



# St Peters Probus Club Inc.

## Newsletter

### December 2025

#### Message from the Editor

Christmas seems to come in a rush after we get through September/October and here we are at the end of the year. I was trying to work out what we could do to add a bit of colour and interest in the newsletter. Thought we would try this:

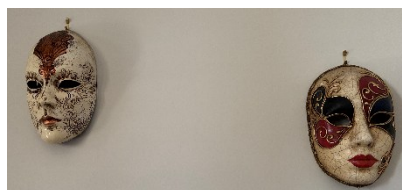
#### Something Special

Take a photograph of something that is special to you. It doesn't have to be fancy, or expensive or be very special to anyone else, BUT, to you it is really special. It might be a card that one of your children made for you when they were small, or it might be a special piece of jewellery bought for an anniversary.

Here is my something special – and it was hard to choose because I am lucky to have so much that is special to me. I thought about posting the very first card my daughter made me. It was a Mother's Day card but as her writing was so

large, she couldn't fit in the word 'mother' and so I received a "Happy Moth's Day" card.

This multi-coloured glass vase is from the island of Murano, just a vaporetto ride from Venice. Arnold and I bought it in 1994. What you are NOT supposed to bring home in your hand luggage



from Italy (for safety's sake) are glass objects and masks that can easily be crushed – but we did. We bought back both. Here they are. One

sits on the coffee table, and the masks are hanging in the lounge room. Such lovely reminders of fun times in Italy.

Must be a bit of an Italian theme this month. See John Hall's happy Italian memories a little later in the newsletter.

If you would like to share something special, please send a picture and a short description to me at [achpanto@gmail.com](mailto:achpanto@gmail.com) or 0419 824 395. Let's give it a go!

#### Special Note Meeting Venue

Due to scheduling difficulties, we have a change of venue for our monthly meetings on the following dates ONLY:

13 February  
13 March  
10 July

Venue for those meetings will be at the back of the St Peters Town Hall in the banquet room.

Merry Christmas everyone and I wish you a safe, happy and healthy new year.

Deb Millikan



## President's Message



Our last newsletter for the year, and I think you will all agree that our editor has done an excellent job each month. Thank you, Deb, for the work that you have put into producing an enjoyable publication throughout the year.

The month of December brings a range of emotions to different people. It is a time when we look back on the year almost gone, hopefully with satisfaction because of what has been achieved, but sometimes with disappointment due to plans not realized. Some people look forward to the festive season, while others can't wait for all the celebrations to be over.

Come January, we optimistically make out a new list of objectives and with fingers crossed, resolve to complete them.

Our Probus AGM will be in March, and at that time three of our committee members will be standing down. I ask that when you are making your New Year Resolutions you give thought to nominating for one of the vacant roles. I am providing a list of those positions along with an overview of the duties but will happily offer a more detailed guide if requested.

I wish every member a very enjoyable Christmas with family and friends, and a happy and healthy New Year.

Roles and responsibilities of committee member positions which will need to be filled in 2026:

**Secretary** – the main role of the Secretary is to support the President to ensure the Management Committee functions smoothly. The Secretary is responsible for ensuring meetings are effectively organised and minuted. The Secretary is required to maintain up to date records and be the key point of contact for the club

**Vice President** – the main role of the Vice President is to assist the President in providing leadership and direction to the Management committee to ensure their club embodies the true spirit of Probus- fun, friendship and fellowship

**Membership Officer** – the Membership Officer is responsible for maintaining up to date membership

records, management of membership applications and assisting with membership retention and growth.

**Guest Speaker Officer** – the officer aims to arrange a varied programme of speakers 6 months in advance and provides a list of proposed speakers to the committee for consideration. (this has already been done for much of 2026)



Helen Thomas

## About Our Members John Hall



John has been a Probus member for 10 years and a stalwart in the Probus administrative order, having been St Peters Probus Club President and a Regional Director for the parent body.

John says that the most interesting part of his working life was when he planned missions to China for the Asian Development Bank. Let's hope we can

have a Member Moment about that one month!

His favourite travel place was Tuscany in Italy and with Tuscan wine being what it is, is it any wonder!!



Sienna



The Tuscan 'skyline'

The two places John would love to visit are Paris, in particular Notre Dame, and he would love to take a tour of the Burgundy wine region.

What you might not know is that John was privileged to travel to the Royal Kingdom of Bhutan in the Himalayas. That sounds like another Member Moment that would be fascinating.

Thanks for the insights, John.



## Event Dates 2025

**Friday 12 December 12 noon**



**Christmas Lunch**  
**Kensington Hotel**

**Cost: Members \$40**  
**Non-Members \$50**  
**Please make Christmas lunch payments to:**

**St Peters Probus Club**  
**Bendigo Bank**  
**BSB - 633000**  
**Account - 183098391**  
**Reference: Xmas Lunch**

**We will be entertained at the lunch by Will Metzger a highly recommended jazz musician.**



## Event Dates 2026

- **9 January, 12 noon –**  
Lunch at the Caledonian Hotel in North Adelaide.



- **11 February, 9.45am**  
SA Health & Medical Research Institute (SAHMRI), North Terrace. Meet 9.45am in the foyer for a 10am start. Don't be late.

**Cost: Free**



## Further Suggestions for 2026

- Adelaide Jail
- The ABC
- Parliament House
- Her Majesty's Theatre
- West Terrace Cemetery

Contact Lee for further information regarding events.  
[isando@senet.com.au](mailto:isando@senet.com.au)



## Guest Speakers 2026

**13 February 2026**

Mike Smith  
Four Smiths – Two Wars

**13 March**

Elizabeth Davis  
ROMAC – A key project of Rotary



**10 April**  
SAPOL  
Cyber Awareness

**8 May**  
Operation Flinders

**12 June**  
Orange Sky  
About what they do

**10 July**  
Chris Halbert  
SANFL History

**14 August**  
David Jarman (Historian)  
The Buildings of North  
Terrace



### November Outing Regal Theatre



On Sunday 9th November a number of our Probus Group visited the Regal Theatre to celebrate its 100th anniversary, and what a sparkling event it was.

On being seated, we were provided with a box of nibbles to enjoy, while

being entertained by a jazz band, roaring 20s dancers and singers.

State and local government politicians were present along with other distinguished guests.

During the welcome address, it was revealed that the Regal Theatre has been through many ups and downs and at one stage was to be demolished and a petrol station erected. Thankfully that didn't eventuate.

Today the theatre is owned by the Burnside council, which has invested in recent renovations and plans further improvements next year.

Eventually the movie 'The Great Gatsby' began. What a wonderful movie, it was full of glitz and glamour which was enjoyed by all. Thank you, Lee, for organising a most enjoyable outing.

Fay Stapleton

### Welcome to our New Members

In February we will be pleased to induct Jill Bussenschutt and James Miles as new members of the St Peters Probus Club. Welcome on board Jill and James. We hope you will enjoy your membership and become part of the 'family' the St Peters Club is becoming.

### December Birthday List

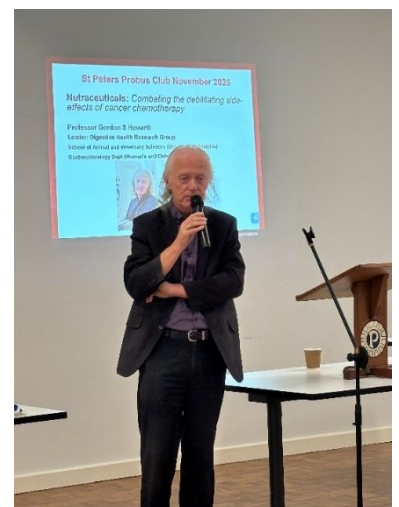
We have no St Peters members with December birthdays.

### Words of Wisdom

"A man cannot be comfortable without his own approval."

Mark Twain

### November Guest Speaker



Professor Gordon Howarth

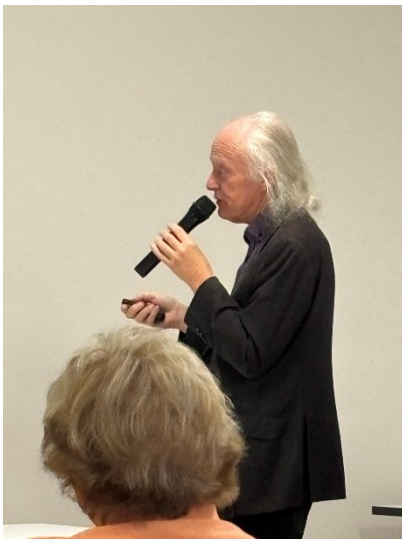
Having been recipients of Professor Howarth's depth of knowledge before, the committee was eager to welcome him back to fill us in further on his research.

November's talk was about Nutraceuticals and how they are being researched and found to be valuable in the treatment of the debilitating side effects of chemotherapy. One of these side effects is mucositis. Mucositis is the inflammation of the mucous membranes lining the digestive tract, causing

redness, swelling, and sores. It is a common side effect of cancer treatments like chemotherapy and radiation therapy, particularly in the mouth and throat, but can also affect the entire gastrointestinal tract. Symptoms range from pain and burning to a severe inability to eat.

We also found out about just how difficult it is to gain funding for research and the time and effort needed to apply for and receive NHMRC funding.

Prof told us about various types of research and, although a brief talk to us, it was filled with the promise of things to come. He has suggested that he come back in 12 months' time to keep us up to date on the research.



## **St Peters Probus Club Inc Committee Members**

Helen Thomas – President  
Debra Millikan – Vice President  
Sue Anders – Treasurer  
Andrew Tarca – Secretary  
Phil Tyler – Past President  
Jan Rosser – Membership Support  
Fran Thomas – Welfare Officer  
Andrew Tarca – Guest Speakers  
Lee Sando – Events Officer  
Debra Millikan – Newsletter Editor  
VACANT: Membership Officer

If you would like to join a committee and contribute to the growth of the St Peters Probus Club, please don't hesitate to contact either Past President Phil Tyler on 0401 120 933 or Secretary Andrew Tarca on 0400 300 020

