

# PROBUS NEWSLETTER

*Mid Winter Christmas*



JULY 2025

## *Howick East Combined Probus Club*

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Subscriptions  
02 0168 0277062 00  
TRIPS

02 0168 0277062 01

### *Lynda's Outlook*



The Winter Solstice is upon us; June the 21st being the shortest day and the longest night. If you are a gardener of the vege variety, you are hoovering up the brussel sprouts, broccoli, caulis, carrots and parsnips. If you're not a gardener, it's mud and more mud. But you no longer need to wrangle the lawn mower every week as your verdant sward is now a quagmire! Manawatia a Matariki ma Puanga, celebrating the Maori New Year, our own indigenous public holiday and a very welcome one at that. A time for reflection, remembering those that have passed the previous year, celebration and embracing family and friends, and looking forward to the coming year.

While the rest of the world seems to be going to hell in a handcart, Kiwis are wrapping up warm, looking up to the brilliant night skies and holding each other close. It feels a little like the early Covid lockdown when we gazed askance at the havoc the virus was wreaking abroad. Now a different insanity seems to be running amok.

***Outlook:** Tuck into a proper roast dinner with all the trimmings with gusto, whether it be via hangi or conventional oven but always in good company. In the midst of winter, when things appear gloomy, a good party sets you up for the rest of the year.*



### **MID WINTER CHRISTMAS LUNCH HOWICK CLUB**

*Thursday, 24 July - 12 Noon*

*\$40pp (includes spot prizes, complimentary  
glass of bubbles or juice  
and a traditional Christmas meal)  
Lots of Mid Winter Fun !*

#### **DOOR GREETERS**

**Bert Baars  
Trevor Banks**

*Please report  
by 9.30 am*

**NEXT PROBUS MEETING  
Tuesday, 15 JULY**



## JUNE SPEAKER - Prof Mark Vickers

Today's speaker was an Auckland University researcher with the Liggins Institute where they study the health of babies from the womb to the tomb.

His brief, in short, was to study the health of the mother, her diet and its effect on the baby in her womb through birth, babyhood & adulthood and its effect on future generations.

The Liggins Institute opened in 2001 and was named after its founder Sir Graham "Mont" Liggins. Its purpose was to study the effects of bad nutrition and how it is the cause of many of today's health problems from diabetes to heart disease, autism and anorexia.

The Institute experiments on mice, rats and sheep and has a research farm in Rotorua. In Auckland they have a staff of 52, plus 7 Professors and many administration personnel.

Nutrition and gut health is the answer to good health, beginning with breast milk for babies and eliminating sugar and sugary drinks and fast foods for children. Fresh fruit and vegetables are essential, along with exercise, fresh air and sunshine.

Looking back, I think we had all of these in our lives when we were growing up. We would also have heard the saying - 'you are what you eat.'

A fascinating talk with decisions for us to make ....

Ice cream or fat free yogurt ??

Cream donut or meusli bar ??

Chocolate bar or piece of fruit ??

Oh darn !!! I think it's too late!

... Maureen Saunders



## MID WINTER CHRISTMAS LUNCH HOWICK CLUB

Thursday, 24 July - 12 Noon

Confirm your booking

by paying on line

(noting your name)

A/c: 02 0168 0277062 01

OR at July Club day

with correct cash.

Queries Jan Lucas -

021 915969



### .... NOTE ....

Our Door Greeters are chosen in alphabetical order. Rob Hargreaves (Membership) will phone prior to Club day to make sure you are available.

### 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](mailto:airheadrob@gmail.com)

### EMERGENCY CONTACT FORM

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

## JULY SPEAKER

Phil Sai-Louie



*Phil Sai-Louie's topic at our July meeting is "The Way We Were" - the huge changes to New Zealand society since 1948.*

Phil is no stranger to our Probus Club and we can look forward to an interesting and informative talk.



*"This year, I have six girls named Selfie, four boys named Twerk and twins named Hashtag and Siri."*



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



## AUCKLAND ART GALLERY . . .

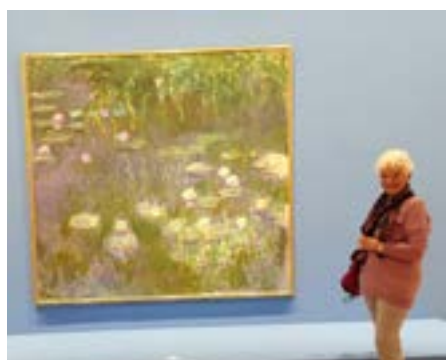
Our trip to the Art Gallery began with a very rough ride on the Half Moon Bay ferry. Choppy seas saw us all huddled in the warm cabin for the journey. We then walked up Queen Street to the Gallery.

The Exhibition was "A Century of Modern Art" with paintings from Picasso, Gauguin, Monet, Cezanne and many more. When they say 'beauty is in the eye of the beholder' this certainly applies to some of the multi million dollar paintings, ranging from the 'wonderful' to the 'weird'. Each painting had an explanation of the artist's interpretation of his/her work, occasionally leaving the viewer scratching their heads!!

It was certainly an education and a fun day spent with fellow Probians. After lunch at the Gallery cafe we headed back to the ferry for another even rougher ride home.

Thank you to Jan and Shirley for organising another fun day.

. . . Maureen Saunders



Hello Members,  
I am always looking for interesting content for our Newsletter. If you have a hobby or interest you would like to tell us about, please contact me.

Jan Pearson 021 0528478

*Don't forget...  
the Mid Winter  
Christmas Lunch!!*

Website Link -

<https://www.probusouthpacific.org/microsites/howickeast>

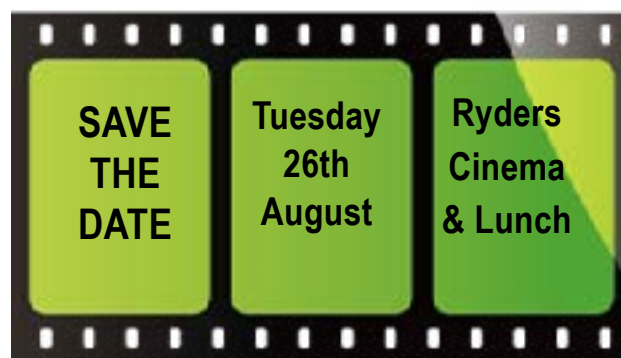
## GROUPS

Several of the special activity groups are still looking for new members.

We are looking for a group leader for the Theatre/Cinema Group.

Is there an activity you think would interest others in the Club? If so, a group could be started?

Contact Tom Owen or Rob Hargreaves if you can help with any of the above.



I never thought I would be the kind of person who would get up early in the morning to exercise. And I was right!

### "BOOK TABLE"

There is a varied selection and anyone is welcome to borrow a book.

If you have any books at home you think someone would enjoy reading, please bring them along to add to the table.

**FUN  
FRIENDSHIP  
AND FELLOWSHIP  
IN RETIREMENT**



Staying connected