible memories, notwithstanding, they also bear grudges and have an in-built sixth sense regarding those who don't hold them in the highest regard and single them out for persecution. Donkeys are very good at avoiding people that are bad for them.

I actually think the long lugs double up as retractable horns. Note – Lugs is the Scottish term for ears. Can you imagine Roy Rogers atop this beast of burden gently crooning “A four-legged fiend, a four-legged fiend, He'll always let you down, He's ornery and cranky right up to the end, That horrible and hellish, that four-legged fiend”?

Doesn't bear thinking about and completely destroys the image.

The long and short of the story is that he's not integrating too well with the other residents of my family's menagerie.

This then leads me to my dilemma – I'd like my column to bear a more affable title – so dear reader – what do you think?

One of these days I'll actually get round to writing about my travels.

Just now in UK we are plagued with strikes – particularly Railway Workers Strikes. Not that this affects us in the North East of Scotland. A brainiac called Dr Beeching closed the passenger rail network in this area around 1965. In hindsight we'd have been better off with the donkey in charge.

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

'till next time

Check out the FAQs on the PROBUS Global web site! The PowerPoint presented by PG's President Richard now resides there! It is free to use in your club!

## Coffee note

Are you a coffee drinker? Coffee on its own (i.e. black) is full of antioxidants called polyphenols, which are crucial for reducing inflammation in the body. So why add milk? Two reasons: Milk is one of the most nutritious drinks in the world, not only rich in high-quality protein but also an excellent source of vitamins and minerals, such as calcium, vitamin B12, and riboflavin. And then, a recent study published in the *Journal of Agricultural and Food Chemistry* has found that mixing milk with coffee can double coffee's antioxidant effects of polyphenols, making them twice as effective at reducing inflammation.

## A Rendezvous on the Other Side of the World

From Peter Jennings, PG Webmaster



Peter Jennings with Shirley and John

Shortly after 6am, the Westerdam followed the narrow channel into Hobart harbour, threading its way through a flotilla of yachts edging towards the finish line of the Sydney to Hobart race in an almost non-existent breeze. From his home overlooking the harbour, **John Thorne** watched our progress and sent a WhatsApp message to me confirming our rendezvous for later in the morning. This is why I joined PROBUS Global. To meet friendly locals in far off lands. Hobart in Tasmania (Australia) is 16,274 km from our home and there are few populated places further away.

After wandering the Kings Pier Marina and Princes Wharf, admiring the maxi yachts that had finished the race days before, we met **John and Shirley** outside the Drunken Admiral and set off on a guided tour of the region. We can't thank John and Shirley enough for their warm hospitality, driving us around the main sights of Hobart and showing us some secret ones known only to the locals. John is an experienced guide and included history and geography lessons in his explanations of the places we visited.

We are looking forward to meeting more Probians in far off places now that travel is a thing again, and welcoming visitors to the Niagara region of Canada. Bringing people together is the aim of PROBUS Global and I am happy to say that it works.

## Thriving clubs

Did you know that clubs which have a high participation rate at meetings and on outings will thrive? Engaged members have more fun than those who participate passively. How many people play a part in the running of your meetings? Do you have a different Chairperson every time (and not just the President)? Do you have cameo talks by members; is there someone designated to share a few jokes at meetings, do you keep office bearers' reports (if any) down to less than two minutes? After all PROBUS is not a "business" club, but a fun club. Is there too much time taken up on reports? Do you know which outings are the most popular? (Should you increase them?) Do you have a rich choice of activities? Of course the crunch question to ask yourself is, if you were not a member of your club today, would you join? Visit some neighbouring thriving clubs and get some new ideas to introduce to yours.

*A bit of humour*

**Mature wisdom ...**

Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.

I'm at a place in my life where errands are starting to count as going out.

I don't always go the extra mile, but when I do it's because I missed my exit.

A recent study has found women who carry a little extra weight live longer than men who mention it.

Kids today don't know how easy they have it.

When I was young, I had to walk 9 feet through shag carpet to change the TV channel.

Senility has been a smooth transition for me.

I love approaching 80, I learn something new every day and forget 5 other things.

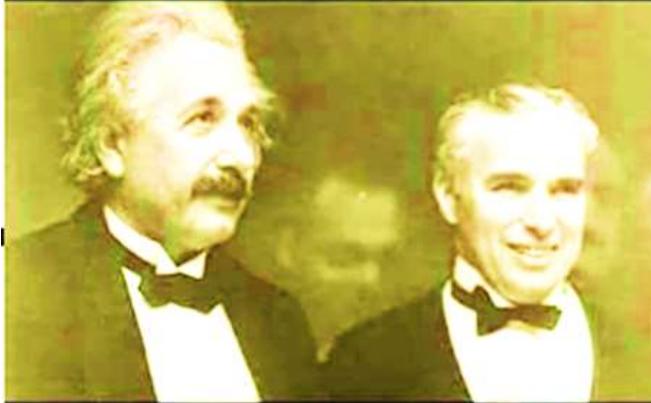
I think I'll just put an "Out of Order" sticker on my forehead and call it a day.

It's probably my age that tricks people into thinking I'm an adult.

It's weird being the same age as old people. When I was a kid I wanted to be older...this is not what I expected.

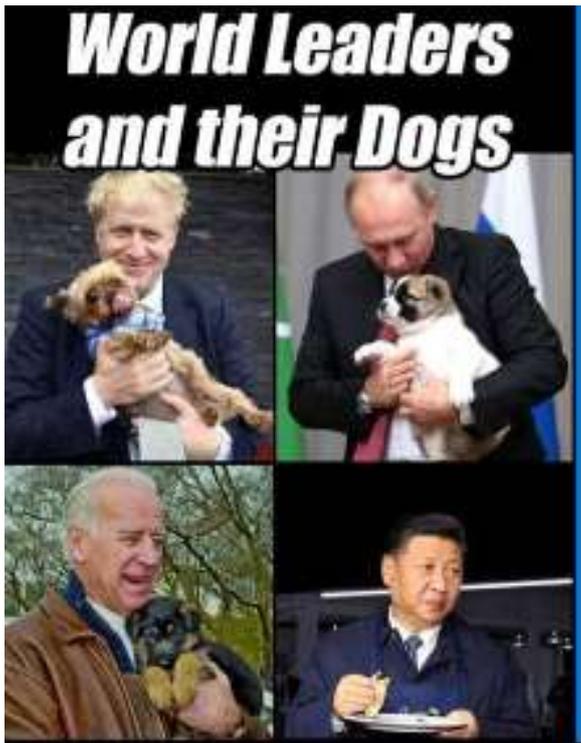
I see people about my age mountain climbing, but I feel good getting my leg through my underwear without losing my balance.

**When Albert Einstein Met Charlie Chaplin**

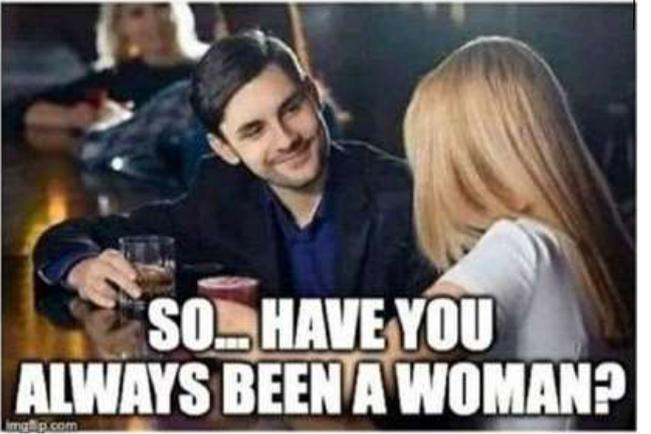


**ALBERT EINSTEIN:** -What I admire most about your art, is its universality. You do not say a word, and yet, the world understands you!

**CHARLIE CHAPLIN:** -It's true, but your fame is even greater! The world admires you, when nobody understands you!



**DATING IN 2022:**



**SO... HAVE YOU ALWAYS BEEN A WOMAN?**

**AND SO ENDS ANOTHER WEEK WITHOUT ME BECOMING UNEXPECTEDLY RICH**

Once I have had my coffee I can use my big words.  
Before coffee, I mostly use ones with four letters.