

# Active Retirees

*Fun, Friendship and Fellowship in Retirement*



**TECHNOLOGY THAT WILL  
MAKE YOUR LIFE EASIER**

**Eliminate added complications by  
using these easy tech devices.**

**SUMMER SKIN TIPS**

**Protecting your precious skin  
during the warmer days.**

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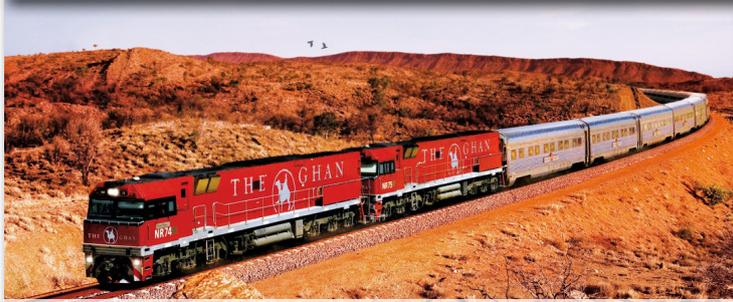
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RETREAT**  
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# *A happy involved life, is a healthier and longer life.*

**W**ow! what a year for our Probus Community and all of us personally. In some ways our lives have changed forever.

If anyone had written a book in 2019 about 2020 and described the events of the past year no one would have believed it was all possible.

Nevertheless, the proactive and positive way our Members, Clubs and Organisation has adapted, shows the ability, enthusiasm and commitment of all involved. Although there are still challenges ahead, Australia is certainly the best country in the world when you consider the low number of COVID-19 cases.



*David Simpson*

David Simpson  
Chairman | Probus South Pacific Ltd

Prior to the outbreak, with the support of the team at Probus South Pacific, it seemed that we were on the right track to grow our membership. The pandemic put a spanner in the works but as we come out of lockdown, there are many retired persons seeking to make those social connections and renew their lives. What better way to achieve that than becoming a member of a Probus Club. A lot of Clubs have reported a renewed interest from members of the community to join a Probus Club. One Club in particular is waiting for an occasion to induct ten new members.

My strong message at this time of disruption, for you and your Club, is to seek new members to keep your Club vibrant. Make sure when a visitor arrives at your Club they are greeted and introduced to a buddy for the day who hopefully becomes a close friend. When meeting or having a function, it is important that we, who have been in Probus for many years, do not stick in our little group but that we circulate and make potential new members feel very welcome.

Probus can make a great difference to our lives in retirement and the health experts advise that a happy involved life is a healthier and longer life.

Given the trials and tribulations of the past twelve months I would like to pay a particular tribute to Probus South Pacific Chief Executive Officer Silvana Martignago and her staff. They have all had to endure enormous challenges and changes to their procedures with lower staffing levels. They have come through in a very good condition so as to be able to support Clubs and members.

I sincerely hope that Probian and their families had a joyous and safe Christmas, and that the new year is filled with fun, friendship, contentment and fulfillment.

As we begin this new year, please give thought to those less fortunate than us and focus on staying socially connected with all members, past and present.

# *As we begin the new year, we must all look positively...*

**W**elcome to the January/February edition of Active Retirees.

This national publication, Active Retirees, is produced for the Probus Community. In this issue, we launch the #Probussummerchallenge as well as the next photographic competition. All Probus Club members are encouraged to submit their photos as we have some great prizes to give away thanks to our National Sponsor, Trade Travel. This issue also features Club news and some fantastic creative writing pieces from Probians as well as a range of interesting articles. I ask all Probus Club members to share this digital magazine with their friends so they can also learn more about our wonderful community.

In this issue, I am also pleased to announce our partnership with Coal River Coaches. Coal River Coaches is one of the leading Tasmanian transport, touring and travel companies with more than 25 years of business operation to their name. Coal River Coaches has dedicated Tasmanian Tours from 3 - 14 days in length with dedicated dates for all their tours and also love to tailor make group tours and travel programs as well.

This issue also includes our call for nominations from Probus Club members from either South Australia/Northern Territory to serve on the PSPL Board from August 2021 to August 2024.

Probus is all about staying socially connected and although some States and Territories across Australia are currently facing some further challenges, the majority of our Clubs are meeting, either face-to-face in smaller groups or by technological means. That is the objective of Probus, to stay socially connected and over the last few months Probus Clubs have found some amazing and innovative ways to stay engaged with their members demonstrating the resilience of our community.

As we begin the new year, we must all look positively into the future together with the understanding that the worst is surely behind us and 2021 will be bigger and better with much Probus fun, friendship and fellowship to be celebrated.

Until next time.



SILVANA MARTIGNAGO  
Chief Executive Officer | Probus South Pacific Ltd



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Amazing Remarkable Rocks, Kangaroo Island



Hahndorf in the Adelaide Hills

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- ✓ Behind the Hedges Tour
- ✓ Colleen McCullough Home Tour
- ✓ Pitcairn Settlers Village

- ✓ Return 'seat + bag' airfare Incl. all airline taxes
- ✓ Meet&Greet at airport
- ✓ Return airport transfers
- ✓ 7 nights accommodation
- ✓ 7 days car hire / or all transfers
- ✓ 7 days breakfast (Motel only)
- ✓ Half Day Island Tour
- ✓ Progressive Dinner
- ✓ Island Fish Fry
- ✓ Convict Settlement Tour
- ✓ Glass Bottom Boat Tour



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Norfolk's leading group travel wholesaler, **Norfolk Island Travel Centre** is based on the Island and staffed by locals dedicated to promoting and bringing visitors to our island home. We have over 35 years experience organising group, individual and event-based travel.

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We also offer the additional surety for groups of 10+ that if your plans are cancelled prior to full payment because of a travel ban due to COVID-19 restrictions, your deposits can be applied to another time that your group would like to travel, or will be refunded.

**Norfolk Island** : There are so many reasons to consider a holiday to Norfolk Island. Situated a short two hour flight from Brisbane or Sydney and midway between Australia and New Zealand, our little Island is packed full of things to see and do.

The world heritage listed 'Kingston and Arthur's Vale Heritage Area' (KAVHA) will take you into the history of turbulent convict years. Today's vibrant 'Norf'k' culture – born out of the renowned 'Mutiny on the Bounty' – can be explored via tours, displays or from a chat with a friendly local.

Encounter our pristine environment via swimming, reef snorkelling and rainforest walks. Our cafés and restaurants offer delicious, fresh, organic meals and local art, crafts, toys, shoes and tax-free items are amongst shopping highlights.

Whether you are deciding to travel for a special event or at another time of year, this South Pacific gem is guaranteed to safely return you home, very much satisfied.

**Norfolk Island is the perfect destination to enjoy life and unwind – Why not extend your stay to 10 days and see all that Norfolk Island has to offer at a relaxed pace?**

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# Active Retirees

Fun, Friendship and Fellowship in Retirement

is the official publication for the Probus organisation in Australia. Active Retirees is a trademark of Probus South Pacific Limited. ACN 152 374 395

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# Active Retirees

Fun, Friendship and Fellowship in Retirement

# Summer Skin Tips



*Our skin really dries out in winter and while spring is the time to rejuvenate it, summer is most definitely the time to protect it.*

*Here are Samantha's top tips for keeping your skin healthy and glowing during the warmer months.*

"Air conditioning, wind chill and hot showers can all wreak havoc on your skin," explains Samantha Sargent, natural skincare expert and distributor of AEOS. And this is especially felt during the winter months.

During spring, our skin starts to bounce back. The warmer days mean slightly cooler showers and barely any wind chill to harm the skin. But that doesn't mean we sit back and wait for our skin to repair itself. During summer, it's crucial to ensure we're taking care of our skin, especially with the hot and humid Australian climate.

According to Samantha, it's a holistic approach. "Skin is a reflection of what's going on inside your body, both on a physical nutritional level, but also an emotional level," she says. "For healthy skin, there's no shortcuts." It's all about balancing a good choice of skin care products, with a sensible diet and ensuring you're staying well hydrated from the inside.

## 1 *Enjoy Sensible Sun*

The most important thing to remember about sunshine is balance and using your common sense to avoid sun damage. The fact is that the sun has a remarkable impact on our health and happiness, so you shouldn't avoid it. However, spending all day in the sunshine isn't the smartest choice either. Enjoy the sunshine in the early or late hours of the day, avoiding direct sun exposure between the hours of 11am and 3pm. And if you are going to be out in the sun for long periods of time during the day, wear a hat and apply a natural sunscreen that contains zinc oxide.

## 2 *Swap your rich face cream for a lighter moisturising lotion*

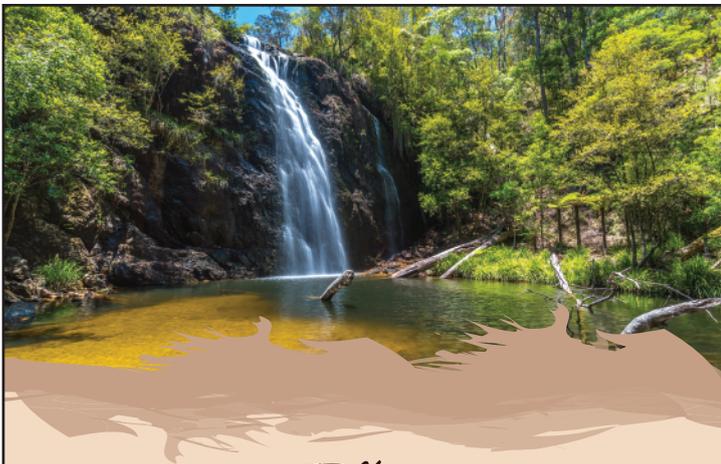
In the summer months, it might be helpful to use a light moisturising lotion so that your skin doesn't become congested. Find one that is light and non-greasy. And don't forget to apply it. In fact, a good idea is to make it part of your morning routine when you wake up – brush your teeth, wash your face and then pop some moisturiser on.

## 3 *Remember to exfoliate once a week*

Exfoliation is a necessary and basic step in your skin care ritual, as it encourages skin cell turnover, stimulates the production of new skin cells, and encourages the production of collagen and elastin, the basic building blocks of the skin. It only needs to happen once a week. Make sure you find one that will be gentle on your skin.

## 4 *Remember to spritz*

A quick spritz of your favourite face mist throughout day is an effective and refreshing way to hydrate and replenish lost moisture. A mist is to moisturise, as salt is to pepper; they work so beautifully together. It also keeps you cool during those hot and sweaty days. There's nothing more refreshing than a bit of cool water on your face.



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# The Eyes Have It

*Keeping your eyes healthy in your retirement years can help you be independent for longer.*

**I**t's no good being in the dark about failing eyesight, so one of the most important things you can do as you age is to get regular eye tests.

We often think we only need an eye test to get our glasses updated, but optometrists do so much more than check our vision: they review the health of our eyes.

An optometrist can pick up eye diseases like glaucoma and cataracts. The eyes are also the window to other diseases like high blood pressure and diabetes. And, of course, you should have an eye test if you feel there have been sudden changes to your vision. Good eyesight is a key factor in avoiding falls and injuries as we age.

## Healthy Eyes

- There are a number of things we can do to keep eyes healthy, including simple things like wearing sunglasses. Sunglasses aren't just a fashion statement; they can protect your eyes from strong sunlight and harmful UV rays, so check that you buy the right lenses.
- You might not think you can do an eye workout, but general exercise helps circulation which, in turn, helps keep your eyes healthy.
- Get some sleep. As we sleep, our eyes lubricate and heal themselves, clearing out the dirt and dust that may have accumulated during the day.
- Eat well, too. It may be a fallacy that carrots are good for your eyes, but a diet with plenty of vegetables can help you keep your eyes in good condition. And keeping a healthy weight helps stave off diabetes, which can cause problems with your vision.

## Things To Look Out For

- There are some specific things to watch for as you age. Conditions like age-related macular degeneration (AMD), for example, which is the major cause of vision loss in Australia. This is a common eye disease that can be managed if picked up quickly – another reason for regular eye checks.
- Other issues are the general weakness of our eye muscles that starts at about the age of 45, glaucoma and floaters – small specks that appear to float across your vision.



## Benign Essential Blepharospasm

Benign essential blepharospasm (BEB) is a rare focal dystonia: a neurological movement disorder involving involuntary and sustained contractions of the muscles around the eyes. The term essential indicates that the cause is unknown, but fatigue, stress or irritants are possible contributing factors. It's rare and not widely known, and all too often it's diagnosed erroneously at first.

Nola Pense is a member of Blepharospasm Australia and suffers from the disease, which presents a little like dry eyes.

"Had I known all of this several years ago I might have avoided a long period of stress and exhaustion," she says. "Unfortunately, I'm one of many people who has struggled to receive an accurate BEB diagnosis and endured long delays before receiving effective treatment."

BEB may appear as frequent blinking, squinting of both eyes, spasms of eyelid closure, or simply difficulty in keeping the eyes open. It's estimated that five in 100,000 individuals have BEB, the larger proportion being older women. These figures come from the National "It's not life threatening, but there is no cure," Pense says. "The best form of help currently available is in the form of botulinum toxin injections, administered on a regular basis by an ophthalmologist or neurologist. Without this treatment, many of us suffering BEB would be unable to open our eyes and be left functionally blind despite having very good eyesight."

If you suspect you have any of these issues, Pense says you should get your eyes checked.

# Technology That Will Make Your Life Easier

*Technology is evolving at a rapid pace. It's easy to think these changes are nothing more than an added complication, but the reality is a lot of tech has the potential to make your life easier.*

*Here are a few gadgets that could make your days that little bit more convenient. If you're considering getting one of these technologies, the best way to start is speaking to your local electronic retailer for more information.*

## 1 Voice Control

Available on smartphones, voice-activated software allows you to control your phone via voice command. It can be used for many purposes, from calling someone to helping you with directions. For best results, make sure you speak clearly and naturally, use full names and say only voice control commands, names and numbers.

## 2 A Universal Remote

Universal remotes allow you to control everything in one go – from your TV, to your music player, to your DVD player. They are easy to set up and there are many different types, so there will be one that is compatible with the devices you have. The more recent, sleeker remotes even have touch screens, and you can get ones with extra-large or sensitive buttons for the visually or mobility-impaired.

## 3 Tracking Device

If you are constantly losing your phone or keys, then a tracking device will be your new favourite gadget. They typically consist of a phone case, an app, and a number of tags that can be attached to any item of your choice. You simply attach one of the tags to an item, and if it is lost the tracking system will help you locate it. Some tracking devices will even notify you if you are too far away from an item.

## 4 Automated Transport

Self-driving cars already exist, but we will continue to see conventional car manufacturers jumping on the trend. Many have already or are smartening up their systems with autonomous driving features such as lane-assist, cruise control and automated parking already common in newer vehicles.

## 5 On-Demand Services

There is now an on-demand service for practically anything you can think of. You can get people to come to your home and clean out your gutters, deliver your prescriptions, pick up your parcels or solve your computer problems.

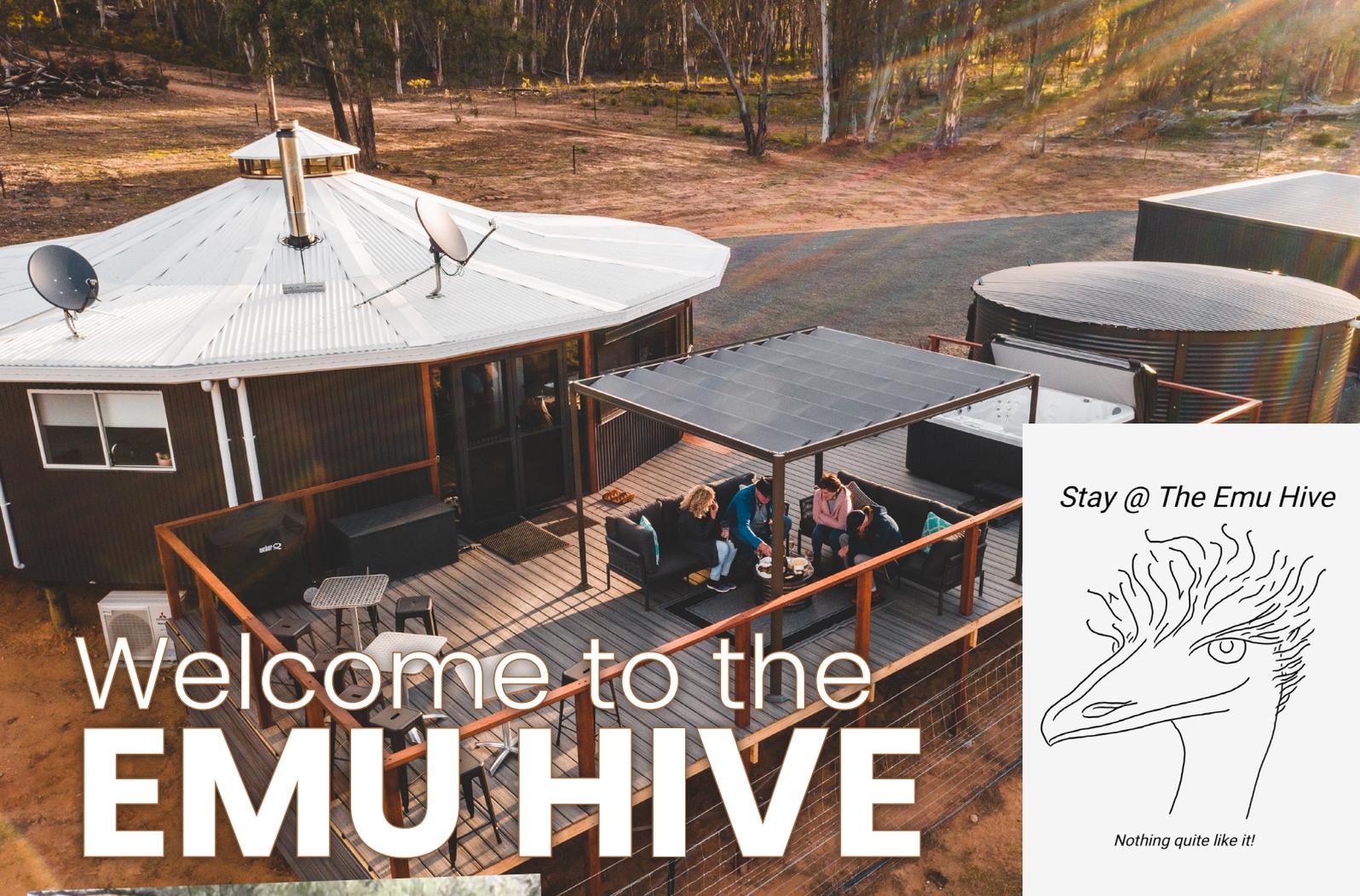
## 6 Automatic Pill Dispensers

Pill Dispensers are great for organising your regular prescriptions to ensure you remain on track and consume the correct medication. There are many options out there for seniors including e-pill and MedMinder.

## 7 Hearing Devices

Much cheaper than the regular hearing aids, big brands in the market such as Bose are releasing hearing devices that not only amplifies sound but also suppresses surrounding disruptive noises. This particularly helps those experiencing mild to moderate levels of hearing loss and are looking for basic assistive technology.





# Welcome to the **EMU HIVE**

*Stay @ The Emu Hive*



*Nothing quite like it!*



Mark and Wendy Osmond are your tour guide and hosts for a holiday experience like no other.

**Private intimate limousine charter for up to 6 people from Sydney, the Central Coast or Newcastle.**

Safari amongst our Emus, enjoy the young chicks and friendly adult birds. Learn about Emus, off grid and sustainable living.

The Guest lodge is luxuriously appointed with modern wifi, ducted air conditioning and 3 very comfortable and spacious queen sized bedrooms, one with ensuite.

From the expansive deck enjoy spectacular views of the property, take a dip in the spa, relax on the lounge, all while the Emus wander curiously at your doorstep. On site resort bush walks, Emu safari, bird watching and skywatching from our own private observatory.



## The Journey

Travel in privacy, comfort and style through the wine district of the Hunter or Mudgee in a spacious Mercedes limousine van. Opt for a delicious lunch and wine tasting or cafe lunch then travel to the Emu resort via the Worlds Largest Virtual Solar System Drive.

Safari in comfortable dedicated electric golf carts, visit Siding Springs observatory and take a gentle walk in the breathtaking Warrumbungle Mountains all part of the charter experience.

Do as much or as little as you want. Settle into your private lodge. Unwind and relax in the quiet and security of the property.

Preview your tour and stay  
<https://youtu.be/8Agt5c66hVo>

## Our Self Drive Stay and Charter Packages

### Self Drive 2 Nights min.

\$675 per night for the whole Lodge up to 6 people

### Self Drive 3 Nights plus

\$575 per night for the whole Lodge up to 6 people

Self Drive package includes provisioned breakfast, Safari and Skywatching experience and use of golf carts.

### Door to door limousine service

From \$4,000 for up to 6 people. Share the cost with friends and family, be spoilt on a luxurious, once-in-a-lifetime experience.

All Self Drive packages are self catered.

All door to door limousine charter packages include Safari, Virtual Solar System tour, on-site skywatching, visit to Siding Springs observatory and Warrumbungle Mountains White Gum lookout. Catering options available upon request.

**See website for details**



## Special Offer for Probian

### 10% discount on Charter and Stay Packages

Meals at the Emu Hive lodge are included on all charter bookings.

Free bottle of wine for guests that purchase lunch at Vines Restaurant in the Hunter Valley.

## To book

Call your host Mark on **0450 511 580** or email [stay@theemuhive.com.au](mailto:stay@theemuhive.com.au) and mention you are a Probian.

**100% COVID money back guarantee**  
if a charter is not possible due to borders being shut or lock down.

## The Emu Hive Coonabarabran NSW

Call Mark on **0450 511 580**  
or email [stay@theemuhive.com.au](mailto:stay@theemuhive.com.au)  
[www.theemuhive.com.au](http://www.theemuhive.com.au)



# Decoding Cryptocurrencies

*Are they too risky  
for retirement investing?*

**B**itcoin and Ethereum are examples of cryptocurrencies. Rather than being a physical note or coin, they are a digital token created from code using an encrypted string of data blocks, known as a blockchain.

A blockchain is a decentralised database that can be accessed by all users. Users earn or create blocks (or units of a digital currency) by solving complex cryptographic puzzles and verifying transactions. This is known as mining. The blockchain keeps track of the ownership of the currency units and holds a history of every transaction ever made on the blockchain. Cryptocurrencies are held in a digital wallet and units can be bought and sold on an exchange platform using conventional money. Some retailers can accept payment with cryptocurrencies in store via mobile devices, and Bitcoin can also be bought and sold for cash via Bitcoin ATMs.

## *Is it worth it?*

Intrigued by the possibilities offered by Bitcoin and other cryptocurrencies but wondering if they are worth a punt? As with any other potential investment, it's important to fully understand it before you put your money down.

While Bitcoin was the first kid on the cryptocurrency block, others that followed in its wake include Ethereum, Litecoin and Binance Coin. To recap how they work, let's take a look at the Decoding Cryptocurrencies Box.

You might expect you should be able to use an alternative currency to buy goods and services. But as coinmap.org shows, there are still limited places in Australia where you can pay for something with Bitcoin.

They tend to be small businesses such as an art gallery, a tour operator or a cafe.

Major businesses were initially slower to accept cryptocurrencies however, some have now partnered in their acceptance.

People mainly buy Bitcoin and other cryptocurrencies because they think they've spotted an investment opportunity. But, as with any other emerging market, that means they've had to be prepared to hang on tight through periods of intense price volatility.



“Cryptocurrencies should be viewed as a punt, much the same as a purchase of a non-profitable mining company on the stock market,” says David Leslie, a senior financial adviser at Morgans. “Be prepared that you may lose a significant amount of what you put in.”

Transaction costs and times have also been concerns for people who have jumped into cryptocurrencies.

As the Bitcoin blockchain grows, the time needed to process a single transaction is lengthening (one of the reasons why other cryptocurrencies have appeared). The price volatility means investors can potentially pay a lot more than they intend or cash out for less than they hope when they decide to buy or sell.

Apart from the impact of price volatility, there are other risks that need to be considered before investing in cryptocurrencies. One of them is related to the exchange platforms on which digital currencies are bought and sold. Because these are not regulated, if the platform fails or gets hacked, investors are not protected and will have no legal recourse. Likewise, if your digital wallet is hacked, you have no protection.

Another thing: don't assume that cryptocurrencies are escaping the attention of the taxman. If the cost of your digital currency is less than \$10,000 and you're only using it to buy personal goods and services, you won't be taxed. Where the ATO becomes interested, however, is if people are treating digital currencies as an investment. In that case, it proposes to tax capital gains as it would with any other investment. If the currencies are being traded for profits, the profits will be treated as assessable income.

# Automate Your Bills For The New Year

*Automating your bills is one of the easiest ways to get in control of your money.*



**I**t means that every month, your bills are automatically taken out of your bank account, so you won't need to face a mountain of paperwork on a regular basis and set yourself reminders to pay for everything.

Ideally, you should calculate the amount you pay for your bills each month and schedule for the money to be put into a separate account on a regular basis. From there, your bills will be automatically debited and it's out of sight, out of mind.

Here are five reasons why automating your bills will help you stay on top of your money.

## **1** *It Removes Temptation*

When you put aside the money you need for bills each month into a separate account, you won't be tempted to spend it on other things. It also means that the money left in your account is exactly what you have to get you through for the rest of the month, minus the bills.

## **2** *No More Fees*

Now that you won't fall risk to paying your bills late, you won't be hit with pesky interest charges or late fees.

## **3** *It Minimises Human Error*

When you're manually paying for your own bills online, it's easy to slip up and accidentally pay the wrong amount or even the wrong company. Or sometimes, you might forget about a bill you need to pay and accidentally spend your money on something else instead. Automating your bills means you can avoid this from happening each month.

## **4** *It Will Free Up Your Time*

Who wants to spend the time dealing with lots of paperwork each month? Instead of trying to keep on top of your bills on a regular basis, you'll now have more time for the more fun things in your life.

## **5** *You're Building Good Finance Habits*

Now that your bills will always be paid on time, you'll know what money is coming in and out of your account and start to create an effective budget strategy.

# 6 Do's and Don'ts of Lending Money

*Mixing friends and family with money can be tricky at times, even if you want to give someone a hand. Here are some tips on how to lend money so you can help someone out – and keep the peace at the same time.*



**A**ccording to Bessie Hassan, money expert at finder.com.au, even small amounts of unpaid money can be enough to end a relationship. Retirees are also often at a higher risk if a loan is not paid off, as they no longer receive a steady income. “Retirees also have less time to recover from a financial setback which means they need to be cautious about how they use their money,” Bessie advises. “Consider whether you can actually afford to lend the money in the first place and if you’re in doubt, then speak to an accountant or financial planner for advice.” “Some retirees may feel that helping out their family is worthwhile as it’s likely that their funds will be inherited by their family at some point down the line, but retirees should have the mindset of using their savings to improve their quality of life, and only help out family when a formal agreement has been put in place.”

**1 Do Lay Down The Ground Rules**  
According to Bessie, the biggest mistake people make when lending money to loved ones is not making it formal and discussing how it will work. Talk about the terms of the loan agreement, how regularly the repayments will be made and if they’ll be made via cash or a bank deposit. Don’t be afraid to discuss what happens if the other person defaults on the loan, either. “Finances are one area where you should never let your guard down,” says Bessie.

**2 Do Consider Their Financial Behaviour**  
Firstly, it’s important that you ask your family member or friend to be honest with their financial standing. If you’re familiar with their money situation, consider their behaviour and whether you think it’s likely they will repay your loan. “Do they have job security? Do they often pay their credit card bills on time? Have they ever defaulted on a loan repayment? Have they ever been rejected for a loan application? Thinking about their financial behaviour will help you decide whether or not they will be able to repay the loan,” advises Bessie.

**3 Do Notify Centrelink**  
“If you’re receiving benefits from Centrelink such as the Age Pension, then they’ll need to know of any loans you make,” says financial adviser Wally David. “Put simply, the loan is still considered an asset, even though it involves family.”

**4 Don't Be Afraid To Say No**  
If you have a sneaking suspicion that someone might not be able to stick to an agreement and repay the loan, you’re well within your rights to say no. “If they’ve had a bad history when it comes to credit, chances are it’s not going to improve with a parent or family member providing the loan. Explain that money is often the biggest cause of family disputes and that you don’t want that to occur in your relationship,” suggests Wally.

**5 Don't Go Into Debt**  
If you’re struggling to make ends meet, don’t lend money to anyone, even if you really want to help out. Should your loved one not be able to repay you, you’ll put your own finances in jeopardy, says Wally.

**6 Don't Stick Your Head In The Sand**  
“If payments are being missed, act quickly by reminding them of the agreement you drew up at the beginning and confront any difficulties head on before they spiral out of control,” says Bessie.

# welcome aboard!



Photo by: Glen Cameron - glenn-cameron.com

## TO A DAY TRIP TO REMEMBER!

Set your mind at ease as you cruise the beautiful Brisbane Water

Catch the ferry from Woy Woy public wharf, a short stroll from Woy Woy station with round trips back to Woy Woy for a classic pub feed at **The Bayview**, **Greek at Ela Mesa** or grab some fish and chips at **Fisherman's Wharf**.

If walking is your thing, disembark at Lintern Street, Davistown for the picturesque **Illura Reserve Walk** around the waterfront towards local cafés and restaurants. Another great spot is Davistown Central, where the restaurant **Ferryman** awaits right next to **Central Wharf**, and a short stroll to **Little Teapot** or **Dart n Feather** or head to the award winning **Davistown RSL**. Another hidden gem if you just want a delicious cup of coffee and a treat is **Empire's D'Lite** at Empire Bay.

With ferries running all day you can plan your trip.  
**History cruises to start up again later in 2020.**



### TIME TABLE WOY WOY - EMPIRE BAY (Via Saratoga and Davistown) Operates from Woy Woy Wharf

#### MONDAY TO FRIDAY Ferry Departs from Woy Woy

DEPARTS	Saratoga		Davistown		ARRIVES
Woy Woy	Veteran Hall	Lintern St.	Central (RSL)	Pine Av.	Empire Bay
6:30 am	6:40 am	6:45 am	6:55 am	-	-
7:45 am	7:55 am	8:00 am	8:10 am	8:10 am	8:15 am
9:00 am	9:10 am	9:15 am	9:25 am	9:25 am	9:30 am
10:45 am	10:55 am	11:00 am	11:10 am	11:10 am	11:15 am
12:30 pm	12:40 pm	12:45 pm	12:55 pm	12:55 pm	1:00 pm
1:50 pm	2:00 pm	2:05 pm	2:15 pm	2:15 pm	2:20 pm
5-3:30pm	3:40 pm	3:45 pm	-	-	-
4:50 pm	5:00 pm	5:05 pm	5:15 pm	R	R
5:50 pm	6:00 pm	6:05 pm	6:15 pm	R	R
6:50 pm	7:00 pm	7:05 pm	7:15 pm	7:15 pm	7:20 pm

#### SATURDAY, SUNDAY AND PUBLIC HOLIDAYS Ferry Departs from Woy Woy

DEPARTS	Saratoga		Davistown		ARRIVES
Woy Woy	Veteran Hall	Lintern St.	Central (RSL)	Pine Av.	Empire Bay
9:30 am	9:40 am	9:45 am	9:55 am	9:55 am	10:00 am
10:45 am	10:55 am	11:00 am	11:10 am	11:10 am	11:15 am
12:30 pm	12:40 pm	12:45 pm	12:55 pm	12:55 pm	1:00 pm
2:00 pm	2:10 pm	2:15 pm	2:25 pm	2:25 pm	2:30 pm
3:45 PM	3:55 pm	4:00 pm	4:10 pm	4:10 pm	4:15 pm
4:45 pm	4:55 pm	5:00 pm	5:10 pm	5:10 PM	5:15 PM

ROUND TRIPS APPROX 1 HOUR.  
 FOR RETURN TIMES AND PRICE'S SEE WEBSITE.



Central Coast  
 Ferries

FERRY: 0418 631 313  
 info@centralcoastferries.com.au  
 www.centralcoastferries.com.au



# Discover The Insiders' Outback!

**A**fter a year of being confined inside our bubbles or restricted by borders, now's the time to break out for wide open spaces, big skies and outback sunsets. Embrace the feeling of freedom and support local with a trip to Longreach, Queensland.

The award-winning Outback Pioneers family business takes you or your group deep into our heritage with experiences that are insightful, quirky, entertaining and the breath of fresh air our spirits need!

Hosted by the Kinnon family, you'll live and breathe the authentic outback and get a true insider's perspective.

Cruise the Thomson River at sunset with stockman's dinner and entertainment under the stars. Ride the Cobb & Co stagecoach through the bush. Visit the Kinnon family's Nogo Station for the wool story and an outback safari across the sunlit plains. Lose yourself in The Station Store pioneer shopping emporium. Laugh at an Old Time Tent Show and so much more.



The Kinnon Family

## Do It Your Way

Outback Pioneers has two great escorted holidays to choose from.

The [3-day Longreach Storytelling Holiday](#) features three signature Outback Pioneers experiences, two nights in Outback Pioneers' new heritage-themed accommodation, entry to the Qantas Founders Museum and the Australian Stockman's Hall of Fame, plus most meals, and all transfers. Prices from \$1229 pp twin share (with Australian Pension Card).

For those with more time to enjoy this inspiring region, the [6-day Unleash Longreach Holiday](#) includes all of the above experiences with five nights in the new heritage-themed accommodation, plus the full-day Winton Discovery Tour visiting the Australian Age of Dinosaurs museum, the Waltzing Matilda Centre - and many other extras. Prices from \$2056 pp twin share (with Australian Pension Card). Available April-October 2021.

See [outbackpioneers.com.au/holiday-deals](http://outbackpioneers.com.au/holiday-deals) for full inclusions or phone the friendly crew for advice on getting to Longreach: **07 4658 1776.**



# PROBUSSUMMERCHALLENGE



Participate  
in an  
outdoor  
activity



Try a water  
sport



Organise a  
picnic or  
beach outing



Put a shrimp  
on the barbie



Visit a zoo,  
farm or bird  
sanctuary



Invent a new  
summer  
smoothie



**SUBMIT YOUR PHOTOS & GO INTO THE  
RUNNING TO WIN A VOUCHER!**

# CHALLENGE YOURSELF THIS SUMMER!

Have fun this season with the  
**#ProbusSummerChallenge**.

Participate in 1 or more of the  
required activities and submit  
your photo entry for your  
chance to win a voucher!

**The competition will close on  
Sunday 28th February 2021.**

For more information visit:

[https://www.probusouthpacific.org/pages/members\\_offers\\_competitions](https://www.probusouthpacific.org/pages/members_offers_competitions)



## CALL FOR NOMINATIONS TO SERVE ON THE PSPL BOARD FROM AUGUST 2021 TO 2024

Nominations are open for the position of Representative Member/Director to represent South Australia/Northern Territory on the PSPL Board. Nominations are open to Probus Club members from South Australia and the Northern Territory.

## CALL FOR NOMINATIONS TO SERVE ON THE PSPL NOMINATING SELECTION COMMITTEE MAY 2021

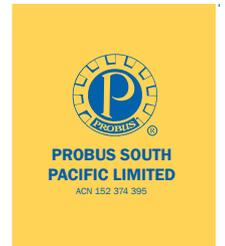
Nominations have opened for two Probus Club members and two Past District Governors from South Australia or Northern Territory to serve on the 2021 PSPL Nominating Selection Committee.

The role of the Nominating Selection Committee is to assess all eligible nominations from Probus Club members wishing to serve on the PSPL Board.

**Nominations for the PSPL Board and the Nominating Selection Committee must be lodged with PSPL by 30 April 2021.**

Please visit the PSPL website to view the eligibility criteria. For further information or to obtain an official Nomination Form, please contact:

Silvana Martignago  
E: [silvanam@probussouthpacific.org](mailto:silvanam@probussouthpacific.org)  
Australia T: 1300 630 488  
W: [www.probussouthpacific.org](http://www.probussouthpacific.org)



# PROBUS Global connects Probus Club members across the World



Probus Global is a worldwide community of seniors interested in stimulating online conversations. Originally known as the Informal Probus network, Probus Global was initiated by members wishing to connect with fellow Probians across the world.

Probus Global is managed by a Management Committee that includes Probus members from Canada, the United Kingdom and Australia and its membership includes Probus Club members from all over the world.

The challenges presented by COVID-19 has highlighted the importance of social connections and the PROBUS Global community has responded by connecting Probus Global members and other Probians a priority.

Across the globe many Probus Clubs have turned to online meetings when face to face meetings have been either restricted or prohibited.

Meeting online has also created an opportunity to welcome former members who have moved away and guests from other Probus clubs. Distance does not matter at all on the internet. Some guests may be from nearby clubs, and through PROBUS Global, guests could also be from around the world.

Although technology can be daunting for some, meeting online with ZOOM requires no more than a mobile phone. Even though seeing the participants in a meeting on a screen is preferred, anyone can join a ZOOM meeting by dialling a special phone number and entering a code number. Screens are not essential.

Probus Global also has its very own YouTube Channel where anyone can view their presentations and meetings. These can be viewed by clicking on the following link <https://www.youtube.com/channel/UCxj6Dww3G8aoKKgW6m2bVVQ/videos>

Probus Global promotes Probus Fellowship, Friendship and Fun across the globe and Probus Club members everywhere are encouraged to join Probus Global by clicking [here](#).



# Dining at Parliament House

Strangers' Restaurant provides a rare opportunity for the public to experience fine dining at NSW Parliament House. The very talented and passionate culinary team are proud to present local delicacies that showcase the wonderful flavours and unique regions of New South Wales. Visitors to the building can experience key moments in the history of Australian politics whilst exploring the magnificent collection of historic artefacts, priceless art and precious antiques.

## High Tea

Every Friday, 12 pm to 2 pm

Traditional High Tea \$55.00

Sparkling High Tea \$60.00

Rose High Tea \$65.00

## Set Lunch

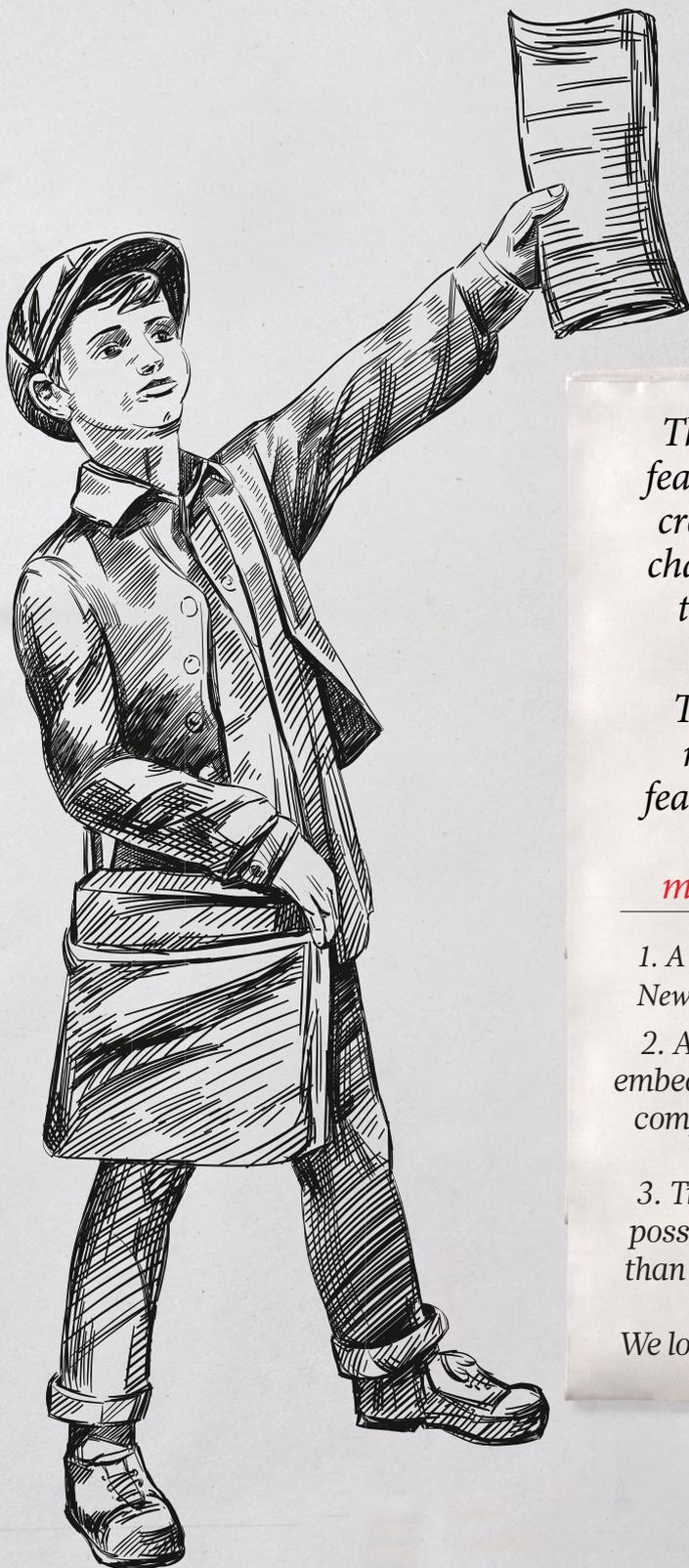
Monday to Thursday, 12 pm to 2 pm

Two Course Lunch \$56.00

Your choice of one main and one dessert  
Includes tea & coffee with petit fours



# Extra! Extra! Read all about it!



*The following section of Club News features Club activities and members creative writing pieces. Even during challenging times, Probians continue to embrace the true spirit of Fun, Friendship and Fellowship.*

*To have your Club's event, trip or member submissions potentially featured in Active Retirees magazine, please send the following to [marketing@probussouthpacific.org](mailto:marketing@probussouthpacific.org)*

- 1. A short description of 50 to 150 words for Club News and up to 300 words for Creative Writing*
- 2. A photo as a separate attachment (photos embedded in Word documents or PDFs are often compressed and too low-resolution for print)*
- 3. Try to send the original, full-sized photo if possible (these are generally higher resolution than those pulled from Facebook, for example)*

*We look forward to receiving your submissions!*



## Probus Day Picnic

Twelve members from Tuggeranong Probus Club gathered together for a picnic lunch at Weston Park, Yarralumla.

Newsletter Editor Anne says "It was a magical Spring day in Canberra, the lake was calm and the beach area was deserted."

## A Great Day For-shore

Members from the Probus Club of Gungahlin enjoyed a sunny picnic at Western Foreshore Park, Belconnen.

This was the first time members had been able to meet again since March.



## Wanniassa Celebrations

Wanniassa Probus Club celebrated Probus Day in style at their new meeting venue, Greenway Views. The venue provided free drinks and snacks at the Tickety Boo Bar. The spectacular views to the setting sun over the Brindabella Mountains added to the enjoyment of their celebrations. Members are very pleased to have a new venue that offers so much to the Club.



# Goulburn

*Country life. city heartbeat.*



Enjoy a day out with your host, featuring;

- A Guided City Tour, including a visit to the Historic Waterworks Museum
- A tour of St Saviour's Cathedral, including an organ recital
- Lunch and a sweet treat at a selected venue
- Guided tour of Garroorigang Historic Home, including afternoon tea
- A surprise visit to one of our main attractions

**From \$50 per person\***

Contact the Groups Liaison  
Officer, Jacki, on: (02) 4823 4531

\*Tours do not include coach hire.

\*Price based on groups of 20 people.

#goulburnaustralia

GOULBURN  
*Australia*  
goulburnaustralia.com.au

## Christmas Lights Spectacular Tour

With a sense of jubilation and anticipation after the restrictions of COVID-19, twenty-five holiday makers from a collection of Probus Clubs across North and South of Canberra, very early one morning hopped on a long white touring coach. Members selected a seat and window each and prepared themselves for a five-day adventure to the Hunter Valley and beyond.

What an adventure! Five days of fun, sightseeing and learning, visiting historical sites and much more. Members were in the safe hands of friendly Coach Captain Mark and a fun day visit from Trade Travel's Area Sales Manager Serina Mace.

The highlight was the Hunter Valley Gardens by day and then viewing the Christmas Lights Spectacular wonderland by night.

With comfortable lodging in one place and delicious home cooked meals using local produce, members were spoiled.

The Clubs thank Tracey O'Connell, Travel Manager extraordinair, Serina Mace and the Trade Travel Team.





## 35<sup>th</sup> Anniversary

The Probus Club of Darwin celebrated their 35th Club Anniversary with 70 members in attendance from surrounding Probus Clubs.

## Personal Safety

The Probus Club of Marrara welcomed Guest Speaker Sue Sears for a special talk on personal safety for seniors.

Sue is a Senior Police Auxiliary with Northern Territory Police and Neighbourhood Watch (NBWNT) Liaison Officer.

President Ken also thanked Sue for visiting the Club and providing insightful information.



## Low/High Tea

Charles Darwin Probus Club gathered together to enjoy a 'Low/High Tea' organised by the Club Jester.





# TASMANIA

Where have you been ???  
 We are missing you ???  
 Come on down !!!

Domestic borders are opening and it's time to get traveling.  
 So why not come to Tassie?

Travel as a group in your own coach, taking in the sights  
 and experiences your Island State has to offer.

If you want to travel to Tasmania in a smaller party, we can arrange  
 a private charter of a mini-bus and driver just for you.

Groups Tasmania / Coach Tours Tasmania have been organising tours  
 for more than 20 years, allow us to make all your arrangements for you.

So get together with some friends and make a plan to visit Tassie soon.



Email: [probian@coachtourstasmania.com.au](mailto:probian@coachtourstasmania.com.au)

[www.groupstasmania.com.au](http://www.groupstasmania.com.au)

[www.coachtourstasmania.com.au](http://www.coachtourstasmania.com.au)



## High Country Holidays

THE ULTIMATE 6 DAY TOURING EXPERIENCE...

Enjoy the picturesque scenery of Victoria's  
 High Country in the company of friends.

Sit back, relax and enjoy luxury coach travel to the beautiful township of  
 Bright. Stay and be nurtured 'country style' in award-winning accommodation.  
 Enjoy a delicious home-cooked breakfast and three-course dinners in the  
 restaurant, all using fresh local produce.

Also includes local commentary, attractions, morning teas, bonus lunches,  
 pick-up from Melbourne or Sydney and other locations upon request.  
**Group Bookings only.**

### HIGHLIGHTS INCLUDE

Beechworth & Yackandandah • Harrietville Lavender Farm • **Mt Buffalo  
 National Park** • Beautiful Bright and Surrounds • Trout Fishing and Deer  
 Farm • Milawa Gourmet Region • National Trust Village of Wandiligong & Apple  
 Orchard • Wineries and Farm Gates • Bright Museum and Art Gallery

**\$995**  
 per person twin/  
 double share  
 30+ pax



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 Telephone 03 5755 2022 | [info@ovensvalleymotorinn.com.au](mailto:info@ovensvalleymotorinn.com.au) | [www.highcountryholidays.com.au](http://www.highcountryholidays.com.au)

WE LOOK FORWARD TO SHARING OUR SLICE OF VICTORIA *Shannon & Simeon Crawley*



## 5<sup>th</sup> Anniversary Celebration

Members from the Combined Probus Club of Kingston gathered at Brookfield Margate to celebrate the 5th Anniversary of the Club.

Many of the Foundation Members were present at the celebration and the Club now has 60 members.

Past President of sponsoring Rotary Club of Kingston, Malcolm Wells, presented President Jenny with the Club's Fifth Anniversary Certificate on behalf of Probus South Pacific Limited.

Malcolm extended congratulations to the Foundation Members, the Inaugural Office Bearers, and to those greatly involved in the establishment of the Club, not forgetting Foundation Secretary, the late Peter, for his contribution. Malcolm expressed his pleasure in seeing the Club so active and healthy.

Malcolm and Foundation President Harman cut the delicious cake which had been made by fellow Club Member Christa.

Harman commented on the history of Probus which had come from the United Kingdom in 1965.



## Probus Day Trip

Shoreline Combined Probus Club embarked on a trip to Russell Falls as apart of their Probus Day activities.



## Hobart Macquarie go Touring

On a beautiful spring day, fifty three members from Hobart Macquarie Probus Club ventured in their private cars for a Motor Tour of close-by Hobart bushland, rural and historic settings to navigate their way to lunch.

The event started with a scrumptious morning tea at the Lindisfarne riverside Club rooms of The Motor Yacht Club of Tasmania (MYCT) where each participant was given an information sheet to navigate their way to lunch. This info sheet included direction along the outer bushland areas of Hobart and other locations. Also on this sheet were 18 questions, the answers to which could be found along the route.

The route involved travel on the East Derwent Highway, turning onto Grass Tree Road at the Risdon Round-a-about, over Grass Tree Hill to the Historic Town of Richmond. Over the oldest road bridge still in use in Australia, then along through a very green rural Richmond/Sorell area to the Tasman Highway. A turn right at Tasman Highway followed by another right turn onto Shark Point Road. Turning onto Penna Road they navigated their way to luncheon at the Midway Point Tavern.

The Seniors' luncheon at the Midway Tavern was great with a varied Menu.

Prizes and Lucky Door Draws were conducted before lunch.

This was the first time such an event was organised for Hobart Macquarie members and by popular acclaim voted on of the best.





# koala sanctuary

PORT STEPHENS



Port Stephens Council in partnership with Port Stephens Koalas has created a Koala Sanctuary to ensure first-class care to sick, injured and orphaned koalas. Visitors to the Port Stephens Koala Sanctuary will be able to experience:



#### Waking up with Koalas!

A unique opportunity to stay overnight in a 4 star deluxe glamping style tent within the Sanctuary grounds.



#### Koala Hospital

Take a look through the hospital viewing window as veterinary staff carry out examinations and administer treatment to koala inpatients.



#### Newcastle Airport SKYwalk

A 225 metre in length elevated boardwalk and viewing platform, offering a unique 'tree top' perspective into a koala's natural habitat.



#### Sanctuary Story Walk

A 250m in length immersive educational experience telling the story of koala and its habitat through artistic sculptural representations.



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## A Stirling Delight

The Probus Club of Stirling were treated to a delightful meal while engaging in fun and insightful conversations with each other.

---

## Dunluce Castle

Hallett Cove Probus Club had their first Club outing since the coronavirus outbreak.

Outings Officer Jan organised for a group of 25 members to visit the Dunluce Castle in Brighton.

The present owners purchased their home 16 years ago and are the seventh owners. The house which was built by



Alexander McCully in 1904 to 1910 is based on the Dunluce Castle in Ireland.

Club Photographer Lyn says "Our members really enjoyed an outing together again and experiencing life lived in an earlier era."

---

## 30<sup>th</sup> Club Birthday

Westbourne Park Ladies Probus Club celebrated their 30th Club Anniversary with a lovely meal and celebratory cake.

Pictured are members having a great time celebrating this milestone.





## Walking Group

The Friday morning walking group at Victor Harbor Granite Island Probus Club consists of very eager members.

One of these mornings, ready for departure from under the sails at Kent Reserve, members braced themselves to head out in the cold breeze and likely showers.

Venturing off the tracks, they walked to the Library Café for a delightful time of fellowship and fun, and not to mention, good coffee.



## A Probus Day Sausage Sizzle

Lameroo Probus Club celebrated Probus Day at their little Lake Roberts, with a sausage sizzle observing all the Covid precautions.

One member gave a talk about Lake Roberts history, thanks to the local Rotary Club who did a lot of work in the area even rowing a tinny over to the small island to plant shrubs. They also built a pavilion where there is a free to use electric barbecue.

All in all a very pleasant day.



## Celebrating Together

On a perfect weather day, members from 7 different Probus Clubs including Tea Tree Gully, North Adelaide, Highbury, Collinswood, Prospect, Golden Grove and Wynn Vale joined together to celebrate Probus Day.

Followed by a great picnic outdoors, Mayor Kevin Knight attended and gave a nice speech thanking Probus Clubs for the work they do in keeping older citizens of the community connected.





## Coffee and Chat Meetings

15 members and 1 guest from the Probus Club of Indooroopilly had a lovely time of chats and laughter at Oxley Creek Common, Rocklea.

Member Barbara provided coffee bags and caramel with each saying the message 'Coffee and Friends Make the Perfect Blend.'



## COVID Themed Picnic

Rochedale Probus Club celebrated their 12th Club anniversary during a Covid themed picnic at Karawatha Forest.

Roving 'Nurse in Training' Angi Law, kept members entertained with her comic health checks.

There was also a Covid Trivia Quiz giving members a brainy workout!



## Sausage Sizzle

A gusty morning blew together with almost 40 members from the Ithaca Probus Club coming together for a barbecue at Ironbark Park.

There was lots to eat with sausages served with onions and a variety of sauces on fresh bread.





## Bribie Island Probus Day

In support of the Probus Day initiative, 26 members from the Probus Club of Bribie Island gathered at Col Fischer Park on the grassy banks of the Pumicestone Passage for a self-catered picnic.

Gabi, the club's Events Officer, hastily organised the printing by a local printer of an enlarged version of PSPL's Probus Day artwork which was displayed in a prominent position during the event.



## Honouring Their Service

Foundation member Pett and member Murielle from the Kenmore Village Probus Club have received a commemorative honour for their service during World War II.

As a part of the 75th anniversary, both members were presented with a medallion from the Australian Government on behalf of the Australian people.



## Helping Local Businesses

Sorrento Probus Club is trying to help businesses keep afloat by organising activities at their venues.

Their recent activity included visiting a local Sri Lankan restaurant to dine in for a lovely lunch meal.





## Golf & Lunch Day

On a lovely sunny blue-sky day, a small group of members enjoyed playing in the Kingsley Men's Probus Club Annual Golf Day.

This was no Pro-Am golfing event, just a dedicated group of 'golfing hacker's' tackling 18 trickily designed holes that challenge the best of them at Wanneroo Botanic Gardens.

A fine golf shot was witnessed with the ball bouncing on and off the side railings like a billiard ball at times only to finish amazingly close to the hole. Other shots had the ball rolling through tiny tunnels or obstructions to again stop close to

the hole or even a 'Hole-in-One' on occasions leaving the golfer having experienced such good fortune to consider purchasing a Lotto ticket on the way home!

There were other times when the golf ball appeared to have a mind of its own rolling off onto a pathway totally different to that planned by the person playing the shot resulting in many laughs for the watching 'Fairway Crowd'.

On completion of play, the group enjoyed a well-deserved lunch at the Leapfrogs Café'.



You can feel the tension in the Fairway Crowd as Bill plays his shot..

## Thai Cave Rescue

Members from the Combined Probus Club of Attadale were honoured to welcome Dr Craig Challen as their guest speaker.

Dr Challen's talk was about his contribution to the rescue operation in northern Thailand to evacuate 12 children and their soccer coach from a flooded cave.

Dr Challen and his fellow diver Richard Harris received the 2019 Australian of the Year award, in recognition of their heroic contribution to the rescue.

The talk covered the many difficulties and dangers that the team faced in achieving the ultimate success of the operation.

Members were uplifted by this amazing story and were convinced that Dr Challen is an extraordinarily brave but modest man.





## Melbourne Cup

Como Combined Probus Club enjoyed Melbourne Cup at Mount Henry Tavern.

Congratulations to Kay (assisted by Elizabeth) for organising Morning Tea for 36 members and guests, on Wednesday 4 November.



## Keeping in Touch

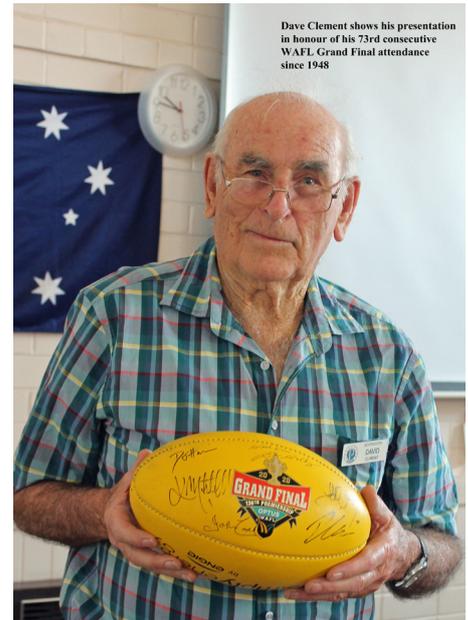
At Shoalwater Ladies Probus Club, members have stayed in touch throughout the challenges of the pandemic.

The Club was able to squeeze in their AGM before lockdown and pictured is the New Committee.



## A Specially Signed Football

At the October monthly meeting of the Men's Probus Club of Booragoon, Bulletin Officer and PAWA Assistant Secretary Bob Tanner, asked long time member Dave to show the presentation he had recently received.



Dave has been an active supporter of the West Australian Football League (WAFL) for many years.

A football signed by the teams' captains playing in this year's WAFL Grand Final was presented to Dave in honour of the 73rd consecutive grand final.

This is every grand final since 1948 - what an achievement. His football was also signed by football legends Bill Walker and John Todd.

## Probus Day Celebrations

A magnificent sunny day in the Chittering Valley was enjoyed by the Claremont Swanbourne Probus Club.

The coach tour included a picnic morning tea, followed by the highlight of the day - lunch and wine tasting at Stringybark Winery.

Members also visited the Margaret River Chocolate Factory.



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## Meeting Again

Hawkesbury Combined Probus Club were over joyed to finally meet again since their AGM in March.

The Committee organised a change of venue to accommodate Covid restrictions and the membership base.

The Club also welcomed 4 new and eager members.



## Kayaking Away

Warrawee Probus Club are as active as ever! Members embarked on a kayaking day out embracing the calm waters and slight breeze.

## Aviation, Up and Above!

Gledswood Hills Probus Club ventured on an exciting trip to the Hars Aviation Museum at Albion Park.



## Celebrating 40 Years

Members from the Manly Probus Club were proud to celebrate their 40th Club Anniversary at Wakehurst Golf Club.

President John says "It was a wonderful night as we had all been isolated due to Covid and this was the first time we had gathered as a Club since lockdown."

There were some lovely speeches from Life Members Paul, Neville and Graham as well as the Club's first female President Beverly. Beverly also presented the PSPL certificate to current President John.





## 100 Years Young

Probus member Tom celebrated turning 100 years old with his Club, Kensington Combined Probus Club.

President Jenny says that Tom is noted for being “sharp of eye and mind” and has lived a very active life being an accomplished tennis player, sportsman at Bonny Doon Golf Club and a star of the Sydney Centenarian Study programs.

As Tom’s birthday coincides with the foundation of Qantas, they have organised a VIP joyride for Tom to fly by the Sydney Harbour.



## Interplast Teddy Bears

North Richmond Probus Club organised a Teddy Bear’s picnic at McMahons Park in Kurrajong.

The day was held to present Interplast with teddy bears that had been made to give to their small patients after surgery.

Kurrajong North Richmond Rotary Club also present Interplast with a \$250,000 cheque.

## 17<sup>th</sup> Birthday Lunch

The Combined Probus Club of Medowie were fortunate to be able to celebrate their 17th Birthday lunch at their local Golf Club function room.

Pictured is Foundation member Reg cutting the cake. Publicity Officer Kevin says “It was a great success and those members attending found it a pleasure to be able to meet even if they had to abide with the social distancing requirements.”





## Maroubra Shines

At their meeting in October, Maroubra Combined Probus Club welcomed 6 new members to their Club.

The Committee has circulated tentative ideas for outings and extended tours throughout 2021 and have in particular planned a 10 day tour of Queensland's Western Downs during May.

The Club is open to visitors and new memberships.



## Out and About at Yamba

Taking in the beautiful Brooms Head in Clarence Valley, a small group of ladies from the Yamba Probus Club enjoyed a Probus Day picnic outdoors.

With the pleasant weather, members attempted their luck with a game of quoits under the Norfolk Pines for some giggles.

Publicity Officer Annette says "We do enjoy our get togethers at the many beautiful spots amongst Clarence Valley."



## 20<sup>th</sup> Anniversary Celebration

Forster District Combined Probus Inc held their 20th Anniversary on 5 December 2019 with 200 Probian and visitors attending. Members, other Club Probians and visitors joined in the fun and frivolity of celebrating the efforts and contributions of all those who made the day happen.

During the celebration, the 20th Anniversary Bulletin was presented to Foundation Members, a cake was cut by Past Presidents, a collection of photos were presented in 5 year blocks organised by Alan and Speaker Convenor Pam wrote the lyrics and directed an entertaining show.

Psat President Sandra says "It is a remarkable Club that can keep all its Past Presidents (1 deceased), and 32 Foundation Members as financial members, still contributing their experience and knowledge after 20 years of service."



## Probus Day Outdoors

It was a nice sunny day when Gunnamatta Probus Club celebrated Probus Day with a picnic at Gunnamatta Park, Cronulla.





## Break Out the Bubbles

Combined Probus Club of Belmont member Pamela enthusiastically organised three separate groups of 10 members to meet for a BYO picnic lunch.

The lunches were held at the large BBQ Pavilion in Eastern Park North, in Geelong, on three separate occasions.

Each group investigated, on foot, the fascinating novelty of Eastern Park North "Play Space" for children, followed by a wander through the beautiful Geelong Botanic Gardens. Members enjoyed getting together after a long isolation because of COVID-19.

Members joined in the fun of making bubbles, while keeping to the lawful social distancing. A big thank you to Pam Duthie from all the members for her organisation and preparation in making the three COVID-safe gatherings possible.



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## Bike Ride

A very careful bunch from the Probus Club of Beaumaris set foot across the Mordialloc Creek Boat Harbor.

With nobody falling off their bike or running over a dog, it was a great activity and healthful exercise.

## 15<sup>th</sup> Anniversary

The Combined Probus Club of St Helena had a double celebration; their 15th Anniversary and Probus Day. The Club has been using Zoom since April for committee meetings and since September for their general meetings.

With Probus balloons conveniently placed in view by a number of Committee members, their general meeting proceeded with approximately 71 members joining in online.

To celebrate the anniversary two founding members, Lois and John gave brief presentations on the founding of the Club, the first meeting held almost exactly 15 years ago at the Greensborough RSL and of the people and the activities they organised.



## Finally Walking Again

Members from the Point Lonsdale Probus Club were finally able to do one of their monthly walks.

The small group of walkers ventured across Queenscliff before stopping by an old steam engine in the railway yard.

After the pleasant walk, members had a coffee and chat at a local restaurant.





## Recommencing Activities

Waurm Ponds Deakin Combined Probus Club has remained active through the pandemic with several Zoom meetings and member inductions from July.

Most recently, they were able to recommence their Club Group activities including their Dine Out Group, Morning Coffee & Chat Group, Walking Group and the Out & About Group.

Pictured is a photo taken at the Club's Morning Coffee & Chat Group.



## 60th Wedding Anniversary Acknowledgement

Members Andy and Hazel from Frankston Combined Probus Club recently received congratulations cards from Her Majesty, Queen Elizabeth, Prime Minister Scott Morrison and Governor General David Harley.

"The Club are all very proud of this amazing couple" says Secretary Leah.



## In the Outdoors

The Probus Club of Torquay Zeally Bay had their first gathering in almost 9 months, a wonderful catch up in the park at Torquay.

The Club's walking group were able to add Thursday to their usual Monday walk, meeting at the playground.

Even though their golfers had a hard year with few games, there were still some good days.



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*In the April/May issue of the Active Retirees we had launched the competition however, due to COVID-19 we have revised the terms and conditions to better suit the current situation.*

*The new theme is "Creative Probiants" and is all about getting the creative juices flowing.*

*The 2020/21 Probus Photographic Competition is proudly brought to you by Trade Travel, your senior group touring and travel specialists since 1990 and proud national Sponsor of Probus South Pacific Limited since 2005.*

*The competition will now focus on local travel with regular prizes to be won. The next prize up for grabs is a \$1000 Trade Travel voucher for any 2021 Trade Travel departures.*

## How to Enter

*Get snapping and email your photographs along with a caption, your name, address, telephone number, email address, Probus Club name and Probus Membership Number to Probus South Pacific Limited.*

*We would love to see photos of you doing something creative with a DIY project, a meal you're cooking, being artistic, participating in the #ProbusSummerChallenge or maybe a hobby you have been enjoying.*

*So get your camera out and take a shot at being in the running to win!*

*Submissions close **Friday, 26 February 2021.***

*You could be the next winner and all you have to do is take a shot at being creative!*

*See some previous submissions by [clicking here](#).*

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*with 'Photographic Competition 2020-21' in the subject line. You can also post your entry to Probus South Pacific Limited, PO BOX 1294 PARRAMATTA 2124 AUSTRALIA.*

*For Terms and Conditions please [click here](#).*

*\*This competition is exclusive to Probus Club Members only.*

# Words Into Masterpieces

- Creative Writing by Probians

## WALKING IN COOLANGATTA, QUEENSLAND

*Reflective Narrative by David Allen  
Probus Club of North Gold Coast (QLD)*

This is my bike and this is where I leave it when I walk in Coolangatta. We like to spend two or three weeks each year in Coolangatta, usually in summer, sometimes in winter. Coolangatta has different rhythms depending on the season. In winter it is less hurried and if you like walking you can do it comfortably at any time of day, no pressure to walk early and beat the searing sun.

Coolangatta is a border town and it is strangely quiet at present. There are lots of FOR LEASE signs on shop windows. More cafes have become take away only, very few people are hanging out at the shops and in the Strand Centre. Few are patronising the big clubs and pubs.

At the border post on Griffith Street (which is actually 300 metres inside the actual Queensland/ NSW border) some security guys are checking the motorists escaping (or attempting to escape) to Queensland. Some are being turned back; how far have they come and how will they deal with this rebuff?). Others, with passes on windscreens bearing expiry dates, are being waved through. They are mainly border town residents who need to cross for work, visit family and friends, medical appointments and so on. The security guys on the footpath have little to do; one of them fixes us up with border passes after putting six COVID style questions to us and examining our driver's licenses. We have no desire to drive into NSW but we can now legally walk over the border and, importantly, we can return.

Back to my favourite walk. Starting near the rock wall at Kirra Point I walk along Greenmount beach. At the eastern end of the beach I walk past Greenmount Life Saving Club, proudly bearing the sign QUEENSLAND AND AUSTRALIA'S BEST SURF LIFESAVING BEACH. Then around the walking path for views of surfers waiting for the next big wave. In summer this is a popular spot for hanging out and watching the surfers. Today the waves are not particularly challenging and there aren't many walkers either. Around the bend the brush turkeys are rearranging the vegetation and have left the equivalent of two barrowloads of leaves and twigs on the path. Council workers will clear this up and the mess is sure to reappear the next day.

Now I am at Rainbow Bay which is much wider than it was last summer. Storms and dredging have pushed a lot more sand into the bay. I walk the beach here, all the way to Rainbow Bay Surf Lifesaving club with the puzzling sign FROM WHERE YOU WOULD RATHER BE.

The board between the flags indicates a water temperature of 22 degrees, tempting for most folk south of the Tweed but there are few folk in the water today.

I move on to Snapper Rocks where some family groups have gathered, Dads and sons kicking footballs, mums and kiddies with buckets and spades, a few in the water for a quick dip. Up the steep hill to Point Danger with its park along the cliff edge and many plaques in memory of ships that were lost in Australian waters during World War 2.

The cafe at the Captain Cook Memorial is doing slow trade. Most folk are content to admire the views back to Rainbow Bay or down to Duranbah Beach where surfers take advantage of a reasonably lively surf.

Retracing my steps I pause to take in the views at Rainbow Bay. A surfer glides elegantly on a wave. The chap next to me chuckles and looks at me- "Did you see that? He's my grandson". "Yep, he handled that well", I replied. We got to talking. Proud grandfather is down from Brisbane for the day bringing young Brett to indulge his new-found passion for surfing. Brett's from Melbourne. Came up to Queensland before the virus hit. Has some casual work in a coffee shop. "He can't get back to Melbourne but why would he want to?" says his Grandad. "He left school last December, doesn't have a job to go to in Melbourne. His Dad's on Jobkeeper and his mother is on Pandemic leave from an Aged Care home. He'll be staying in Queensland for at least a year. It's a no-Brainer". I couldn't disagree. On the way back to my bike I reflected on the two Australia's we have at present, or maybe it's the eight Australia's all carefully guarding their borders.



# Words Into Masterpieces

## MOONLIGHT

*Poem by Ron Ninnis  
Probus Club of Darwin (NT)*

We walked along the shore  
in the dim light of the rising moon.

My two friends and I just  
strolling as the full moon rose over  
the horizon.

A glowing golden globe looking  
surreal  
across the water;  
patterns of moving threads across the  
waves.

We all felt the same: all was in  
harmony.

Three friends all enriched by this  
timepoint shared;  
one of those snap-shot heartbeat  
moments that  
we treasure for many years to come.

Each is enriched by the unworldly  
scene  
of nature's display of tranquillity we  
have shared.

A touch from another world.



# Words Into Masterpieces

- Creative Writing by Probians

## GREAT EXPECTATIONS

*Poem by John Conley  
Combined Probus Club of St Helena (VIC)*

Waking in the morning  
many notions fill my head.  
Looking forward to the day ahead  
I tumble out of bed.

The bedroom wall needs painting,  
and I need to mend that chair.  
There's a plethora of little jobs  
that need a bit of care.

Starting with some breakfast  
I grab a likely book.  
But before long it is midday  
and my hopes are looking crook.

Thinking tomorrow will be better  
as I wander back to bed.  
I'll aim for something different,  
maybe bake a loaf of bread.

The next day passes quickly  
without too much to show.  
I wish I had the power  
To make the hours slow.

There's nobody I can chat to  
as I can't move from my ground  
and the rules dictate that no one  
will call and come around.

I awake again next morning  
but it turns out just the same,  
and I feel justified in stating  
that the virus is to blame.

So no matter what you call it,  
and no matter what you say  
It usually just turns out to be  
another Groundhog Day.

# SMART BATHROOMS **CHANGE LIVES!**

## How a toilet seat changed my life

Earlier this year, my wife and I decide to travel to Japan for a holiday. We chose Japan as our holiday destination because we've always had Japanese students staying with us as part of their home stay experience, and I have always found they were such lovely people and were extremely polite.

After an 8 hour flight from the Gold Coast, I stepped out of the plane and straight into the men's bathroom when I experienced something I will never forget. The toilet automatically lifted its seat as I approached and I was greeted with a warm seat, which was tremendous given that winter in Tokyo was extremely cold.

Eager to try new things, I pushed the wall mounted remote control with the picture of a rear wash function, and immediately felt a warm jet of water cleaning me. After the washing was complete, I

then pressed another button that had a stream of warm air, drying me off and within a few minutes I went from feeling filthy to feeling like I've just gotten out of the shower.

As I walked away I noticed that the toilet automatically flushed and lids closed without me having to do a thing. After that experience, I knew I had to have one of these upon my return home. That is when I discovered The Bidet Shop in Australia Fair was selling these toilets. Without hesitation, I went down to the store and purchased the Throne Toilet Suite known as the Princess and had it installed during our bathroom renovation. It has been the best decision my wife and I have ever made.

By Peter Collins



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- Listen to interesting guest speakers
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- Participate in a wide range of activities with fellow Club members
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- Develop new interests and stay active

## How do I join PROBUS?

Find your local Probus Club by visiting the Probus website at [probussouthpacific.org](http://probussouthpacific.org) and select a location that is suitable for you. Once you have selected the Club you are interested in, we will provide you with further information about how you can join that Club.

Alternatively, you can contact one of our friendly team members who will find a Club that suits you.

**Join thousands of Probus Club members across Australia and New Zealand and enhance your retirement – become a Probus member today!**

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