



SEACLIFF PROBUS CLUB



President's Report: July 2025

Chilly Winter days? not at Seacliff for our July meeting ,
The sun came out and was shining on all our smiling faces as we welcomed new member Leslie
Dansie to our Club of fun and friendship.
And are we having fun yet?...all sniffing ..., fragrances that is, as Richard Lever gave us an insight into
his world of producing nice smellies for makers of perfumes.
How great is our Club ...members out at the movies, BBQs, walking, and stopping off for a coffee at
our Sponsor, The Seacliff Hotel,
soaking up the atmosphere of the French night at our sponsor's Club rooms or dancing to the DJ at
the Grand following the Christmas in July Dinner.
The wheels on the bus go around and around, exploring the wineries in Langhorne Creek. A fun day
and cheers to those lucky members who booked in and got a seat.
Your Management committee for next year will be off to a great start with over \$6000, (or maybe a
bit less if we can get to spend some of it now?)
in surplus funds to keep you entertained with exciting and varied functions and outings. All we
need is a Committee!!!i?? Are you ready to be part of a team to make it happen and have more fun
and make more friends? Your club needs you to have a go either as the committee member or as an
assistant. Contributing is rewarding and you will have lots of support.

Be brave and let's all work together to keep our Club vibrant and young at heart and whilst not
forgetting we need always to care a thought for our members that are struggling with health issues.
For inspiration just look at Dene Goldsack celebrating 90 and with Margaret , they love
participating and enjoying your company and never too old for a glass or two of cheer!
So let's see who can put their name on the "Circle of trust"
at our next meeting.

Greg

COMMITTEE MEMBERS

President: Greg Cochrane

0418109809

Co Vice Presidents: Vicki

Porter 0418811460 and

Charlotte Dyer 0412292366

Secretary: Shauna Allen

0424326572

Treasurer: Di Nixon

0498572827

Membership: Gayle Thomas

0466340815

Co-Outings Officers: Dave

Thomas 0431562339 and

Maureen Carman 0416212780

Guest Speakers: Julie Souman

0412894170

Newsletter: Gayle Mathews

0416976722

Publicity: Greg Cochrane

Hospitality support: Marilyn

Skurray supported by Anne

Garvie 0405259232

Public Officer: Lorraine Ellen

0405 663 969

Webmaster: Phil Hewitt 0400

644 310



Guest Speaker August

Councillor John Smedley

Events

Botanic Gardens September 11th

**Happy
BIRTHDAY**

July

Jill Williams 19/7

Bruce Grimm 13/7

Yvonne Ayliffe 18/7

John Wenzel 19/7

Robert Barnes 22/07

Janine Frey 29/7

Vicki Billing 30/7



Seacliff Probus July Guest Speaker

We introduced Roland Lever, Managing Director & CEO of Adelaide based family business, J H Lever & Assoc which was established in 1957. He spoke about his 39 years of experience with the company which manufactures, supplies & exports fragrances, flavours, extracts, aromas & oils all around the world. Roland's nose is always busy & he "is willingly conscious all day of fragrances around him". He believes fragrances act like a time machine for your senses & emotions, where even just a single sniff, can instantly transport you to another moment in time & place, evoking the associated emotions and feelings in that past.

Roland's company also manufactures Flavours, which for example, sources the world's best Vanilla to create "Truvanil"(R) Vanilla flavours in long term partnership with the likes of Haigh's Chocolates, along with other makers of ice-cream, baked goods & confectionery. He brought with him some aroma oils for us to pass around & smell, including rosemary, rose, mint, 'Christmas Pudding' and "Rain" !

Asked if Roland has a really good nose? He will tell you that his nose is no better than anyone else's, but he is more aware of the delights and beauty of fragrance around him ! He was also influenced by a book titled "The Brain that Changes Itself" which opened his mind into the neuroplasticity of our thoughts & function of our brains

Did You Know : - There's a reason why they use Rosemary on Remembrance Day !

2025 - New research published in ScienceDaily by Scripps Research Institute on 10.3.25 suggests that Rosemary may hold promise in the fight against Alzheimers, as historically there has been a link to memory and mental clarity by stimulating blood circulation, & more oxygen and nutrients, along with a calming property with the compound 'carnosic acid' which, when stabilized, boosted the number of connections between brain cells. Rosemary also has antioxidant & anti-inflammatory properties

J H Lever is busier than ever and Roland is always busy travelling the world attending Conventions, Congresses and World Shows to source and also to influence the very latest fragrance and flavour trends.

Seacliff Probus July Guest Speaker



The Fragrance Wheel: A Guide to Scent Families

Ever wondered how fragrances are grouped? Enter the Fragrance Wheel – a tool that classifies scents into distinct families, helping us make sense of the fragrance world. This circular chart bridges science and artistry, simplifying the process of describing, creating, and selecting fragrances.

The Fragrance Wheel was created by Michael Edwards, an Australian fragrance expert. His career in the cosmetic and fragrance industries grew through collaborations with international brands, establishing him as a leading authority in fragrance classification and history. Edwards' contributions have earned him global recognition as a key figure in modern perfumery. Used worldwide by retailers, perfumers, and fragrance enthusiasts, the Fragrance Wheel has become an essential reference in the industry.

Created in 1983, the Fragrance Wheel initially featured four main fragrance families: Floral, Oriental, Woody, and Fresh. Over time, it expanded in the 1990s and was refined in the 2000s, evolving into the industry standard. Today, it includes both classic and emerging categories such as Soft Floral, Floral Amber, Amber, Woody Amber, Aromatic Fougère, Citrus, Water, Green, and Fruity. At JH Lever, we've developed our own simplified fragrance categories, designed to make the selection process more accessible and enjoyable. This approach helps identify scents quickly without feeling overwhelmed by too many choices:

- Green – Leafy, Vegetal, Earthy
- Aromatic – Natural, Mint, Herbal
- Citrus – Zesty, Tangy, Bright
- Fruity – Crisp, Berry, Tropical
- Floral – Sweet, Light, Exotic
- Woody – Soft, Pine, Smoky
- Animalic – Musk, Amber, Leather
- Gourmand – Creamy, Nutty, Sweet, Vanilla
- Balsamic – Spicy, Tobacco, Resinous
- Ozonic – Fresh, Aquatic, Clean

This streamlined categorisation enhances the fragrance selection experience, making it easier to explore and enjoy scents without the stress of overwhelming choices.

Smell Retraining Therapy

It's quite common for our sense of smell to gradually fade as we get older, but many people don't even notice it until it's quite significant. You might become aware if familiar smells, like your favorite coffee or perfume, seem weaker or different than they used to. If you've had a cold or flu and your smell doesn't return to normal, that's a good sign to pay attention.

A simple way to try and improve your sense of smell, especially if it changed after a viral illness, is called Smell Retraining Therapy. You'll need four essential oils: rose (for floral), lemon (for fruity), cloves (for spicy), and eucalyptus (for a fresh, strong scent). You can find these online or at health stores.

To do the training, put a small amount of each oil into separate, lidded glass jars. Twice a day, take each jar, open it, and sniff the scent for 10 to 20 seconds. As you sniff, try to really concentrate and remember what that smell used to be like. After each scent, take a few normal breaths before moving to the next. It's best to do this for at least 12 weeks, or three months, as it takes time for your smell nerves and brain connections to improve. Remember to keep the lids tightly closed to keep the smells strong.

Seacliff Probus July



Lots of Fun : Xmas in July



Up and Coming Speakers

25th Sept - Henry Olonga, First and youngest Zimbabwean former International Cricketer who protested against "the death of democracy" in Zimbabwe. He was also a Singer on 'The Voice'.

23rd Oct - Probus Month.

27th Nov - David Jarman - Historian on some of North Terrace Building's Secrets and hidden stories.

Up and Coming Events

- 11 September - Mt Lofty garden and lunch at Uraidla Hotel. 28 booked so far.
- October - Lot 100.
- 4 November - Melbourne Cup Lunch.
- 13 November - Libby Kosmala invitation to attend the air rifle range at Wingfield
Followed by lunch at Tiros Restaurant (Regency Park TAFE).
- Next year Dave is looking at a steam train trip from Mt Barker to Strathalbyn. Please advise Dave if anyone is interested.

Ladies Who Lunch

A few of the ladies were able to catch up for lunch at FASTA PASTA Brighton road. It was a very productive lunch. Karalee and Isabella from TRAVEL ASSOCIATES were able to meet us. In short we all talked about places we would like to visit.

Among other places we have a short list, but looking for more ideas.

This not a Probus initiative, just an opportunity for like minded ladies to have adventures from movies, flower shows, to holidays and interstate trips.

This a list that Karalee and Isabella have started with for us to think about. On behalf of Karalee and myself, I'd like to thank you for inviting us to your Ladies Lunch (and to Maureen especially, for arranging it). It was a pleasure getting to know you all. We love talking all things travel and, it was great to hear about your own travel experiences.

To get the ball rolling with your exciting getaway ideas, here is a summary of the destinations we discussed at lunch.

- Daylesford
- Bright
- Melbourne (Markets & Musicals)
- Tasmania
- Tamworth (January Country Fest)
- Kangaroo Island
- The Ghan Train
- WA (Margaret River, Esperance, etc.)

Up and Coming Events

Mens BBQ



Every month the Friday before the General meeting 12 to 2pm. At the Kingston Park Coastal Reserve next to the Caravan Park. If the weather is inclement meet at the Seacliff hotel. Contact Phil Johansen for more details. 0403 605 994

Caravan Group

Looking forward to more adventures

October/November. Contact Pam and John Walters



Coffee Morning

The first Thursday of the month Seacliff Hotel.



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