



St Peters Probus Club Inc.

Newsletter – July 2025



St Peters Probus Club Inc.

2025 Committee Members:

Helen Thomas– President,
Debra Millikan - Vice President
Sue Anders – Treasurer
Andrew Tarca – Secretary, Guest
Speakers, Newsletter Editor
Phil Tyler – Past President
Jan Rosser – Membership Support
Lee Sando – Coffee Club & Outings
Convenor

Vacant - Membership Officer,
Newsletter Editor

If you want to discuss this opportunity
and what is involved, please speak to
Past President Phil Tyler 0401 120 933
or Secretary Andrew Tarca 0400 300
020

Please remember to bring a **MUG** for
your morning tea drink and help us
save on the cost of paper cups

“Obstacles are those things you see when
you take your eyes off the goal” –
Henry Ford



***Please think about what you
can contribute to our Club to
your satisfaction.
Nominate for a role at the
Club now***

Contact:

Andrew Tarca Secretary: Email:
stpetersprobusclub@gmail.com

REMEMBER

***Have you got a personal
moment that you will never
forget? Then let's share it at a
meeting. Please contact Helen
Thomas***

WEBSITE

The below website has very valuable
information:

<https://60plusclub.com.au>

60+Club provides informative free
articles and insights on health and
wellbeing. Tailored for the Over 60s
including blogs, eBooks, products and
more!

“Greatness is not found in possessions,
power, position or prestige. It is
discovered in goodness, humility,
service and character” W A Ward

WHAT'S ON:

JULY

**Tuesday 29th Haigh's
Chocolate factory 1 hour
tour at 11.00AM - Free, 154
Greenhill Road Parkside and
lunch at nearby café. View
up close the artisan
techniques used by the team
of chocolatiers to handcraft
their exceptional range of
chocolates.**

**See attached for further
upcoming Outings**

**See next page for an
outline and photos of the
last outing by Lee Sando.**

FOODBANK

**We have received a BIG thank
you for the donations we made
last month.**

“Two things define you. Your
patience when you have nothing,
your attitude when you have
everything” – Unknown

OUTINGS SUMMARY

We are so fortunate to live in beautiful Adelaide!!

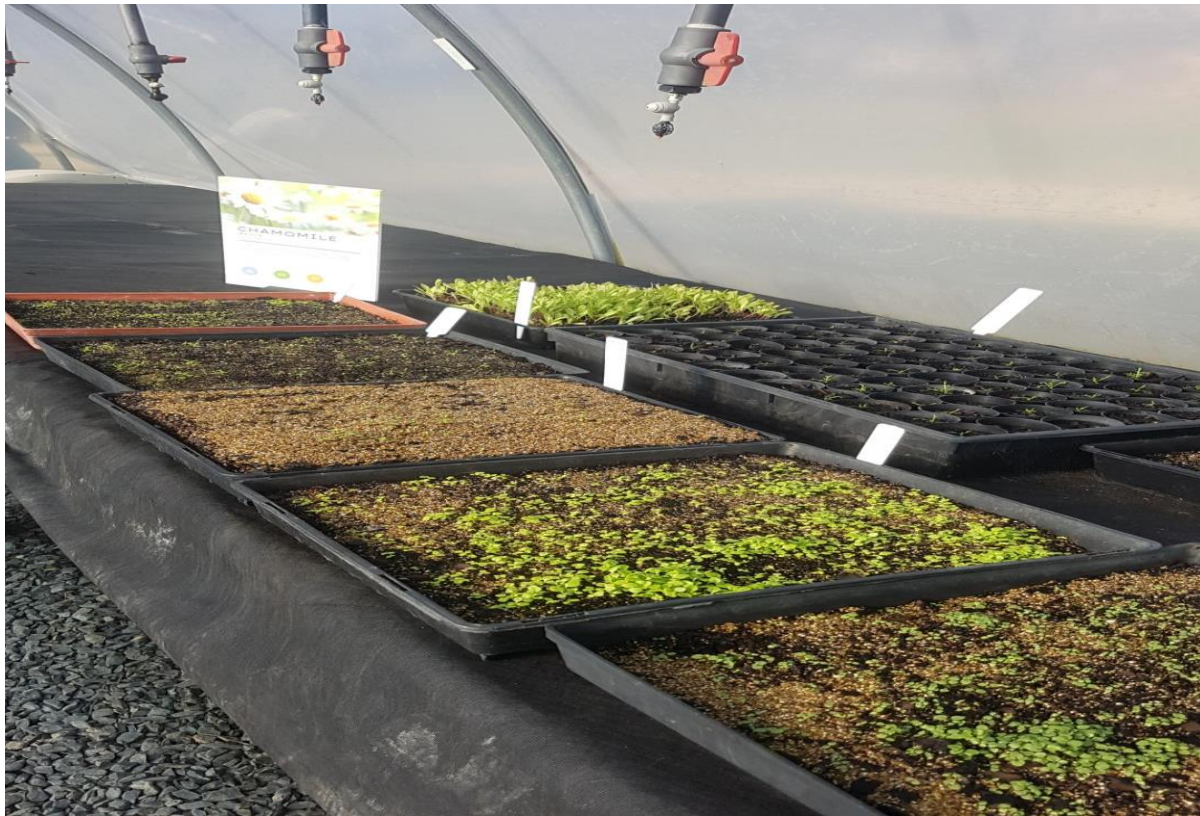
Thankfully our visit on Monday June 23rd to the 40 year old Jurlique Farm at Biggs Flat in the Adelaide Hills was a fine sunny day as the days either side were wet, cold and rainy.

We enjoyed a very informative guided tour of their large biodynamic, well- manicured property where they grow powerful ingredients for their high performing natural skin care products.

Our tour included viewing the glass houses where the seedlings are propagated, the gardens where plants are grown and cultivated and we even had a chance to sample their natural skin care products whilst sitting in one of the warm glass houses whilst learning about how the beautiful Jurlique products are made from an idea to full production. I think it may be the first time that Phil and Andrew have had the opportunity of massaging their hands with a Jurlique hand cream!!

We concluded our tour at their shop with a cup of delicious herbal tea made from of course their famous farm products. Sadly the tea is not produced commercially so you can only enjoy it if you have a tour!







Our next meeting will be held on Friday July 11th,

A few fun facts, from our President

July

July was named in honour of **Julius Caesar**

The July birth flower, larkspur, represents lightness of spirit.

July birthstone ruby, inspires motivation, encouraging you to step into action and seize the day!

Cancer and Leo serve as the month's zodiac guardians, carrying protection and courage to those born during this month

Plastic Free July (1-31) - is an initiative of the Plastic Free Foundation, which was started in 2011 by Rebecca Prince-Ruiz and a small team in Western Australia, with aims to raise awareness about plastic pollution and promote sustainable alternatives. The campaign has now become global, with millions of people around the world committing to eliminate single-use plastics during the month of July, and becoming inspired to make changes in their daily lives to reduce plastic consumption.

NAIDOC Week (July 6-13) - is an Australian observance lasting from the first Sunday in July until the following Sunday. The acronym NAIDOC stands for National Aboriginal and Islanders Day Observance Committee. NAIDOC Week has its roots in the 1938 Day of Mourning, becoming a week-long event in 1975. NAIDOC Week 2025 celebrates 50 years of honouring and elevating Indigenous voices, culture and resilience.

The 2025 theme is "The Next Generation: Strength, Vision & Legacy "

World Population Day (July 11th) Observed annually on this date; the day marks the anniversary of when the global population first reached five billion in 1987. World Population Day 2025 shines a spotlight on one of the most critical issues facing our planet: the challenges and opportunities created by a growing global population.

Established by the United Nations, this day serves as a reminder of the importance of investing in people and supporting sustainable development.

And don't forget Dry July - the annual campaign that challenges people to abstain from drinking alcohol throughout July to raise funds for cancer support organisations.

ST PETERS PROBUS CLUB EVENT DATES 2025

JULY Tuesday 29th 11am Haigh's Chocolate factory tour (Free) followed by lunch nearby at 'Whistle and Flute'

AUGUST Monday 18th 11am – Coffee morning at 'The Nest'? followed by a walk

SEPTEMBER Friday 19th Visit to Coopers Brewery, 230 Regency Road Regency Park (time and cost to be decided)

OCTOBER Friday 24th 11am – Visit to Stangate House and Garden Aldgate Cost \$8 entry

NOVEMBER Friday 7h 11am - Visit to the Migration Museum (Free) followed by coffee at nearby cafe

DECEMBER Friday December 12th 12.00pm, Christmas Lunch - Kensington Hotel

Guest Speakers 2025

11th July	Will Gray	Wills and Estate Planning
8th August	Kevin Nolan	Book on trivia questions
12th September	Elizabeth Davis	ROMAC - A Key Project of Rotary
10th October	Chris Burns	Hutt St Centre
14th November	Professor Gordon Howarth	Probiotics Update