



The Probussouthpacific.org

Bulletin

9th October 2025

The Club meets at 9.45am on the 2nd Thursday of each month at Church of Christ, 179 Hub Drive, Aberfoyle Park

President: Tim Magor 0420 991 564 magortim@gmail.com

Secretary: Darrell Wise 0431 087 027 secretaryflagstaffmensprobussouthpacific.org@gmail.com

Vice President/Treasurer: Bryan O'Shaughnessy 0409 912 127 bjabosh@bigpond.com

Club postal address: C/E The Secretary, 32 Alderman Avenue Seacombe Gardens 5047

Club website: <https://www.probussouthpacific.org/microsites/flagstaffhillmens>

Club Facebook: <https://www.facebook.com/groups/1140663739636214>

TODAY'S SPEAKER – COUNCILLOR GEOFF EATON



Today as a special treat for Probussouthpacific.org Month, we welcome Councillor Geoff Eaton who will talk to us about "Reinventing your Retirement".

Geoff has been a resident in the local area for 49 years with his wife, Sue, raising their family and now enjoying helping with the grandsons.

During his working life, Geoff held senior positions in both the South Australia Police and Australian Federal Police for 44 years, then had his first attempt at retirement in 2011, (which wasn't successful, even though he helped sail a 40-foot yacht back to Australia from Mexico) because he ended up working in the funeral industry, then for the Department of Environment and Water and Natural Resources, managing their Hazards Management Team. He undertook a project for the Rural City of Murray Bridge facilitating a safe community task force, and a further project for the City of Port Adelaide Enfield developing their Community Emergency Management Plan.

So now in retirement, Geoff continues to have a sense of purpose as a councillor by representing this community. He calls it "positive ageing". He regularly walks around Aberfoyle Park, Flagstaff Hill and visits the Frank Smith Park and Minkarra dog park with Tessa (their Dalmatian)

LAST MONTH'S SPEAKERS



At our September meeting, we had the pleasure of listening to Frank Miller and Jim Coombe from the South Australian Sea Rescue Squadron.

Together Frank and Jim explained the roles undertaken at the squadron and their importance in running patrols, rescue operations, manning radios and providing marine safety courses.

The squadron has been in service for over 65 years with 170 active volunteers and receives some funding from the Government but does rely heavily on public donations and their professionally trained volunteers.

They do a great job and deserve our support and appreciation.

FORTHCOMING SPEAKERS

At our November meeting, we will hear from physiotherapist Max Kavanagh on the topic "Back in Motion"

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Tim's Terrific Tales

OCTOBER - is celebrated as Probus Month Please include the Probus colours of **blue** and **yellow** in your clothing for October's meeting.



As we celebrate Probus Month in October I thought we could explore one of the key components of Probus being fun and 'friendship'. Lydia Denworth, Science Journalist and Author writes in Psychology Today 'The Three Basics of Friendship'. If we want to get serious about friendship, we should consider 3 key concepts. Investing time; the more time we spend with our friends the closer we usually become.

As we build bonds over time, we are laying the foundation for what lies ahead. It may be a needed shoulder to lean on in harder times. Accentuating the positive; doing fun things together like Probus activities triggers the feel-good neurotransmitters. There is biology at work between someone you want to spend time with and who makes you feel good too. Being helpful; all the investing of time and good feelings only pay off if your friend is there to help when you need it and vice versa. Friendship is a two-way street which is the best friendship as if it becomes too one way it is natural for a friendship to fade. On average, most of us have 5 people who meet these 3 concepts. These are the people we count as our closest friends. Try and identify yours and do everything you can to ensure that you'll be able to count on each other when those harder times come.

Last month we heard from Frank Miller and Jim Coombe from the SA Sea Rescue Squadron a highly valued volunteer rescue organisation. This month we look forward to hearing from Councillor Geoff Eaton on the topic 'Reinventing your retirement'. Please support the club in Probus Month and invite one of your friends to experience the good feeling of Probus fun and friendship.

You've Got a Friend

When you're down and troubled and you need a helping hand
And nothing, whoa, nothing is going right.
Close your eyes and think of me and soon I will be there
To brighten up even your darkest nights.
You just call out my name, and you know wherever I am
I'll come running to see you again.
Winter, spring, summer, or fall, all you have to do is call and I'll be there, yeah, yeah,
You've got a friend.

Song by Carole King 1971

Go gently, your President,

Tim

INVITATION FROM MARION PROBUS CLUB

Marion Probus Club has extended an invitation to our Members and Partners to attend their October meeting.

The speaker at the meeting will be Fiona Kelly who is a Clinical Psychologist and Executive Manager with over 35 years of experience across clinical, leadership, and executive roles in the government, not-for-profit, and corporate sectors in both Australia and the Middle East.

She will be giving a presentation on mental health and wellbeing in later life. The talk will explore what mental health means, common challenges faced as we get older (such as changes in health, grief, and loneliness), and simple, practical ways to support our wellbeing each day. There will also be discussion of when and how to seek extra support, and how to break down the stigma that still surrounds mental health. Fiona will be happy to respond to general questions but won't be able to provide individual advice in the session.

The Club will meet at Club Marion Sturt Road on Monday 13th October at 10:45am. Please RSVP to Secretary Darrell if you would like to attend.

CLUB SPONSORS

We have a number of companies sponsoring our club in various ways. Please support them as they contribute goods and services that help our club.



Domino's Pizza

2/40 Sandpiper Cres,
Aberfoyle Park

8358 7720

TechIT Computers

Shop 5 Canberra Dr,
Aberfoyle Park

7078 2240

support@techitcomputers.com



Foodland Happy Valley

19/50 Kenihans Rd,
Happy Valley

8381 6633

Coles Aberfoyle Park

Aberfoyle Hub Shopping
Centre

8370 5277



Woolworths Aberfoyle Park

Aberfoyle Hub Shopping
Centre

8314 5474



DOMINO'S ABERFOYLE PARK DOUGHRAISER

Our local **Domino's Pizza Shop (2/40 Sandpiper Crescent, Aberfoyle Park - 8358 7720)** will donate **\$1** to our Club for every pizza purchased on **Friday 21st November 2025**.

So, please support **Domino's Aberfoyle Park** and our Club on this day by ordering a delicious pizza from them.

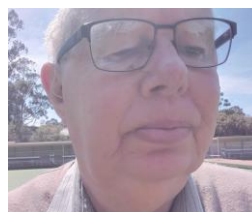
We thank Domino's very much for their generous support.

SEPTEMBER LAWN BOWLS



We had a good turn up at bowls this month with 8 players (Chris B, Allan H, Ern D, Bill G, Jerry V, Peter D, Darrell W and Don J) and 1 spectator (Geoff Edwards who will hopefully soon be a Club member).

It was a brilliant day and was matched by some brilliant bowling as well as a few wayward shots.



I asked Geoff E to take a group photo and because it was so sunny and the screen was hard to see, he ended up taking a great selfie.

MEMBERS BIRTHDAYS

We only have 4 members celebrating their Birthdays in October, so we wish a very Happy Birthday to:

Ken Chapman	10 th
Dennis Wood	14 th
Bill Preston	22 nd
Stephen Lockwood	25 th



DON'T FORGET

Our next meeting is on
13th November

EXTERNAL COMMUNITY EVENTS OF INTEREST

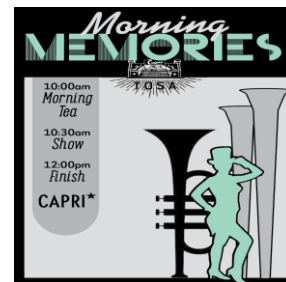
The following events have been suggested by members and may be of interest to other members. These will not be organised within the Club as outings, but if you are interested in attending, **please contact John Whitman for more information.**

Morning Memories - Capri Cinema, Goodwood Road

Friday 21st November @ 10:00am – 12:00pm

Tickets: \$10 (morning Tea Included) Phone 8272 1177

A musical performance that includes the Wurlitzer Organ, Piano, Harp and other entertainment.



VALE – TREVOR RUSS

It was very sad to hear of the passing of former Member Trevor Russ on 29 August 2025.

Trevor was inducted into Membership of our Club in May 2003 (proposed by a Paul Malcolm). His former vocation was Head of TAFE School of Printing.

He served our Club as Vice President in 2004 and was then elected as Club President in 2005. Life Member Doug John's was Trevor's Club Secretary and Life Member Ross Garrard was Trevor's Club Treasurer.

Trevor was in his 87th year when he passed on, and our thoughts go out to Trevor's family.



The Honey Bee Cafe



SEPTEMBER MORNING TEA GET TOGETHER

Our thanks go to Darrell for organising another enjoyable morning tea at the Honey Bee Café.

We had a great turnout with about 15 members attending. We all enjoyed each other company whilst having a coffee, some tasty treats and quite a few laughs.

There was quite a bit of discussion relating to the footy with a couple of members still managing a smile.

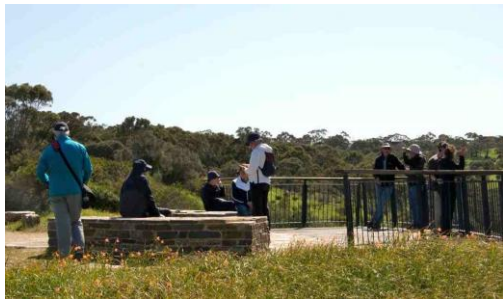
ROMEO LUNCH – YUM SING RESTAURANT

Special thank you to John Whitman for organising our September ROMEO lunch.



PHOTOGRAPHY OUTING – PUNCHBOWL LOOKOUT TRAIL

A big thank you to Kym for organising our September Photography outing to Punchbowl Lookout Trail in The Onkaparinga River National Park followed up by lunch at the Aussie Inn in Hackham.



RISK MANAGEMENT POLICY REMINDER

Probus Flagstaff Hill Risk Management Policy adopted 2 September 2025

Introduction: Risk management is about assessing the risk of something detrimental occurring and minimising that risk.

Probus South Pacific Limited (PSPL) recommends that we have a policy in place that identifies and minimises where possible any risks that may impact on the personal safety of members as well as the Club's finances.

Risk management is important as it assists in ensuring the success of activities and events as well as minimising the potential for accidents or injuries.

All our Club's events including meetings, outings, tours, and activities should be reviewed to identify such risks.

The following steps should occur when reviewing an event:

- Step 1 Identify any potential problem or risk associated with the event
- Step 2 Determine how serious any identified problem or risk is, this is risk assessment and
- Step 3 Agree on what action needs to be put in place to either minimise or eliminate the risk

Risk assessments should be conducted for meetings, food preparation and approved tours, outings, and activities as well as Club finances



FLAGSTAFF HILL MEN'S PROBUS CLUB

COMMON INTEREST GROUPS

Group	Co-Ordinator	Venue	Date & Time
Beer Appreciation	Jerry Vallance 0477 797 003	Home of Jerry Vallance	Tuesday 7 October @ 11:00am
Morning Tea	Darrell Wise 0431 087 027	Honey Bee Café Aberfoyle Park Hub	Monday 20 October @ 10:00am
Gardening	Matt Jevnikar 0400 493 258		
Movies & Theatre			
Photography OUTING	Kym Pennifold 0401 122 353 Bryan O'Shaughnessy 0409 912 127	Gilbert's Motor Museum and then Collectable Classic Cars 34-36 High St, Strathalbyn Lunch at Commercial Hotel	Thursday 30 th October @10:30am Lunch at 12:15pm Carpooling @ 9:30am Partners welcome
Walking	Gerry Kradolfer 0459 505 201 Malcolm Keam 0413 239 950	BMX Walking Trail, Majors Road, O'Halloran Hill The walk is for about 1 Hour with a coffee break at a local coffee shop Coastal walk from Seacliff to Brighton	Tuesday 14 th October @9:30am Partners welcome Carpooling @ 09.00am Tuesday 11 th November
Book Exchange	Trevor Mewett 0400 237 720	Club General Meeting	2 nd Thursday monthly between 9:15am and 12 noon
Wine Appreciation			
Lawn Bowls	Bill Gates 0419 835 708	Happy Valley Bowling Club	Friday 24 th October @10:00am

SAVE THE DATE: TUESDAY 9TH DECEMBER 12 NOON



Our Christmas Lunch at the Woodcroft Hotel



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Erin Thompson MP
MEMBER FOR DAVENPORT