

# PROBUS NEWSLETTER



AUGUST 2025

## Howick East Combined Probus Club

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### Lynda's Outlook



Replacing our 15 year old Hyundai Diesel, we bought a new car last week; a Hybrid Toyota Corolla Cross, very shiny, unblemished, computerised this, that and the other, I'm feeling a little overwhelmed and I have become aware of how much space I require for the car to remain as it is.

Indicating seems to have become optional. People just drive and expect you to predict what they are going to do. People use their cars more as if they are browsing the internet than as if they are engaging with the road. If their cars are anything like our new one, with a dashboard full of screens, icons, masses of buttons, lights and a disembodied voice (you can choose its sex, accent, language) imparting information, they probably are; as well as using their phones while piloting a two ton, 100 mph death machine. Just something to keep in mind if you see me driving around in my new flash car.

I have got into the routine of getting up at 3 or 4 in the morning to pad out to the bathroom, do the necessary then pad back to bed again - and that's when I have difficulty going back to sleep. Counting sheep, backwards from 100, rhythmical slow breathing - none of it works every time but hearing in my mind Aker Bilk's "Stranger on the Shore" or Fleetwood Mac's "Albatross" seems to do the trick.

*Outlook: The best panacea for all these musings - chocolate. Chocolate sharpens your mind, helps combat fatigue, insomnia,*

Lynda

**NEXT PROBUS MEETING**  
**Tuesday, 19 AUGUST**

#### Website Link -

<https://www.probussouthpacific.org/microsites/howickeast>  
[www.facebook.com/howickeastcombinedprobus/](http://www.facebook.com/howickeastcombinedprobus/)

#### DOOR GREETERS

**Mary Barnet**  
**Julia Banks**

Please report  
by 9.30 am

• • • • •  
• Welcome to **Maureen Lee** •  
• & **Wendy Ballard** who •  
• were inducted at the July •  
• meeting. •  
• • • • •

## **JULY SPEAKER** **Phil Sai-Louie**



### **THE WAY WE WERE . . .**

Phil Sal Louie never fails to entertain us all with an interesting subject and his recent talk certainly produced great nostalgia amongst us all. How could we not remember so many of the things he spoke of:-

Firstly, most New Zealand born children had a Plunket Book recording our progress, but in actual fact my book was an earlier edition and lacked the pretty blue cover. Of course, I still have it and checked my own children's progress against mine.

Days of primary school with French doors to allow fresh air and sunshine into the classroom and children learning mental arithmetic. That certainly has helped us all in later life.

Climbing on jungle gyms, also known as a Taranaki Frame, after drinking the dreaded warm school milk at morning break. This was discontinued after 1967, so many children were spared this sun warmed treat.

Children going barefoot to school - not from poverty but choice, and a very sensible one. Walking to school barefoot on a we day and splashing through puddles was fun, and dry shoes and socks which could be removed from a schoolbag and quickly donned before the morning classes. Warm dry feet in class but fun getting there first!

Phil continued to delight us with his memories - it was all so personal - the advent of fridges and washing machines to make life easier and the radio playing the latest pop music from Howard Morrison and Ray Columbus.

Black and white television and going to the movies and standing up for "God Save the King (or Queen)", and sliding to the floor if the seat had tipped up while the anthem was played.

Weekends when shops, apart from dairies and service stations, were closed and time was our own. We little realised how our lives would change when Tom Ah Chee opened the first supermarket near the DB Brewery at Otahuhu.

Wonderful memories of a more gentle time. Thank you Phil, we loved your talk.

.... Mary Armishaw



*Sunny day Walkers at the new Panmure foot bridge.*



*Keen petanque players at Cockle Bay.*

### **LOOKING FOR NEW MEMBERS**

Many of our activity groups are looking for new members. In particular Scribblers, Book Group, Ten Pin Bowling.

See the list of all our special activity groups with the contact details of the coordinators.

### **A NEW INTEREST GROUP**

Anyone have any ideas for a new group??  
Contact Tom Owen - [metsol@msn.com](mailto:metsol@msn.com)

### **TEN MINUTE SPEAKER**

Susan Shanahan is looking for anyone who could give a 10 min talk. Maybe you have a special interest or hobby??  
Contact Susan at email:  
[sm\\_shanahan@hotmail.com](mailto:sm_shanahan@hotmail.com)





## MID WINTER XMAS LUNCH

*Our annual Probus family Christmas party was a huge success and so enjoyable. The Howick Club got into the spirit with a lovely lunch of hot ham, Christmas pudding and table decorations with Christmas crackers. Our very own Ukulele Trio (Shirley, Gordon & Rob) played Christmas songs for a communal sing-a-long and 10 lucky people found spot prizes under their napkins. A lovely event where, hopefully, everyone got to meet and sit with new Probus friends and have fun.*

*Thank you to our wonderful committee.*

*..... Maureen Saunders*



*"I haven't been here that long! And, for the last time, it's a dressing table, NOT a workbench!!"*



*"I don't often talk about expensive trips. But I just got back from the grocery store!"*

### **Wendy Hampton - Lawyer, Speaker and Author.**

Wendy will be talking about her experience as a lawyer dealing with legal problems people can encounter if they have not left a will. Or, if they have left inadequate instructions regarding their wishes. Many of us have known of such instances and it does make a lot of sense to ensure that we do not put off this important issue.

### **AUGUST SPEAKER**



Brian Stocking is available for JP duties on Club days from 9.30 a.m.

*"My mind is like an internet browser: 19 tabs open, 3 of them are frozen and I have no idea where the music is coming from!"*

# RYDERS CINEMA

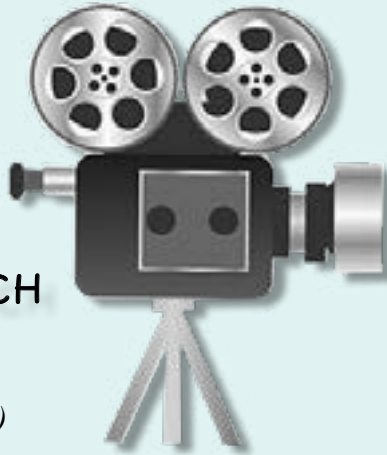
**TUESDAY 26 AUGUST**

**Depart**  
**Nixon Hall,**  
**Sale Street**  
**at 9.15 am**

**Home**  
**2.30-3pm**

**ROAST LUNCH**  
**&**  
**MOVIE**

*(Title a Surprise!)*



## BOOK YOUR SEAT

This trip is always extremely popular with members so be in quick to book your seat!

Contact Janelle Lucas - 021 915969

Pay on line

Trips A/c 02 0168 0277062 01  
(noting your name and Ryders)



We got to know the first computers, punch cards, floppy disks and now we have gigabytes and megabytes on our smartphones.

We wore shorts throughout our childhood and then long trousers, Oxfords, flares, shell suits & blue jeans.

We dodged infantile paralysis, meningitis, polio, tuberculosis, swine flu and now Covid-19.

We rode skates, tricycles, bicycles, mopeds, petrol or diesel cars and now we drive hybrids or electric. Yes, we've been through a lot, but what a great life we've had!

They could describe us as "exennials", people who were born in a world, who had an analog childhood and a digital adulthood. We've kind of "Seen-It-All".

Our generation has literally lived through and witnessed more than any other in every dimension of life. It is our generation that has literally adapted to "change".

A big round of applause to all the members of a very special generation which will be **UNIQUE!**

*Don't forget to check out these fun groups !*



*Scribblers*

*Keep Warm!*



*Book Group*



*Ten Pin Bowling*

**FUN  
FRIENDSHIP  
AND FELLOWSHIP  
IN RETIREMENT**  
  
**Staying connected**

## WELFARE

Welfare/Sickness  
Issues

Please inform  
Maureen Saunders  
Phone: 021 2598308

## CHANGE OF ADDRESS or PHONE NO.

Please inform  
**Rob Hargreaves**  
of any changes  
Phone: 533 8283  
airheadrob@gmail.com



*"When water evaporates, it cools the air and helps prevent global warming. That's why I leave the seat up!"*

## EMERGENCY CONTACT FORM

Please make sure you complete and return this form if you have not already done so.





# PROBUS GROUPS

## *Howick East Combined Probus Club*

*Make new friends, learn a new skill, explore new interests and hobbies. Whether you are active or not-so-active, we're sure there is a Group to interest you in our Club.*

*Contact one of the many Group Coordinators or a member of the committee to have a chat and join one of our fun and friendly groups on offer.*

### **RUMMIKUB**

This Group meets fortnightly on Wednesday at 1pm. If this game sounds like something you would enjoy give Janelle Lucas a call - she would love to hear from you. No experience necessary. Janelle's number is - 021 915969



### **BOOK GROUP**

Mary Armishaw heads up this enthusiastic group which meets monthly at 10am on the second Tuesday. Great discussions on a wide variety of books being read by members. If this is something you would enjoy, please give Mary a call. Mary's number is : 021 584584



### **REDISCOVER AUCKLAND**

This is a monthly outing arranged in conjunction with the walking group. If you would like more information on this group, please contact - Tom Owen on 533 4551



### **WINE APPRECIATION**

This group is filled at the present time. However, if anyone would like to start a second group, present members are happy to assist. If this is something that appeals to you, please contact Janelle Lucas. Janelle's number is - 021 915969



### **SCRIBBLERS**

This group meets monthly on the first Tuesday at 10am. Stories are shared and topics many & varied. If interested in documenting your family history, this could be the group for you. Pauline Harrison looks after this group and she would welcome a call. Pauline's number is - 273 2279



### **TEN PIN BOWLING**

This group meets monthly on the Thursday following our Club meeting. 10am start. No experience necessary and fun guaranteed. Alan Pearson coordinates this group. Alan's number is: 537 5005



### **CRIBBAGE**

This group meets fortnightly on Mondays at 1.30 pm. This card game has always been popular. Instruction given if not played before. Marlene Coombs is the coordinator. Marlene's phone: 272 4235



### **TABLE FOR SEVEN**

Brenda Blenkinsop coordinates this group. She contacts those interested and organises a group on a Sunday. It is held monthly and if you are interested contact Brenda on 274 1480



### **WALKERS**

An important group to help keep us fit & healthy. They meet weekly on Fridays at 9.30 am. David Small is the Coordinator. A cuppa and a sit down is the reward at the end of the trail! David's phone is : 027 7117225



### **PETANQUE**

A popular game enjoyed by many in the Club. Unni Lewis looks after this group meeting every Monday at Cockle Bay at 9.15 am. A fun game played outdoors and no experience necessary to enjoy a morning in the sun! Unni's number is: 021 1317280



### **MAH JONG**

Kaye Sole coordinates this group which meets weekly on Fridays at 1.30 pm. You do not need to know how to play as instruction given. If you would like more information, Kaye would love to hear from you. Kaye's phone is : 272 4434



### **GENEALOGY GROUP**

This is a new group for beginners and the more experienced researchers. Those interested should contact Alan Sheath for details. Phone: 0274 389100 alan.sheath@gmail.com



*Probus is all about Fun, Friendship & Fellowship in Retirement*

**Staying connected with PROBUS**