



Probus Club of Newcastle Inc.
PO Box 597 The Junction NSW 2291

NEWSLETTER

October 2025: Vol 35 No 7

Website: newcastleprobus.org

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President: **Peter Rickford 0412 495 575**
Secretary: **Keith Hole 0419 219 193**
Treasurer: **Keith Lynch 0409 537 225**

Activities: **Geoff Morris 0412 613 591**
Speakers: **Neil Latham 0488 166 355**
Editor: **Peter Rickford 0412 495 575**

GENERAL MEETING 28th October – Programme

10.30 am – Welcome, Apologies, Visitors, Induction
10.45 am – Member Special Interest/Autobiography
11.00 am – Coffee and Tea
11.30 am – Guest Speaker – Kathy Lewis



President's Report: *Peter Rickford*

Welcome to the October 2025 Newcastle Probus Newsletter.



It is hard to comprehend that this year is rapidly drawing to an end. We have been both entertained, enlightened and educated by a great range of guest speakers throughout the year.

It is with deep sadness that we record the sudden passing of our esteemed member Saxon White (AM), (9 March 1934 – 7 October 2025). A well respected and admired member of our club for almost 20 years.

A few words selected from Saxon's own scribing 12 years ago.

"I was born in 1934, educated and married in Sydney, but came from Flinders University, Adelaide in 1976 as a foundation research professor to help create a new medical school at Newcastle University"

"The King's School, Parramatta, where I attended school after 6 months at Sydney High."

"I became a double Blue in Cricket and Rugby at Sydney University and toured South Africa and The British Isles"

"Against Scotland at Murrayfield in 1958, I fell on a loose pass from the Des Connor/Arthur Summons combination, and a Scottish breakaway tried to kick my head off."

"I retired from all representative sport and married Julie Ann in December 1959 studying final year Medicine as a kept man."

"I am a happy man."

Once again we were enlightened by some very interesting facts about getting our affairs in order by Gil Gordon.

Our past president Lindsay stepped into the breach for the 'Special Interest' segment by presenting a special video on the 25 years of the ComputerPals Newcastle organisation that he is heavily involved with.

The November meeting will be the final one for the year and the guest speaker will be a local poet, Kathy Edwards.

The Next General Meeting of Newcastle Probus Club will be held on 25th November 2025 at Souths Merewether



Special Interest: *Marty Rowland*

Our guest this month is Chris Welbourne



Treasurer's Report: *Keith Lynch*

Bank Reconciliation end September 2025: Opening Balance 7,025, Income \$726, Expenditure \$1,141 Closing Balance \$6,610, Term Deposit \$7,500

Payments: Cash: To Treasurer (in envelope with name, purpose, and amount).

Internet Banking: Newcastle Permanent Building Society, BSB: 650000, A/c No.943213300



Activities: *Geoff Morris*

0412613591

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The visit to the Fast Rail Hub of the High-Speed Rail Authority was interesting if nothing else but did show where things are up to (on this attempt) and more importantly how much more is to be done. A pleasant lunch across the way at Queens Wharf was an opportunity for most of the 21 participants to compare their impressions.

With the Christmas season nearly on us our next activity will be a park barbecue in early February - date to come next newsletter and meeting.



Bowls: *Brian Prior*

On Monday 20th our erstwhile bowling team made the long trek to Scone for the last inter PROBUS Bowling Competition for 2025.



When I say team we were a tad short-handed as Robbie and Barney came up with feeble excuses for not attending. Robbie accidentally booked a holiday in WA and Barney decided that his wife going to hospital was more important than bowls – which probably explains why his marriage has lasted nearly 60 years!

This meant that Brian with less than one year as a bowler and Frank with just months were our team. For Frank this was his maiden competition in lawn bowling! Since we needed 3 people to make up a team the Scone PROBUS club donated Peter to lead our team.

We started well against Scone number 2 team winning the first end. Each end after that was keenly contested with wins going by 1 or 2 points. Unfortunately, the majority of those went to Scone 2 and we lost a 12-end match by 14 – 4.

The second match we were up against a gun side – Cessnock No.1. We did well to score 3 points while the opposition racked up 21. At which point the competition was mercifully cut short so we could go for lunch.

There were cash prize draws for 2 match winners, 1 match winners and 0 match winners. There were 5 in the latter group but sadly we could not pick up a win in this draw. All was not totally lost as Brian did manage to win the last raffle prize of a Yoga Mat!

As usual it was a fun day out and congratulations to Frank who put up a sterling performance for his very first competition.

BOWLS IS GREAT FUN – WE NEED AT LEAST 2 MORE BOWLERS.

BRIAN'S NEW CAREER – MALE MODEL?



Most of us are very familiar with the aches and pains that go with aging. In my case it is largely due to arthritis.

For many years walking has been my primary form of exercise and not so long ago I was regularly walking for 1 ½ hours or more most mornings on the Fernleigh Track or at Warners Bay. A few months ago, within a few minutes of starting a walk I was getting severe pains down the back of my legs and through my right buttock. Scans showed this was due to increasing arthritis affecting the nerves running through my lower spine.

Some of you may recall a recent guest speaker Anna Perkins. Anna is a Physiotherapist and a Clinical Pilates specialist. Through Anna's presentation I was fascinated by the history of Joseph Pilates, the person and the development of Pilates as a restorative exercise program. So, I visited her practice at Adamstown. I am now doing a once a week 1 hour Pilates session with her and I am convinced that Pilates is the only reason I can still do the club 45-minute walk at the Newcastle Yacht Club Walk & Talk meeting. I am also convinced it allows me to continue represent our club in Lawn Bowls.

So where does the new *Male Model* career fit in? Recently Anna revamped her website and was seeking volunteers to attend a photo session at Adamstown.

To see how well I performed my role you can see me 3 times by visiting her website at <https://www.perkinsphysiotherapypilates.com.au> . I will admit so far, no other business has sought my services, but we can all live in hope!

If any club members want to know more about Pilates I am happy to chat anytime.



The other day my wife and I went into town. After visiting one store for about five minutes, we emerged to find a cop writing out a parking ticket.

We went right up to him and said, "Come on, how about giving someone a break?"

He ignored us and continued writing the ticket. I called him a disgrace. He glared at me and started writing another ticket for having worn tyres.

My wife called him worthless, so he finished the second ticket, put it on the windshield and started writing a third one this time for obstructed number plates.

This went on for 20 minutes or so. The more we abused him, the more tickets he wrote - in the end it was five!!

To be honest we didn't really care because we came into town by bus.

I love board Games

My favourite one is where people put meat and cheese on a board, and maybe some fruit and crackers. I'm so good at that one.



FINAL REMINDER

2025 CHRISTMAS LUNCHEON



Members, Ladies and guests are invited to our annual Christmas Luncheon.
Club Macquarie, Lake Road, Argenton
Friday, 28th November 2025
11.00am: Arrive - Tea & Coffee
11.30am: Welcome and Entertainment
12.30pm: Lunch

The Entertainment.....
A special musical treat not to be missed! Lots of fun AND nostalgia too.



Please RSVP by Friday 21st November
Stephen Pead - luncheon coordinator

At a Meeting or email peady@y7mail.com or phone 0411 471 118
\$50 per person funds by transfer BSB 650-000 A/C 943213300
(don't forget to (include your name!))



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