



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

NEWSLETTER

July 2025: Vol 35 No 4

Website: newcastleprobud.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 22nd July – Programme:

9.30 am – Welcome, Apologies, Visitors, Induction
9.45 am – Member Special Interest/Autobiography
10.00 am – Coffee and Tea
10.30 am – Guest Speaker – Bob Cook



President's Report: *Peter Rickford*



Welcome to the July 2025 Newcastle Probud Newsletter.

We are enjoying very mild and enjoyable winter days in our part of the world.

Our annual Ladies Luncheon will be on this Friday, and I look forward to welcoming a good number of members and their partners. Stephen has done a fine job in arranging the event and the speaker, a local identity should be most interesting. Further details follow later in this newsletter.

I am finding it difficult to fill this section every month. I seem to be able to talk and waffle on in person to people but find it hard to write interesting things down.

We were privileged last month to have Tony Mowbray as our guest speaker, and he gave us an interesting talk about his sailing adventures in particular his brush with death in the infamous Sydney Hobart race and his subsequent solo around the world tour. This was an exclusive preview for the official launch of his book that was to be held on the following Saturday.

Brian Prior has been actively promoting our club with visits to other organisations in our area and discussions on local radio, and his efforts are bearing fruit.

I would encourage all members to invite a guest along to any meeting. Maybe a relative, neighbour or friend as we always manage to have interesting speakers address our meetings and the outings that Geoff Morris arranges are well attended, interesting and provide valuable camaraderie.

We still have at least one vacancy on our committee and would very much like one of our members to join us.

Well, I managed to pad this out to fill the allotted space. Whew!

The Next General Meeting of Newcastle Probud Club will be held on 26th August 2025 at Souths Merewether



Special Interest: *Marty Rowland*

Our speaker this month is Serena Mace from Trade Travel



Treasurer's Report: *Keith Lynch*

Bank Reconciliation end June 2025: Opening Balance 6,345, Income \$1,406, Expenditure \$277 Closing Balance \$7,474, 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*

**Newcastle Institute of Energy
and Resources VISIT - Thu 26 June**

Those who attended this outing now have a better understanding of the amazing work being done right here in Newcastle on so many projects to address challenges locally, nationally and around the world. So many projects being undertaken to drive impact to improve processes in so many ways. One example showed a process improvement that had paid for itself in 4 days. Sincere thanks to Professor Alan Broadfoot and his assistant Elaine for this special opportunity.



OBSERVATION DRIVE - Wed 6th August 8.30-9.00

An opportunity to enjoy a drive through the south-western countryside from Newcastle and western shores of Lake Macquarie driving roads you may never (or hardly ever) have travelled before. This is not a race but offers the challenge for the observer to not only direct the driver as per the instructions but to also answer some easy (and not so easy) questions along the way. The day starts with meeting at Shortland Waters Golf Club for optional tea/coffee Meeting at 8.30 and moving off from 9.30 for a drive of just under 100 kms and finishing in time for lunch at the old Wyong Milk Factory. (A wide range of food and drink options will be available at own expense), There are also both a cheese and chocolate shop on the site.

The return to Newcastle could be by the motorway (about 80 minutes) or by eastern Lake Macquarie (own timing).

Cost for day is \$10 per car prepaid to club account to fund the ENORMOUS PRIZES.

More details will be sent to participants closer to the day.

Registration sheet at Tuesday's meeting.

BRISBANE WATERS FERRY HISTORY AND HERITAGE TOUR Thurs 18 September

There are currently 24 names on the list for this tour but only about half have paid. The booking is only confirmed when the \$40 per person is paid into the club's account. Registration sheet at Tuesday's meeting.



Geoff Morris

0412613591

morrisgeoff@y7mail.com



Website: *Lindsay Threadgate*

WE HAVE HAD A SPOOFING ATTACK ON A COUPLE OF OUR DOMAIN EMAIL ADDRESSES!

What does this mean and how did it affect us? (By Lindsay Threadgate as I understand it) Email spoofing is when an attacker uses a fake email address with the domain of a legitimate website (in our case the domain is newcastleprobus.org). It is a scam or phishing email which looks like it came from a legitimate sender.

The goal is to trick a recipient into; visiting a website where malware will be downloaded, or opening an attachment with malware, or entering credentials that will transfer money to an account that the attacker controls.

In our case it seems that the download of malware was the intent but not our members. The attack was using our domain email as a conduit for bulk emails to people who reside in Ukraine. These emails apparently had a link to a malicious website. We had one contact from a recipient complaining "We've got spam e-mail with infected file attached". The country code was Ukraine.

The effect on us was really only nuisance and annoyance as the bulk emails exceeded the permissible number per hour and error messages filled our inboxes to capacity. At this point alert emails were sent to me and Peter Rickford.

This is apparently a very difficult problem to resolve. The technology use in our case is quite old and the only solution found was to delete the email addresses affected. This has been done, and the problem is resolved at least for now.

The affected email addresses were for the Newsletter and Activities, and it is hoped that the deletion of these addresses will not be a problem.

I was aware of this type of attack but do not pretend to understand it at all well. The bottom line is that if you receive an email that appears to be from someone you know or think reputable, but the content is unusual or asks you to click on a link then **DON'T**.

Final Reminder - Ladies Luncheon - Club Macquarie, Argenton – Next Friday 25th July

11.00am - Arrive tea & coffee/bar open

11.30am - Guest speaker former Newcastle & Hunter media personality, Art Ryan

12.30pm - Lunch served

1.15pm - raffle drawn (a beautiful photographic memory of the Maasai Mara in Kenya taken by Art Ryan while on safari).

All ladies attending receive a special gift in appreciation of their support.

RSVP to Stephen Pead 0411 471 118 or peady@y7mail.com

For those who have already confirmed attendance please pay your \$50 per head by funds transfer (including name): - BSB 650-000 - A/C. 943213300

Members Care

The committee is not always informed when a member becomes ill or passes away. So, if you become aware of another member having a serious illness, accident or passing away, inform the secretary or a committee member. The secretary will take any action appropriate.

Lindsay's Email Tip:

"If you cannot find an email that you should have received then LOOK IN THE JUNK or SPAM FOLDER"

"Spam" and "junk" email are often used interchangeably to describe unwanted messages, but they can have slightly different connotations. Spam generally refers to unsolicited bulk emails, often sent with malicious intent like phishing or malware distribution. Junk email, while also unwanted, might include a wider range of materials, including physical email, and can encompass less malicious, but still unwanted, advertising.

In essence: Spam is a subset of junk email that is specifically associated with malicious or harmful activities. Junk email is a broader term that encompasses all unwanted mail, including spam.

The filters employed to place incoming email in the Junk or Spam folders sometimes pick up legitimate email, including bulk emails such as newsletters.

If you are looking for an expected email then it is a good idea to try a "search" (the search box is normally at the top of the page, it might have "search" or a little magnifying glass symbol and there might be options). Just enter a few key words and if it is there it will be shown. Best to click on the "Junk" or "Spam" folder first. This might be at the top or bottom of the list of folders.

Be aware of the 30-day rule: Junk or Spam is automatically deleted after 30 days. It goes to the Bin or Deleted Items folder where it is automatically deleted after 30 days.

Once you have found that elusive email and opened it there will be an option to mark it as "Not Junk" or "Not Spam" or some similar wording that will avoid future emails from that source being filtered.

There is a lot more, but I think this is enough for now.



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