



PROBUS CLUB OF JAMBEROO NEWSLETTER September 2025

Join our facebook group - Jamberoo Probud Club - to stay up to date

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Jamberoo Probud Club 2025-2026 Committee

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President	Robert Lee
Vice President	Leo Paternoster
Vice President	Fiona Turner
Secretary	Shirley Johnston
Treasurer	Bruce Johnston
Membership Officer	Ian Facey
Events Officer	John Pearce
Publicity Officer	Susan Alexander
Newsletter Officer	Shirley Johnston et al
Welfare Officer	Maiya Kenny
Guest Speaker Officer	David Hall
Member Speaker Officer	Kevin Gilbert
Liaison Officer	Marj Micallef

President's Report August 2025

Rob Lee

Again the calendar seems very full of various activities and events that are booked and on the horizon. The Central West Tour with Pam, as captain of the ship, is certainly shaping up to be the event of the year.

I look forward to our meetings for the fellowship with such a wide range of people. It is good to get out of our comfort zone and it is so interesting to talk to people from all different backgrounds and experiences.

I encourage members to consider all the activities on offer. An incredible amount of hard work and effort goes on behind the scenes. Please put on your thinking caps and have a think about activities that may be suitable.

Cheers

Rob



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Question: HOW CAN YOU HELP IN RUNNING THE CLUB?

Answer: By contacting John Pearce to offer ideas for Club Events

By volunteering to assist a Committee Member

By sending contributions for the Newsletter

By recommending a potential Guest Speaker

By becoming a Member Speaker

Emails:

John (for Club Events)

jamberooprobudoutings@gmail.com

Jim (for Humour contributions):

jimballentine@outlook.com

Kevin (for a Member Speaker opportunity):

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Kim (for What have Members been up to?):

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Shirley (for all other enquiries):

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Membership Officer

If you can't make the next meeting, please remember to email Ian Facey with your apology at jamberooprobudmembership@gmail.com

Birthdays

Happy Birthday Wishes to the following members who celebrate birthdays in September:

Nuffy Brooke-Smith, Chrissy Cieplucha, Trish Gilbert, Tony Grainger, Val Gregory, Harry Hoogendoorn, Bruce Johnston, Lorell McIntyre, Leo Paternoster





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Welfare Officer's Report August 2025 - Maiya Kenny

It was great to see **Jan Allan** at our August Meeting. She has really been through the wars but presented as bright and cheery as ever.

Julianne Douglas is still waiting for her shoulder operation but is coping remarkably well with one arm, managing gym classes and to type one handed to do our Guest Speaker summaries for our Newsletter.

Kerry Brennan has been diagnosed with Parkinson's Disease which accounts for her ill health over several months and creates a challenge for her to attend meetings. We wish her well.

Marj Micallef was back at our August Meeting after her trip to Perth and recovery from her heart valve repair.

Keep those immune systems strong and stay healthy everyone ... Spring is finally here!

If you know of anyone who is injured, ill or feeling under the weather, please let me know because sometimes it's good to have a chat.

Take care
Maiya 0407536702



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Guest Speaker 27 August 2025

Gillian Opie

Downsize and Organise

Gillian, who was introduced by David Hall, spoke about how to declutter, downsize and recycle. She started her business nine years ago, after experience working with elderly people who needed to move. She now helps people de-clutter, whether it be wardrobes, garages, sheds or houses for sale. She defines clutter as the stuff that piles up due to delayed decisions, filling spare rooms, dining tables and other available surfaces.

Barriers to decluttering can be thinking 'I might need it', feeling overwhelmed, not knowing where to start, putting it off, and feeling unsure about how to dispose of items responsibly.

Why declutter? Clutter can be a trip hazard, items can deteriorate and become landfill unnecessarily, and your children or someone else will end up with the problem.

The benefits of decluttering are a calm, clear, organised environment, minimised trip hazards, a better flow of feng shui, and you can take a fresh look at what is on display.



Start small (kitchen drawer or bathroom cabinet), have boxes or bags ready, and make quick decisions, easier if you find out where to dispose of items in your area. Unwearable clothing can be recycled as rags, small furniture items can be put on the street, Facebook free stuff and Marketplace are available, art supplies can be donated to community art groups, books and sometimes DVDs can go to Lifeline and other organisations (check their condition, though). You can use Google Lens on your phone; this can help you identify items and gain some idea of their value.

Inspiration to Watch

The Gentle Art of Swedish Death Cleaning (SBS). The book on which this is based is also available.

The Home Edit (Netflix)

Tidying Up with Marie Kondo (Netflix)

Space Invaders (Channel 9).



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So If you have been inspired by our Guest Speaker, Gillian, here are some ideas from Diane Brown and more following from Mike Douglas.

- **Rekindle Me** is a business that offers recycling of electronic goods that are now not accepted by charities.
The website is www.rekindleme.net
Address is 4/147 Industrial Road, Oak Flats.
Pick-ups in the Kiama area are posted on Wade's Facebook page.
Wade accepts any electrical goods – broken or in working condition.
- **Lifeline South Coast** holds 2 Big Book Fairs per year at Berkeley – next one is 23 to 26 October 2025. They accept any books – textbooks, fiction, non-fiction and very old books. They are also now selling DVD's at their Big Book Fairs – so DVD's can be donated as well. Donations can be dropped off at any Lifeline Charity Store, or at the collection tent outside the Big Book Fair venue at Illawarra Sports Stadium, Berkeley.
- The book "The Gentle Art Of Swedish Death Cleaning" is by Margareta Magnusson and is available to borrow from Kiama Library.
- She has also written "The Swedish Art of Ageing Well". I think this is available at Nowra Library.

A fun way to attempt to declutter is to have what The Douglas family calls Crapsmas. Be warned, there is a chance that you could end up with more crap rather than less!

Rules:

1. Each family provides one article which they consider 'crap' (ie of no benefit, value or use) and wraps it in Christmas wrapping paper, placing it under the Christmas tree.
2. After other presents have been distributed, each family is given a number randomly from a computer or a phone using Random Picker Wheel Maker with the number of spaces determined by the number of families participating (eg we have four children so there are five spaces).
3. The wheel is then spun and the 'winner' is the family or number on which the wheel stops.
4. Continue until all presents have been handed out. As the numbers are generated randomly it is possible for one family to 'win' more than once!
5. After receiving your 'gift', you must keep it on display in your home for twelve months after which you can decide what you would like to do with it.
6. No Crapsmas presents can be recycled in subsequent years or regifted ever!

Upcoming Guest Speakers

September David Butcher The Local Vet Who Built a Zoo



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Member Speaker Eddie Lyon

Eddie Lyon presented today and gave us a condensed version of his life. Born in England, his strongest, earliest memories are of Wartime Britain. He didn't feel particularly anxious at the time, but realises much later that he was very close to areas which were destroyed by German bombing.

He trained as a fitter and turner and worked for a number of years for de Havilland, as his training had given him the finer skills to work with aircraft engines.

He met his wife Eileen when he was socialising with a somewhat intoxicated group of New Zealanders. She was Australian and was travelling and working in the UK as many young Australians did at the time (and still do). Influenced by the New Zealanders, they decided to travel to New Zealand. Eileen needed to go back home to Australia to earn some money first and Eddie eventually joined her here.



They were soon engaged, and married in 1968. They settled in Maroubra, where they lived for 50 years before moving to Jamberoo in 2019. Eddie has established long connections with Cornish and Celtic heritage.

Eddie embraced the Australian lifestyle, working at the University of NSW, being heavily involved in the Maroubra Surf Lifesaving Club and raising three children, two of whom live in England and Switzerland. He has three granddaughters in Australia and two grandsons in England. This gives him a reason to continue his travels and he even still does a little skiing when he is in Switzerland.

Sadly, Eddie's Eileen passed away not long after moving to Jamberoo. Eddie keeps busy pottering in his garage, often making things for neighbours or working with the community garden group in his street. He also regularly attends the Men's Shed in Kiama and recently has been seen at Jamberoo Pub playing in a band!!

Upcoming Member Speaker
September Rob Lee



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Upcoming Events

Combined Probud Croquet Tournament

Friday 12 September

10.00 am

Jamberoo Croquet Club



Combined Probud Golf Jamberoo Golf Club

Thursday September 18

8.00am

\$34

Thirlmere Railway Museum + Lunch at Welcome Inn, Thirlmere

Wednesday 10 September

10.00am

Cost: \$9 + lunch at own cost
Payment by 1 September





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Tulip Top Gardens visit (near Canberra)

Saturday 27 September

8.30am bus departs from Club
Jamberoo

Cost: \$51 including bus + entry (max
21 members on bus)
Payment by 12 September

Minnamurra Coast Walk + Cafe Monday 13 October

10.00am at Minnamurra Headland
car park
11.00am at Minnamurra Cafe

Refreshment at cafe, own
selection, own cost



Combined Probud Luncheon

Kiama Leagues Club

Tuesday October 24, Noon

\$40pp

Payment by 31 August



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5 day/ 4 night Tour of Central NSW

-Cowra, Parkes & Orange

Mon –Fri 27 – 31 October 2025

Travel by Coach staying at the Club
Cowra Motel and The Remington Hotel,
Orange

Included : coach travel, accommodation,
all breakfasts, 2 x lunches, all dinners,
Japanese Garden entry, Parkes
Telescope Tour

Places of interest to be visited at Cowra,
Eugowra, Parkes and Orange

Cost: \$1051pp Shared Room, \$1493
Single



“Low Tea” at
Vons Vintage Café
Pyree

Tuesday 11 November

10.00am

Cost: \$20 for Morning Tea
and \$20.00 for bus TBC
Payment by 31 October