



St Peters Probus Club Inc.

Newsletter

October 2025

Message from the Editor

October is Probus month, and we hope to see you all wearing something either **yellow** or **blue** or **yellow and blue** at our next general meeting on Friday 10th October.

It is also an opportunity for me to mention that for October we are also collecting for the Hutt Street Centre. In particular, Hutt Street Centre is always on the lookout for

- Toothbrushes
- Small toothpastes
- Combs and brushes
- Razors
- Tampons and pads
- Roll on deodorant

By way of clothing, they require **new and good-quality second-hand clothing**. Please do not donate anything you would not wear yourself – clothes should be freshly washed and free from rips, odours or stains.

Of course, cash donations are also very welcome.

Don't forget that if you know of any interesting speakers and you have heard them speak or know someone who can vouch for them as a speaker, we would love to hear from you. You can contact either Andrew on stpetersprobusclub@gmail.com or me on achpanto@gmail.com

Deb Millikan

Constitutional Responsibilities

We mentioned at the last meeting that at the October General Meeting we will need to vote with regards to several aspects of the Constitution. So that you have time to think about it, we have included the Standing Resolution changes we would like to make. The proposed changes are in red and until recently have been empty.

1. The maximum number of consecutive terms for which a Committee member may serve in the same role is **open ended terms**. (Constitution clause 8.(l)).

We understand that there may be some discussion around this.

7. The maximum number of Ordinary Members of the Club will be **fifty (50)**. (Constitution clause 5.(f))
8. There will be no more than **five (5)** Honorary Members at any one time. (Constitution clause 5.(f)).
9. There will be no more than **five (5)** Life Members at any one time. (Constitution clause 5.(f)).
18. Members are expected to attend **1 %** of the Club's monthly meetings in any calendar year, subject to any leave of absence being granted by the Committee.
20. The Club will maintain a waiting list protocol as follows:
(a) the maximum number of persons on the waiting list will be **twenty (20)**.



President's Message



October is **Probus Month**, a month to promote the Probus organization and celebrate the fellowship and activities that membership offers. The theme for 2025 is "Reinvent your Retirement".

The inaugural Probus Day was celebrated on 1 October 2020 – in line with the United Nations Day of Older Persons, which was established by the UN General Assembly in 1990 to highlight the importance of older people and promote healthy and age friendly environments worldwide. This annual observance focuses on the contributions of older people to society and also raises awareness about the issues and challenges of aging.

In 2021 and 2022, Australia and New Zealand celebrations of Probus Day grew, with communities appreciating the important role Probus serves, and so, since 2023 celebrations have lasted from the 1st to the 31st of October. The social connections and that feeling of belonging which we experience through Probus are important to our physical

and mental health, and can lead to a longer life, better health and a sense of well-being.

Our meeting date ties in nicely with the aims of Probus and the Day of Older Persons as October 10th is also World Mental Health Day. Belonging to a community such as ours, enjoying the friendship of other members and participating in our activities, helps us all to maintain good mental health.

And don't forget, as mentioned last month, if you have a suggestion or idea that you think might be appreciated by others, please let one of the committee members know. Our aim is to make our club as interesting and enjoyable as possible, so we welcome your thoughts.

October 10th has also been a significant day in Australia's history....

October 10th, 1835, the policy of Terra Nullius, meaning "land belonging to no one," was effectively implemented in Australia, fundamentally altering the relationship between the British settlers and the Indigenous populations. This was finally overturned in 1992 following the Landmark Marbo Decision.

October 10th, 1843, South Australia's first parliament was officially opened, attended by Governor George Gawler. Legislative discussions often centred

around land rights, immigration, and infrastructure development, reflecting the challenges and aspirations of a growing population. And are still the major discussions in 2025!

October 10th, 1892 – This one is pertinent considering we learnt about him from a recent guest speaker. Jackie Howe shorn a total of 321 sheep in 7 hours and 40 minutes at Blackall, Queensland, a record for hand shears that still stands.

October 10th, 1915 – Twenty-six men left Gilgandra, New South Wales on the "Cooee March"; At each town on the route they shouted "cooe" to attract recruits; the march arrived in Sydney on 12 November with 263 recruits.

October 10th, 1924 – Commonwealth Electoral Act was enacted making voting in federal elections compulsory.

And a more lighthearted celebration

October 10th, 2025, is World Egg Day



Since starting out in Vienna in 1996, World Egg Day has been celebrated in over 40 countries around the world on the second Friday in October every year. As mother nature's original superfood, eggs have been part of our diets since the beginning of human history.

Australians consume a substantial number of eggs, with consumption growing to 266 eggs per person in the 2023-24 (someone must have eaten some of mine!)

Helen Thomas



About Our Members Jan Rosser

Jan is now entering her 6th year as a member of St Peters Probus Club. She considers Canada the best place she has ever visited because of its wonderful scenery and the friendliness of the local Canadians with whom she travelled.

Norway and the Northern Lights are a dream destination for Jan, should she be able to travel safely anywhere in the world.

Something about Jan that not many people know – she was formerly a Cub Master.



Event Dates 2025



24 October 11am
Migration Museum (free)
Followed by coffee nearby

9 November 2pm

Regal Theatre 100th
Anniversary Celebration
275 Kensington Road,
Kensington.

A celebration with a Roaring Twenties theme including music, gourmet goody box for each guest and screening of 'The Great Gatsby' film.
Cost: \$15

Monday 17 November 10am
Coffee Morning: Commissary
160 Fullarton Road, Rose
Park followed by a walk (for those able), around Victoria
Park

12 December 12 noon
Christmas Lunch
Kensington Hotel
Cost: Members \$40
Non-Members \$50

Suggestions for 2026

- **9 January** – Lunch at the Payneham Tavern
- The ABC
- Parliament House

Contact Lee for further
information regarding events.
isando@senet.com.au



Cuest Speakers 2025

10 October:
Chris Burns
Hutt Street Centre

14 November
Prof Gordon Howarth
Probiotics Update

Cuest 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

12 June
Orange Sky
About what they do

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

Suggestions for 2026

- Radio Players
- Operation Flinders



Brewery or Bust! September Outing



The comprehensive tour of the expansive Coopers Brewery at Regency Park was a real 'eye opener' and very

interesting for the six Probus members who attended. The Brewery business commenced in 1862 after the founder, Thomas Cooper who had migrated to Adelaide from Yorkshire England, made a brew for his very ill wife.

Due to significant expansion, the Regency Park site which is the largest family-owned independent brewery in Australia is the fourth brewery site Coopers have developed in Adelaide. It is a totally automated state of the art facility with its own electricity and water supply, operates 24 hours a day, produces 19 beer products and employs 160 staff.

For 163 years the Brewery which is a private, family-owned company, has always been managed by a 'Cooper' until recently when following the resignation of Dr Tim Cooper, Michael Shearer was appointed as the new CEO. Interesting facts learned on the tour were,



- In the 164 years Coopers have been manufacturing, they have nearly "gone under" five times!

- Coopers do not charge to deliver their product.
- The company is very supportive of their staff with many of them now being long term employees.
- They have a significant philanthropic program with the Board deciding annually who will be the beneficiaries.
- The Chair of the Board's favourite time of the week is enjoying a beer with the employees on Friday afternoon!!



After our two-hour tour concluded we enjoyed a sample of five beers and then enjoyed a delicious meal in the Restaurant. It was a very interesting and enjoyable outing.

October Birthday List

Happy birthday to our members who are celebrating their birthday in October

Pauline Crawford
Lynette Craig
Margaret Marsh
Glenda Milne

Words of Wisdom

Adopt the pace of nature: her secret is patience.

Ralph Waldo Emerson



October Member Moment



A birthday bomb!

What should have been a

great birthday for Andrew turned into bitter disappointment when he was unable to see his favourite football team, Carlton, during the finals season.

Plane tickets bought, ready to fly to Melbourne. Get on board and.....flight cancelled!!! Mechanical issues! Watching it on telly did NOT make up for being there live – but Andrew was still smiling – even if it was through gritted teeth.



September Guest Speaker

Losing her heart dog Mace to an unexpected brain aneurism, saw Deb, who has been a dog trainer for nearly 50 years, struggle to make sense of her loss. In the hope of better understanding that loss, she undertook the UK based Pet Bereavement

Counselling Advanced Diploma, passing with Distinction. Shortly after, she became a Companion Animal End of Life Doula through Vermont University.



One might wonder why a talk about pet bereavement would be relevant to older people who may no longer have pets. However, they very often have grand-children who do. The death of a pet can be a child's first experience of death. Not well handled, a child may not cope with death and grief later in their lives.

Many parents are loathe to be honest about the death of a pet, but sound advice is to be very honest. For example, don't say the dog has been 'put to sleep' because you may well get asked, 'when will he wake up?', or it might make the child afraid of going to sleep in case the child too might die.

Things we don't talk enough about are things we become afraid of or shun. Death and its sequelae of grief are just such subjects. Having an insight into types of grief and how to companion people through that grief is a great skill to have.

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
Fay Thomas – Welfare Officer
Andrew Tarca – Guest Speakers
Debra Millikan – Newspaper Editor
VACANT: Membership Officer

If you would like to join 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

