

1st OCTOBER 2025

Issue No 67

"Ne'er cast a clout 'til May is out" is an old country saying most of us are familiar with. It cautions against shedding any warm clothing until the Hawthorn is in blossom each springtime.

But there's no such helpful ditty at this time of the year as the nights draw in, temperatures drop and Summer morfs into Autumn.

How about "Put on yer clouts now August's out".



Goodwood Revival

I didn't see any Probus members at the Goodwood Revival event last month, because I wasn't there. Did you see the ticket prices? That explains my absence, and possibly yours.

September Pub Lunch

Having lunch at the Arun View is never a disappointment, as was proved again on 11th September. Fifteen of us enjoyed lunch together, looking out through that huge window onto the River Arun as the tide came in. We watched a family of nine swans searching for lunch along the river as our own lunches arrived on time. The plates were full, and little was left at the end. President Ian did another great job organising our latest pub lunch. Thanks Ian.

Alan Beale – email change

Please note Alan's new email address, if you haven't already :-

AlanEBeale@outlook.com

Manager to man at front desk "Good morning. Do you smoke?" "Yes"
"Do you drink?" "Yes"
"Do you exercise?" "No"
Do you eat fatty foods?" "Yes"
"Are you very overweight?" "Yes"

"So, it's obvious why have you come to the gym?" "No. I'm here to fix the air conditioning".

October 25th/26th. Don't forget to wind your clocks back one hour. Enjoy extra hour in bed.

Pub Lunch 9th October. The Holly Tree, Walberton, BN19 0PH

The October Pub Lunch is on Thursday 9th October at the Holly Tree in the village of Walberton. 12.00 for 12.30



Here are the menu choices, as received from the pub. We Don't always receive such a detailed, informative and helpful description of options, so I thought you may like to see it.

Set Menu For £25 (including tip)

Mains

Chicken Tikka Masala - (Gfa)

Mushroom Rice, Poppadom, Mango Chutney

Pan Fried Calf Liver

Pan Fried Calf Liver, Roasted Pearl Onion & Port Sauce
Mash Potatoes, Winter Greens

Moules Mariniere (Gf)

Steamed Mussels In A Shallot & Parsley Cream Sauce
Home-Made Bread

Fish Pie

Classic Fish Pie, Cod, Smoked Haddock, Salmon & Prawn
Cheddar Cheese Topped Mash with Seasonal Greens (Gf, Dfa)

Nepalese Style Cauliflower & Potato Curry

Spiced Cauliflower & Potato In A Spiced Tomato Spice
Pea Rice, Popadom & Mango Chutney
(V, Gfa)

Desserts

Bailey's Crème Brulee (N, Gfa)

White Chocolate & Pistachio Ice-Cream, White Chocolate
Shortbread

Salted Caramel Chocolate Tart

Crème Fraiche, Raspberry, Vanilla Short Bread

Steamed Jam Sponge

Vanilla Custard

Let me know what you would like to eat at the Holly Tree

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PAYMENT BY BACS is PREFERRED, TO THE CLUBS BUSINESS ACCOUNT A/C 10642681 SORT CODE 20-20-62. MARK YOUR PAYMENT OctPubLunch CHEQUES MADE PAYABLE TO ARUNDEL PROBUS CLUB.

WHEN ADVISING, PLEASE STATE WHAT METHOD OF PAYMENT YOU WILL BE USING AND PLEASE WRITE ON BACK OF YOUR CHEQUE WHAT THE PAYMENT IS FOR.

LAST ORDERS ACCEPTED on Sunday 5th October.

October 23rd Meeting and Lunch, White Swan hotel

Speaker, Charles Smiles "Moulding of my Character - from Boy to Man." I expect a large turnout to support Charles making his first talk to the club.

"....And there are several other things to remember this October since **the 21st is the 220th anniversary of the Battle of Trafalgar and the death of Horatio Nelson**, probably Britain's greatest naval genius. The battle established Britain's dominance of the world's seas for well over a century, its Royal Navy widely used to preserve the peace, (well, sometimes), and to suppress slavery and the slave trade in several parts of the world, as well as to safeguard the world's largest empire.

So, perhaps we need to remember where we put the rum, and enjoy some, either neat, or diluted with some brown fizzy stuff, or deliciously spiced, to remember Nelson's 'Immortal Memory'. " BA

John Penny

John passed away on 5th September. He was President in 2004-2005 and lived in his East Preston home which he had shared with his late wife Terry. John was sometimes a difficult character and seemed to enjoy falling out with people. But there was also a caring side to him as he continued driving others to and from hospital well into his 90s !

John's funeral at Arun Crematorium was attended by about two dozen people, including a few Probus members. RIP John.

Reggie Stafford-Smith

We also heard last month of the passing of another ex-member.... and he would probably still have been a member had he not retired to live near his son in Australia. Reggie was a popular character in our club. Chris Mayhew passed on this message from Reggie's son, which was then circulated by Richard:-

I wanted to write a note and let you know Reggie passed away peacefully on Wednesday evening at Coolum on the Sunshine Coast in Queensland. My wife and I were with him as he slipped away. He had a bad fall about 10 days ago and never really recovered. Other than that, he remained fit and healthy enjoying trips in the car and walks along the beach in his wheelchair.

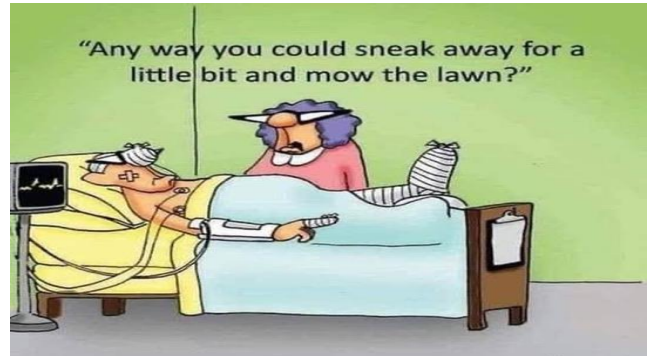
Ric and Mel RIP Reggie.

The club stood for a minute's silence at the September meeting in memory of John and Reggie

Birthdays In October Just one that I know about:-

22nd October Stephen Brocklebank shbprivate@lcloud.com Stephen's our Treasurer, remember, so send him good wishes.....

**MY FRIEND WENT BALD
YEARS AGO BUT STILL
CARRIES AROUND AN
OLD COMB WITH HIM**
©2014
**HE JUST CAN'T PART
WITH IT**



HUSBAND:

I want you to have this bracelet. It belonged to my Grandmother.

WIFE:

Why does it say,
"Do not resuscitate?"

**My kids and grandkids
keep laughing about
me losing my memory.**

**They won't be laughing at
Christmas when there's no
eggs under the tree!**

September meeting and talk

Last month we heard one of the most powerful stories for many years as Sandra Simmonds told us about her years as a Muslim man's wife, inside Iran. She entered our room at the White Swan wearing a full burka which had an immediate effect on the twenty-two of us in the audience.

Two sailors, from very different backgrounds and navies, met in Portsmouth and fell in love. Sandra was so in love nothing would deter her from staying with her man, even if that meant moving with him back to Iran.

On arrival in Teheran her British passport was confiscated and life quickly became dangerous for this non-Muslim bride. Sandra lost all her rights and became isolated and housebound, a virtual slave in her father-in-law's house. He refused to see her. Attacked physically and spat on by Iranian women for accidentally revealing her body in a public place, it is remarkable how this, still young, women survived. But survive she did until the Iranian revolution forced her and her husband to escape the country and eventually return to England. By then, her husband had taken a second wife, an Iranian, as Sandra had managed not to have children. This is a very tough lady.

(We have already invited Sandra back next spring for Part 2 of her amazing life's journey.)

The lunch was delicious, once again, for the twenty diners, including our guest speaker.

Christmas Lunch/Party

There will be full details about our annual Christmas event in the November APT.

That's all for now folks. If you are unwell, have had an operation or accident recently, we hope you are recovering fast and we look forward to seeing you hopping into the White Swan again very soon. Bob