

NEWSLETTER

September 2026



Probussouthpacific Club of Nelson City

Venue: Nelson Golf Club, 38 Bolt Rd, Tahunanui

Club Email: nznelsoncitygroup@gmail.com

Club Website: <http://probussouthpacific.org/microsites/nelsoncity>

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(Co-opt)

Newsletter Contributions:

Please email to delabos1@yahoo.co.nz

Technical Advisers: Robin Johansen and John Taber

Highlights September 10 Meeting

Mini Speaker: Jane Evans,
Book Group Quiz

Main Speaker: Bob Gidlow
“Foreign Travel and a
Cautionary Tale”

President's Piece

Hi everyone

We are not alone in our Probussouthpacific Odyssey!

Glenys and I attended the quarterly Probussouthpacific Cluster meeting recently. Blenheim, Rutherford, Isel Ladies, Motueka, Richmond Men's and us representing Probussouthpacific Club of Nelson City were all there. All these clubs share their newsletters with each other at committee level.

I recently attended a virtual information session (via Zoom) run by Probussouthpacific South Pacific Ltd.(PSPL).

The objective of such sessions is to help club committees with leadership, networking, and membership growth. Presently there are 1400 Probus clubs in Australia/New Zealand, and PSPL employs 10 staff to provide services/support to these clubs. PSPL operating revenue for the 2025/26 year was \$2,310,135 and expenditure \$2,174,162.

Twenty one New Zealand Probus clubs attended the zoom session. It was agreed by all that preventing social isolation of members was one of the key priorities for Probus clubs. The next generation of Probus members are likely to be IT literate and have travelled widely. The PSPL website has been updated and recent marketing for recruitment of members has utilized Face Book.

Currently PSPL is working on how clubs could use online platforms such as Eventbrite for members to register and pay for club activities such as outings.

The publication “Active Retirees” has been digitally available to Australian Probus members since 2020.

Probus has a Member Benefit Scheme. Please come along to the September meeting with some suggestions as to New Zealand businesses/organisations you would like to see as part of this scheme.

Yes, we will get to hear Sue’s presentation – in October – where it will be as a maxi rather than a mini speech.

Cheers
Chris Tuffnell
President

September Mini Speaker

Chris Tuffnell “Volunteering for Marine Medical Outreach (2017)”

Listening to Chris’ presentation I was struck by the concepts of intrepid and selflessness. Chris related her experiences in volunteering for Youth with a Mission out of their Tauranga base. The voyage to Vanuatu on a ship with no stabilisers was very uncomfortable especially for those who suffered prolonged and severe sea sickness as they bedded down in bunks in the

bowels of the ship. Buckets were provided for those suffering with seasickness, which fortunately Chris did not. She noted that the emergency exit required a high level of fitness to be able to negotiate a ladder to flee the ship in the case of an emergency.

On reaching their destination Chris learned that 45% of the population is under 15 years of age. 30% live in poverty with a total population of 300,000. At that time there was less than one doctor to 30,000 people and fewer than one dentist per 35,000 people. The mission's intention was to provide dental treatment, and Chris joined the dental team although her background was nursing in general medicine. She learned that tropical diseases suffered there included parasitic gut infections and fungal skin conditions in the humid and high temperature living conditions. Fortunately, immunisation rates were quite good.

Chris slotted into the clinic environment where there were 3 treatment chairs set up in a row. She found her key role became operating the suction equipment to maintain a clear view of the treatment site for the dentist. Bob Marley was number one star in the eyes of the locals and she became adept at interpreting their pidgin-English to be able to communicate with patients to encourage them to relax, so “slacken bodi” became a useful phrase.

I think you will agree that the terms selfless and intrepid accurately describe Chris' experience.

Maxi Speaker: Dr Angela Pack “The History Of NZ Honey and Why Manuka Honey is so Special”



Dr Angela Pack gave our members a fascinating account of the history of Honeybees in NZ and explained why Manuka Honey is so special. The beehive is a fascinating and intricate super food processing factory, and Angela first described the life and function of each of the three types of bees in the hive. The Queen

controls the hive by means of giving off scents which are signals to the other bees and she lays all the eggs. If she lays fertilized eggs, these hatch into female worker bees, of which there are about 40-80,000 in a colony. An unfertilized egg becomes a male drone of which there are more than 2,000 in a hive. When the Queen's scents become weaker with age, the worker bees feed royal jelly exclusively to one cell, thus creating a new Queen bee to replace the failing one. This process is called phenotypic polymorphism by altered nutrition.

Young worker bees feed all the larvae, but the older Worker bees leave the hive to forage for nectar (sucrose) and pollen (protein). These are deposited into hexagonal bees wax cells where the nectar becomes honey and the pollen provides food for the bees. The bees add two enzymes to the nectar which change the sugar molecules into glucose, glyconic acid and hydrogen peroxide. These changes prevent fermentation of the ripening honey. The drones vibrate to keep the internal temperature in the hive at 34 C which is critical for the evaporation of water from the ripening honey. Cells are capped with wax and made airtight when there is more than 20% moisture in the honey.

But not all honey is the same. In 1915, creamy white clover honey was preferred. The ark honey from Manuka nectar was regarded as being inferior and used in bakeries. Manuka honey was hard to extract from the honeycomb, because it was very thick and would not flow easily without being warmed. In 1980, two British friends, School Teacher Kerry Simpson and Bio Chemist Peter Molan from Waikato University, conducted a simple experiment to investigate the antibacterial properties of different honeys and found that only Manuka honey inhibited bacterial growth of *Staphylococcus aureus*, a bacterium with a hard protein coat. Peter was curious to know why Manuka honey was different, and pursued research with his postgraduate students to find the answer.



All honey is highly acidic, but bacteria prefer an alkaline environment. Any undiluted honey will kill bacteria by osmosis except for resistant strains with a hard coat. Studies in the 1980s showed that 10% Manuka honey could inhibit Methicillin resistant *Staphylococcus aureus* (MRSA) which causes serious infections. These research findings resulted in a 1991 NZ Press release which stated “*It is clear that Manuka honeys have qualities that surpass all other honeys*” consequently the demand for Manuka Honey increased dramatically by 30% between 2000-2010.

Angela explained how the Unique Manuka Factor rating (UMF) seen on jars of Manuka Honey with the equivalent percentage strength of Phenol, (a long recognised antibacterial agent). The higher the UMF, the greater the antibacterial efficacy. Then there followed expanding medical uses for Manuka Honey as sterile, no-stick wound dressings for ulcers, and for treatment of gastric ulcers caused by the *Haemophilus pylori* bacteria and for various viral and fungal infections of the skin and throat.

However, the reason for this superior antibacterial effect of Manuka Honey was still a mystery! It was not until 2004 that a German expert on sugar degradation identified METHYLGLYOXAL (MGO) in Manuka Honey as a bi-product which gave Manuka Honey its antibacterial properties, but how did MGO get into Manuka Honey, and not found in other honeys?

Further extensive studies in NZ revealed the presence of another chemical in ripening Manuka Honey, namely DIHYDROXYACETONE (DHA), and this was also found abundantly in Manuka flower nectar. Nectars of other flowers have been tested extensively, but none has large amounts of DHA like Manuka flowers do. During the ripening of the Manuka Honey, the enzymes added to the nectar by the bees, starts acid transformation, which when incubated at 34C, converts DHA into MGO.

Hence the UNIQUE MANUKA FACTOR is the DHA in the Manuka flowers, and its subsequent manipulation into MGO by the enzymes added by the wonderful worker bees in the hive! What an amazing story, now solved.

Notes kindly supplied by Dr Angela Pack

PROBUS ODYSSEY feedback

At the August Club meeting, President Chris asked us all to pop a suggestion into the collection box identifying your thoughts on activities, events and places members may like to be involved with. The following is that list: -

Outings:

- Outings with activities
- Tour McCashins
- Quiz night
- Special group tickets (and special price for special events)
- BBQ Picnic at Tahunanui Beach
- Visit to Helicopter Rescue organisation
- Visit new Fire Engine at the airport
- Visit working artist studio
- Visit Viridian Glass
- Day trip to Aviation Museum (Omaka) by bus
- I would go on outings but not on Tuesday, Wednesday, Friday or Sunday. I would go to evening events e.g. Quiz nights or films
- More day trips and if possible, sometime an away trip as we had in the past – which was wonderful.

Speakers:

- Speaker from NMIT / Cawthron
- Instead of us having to tell Ian about potential speakers – have an ideas box where members can drop in the name of a speaker and topic.
- I would like more talk on \$\$ issues, responses to native bird losses, end of life issues, elder abuse. No more talks about what I'm doing in my retirement (aka R Kempthorne)? local politics. No talks on balance or mobility.
- Enjoy RICH "Travel stories and experiences."
- Interesting locals e.g. Nathan Faavae – e.g. Yukon Race.

- Stoke Museum (Quarantine Road)

Groups:

- Maybe a 500 card group in the afternoons.

Biking Group:

- Weekend biking trips
- Australia biking trips

Other Activities (Volunteering):

- Bring food items wrapped to give to Foodbank

Monthly Luncheon:

- I would go to lunch but not on a Sunday

Meeting Venue:

- Could it be an idea to ask members to move around and sit with folk they don't know. This could be helpful for new people.
- Could we have the heating turned up a little please.
- Scones good – no pastries

Every Probus Nelson City bike ride is an odyssey. We have a destination in mind, and usually we make it, but along the way, the unexpected can often happen: one person will have forgotten their battery; another will have a puncture. Someone else will go “off piste” and have to be chased down. Then, worst of all, the coffee in the cafe is COLD! Great sense of relief when all of us return safely!

Thank you to all who contributed. Please keep the ideas coming for consideration by the committee.

Group Reports and Notices

Sunday Luncheons

Sunday 27th September



Marsden Valley Café (Sprig & Fern), 2a Homestead Avenue

Be seated please by 12 noon.

Bookings close on Friday 25th September at 5pm. Ph Ian MacGregor Ph 021 436 224, email idmacgregor.ir@gmail.com or fill in the booking sheet at the August or September Club Meeting.

October 25th



Squires Café and Bar, 522 Main Road, Stoke

Please be seated by 12 noon.

Bookings to Ian MacGregor idmacgregor.ir@gmail.com, ph 021 436 224 or fill in the booking sheet at club meetings. Park in the Square at the rear then take the steps up to the restaurant. Or enter from the

front street if steps are not easily negotiated.

This is a popular eatery and will cater for special dietary needs. Full bar and table service provided.



Cyclist Group Reports

1. On yet another perfect cycling day - if a bit nippy first thing - six of us (John, Jan, Ian, Paula, Kev and I) headed to Greenacres Golf Club, Best Island, for refreshments and a chat.

The views across the Estuary to the Arthur Range, on such a fine morning, were spectacular!



We left from two starting points - outside the Ocean View Apartments, Beach Road, and the Tasman Aqua Centre. (The first of these gave



a total distance of 37 kms.)

Along the way we passed a party trimming back the vegetation along the coastal track. (We were careful to thank them for their efforts.)

On the return journey, several of our number checked on the progress of the underpass on the new Lower Queen Street Bridge and were able to report that the underpass is now open to cycle- and foot- traffic.

2. After the polar blast the day before, Wednesday turned out to be excellent for biking - a bit nippy first thing, but with wonderful, clear, views across to the Arthur Ranges.



Eight of us - Paula, Ian, Kev, Kev's sister, Kay, Ian, Kathy, Jan and myself - made our way to Berryfields via the brand-new underpass on the Lower Queen Street Bridge. (This will make a valuable alternative to the Queen St - SH6 traffic lights when travelling in or out of Nelson and Stoke on the Great Taste Trail.)



As usual, the Alioki Cafe in Berryfields provided refreshments of a high order.



Bob Gidlow, Convenor

Mainly Ukes

Our Ukelele group held another Open Practise Night on Tuesday 18th August when Probus members and their guests were invited to sit in on the group's practice night and sing along with the musicians. It was lovely to welcome several members who brought along their guitar and played along with the ukeleles. The consensus was that it was a lot of fun. The evening was topped off with a delicious supper.

Next Group Practise Nights Coming Up: - September 22nd and 29th, and October 6th and 13th. Don't wait for an invitation if you would like to join in.

Scrabble Group

It seems that convenor Rose Biss is still on holiday this month. Are members researching words to use when games recommence?

Chess Group

This group meets on the 2nd and 4th Wednesday of each month. The group welcomes new members.



Please Phone Ken at 547 4301 if you would like to visit or join the group.

Coffee Morning Group Next Meets 10am Thursday, 17th September River Kitchen.

Zelda Anderson, Convenor, Ph 021 031 7541, 548 2920

Deadline for Contributions to October Newsletter: - Sunday 27th September.

Please email to delabos1@yahoo.co.nz.

Our appreciation and thanks go to our Technical Advisers Robin Johansen Ph 544 0494, and John Taber for their generous assistance at each Club meeting.