

NEWSLETTER

June 2025



Probuss Club Of Nelson City

Venue: Nelson Golf Club, 38 Bolt Rd, Tahunanui

Club Email: nznelsoncitygroup@gmail.com

Club Website: <http://probussouthpacific.org/microsites/nelsoncity>

President: Ross Newman Ph 547 3554

Secretary: Chris Tuffnell Ph 027 262 6106

Treasurer: Bess Osborne Ph 027 688 5868

Committee: Shona King 547 3554
Ian MacGregor 021 436 224
Stephen Wynne-Jones 022 066 0159
John Crocker 0274 980 151
Glenys Della Bosca 021 176 0495
Newsletter Contributions: Please email to
delabos1@yahoo.co.nz

Winter announced itself with rain and frost. A 'refreshing' challenge for our outdoor activities groups including the cyclists and walkers. So those of us who opt for the indoor activities can feel a little smug. Of course a special indoor event is coming up—the **mid-winter luncheon**. Good food, good fun, what could be better? Hope to see you there! (For Details See Page 2)

We are aware of a number of recent scams affecting locals recently so I have followed up on a fellow committee member's suggestion on guidance for keeping oneself safe from scammers. You'll find the notes on page 7.

Meeting Speaker—12 May

Chris Tuffnell

Main speaker, Chris Tuffnell, spoke about the trip that she and Bess Osborne did to Central America in search of the Panti Medicine Trail in Belize. This involved joining a Tucan tour visiting Mayan archaeological sites in Southern Mexico, Belize, and Guatemala. The Mayan people are thought to be indigenous hunter gatherers, who from 7000BC commenced agriculture and by 1200BC trading centres.

The ancient Mayans measured time via astrology and astronomy, used mathematics, and had over 500 documented language symbols. Their pagan religion worshiped the Gods and gave sacrifices to the Gods.

It is unclear why most Mayan civilizations collapsed around the 8th Century. Invasion and colonization by the Spanish around 1500 led to Mexico's Mayan population being reduced from 25million to 1 million by 1605.

Chris shared photos of their visits to sites such as Teotihuacan, Monte Alban, Palenque, Chichen Itza, and Tikal.

In Belize they went off on their own journey up the Macal River with their local guide in a small wooden boat. They did find the Panti medicine trail (to satisfy Chris's interest in ethnobotany and ethnomedicine.)

They left the Tucan tour in Antigua in Guatemala only to find the next day that the Pacaya Volcano had erupted with an 80metre sink hole in Guatemala City and the airport runway covered in lava. They had to find their own way to El Salvador to catch a plane to Mexico City. This involved a 5 hour car trip on a highway frequented by bandits. The audience gave a sigh of relief when they made it to the San Salvador airport and managed to board a plane out.

Contact Update: Please note that Ian MacGregor's email address is now idmacgregor.ir@gmail.com—add it to your programme document for future reference.

Next Meeting Celebrates Probus' Birthday



Mid Winter Lunch

Anchor Bar and Restaurant
62 Vickerman St, Port Nelson
12.30pm, Thursday 26 June.



Be sure to book ASAP with Shona King Ph 547 3554

4th Sunday of the Month Luncheons:

Following on from the favourable show of hands at our last monthly meeting, the committee decided to keep these luncheons going. However, there will not be a June luncheon as it would be too close to the midwinter dinner.

July Sunday 27th at 12:00 hr "MIRACLE RESTAURANT", 200 Hardy St. (no stairs, no lift) Food type: Dim Sum, Cantonese (A Chinese style) Thai.

Bookings close: July Thursday 24th at 22:00 hrs.

August Sunday 24th at 12:00 hr "SPEIGHT'S ALE HOUSE" near Mitre10 but turn right not left immediately before Mitre10's car parking area. (no stairs, no lift). Variety of food from Snacks to Brunch to Full Meal.

SPECIAL INTEREST GROUP ACTIVITIES

Leisure walking Group

The Urban walk went ahead on Thursday 22 May. Five of us turned up. We were lucky with the weather.

We met at the Decks Cafe at the Tahunanui Holiday Park. The walk went along the coastal walkway to Parkers Cove. We returned through the campground.

As people hadn't quite had enough exercise we walked through Te Pa Harakeke (where the Modellers pond used to be). Afterwards we had coffee at the Cafe.

I am away for June and July so can't lead the walks until August. I suggest meeting at the Broadmeadows Cafe and whoever turns up heads out for a walk in Isel Park.

Stephen Wynne-Jones



Book Challenge Group

This group meets at the Honest Lawyer 10am on the first Thursday of the month. Queries to convenor Jane Evans email: jane.evatech@gmail.com



Scrabble Group

The Scrabble Group meets at 10am, on the 3rd Tuesday of the month at 8 Chamberlain Street, Tahunanui. Convenor Rose Biss can be reached on Ph 021 0797 868.

Coffee Morning Group

Join this group for coffee and a chat at River Kitchen Café at 10am on the 3rd Thursday of the month.

Convenor is Zelda Anderson

Ph 021 031 7541



Mainly Ukuleles Mainly Ukes will be meeting at Shone and Shirley Funeral Directors, Tahunanui Drive, every Tuesday 7-8.45pm from 24 June until 2nd September, to play and sing together. Support and some tuition is provided to uke and guitar players. Music (lyrics sheets with chords) is in books to purchase or emailed out to be printed off at home. We also spend time talking and enjoying each other's company. If you want to reduce the number of evenings you will spend alone this winter, we would love you to dust off that old instrument and join us. Enquiries to Jan Gillanders 0272924661.



Chess Group

The next Meeting is on **Wednesday 14th May at 2pm.**

Michael will be away in Oz at the time and Ken Holmes has generously agreed to host this Meeting at **8A Titoki Street**. Ken's email address is kennethkathleen8a@gmail.com

Cycling—Bob Gidlow, Convenor

Postponed from a very wet Wednesday, our Friday ride took us to Rough Island and Rabbit Island. Despite snow on the Ranges, we - Ian, Stephen, Jack, Rose, Tom, Robyn and myself -



enjoyed good riding conditions and very pleasant sunshine during our lunch stop. Gathering clouds from the West signalled a change in the weather, and the day grew noticeably chillier during the second half of our ride. All-in-all, though, a great day out!!





**Belgrove to Kohatu
via the Spooner Tunnel.**



Five of us - Ian, Rose, Stephen, Jack and myself - enjoyed a wonderful outing on Wednesday 21st. Belgrove to Kohatu via the Spooner Tunnel. The autumn colours through Golden Downs (?) forest were outstanding. (See photos.)

Our next ride is Wed., June 18, 10.30, meeting at the Bakery in Mapua Village for a 'Moutere' ride. See the July newsletter for the after-ride report.



Bowls – A review without Bias

On 23rd May Nelsonians woke to one of the first frosts of the season followed, of course, by a typically bright, sunny day. This encouraged 14 Probus members to try their hand at a game of outdoor bowls at the Tahunanui Bowling Club. We were hosted and coached by former Probus members Dave and Jenny Pullen. Their efforts saw varying levels of success, but an overall improvement in standard as the morning progressed.

Divided into two teams of four and two teams of three, fascinating encounters ensued. Bowls were scattered more widely than leaves in an autumn breeze and any considerations of the scoreline were soon abandoned. Play was followed by a sales pitch from Dave, who extolled the benefits of the game and his Club in particular. He made the game sound much more simple in theory than it had proved to be in reality.

Lunch at the Nelson Golf Club was then enjoyed by all who attended, the opportunity to get to know other members a little better proving to be appreciated by all.

John Crocker



Date to be Set

Bus trip to Mapua, lunch and return. Route 5. Make use of your Gold Card. Get a Bee card and take the bus free. Leaves Nelson 11.28am, Richmond Interchange 11.50am. Returns from Mapua 1.34pm. A good test of initiative for some of us!

Learn about Land Search and Rescue, Nelson. See the equipment they use and how it is applied in a practical way. Time: 10am (max 1 1/2hrs)

Location: Navy sea cadets -Talisman building. Address: 24 Harley Street, Nelson Parking: is limited and parking costs may apply so suggest you share a ride.

Contact John Crocker 0274 980151 with any queries

Committee Member Profile—Shona King

I was born in Cambridge the only girl in the family with three brothers. The family moved to Nelson in 1953 and I completed my education here before going to Otago University and graduating with a degree in Home Science. My next move was to Auckland to complete my qualifications as a Dietitian and this career spanned nearly 40 years working at Auckland and Nelson hospitals with an interval of teaching for 3 years at Nelson College for Girls – back to my old school.



After the early death of my husband John and with 2 teenagers to support, I continued to work but usually was involved in some voluntary work as well. I was chair of Iron Duke Sea Scouts for 6 years and for a time acting chair for District Scouting in this area. I was a government appointee on a Fisheries Management Committee representing Consumer's Institute for several years and more recently a volunteer at the Citizens Advice Bureau and the Grey Power office in Stoke.

Married to Ross, our PROBUS chair, I also assisted in his Training Consultancy before retiring. We have 4 children between us and 5 teenage grandchildren here in Nelson and Auckland. My interests now are in reading, family history research, Tai Chi and the garden.

Keep Yourself Safe from Scams

If you think or know that you've been scammed, report it to your bank and to Netsafe's website. Freephone: **0508 638 723** (NZ only) Netsafe will get back to you with advice and may also pass your report to another agency, such as the police or Consumer Protection.

For text scams, you can forward these directly to the Department of Internal Affairs (DIA) on 7726.

Things to remember

- If you're worried that your details have been compromised, call your financial provider and they'll help you with the next steps.
- Received a suspicious phone call, email or text?
Do not open any links or attachments nor reply to the sender. Call your financial provider and they'll let you know whether it's a legitimate message or not.
- Never give out your banking information over text or email.
Legitimate banks or insurers will never ask you to disclose personal information such as your banking details over text or email.

1. Stop all contact with the scammer. Once you realise you are being scammed, hang up the phone. Don't reply to emails or letters scammers have sent you. If you have been scammed online, block the scammer from contacting you.

2. Do not make any more payments. Some scammers target people caught in recent scams. For example, by pretending to be an enforcement agency that can return all your money for a fee. Don't give money to anyone on the promise they will get your lost money back.

3. Contact the bank or service you sent money through. If you are the victim of a financial scam, credit card scam or identity theft, contact your bank immediately.

4. Report it Take time to protect others.

You can contact Netsafe seven days a week for free, confidential and non-judgmental advice about an online issue impacting you or someone you know.

Their helpline is open weekdays from 8am til 8pm, and weekends & public holidays from 9am til 5pm.

Adapted from <https://www.consumerprotection.govt.nz/general-help/scamwatch/scammed-take-action>

10 July Speaking Programme

Guest Speaker— Joy Oakley

Microbiologist



NEXT Members' Meeting—10am, Thursday 10 July.