

PROBUS NEWSLETTER



AUG 26

Howick East Combined Probus Club

Gordy's Gossip



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TRIPS

02 0168 0277062 01

On the first Friday of the July school holidays I flew out of Auckland to visit my Wellington family. I don't like being late so left home at 5.30am for my 8.30am flight!! Too early? Be warned! During the school holidays the Security desk was so busy that some flights had to be delayed.

While I was in Wellington I was hoping to watch my three grandsons play for their respective football teams. Unfortunately, all but one game was cancelled, so it was off to Upper Hutt to watch Seb's team, but sadly, like the English team in the semi finals of the World Cup, the other team won!

On Saturday morning, my son David took part in what has become a global event. It's known as the "ParkRun". Around the world it starts at 8.00am, it's 5kms long and a free event open to anyone, runners, joggers or walkers. On this typical winter Wellington morning over 400 people took part in this event.

Monday came along much too soon, so it was back to Auckland after a very enjoyable few days catching up with my Wellington family.

We at Probus have an event every Friday called a "ParkWalk". We walk at our own pace. The fittest among us walk for 30 minutes one way, then return to the start to have, what some regard as the best part of the morning - sitting around with your cuppa of choice and chatting! Depending on how you are feeling on the day you may choose to walk for just 15 minutes one way, then return to the start. Either length of walk is fine. Then, on the first Friday of the month, we have what is known as "Discover Auckland". This could be, for example, a trip to Waiheke by ferry, or a bus trip from Botany to Maraetai and, with your Gold Card, it's free. Why not give it a go and join us.

A reminder that our August meeting is still at St Andrew's Church, as the carpark at the Bowling Club is not yet ready to be used. I recommend using the lift in the building instead of the steps if you are coming from the lower carpark. It's easier and much safer.

Keep safe and warm, and I hope to see you all at our next club meeting.

Gordon



DOOR GREETER
Gerry Brainch
Please report
by 9.30am

NEXT PROBUS MEETING
Tuesday 18 AUGUST

Website Link -

<https://www.probusouthpacific.org/microsites/howickeast>
www.facebook.com/howickeastcombinedprobus/

... NOTE ...
Meeting at St
Andrew's Church
- top of Vincent
Street, Howick



Mid Winter Christmas

We were welcomed with a glass of bubbles on arrival for our mid year Probus Christmas Lunch.

The Howick Club got into the spirit with a lovely lunch of hot ham, Christmas pudding and table decorations with Christmas crackers. Then ten lucky people found spot prizes under their napkins!

Everyone enjoyed time to relax and catch up with Probus friends, old and new.

Thank you to our wonderful committee.

.... Maureen Saunders



SPEAKER IN AUGUST

Julia Banks, this month's speaker, loves to play with language.

She writes and performs her original songs and poems, which have humorous takes on aspects of life that affect us all like ageing and politics.

Julia has been a stalwart writer and performer for local theatre for many years. She has also designed an original word game which has been produced worldwide. *Julia is a speaker not to be missed.*



It's from Amazon. They're checking on my health ... because I haven't bought anything on line all week!"



SPEAKERS IN JULY

"TRAVELS IN TRUMLAND"

Last year Rob and Lynda went on an adventurous road trip across the USA, not staying in hotels but at hostels and camping grounds, thus meeting the "real" people of the country.

They began their journey landing in Los Angeles where they encountered a very strict entry grilling, needing a special ESTA permit which wasn't given lightly due to their previous travels in Iran and the Middle East.

Once accepted, they purchased an Amtrak travel card and used public transport and a train to San Francisco. From there, to Denver, through the Rockies to Utah, which was Dinosaur country and had a museum with hundreds of Dinosaur bones, all focilised in a wall and skeletalised on display!

For US\$80 you can buy a pass to all the National Parks, Jackson's Hole, Yellow Stone National Park, Old Faithful thermal area, where eruptions occur twice a day, and The Grand Canyon.

Mt Rushmore where the huge stone heads of past presidents peer down from above. The township is very palatial, with marble terraces and squares, flags everywhere, buildings lit up and music playing. The Park Ranger gives visitors a talk on the area and its history. All very patriotic. Onwards to the Black Hills of Dakota, then an Air Canada flight from Denver to Montreal. To Quebec across the Confederation Bridge, which has a span of 13kms across the water and onto a ship bound for New York. The Statue of Liberty, endless miles of subway travel, the world's tallest apartment buildings, bordering Central Park. A cable car ride to Roosevelt Island, then a train to Boston, an old historic city with big old beautiful buildings and roads all named after English towns and cities - Vermont, New Hampshire.

On to Chicago and finally a flight home, having covered thousands of miles, met wonderful people and made many great memories.

Watch this space for the up and coming adventure next year!

....Maureen Saunders

Have you checked out PROBUS Global?

- This is an international online community
- that connects retired and semi-retired
- individuals who are members of local
- Probus clubs worldwide. It offers a digital
- space for seniors to socialise, share travel
- experiences, exchange ideas, and make
- friends globally.

Try some web surfing:

<https://probusglobal.org/>



GENEALOGY

Alan Sheath is available to help you with genealogy.

Alan's phone: 0274 389100
alan.sheath@gmail.com

CHANGE OF ADDRESS or PHONE NO.

Please inform
Rob Hargreaves
of any changes
airheadrob@gmail.com
Phone: 533 8283

WELFARE

Welfare/Sickness
Issues
Please inform
Maureen Saunders
Phone:
021 2598308



Brian Stocking
is available for
JP duties on
Club days from
9.30 a.m.

Students in an advanced Biology class were taking their mid-term exam. The last question was, 'Name seven advantages of Mother's Milk.' The question was worth 70 points or none at all. One student was hard put to think of seven advantages. He wrote:

1. It is perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive.
5. It bonds the child to the mother and vice versa.
6. It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test he wrote:

7. It comes in two attractive containers and it's high enough off the ground where the cat can't get it.
- He got an A+!

LOOKING FOR NEW MEMBERS

*Our Special Activity Groups
are looking for new members.*

*If you are interested, please contact
the Group Coordinator.*

They would love to hear from you.



"Welcome back sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"



"On the Internet, nobody knows your're a dog."

*Book Your
Seat for*

RYDERS CINEMA

**TUESDAY
1 SEPTEMBER**

\$50 each

Depart Nixon Hall, Sale Street
at 9.15 am - Home 2.30-3 pm

**ROAST LUNCH
& MOVIE**
(Title a Surprise !)

*This trip is always extremely
popular with members so be in
quick to book your seat !*

Contact Janelle Lucas - 021 915969

Pay on line

Trips A/c: 02 0168 0277062 01
(noting your name & Ryders)

DISCOVER AUCKLAND . . .



The group of Probus members who ventured out on a cold but sunny day along the Kiwi Esplanade.

Photo courtesy Harrison Chang



*Stay
Warm!*

. . . SAVE THE DATE . . .

**22 October
Visit to the Stardome
and
Eden Gardens**

*People ask why I eat so much chocolate.
Easy: My body doesn't make it, so I take
it as a supplement!*



**FUN
FRIENDSHIP
AND FELLOWSHIP
IN RETIREMENT**

Staying connected
with PROBUS