

Active Retirees

Fun, Friendship and Fellowship in Retirement



Celebrating
PROBUS
1 October 2021
Day

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DO A FRIEND A FAVOUR**

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Active Retirees

Fun, Friendship and Fellowship in Retirement

There is no doubt that Probus is the leading organisation in Australia for fun and friendship in retirement.

Most Clubs have now had their Annual General Meeting and new committees are in place. It is great to see volunteers step up and help run their Club. It is exciting to see the talents displayed by members of the Committee. Please support them by helping out on the little jobs that need to be done and make their year fun and easy.

As our Clubs (and members) get older it is paramount that each year we introduce new members in our Clubs. One of the ways is to have vibrant and fun meetings and then visitors will want to join the fun. We should also set a goal for the number of new members we want to have join each year and plan for this. It needs to be a focus in each Club - one of the ways to achieve this goal is to appoint a small membership committee.

Statistically most new members are introduced by a friend so the membership committee could encourage a "bring a friend" day to help with this focus.

Probus South Pacific have a range of promotional material available at no cost and are happy to supply this to your Club.

Clubs that provide a wide range of activities and outings also attract new members.

Sometimes organising outings, activities and travel seems to be a lot of work but it is what makes a Club vibrant and helps members form friendships with other Club members who may be new or who you may have only seen at meetings.

A few days together on a bus tour, caravan Park or motel helps build lasting friendships. As vaccinations for Covid increase we may be able to travel more in Australia and as a Club even visit islands such as Kangaroo Island, Norfolk Island and Tasmania. One Club I am in has just come back from Norfolk Island and another Club is spending a few days visiting Kangaroo Island at the end of April. I encourage you to consider these destinations for your Club.

The more I visit Clubs the more I realise what a great organisation we have. There is no doubt that Probus is the leading organisation in Australia for fun and friendship in retirement.

So let us get back to normal and continue to enjoy our retirement activities through Probus.



David Simpson

David Simpson
Chairman | Probus South Pacific Ltd



1800 1400 66

NORFOLK ISLAND

Holiday Overseas Without Leaving Home



BRING YOUR GROUP

Choose 5 or 10 experiences on

Norfolk Island

Images courtesy of Norfolk Tourism

THE NORFOLK EXPLORER 10 EXPERIENCES

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from **\$1789** pp
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TASTE OF NORFOLK 5 EXPERIENCES

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DEPART SYDNEY

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7 nights – twin share

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- ✓ Return airport transfers
- ✓ 7 nights accommodation
- ✓ 7 days car hire / or all transfers
- ✓ 7 days breakfast (Motel only)
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- ✓ **Progressive Dinner**
- ✓ **Island Fish Fry**
- ✓ **Convict Settlement Tour**
- ✓ **Sound & Light Show**
- ✓ **Hilli Restaurant Voucher**
- ✓ **Fletcher's Mutiny Cyclorama visit & Devonshire tea**
- ✓ **Behind the Hedges Tour**
- ✓ **Colleen McCullough Home Tour**
- ✓ **Pitcairn Settlers Village**
- + **NITC Bonuses**

- ✓ 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**
- + **NITC Bonuses**



**Norfolk Island
Travel Centre**
meet the locals...

www.norfolkisland

– We are o

Conditions apply | Prices are in AUD a

Sit back & relax – Let someone else plan your next Probian Group Holiday!

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.

To help take out the hard work for Club Coordinators organising a group holiday, we have packages ready to go, based on:

- ✓ Self-drive and staying in a self-contained apartment **OR**
- ✓ Motel accommodation with daily breakfasts and all bus transfers to tours and activities.

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?

Contact our friendly staff on free call: **1800 1400 66** or email us for more information: travel@travelcentre.nf



travelcentre.com / 1800 1400 66 / Email : travel@travelcentre.nf
Owned & operated by friendly Norfolk Island locals –

Prices are indicative only, subject to availability & change without notice | Travel insurance strongly recommended | *Pricing based on a min group of 10 people

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Kurranulla Probus Member, Emil Weber Celebrated his 84th Birthday in 2019, trekking in Antarctica.



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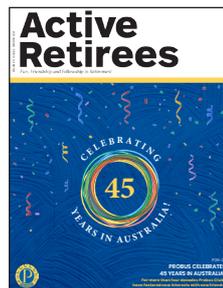
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Active Retirees

Fun, Friendship and Fellowship in Retirement

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*Valid for travel from 15 May to 15 September 2021. All bookings are subject to availability of space onboard ferry vehicle deck.



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Finding Fitness Over 60!

Does being a certain age mean you need to start taking it slow when it comes to fitness?

Fitness and strength become even more significant to sustain our mental and physical wellbeing. There are benefits of exercising at any age, but for those over 60, staying physically active can especially enhance your quality of life. Exercise can not only increase your energy levels, but also keep you from aging quickly!

Here are some tips to remind us why it's important to stay active in 2021!

1 *Maintaining A Healthy Balance*

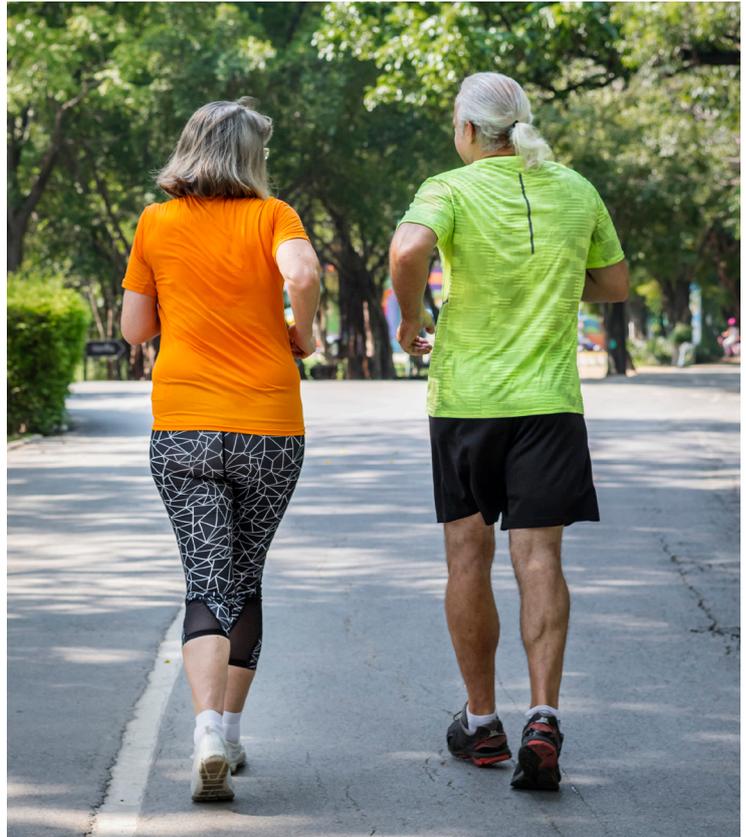
Staying fit and active can contribute to maintaining a healthy weight. With age, our metabolism slows down, and in order to stay healthy it is important to keep our bodies active beyond our day-to-day activities. This can be as simple as finding a walk buddy for an evening stroll or jog, if you are feeling extra motivated, round up a few friends and head out for a game of putt-putt or simply head to the local park to throw around a frisbee. This will reinvigorate your weekly exercise routine without even trying.

2 *Support Your Mental Health*

We all know the physical benefits of a good exercising routine. But you might be surprised to find out how great exercise is for your mental health. An active lifestyle has a relieving effect on your stress levels, this helps your body and mind to realign, enhancing your coordination, attention and mental clarity.

3 *A Good Night's Sleep*

Stress and anxiety are sleep's worst enemies. A regular dose of active physical exercise can relax your mind in a way which invites a healthy good night's sleep. Better sleep means more energy to enjoy the new day and spend your time doing what you love. According to research, we can boost our quality of sleep by almost 65%, by just doing 2.5 hours of moderate exercise every week. That is only 25 minutes of exercise daily!



4 *Staying Independent!*

Another benefit of staying active and fit is being able to stay independent. Exercise contributes to increasing your strength and flexibility that constitutes better coordination and balance. Yoga is a good variation to enrich a well-rounded workout routine. It will support you to build both - strength and flexibility as well as challenge you to use smaller muscle groups.

5 *Hydration And Nutrition Matters*

As you commit to exercising regularly, it's also a good time to reassess your eating habits and remember to drink plenty of water every day. Plan meals and snacks that are high in fiber and well-balanced with good calories to fuel your body. Whole grains like oatmeal, fiber-rich fruits and vegetables, peas, beans, pulses, tofu and fish are all good examples.

Travel Update



TRAVEL THAT EXCEEDS YOUR EXPECTATIONS

Luminosity Travel is delighted to be partnering with the small ship specialist, Oceania Cruises, to offer Probians some spectacular holidays for 2022 and beyond.

“Holidays are part of life’s routine, and we are delighted to see that life is returning to normal,” said Steve Cairns, CEO of Luminosity Travel.

“Pent up demand for travel is a real thing – and we are finding that cruising in particular is re-emerging as a great option – especially for those that are seeking some security around the health and wellbeing of themselves, their fellow travellers, the crew and the locals at the destinations they are visiting.”

Luxury Without Compromise



While Oceania Cruises’ incredible 180-day Round the World Cruise for 2023 sold out in just 24 hours, for most Australian holiday makers however, it is that annual 2 week holiday they are keen to plan for again. Many are opting for longer options, and with dozens of itineraries available, there are getaways ranging from 7 to 77 days to choose from.

Luminosity Travel is offering all new bookings for 2022 and beyond a free travel planning consultation valued at \$250 per couple to help you through the myriad of options available.

Book a curated “Topics and Exotics” Oceania Cruise, and Luminosity is also including - at no extra charge - free wifi, free on board gratuities and the choice of either free excursions, free beverage package or free on board credit.

TRAVEL DREAMS START NOW

BOOK your Oceania Cruise by 30 April and you may also qualify to receive an additional \$350 on-board credit per cabin.

Visit www.luminosity.travel/probian_travel for more details or call Steve and his well-travelled team today on 1300 221 550.



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Hear This

Just like glasses, a hearing aid is often a necessary evil as we get older. And also like glasses the device can never fully restore the function we have lost, but they can amplify what is going on to make it easier to hear again.

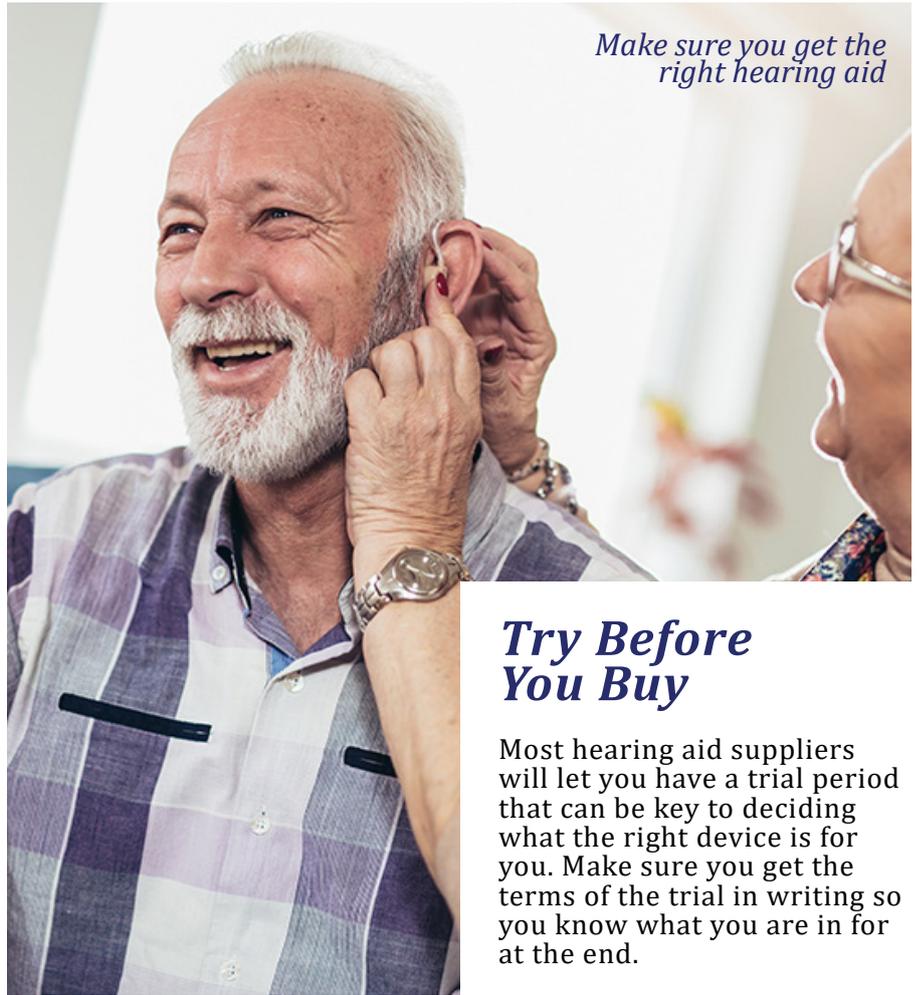
But deciding on what type of hearing aid works for you can be a tricky business, so we've provided these five steps to getting it right:

Have An Ear Test

This may sound simple but the first step is really to see your GP to make sure you do need to get a hearing aid. You may simply have an ear infection or may be able to wait a bit longer. Your doctor will have the right advice for you.

What's Your Style?

Hearing aids come in different styles so you need to sort out what is right for you. CIC, or completely in the canal, types are small and hide inside your ear canal. An advantage is that they cannot really be seen so they are discrete but their size means there is little room for extras. ITC, or in the canal, types fit partially into the canal, they are easier to see but can offer extra features like volume control or the ability to control the direction of the microphone. ITE, or in the ear, are larger again and offer not only more functions but can be easier to use for older patients – but they can begin to get a bit uncomfortable due to their size. And a BTE, or behind the ear, aid rests behind your ear with a earpiece that sits inside the canal, this is the most common and is big and easy to handle.



Make sure you get the right hearing aid

Try Before You Buy

Most hearing aid suppliers will let you have a trial period that can be key to deciding what the right device is for you. Make sure you get the terms of the trial in writing so you know what you are in for at the end.

Does This Come With Extras?

Just like computers, the changes in hearing-aid technology are moving at a fast pace. Some extras might include noise reduction, like you find in expensive travel headphones, that helps to counteract the ambient noise. Do you want your batteries to be rechargeable? Or perhaps you would like a remote control so you don't have to fidget around with the aid and move it around your ear.

One of the biggest changes in the market is that your hearing aid can now come with wireless connectivity so it can link with your mobile phone or a Bluetooth device like a music system giving you more flexibility.

Check Your Warranty

A hearing aid is not a casual purchase with prices starting at over a thousand dollars and heading up many thousands of dollars. You want to make sure that you are covered in the event of loss or damage. Read your warranty, fill in any forms you need and keep it somewhere safe.

Getting used to a hearing aid can take a fair amount of time and it can at times be frustrating, but the alternative is being cut off from the world and being unable to take part in basic things like conversations and catching a movie. Stick it out and try to stay positive.

LUXURY WITH A WILD VIEW



WINNER of multiple prestigious awards including “The **highest standard** of customer satisfaction **WORLDWIDE**” (Hotels Combined); **Best Deluxe Accommodation in Australia** (Australian Hotels Association) and **Top 10% in the WORLD** (Trip Advisor’s Traveller Choice awards for both the Zoo and Jamala)!



Jamala Wildlife Lodge offers guests luxurious accommodation with an unparalleled experience of the wildest kind! Located within the grounds of the National Zoo and Aquarium, in the centre of Canberra, Jamala Wildlife Lodge offers a variety of opulent safari style suites and bungalows that not only boast sublime African art and décor, but are also surrounded by some of the world’s most magnificent and endangered animals.

Please note that while the animals generally join guests as shown, no guarantees can be given as they are free to roam their entire area at all times.



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Canberra, AUSTRALIA



Canberra

6 Financial Fears

- and how to face them

There are many financial worries that can play on your mind, but there are also simple fixes to a lot of them. We look at some of the main ones...

Dr Martin Fahy, chief executive, Association of Superannuation Funds of Australia (ASFA) highlights a big fear that is currently cause for concern for retirees.

“The relatively low rate of inflation has brought interest rates for bank deposits to historically low levels, placing pressures on the household budgets for retirees relying on income from term deposits and similar investments.” If any of these financial fears have got you spooked, read on for a trick or two that should work a treat.

1 *My Money Will Run Out Before I Do*

If you're worried about markets or changes in government policy eroding your income, take charge. Rather than sticking your head in the sand, seek advice from trusted financial professionals who are on top of market shifts and government policy changes.

2 *I'll Lose Everything In A Fire, Flood, Or Other Natural Disaster*

Climate change and its possible effects may be your biggest concern. If that's the case, reviewing your home and contents policy may be your best plan of attack. Check to see what is covered and make sure you're not underinsured.

3 *Rising Prices And Fees Will Erode My Lifestyle*

Utilities prices, grocery bills, bank fees. It often seems like the only way is up when it comes to fees and prices. Best strategy for maintaining your desired lifestyle: be vigilant. Check regularly to see whether switching providers or tweaking some of your habits can make a difference.



4 *I'll Get Scammed*

There are all kinds of ways scammers can attempt to get access to your money, property, and identity. Protect yourself by becoming familiar with the different ways scammers operate. Plus, keep your security up-to-date on any devices you use for banking or other financial transactions.

5 *Markets Will Crash And My Investments Will Plummet*

The potential for falling markets to impact investment returns is always a risk of seeking higher returns. But there is also a risk associated with doing nothing with your money and leaving it sitting in a bank account. Spreading your investments and balancing your needs with your appetite for risk is what financial planners are trained to do. If you're worried about investment risks, give your planner a call.

6 *I Won't Be Well Enough To Enjoy The Retirement Life I've Worked Hard For*

Looking after your health is just as important as taking care of your wealth. Staying active, eating well, and having adequate insurance protection are vital steps to ensure you and your finances bounce back from any health hiccups.

Central Coast Ferries



*A day trip to
remember...*

Enjoy a ferry ride & delicious lunch at Davistown RSL Club

Only 2 minutes walk from Woy Woy station the M.V. Saratoga departs Fisherman's Wharf Monday to Friday at 10.45am and 12.30pm and on the weekends at 10.45am and 12.30pm for a relaxing ride on the beautiful Brisbane Water. If you would like to stop for a meal or light snack then just inform the captain. He will ring the club prior to your arrival and arrange for the courtesy bus to pick you up at Central Wharf. The bus will then depart the club at 1.15pm and 2.15pm for your return journey.

Enjoy a delicious lunch at the Broadwater Restaurant in Davistown RSL Club. Offering an extensive menu including a Seniors Lunch Menu (M-F only) and daily specials, there's sure to be something to tempt you. The all day coffee shop also offers light snacks, coffees and cakes. You can choose to sit inside along the windows, or outside on the deck where the views are stunning.

Group bookings are essential

Ferry Bookings

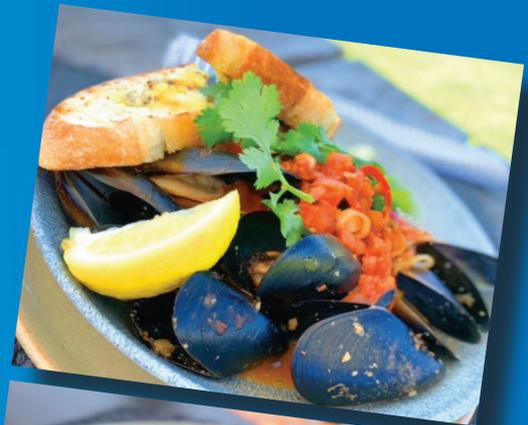
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PRESENT

A HISTORY & HERITAGE HAWKESBURY RIVER FERRY TOUR

On the ferry 'Sorrento', a large TV monitor has been installed and on this will be displayed specially prepared graphics, photographs, video of working models and animations. These will be displayed for the majority of the tour along with recorded and live commentary and include the subjects below.

- > The wreck of the WWI warship HMAS Swan
 - > The buildings and WWII defences at Juno Point
 - > The south shore defence site for the WWII river mine field
 - > History of HMAS Hawkesbury
 - > The West Head WWII defences including the inclined railway
 - > The WWII Woy Woy airfield
 - > The rendezvous point and history of the IJN submarines involved in the 1942 Sydney attack
 - > The two Hawkesbury River Rail Bridges – Why did the first one fail? How were they built?
 - > The history of Australia's first naval fleet, HMAS Parramatta and Swan
 - > The wreck of the WWI warship HMAS Parramatta
 - > Other subjects and points of interest will be presented live en-route
-

Adult \$45 • Concession \$40 • Children/School Students \$25

The ferry departs Brooklyn Wharf at 9:35am and returns at around 12.30-12.45pm
Departure dates vary, please call for further information

Morning tea is included and will be served on board. Bottled water will be available on board for purchase. Lunch can be purchased at a number of venues at Brooklyn Village or alternatively you can bring your lunch with you on the tour.

Bookings are essential, please phone 0418 631 313
For more information www.4hresearch.com



Central Coast
Ferries



Henry Kendall Cottage
& Historical Museum



Buy Now, Pay Later?

Figures show that around 30% of Australian adults now have one or more Buy now pay later accounts, with 60% of users reporting having had their account for two years or less. This boom suggests a shift away from credit cards towards Buy Now Pay Later services.

You may have seen the Buy Now, Pay Later (BNPL) service at your favorite check out, whether it's in-store or online.

We share everything you need to know about using BNPL for you purchases.

BNPL is a relatively new service that gives consumers the opportunity to purchase goods or services and pay for them over time in interest-free installments. The idea shares some similarities with the "lay-by" system which you may have seen or used before. However, using a BNPL service usually allows you to take home your purchase immediately, whereas a lay-by only stores the goods for you, until you can pay the full amount in installments and take it home. How? The BNPL provider pays for your order in full to the retailer, and you pay the provider overtime.

Pros

Seamless Integration

BNPL services are fully integrated within an online or retail store's checkout, which makes spending a whole lot easier. You can simply choose to pay with BNPL at the checkout instead of cash, MasterCard or Visa. And That's it – the store will sort out a payment plan and it'll arrive in your email inbox.

Fast, Easy, Simple

Much like many other digital exposures, setting up your BNPL account is simple and can be done in a matter of minutes.

100% Interest-Free

As opposed to a credit card or personal loans, some of the larger BNPL providers pride themselves on not charging any interest on fortnightly repayments.



Cons

Impulse Spending

People are given the opportunity to make quick and impulsive spending decisions without a second thought about what they are actually purchasing.

Late Payment Fees

Late fees are their bread and butter. If your card declines for even one of the repayments, you have 24 hours to log into your account and complete the payment. Otherwise you are charged a late fee for every repayment you miss.

Fixed Timeline

Your payment plan is curated for you by your BNPL provider and you usually don't have a choice on when to pay what amount.

Not Your Money

You're essentially setting yourself up for a small debt until its paid off, meaning you're spending money that you don't have – which could have some unforeseen consequences.

Spending limits

Impulsive customers who find it tough to make repayments are limited to what they can borrow next time. BNPL providers have a responsive system built in that decides how much you're approved to spend, based on how long you've been a member and how competent you've been in making repayments in the past.

A Guide To: YouTube Tutorials

Have you ever looked at something someone has built or done and thought to yourself, 'Gee, I wish I could do that?'. Well, with the help of the video-sharing website YouTube, you can.

YouTube is a video streaming website where anyone can publish their videos online, for free and without the need for expensive equipment. Videos are submitted by users who sign up to create channels. On a user's channel, you will find all the videos they have created, as well as other information such as links to their website or social media profiles.

If you have an account with YouTube, you can choose to subscribe to a channel by clicking on the red 'Subscribe' button on their channel or on one of their videos. Once you're subscribed to a channel you will be notified via email when they publish new videos. You don't have to subscribe to a channel to watch its videos, but it is a way of showing support to the content creators.

A YouTube tutorial is a video hosted on YouTube that provides a step-by-step guide on how to perform a particular task. A good tutorial will clearly explain what you will need to carry out the task, and demonstrate it while talking you through each step. They might also provide extra useful information, such as tips and tricks to get the best results.

Here's how to find a top YouTube tutorial on any topic:

At the top of the YouTube homepage is a built-in search function. If you want to find a video about growing chillies, for example, just type it in and YouTube will list videos related to that topic. Click on the video you want to watch and it will begin to play. Depending on your internet connection you might have to give it a few seconds to load.

While you watch the video, you will be able to see how many people have subscribed to the publisher's channel, how many times the video has been watched and how many likes and dislikes the video has received. This last measurement is determined by other users who have watched the video and is a general guide to how the video was received by audiences – similar to a star rating for a film review. To rate a video, users can simply choose the 'thumbs up' or the 'thumbs down' to give their verdict.

Here are some standout channels with great video tutorials. But don't feel like you have to stick with these topics. There are literally millions of tutorials – on just as many topics – to choose from!

Cooking - [Nicko's Kitchen](#)

This is an Australian cooking channel that features a range of recipes geared toward cooking for family and entertaining, as well as some humorous videos in which Nicko pits his cooking skills against popular fast food items.

DIY - [HouseImprovements](#)

This channel mostly covers how to carry out jobs using power tools. There is a four-part series on how to build your own shed, and instructions on building shelves and fixing things around the house. This channel provides a lot of information and uses simple language to explain things very clearly.

Gardening - [Gary Pilarchik](#)

This channel focuses on growing edibles. Gary is very knowledgeable and his videos are short and to the point. He covers everything from growing to harvesting, and has videos on how to deal with pests, how to grow edibles in containers and how to address mildew and other plant problems.



How To: Save Your Photos On The Internet

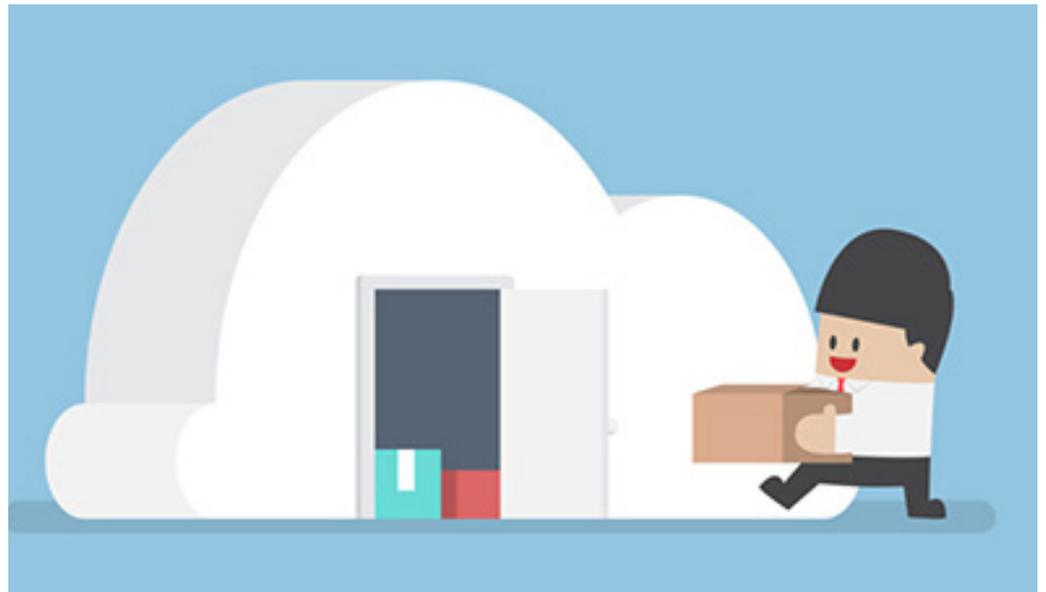
While nothing can replicate that nostalgic feeling when viewing an old family photo album, you can now save your photos online so they can be viewed from anywhere in the world at anytime.

There are a few different ways you can save your photos online as backups, so you'll never lose them. Here's a list of websites where you can store your images.

Flickr

First established in 2004, Flickr offers the most amount of free storage here - one terabyte. If you want more space, you'll need to pay. You can invite your family and friends to view your photo stream, where they can leave their comments under images. Another option is to create public or private groups, which are ideal for small groups of friends and events such as weddings. It's also possible to upload photos from your camera directly onto Flickr.

[Here's a step-by-step guide to using Flickr.](#)



Dropbox

Free and easy to use, you can save lots of things on Dropbox, such as photos, documents and videos, which you can share with loved ones. It also automatically syncs to all your devices, if you're using Dropbox on your smartphone, tablet or laptop. And if you've accidentally deleted something, don't worry - anything can be restored within 30days.

[Find out how to sign up for Dropbox.](#)

Google Drive

Best used if you've got a Gmail address, you can store any file to Google Drive - photos, videos, documents. Unlike Flickr, everything you save in Drive is private, until you decide to share them. Your files can be shared by anyone, even if they don't have a Gmail account. You get 15GB free.

[Check out this helpful YouTube tutorial on how to upload your photos to GoogleDrive.](#)

iCloud

If you have an iPhone, an iPad or a Mac computer, then every image uploaded to your camera roll is accessible on every Apple device you own or at iCloud.com. Family and friends can also add their photos, too. It comes with 5GB free storage.

[Learn how to use iCloud.](#)



Dining with History



Strangers' Restaurant provides guest with the rare opportunity to experience fine dining at NSW Parliament, Australia's first Parliament.

Visitors to the building can witness key moments in the history of Australian politics by exploring the rare collection of historic artefacts and rotating art exhibitions.

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Trekking in Antarctica

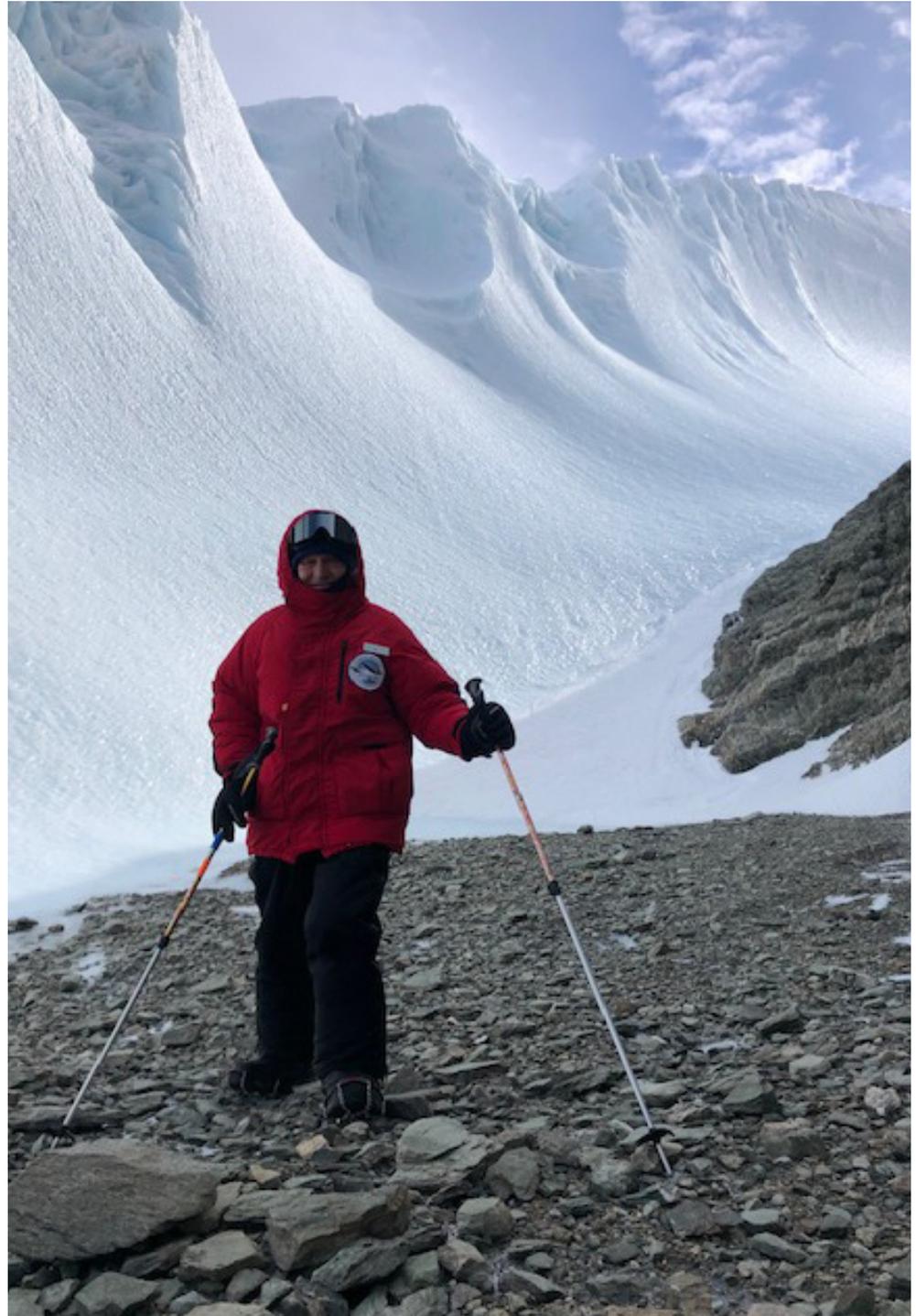
Kurranulla Probus Member, Emil Weber Celebrated his 84th Birthday in 2019, trekking in Antarctica

Emil Weber, Member of Kurranulla Probus who has visited over 230 countries in his travels including the North Pole, has achieved many goals. So he decided to celebrate his 84th Birthday in a different way, by trekking to the South Pole.

Now, you cannot just turn up in a group, and trek across a Continent larger than Australia. Fitness, special clothing and an educational understanding of the environment are a must, and of course trekking to the South Pole is not cheap, it's very expensive.

Emil who is a fitness fanatic started planning and training 12 months before heading off to keep a promise he made many years before.

After passing a fitness test, he set off with 11 other people from Chile in South America in a Russian plane to Antarctica, this taking around 4 odd hours, then boarded a smaller plane to a Base Camp on Union Glacier, taking another 4 odd hours, landing on skis close to the South Pole.





From the Base Camp, to get to the South Pole the group still had to walk for a day to reach the Pole and then back to the Base Camp at Union Glacier.

The South Pole is at 3800 meters elevation, temperature around -50c. with extremely strong winds, with many Country flags flying and an American Research station nearby. When you walk around the Pole, you've walked around the World.

On returning to Base Camp, Emil celebrated his 84 Birthday with the usual tidings. The group stayed for a week doing walks and exploring. Everything that's taken to Antarctica has to be taken back, nothing is left this includes all equipment and environmental waste.

So Emil achieved his goal and returned to Cronulla in NSW to plan his next adventure post Covid-19.

That lust for adventure is still thriving. Good onya Emil, all at Kurranulla Probos are very proud of your achievement.

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Celebrating PROBUS 1 October 2021 Day

CELEBRATE PROBUS - DO A FRIEND A FAVOUR

Last year our Community celebrated the inaugural Probus Day on 1 October 2020 - in line with the United Nations Day of Older Persons which is recognised across the world. International days are used to raise awareness and for our Community in Australia and New Zealand, 1 October is now known as Probus Day.

The concept of Probus Day was developed by Director Judith Maestracci AM, and it was truly inspired. Despite the challenges of 2020, our first Probus Day was a resounding success with many Clubs and members all over Australia and New Zealand holding a wide range of celebrations and events.

Probus Day is an opportunity to remind our members and the wider community of the importance of social connections and support. Overcoming the risk of increased loneliness and social isolation at this time has been very challenging. Throughout the pandemic, many of our members stayed active and connected through Probus. To highlight the importance of staying connected - it is appropriate that this year's Probus Day theme is centered on the positive social connections that Probus provides.

THE THEME

CELEBRATE PROBUS - DO A FRIEND A FAVOUR

will call our members into action - asking them to do their friends a favour by helping them to join, stay engaged and connected through their local Probus Club.

We invite your Club to get involved in Probus Day 2021

Your Club is invited to participate in the celebration of Probus Day 2021. Understanding that Clubs meet at any time of the month, Probus Day will be celebrated either on the first day of October or any other day during October to best suit your program of meetings, events or activities.

We share some ways your Club can celebrate Probus Day

With 6 months to go, there is plenty of time to plan your Club's special event. In 2020, a number of Clubs contacted their local governments and arranged for the lighting of local landmarks including bridges and town halls in Probus blue and gold.

- Clubs may choose to form a working group to coordinate and organise celebrations for Probus Day – some may choose a simple recognition such as all members wearing blue or gold or both, or a more abundant function or activity, themed meeting or lunch outing. You may also join together in a region or cluster for a larger gathering such as a picnic or barbeque. For example, discussions are already underway in some areas to host a Probus Open Day with a variety of guest speakers. Other Clubs are considering a local Race Club (Horse, Harness or Greyhound) to name a race or hold a special Probus Race meeting in early October.

- In 2020, our inaugural day video was all about the tremendous support we received from government. This year we want to hear from you, every Club is invited to make a short video (around 2 minutes) showcasing your Club – the video can show activities, celebrations and members sharing what Probus means to them. We will make a collage of these videos to publish on Probus Day.

- An aspect of our support for Probus Day, will be to engage with both Federal, and State governments to help generate awareness of Probus Day. Clubs are encouraged to make contact with their local government representatives – and request that they include information on their website and newsletters about your Club. Suitable graphics will be available for you to send to these government representatives to draw attention to our Probus Day message. Once you have planned your Probus Day event, if you plan to hold a public event, they will be able to promote that also. There are significant tactical benefits in advancing relationships with your local elected government representatives and public servants, seeking their support and utilization of their communications channels and resources, as well as printing and photocopying. These relationships are mutually rewarding, regardless of their political affiliation, they want to help generate awareness of Probus as they understand the value that Probus brings to local communities. Local politicians may also be able to provide funding to assist with staging a function or a prize for your Probus Day event.





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COMING SOON - OUTBACK STATIONS TOUR

Our fourth tour for 2021 will be to some of Australia's iconic Outback Stations. It is expected to be an 8 to 10 day tour departing early August.

If you would like to be notified when bookings are being taken for this tour, please contact us by website, email or phone and we will be happy to help.



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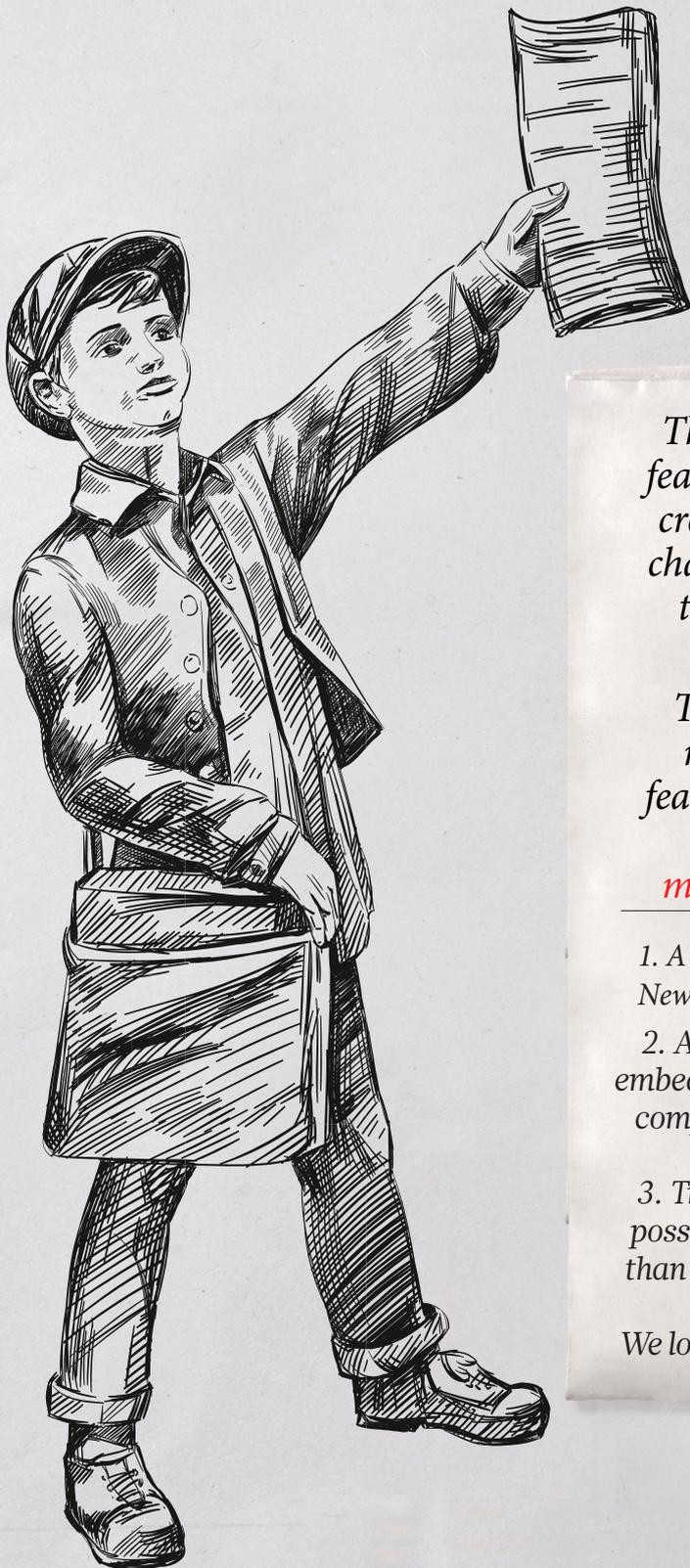
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Extra! Extra! Read all about it!



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

- 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!

Walk with the Essendon Buckley Park Ladies Probus Club

Essendon-Buckley Park Ladies Probus walking group were very happy to be back walking every Monday morning around Maribyrnong River.



Picnic Outing with the Combined Probus Club of Narre Warren

Members of the Combined Probus Club of Narre Warren had a picnic at the beautiful Cruden Farm, home of the late Dame Elisabeth Murdoch



Inducting New Members at Mansfield Mens Probus Club

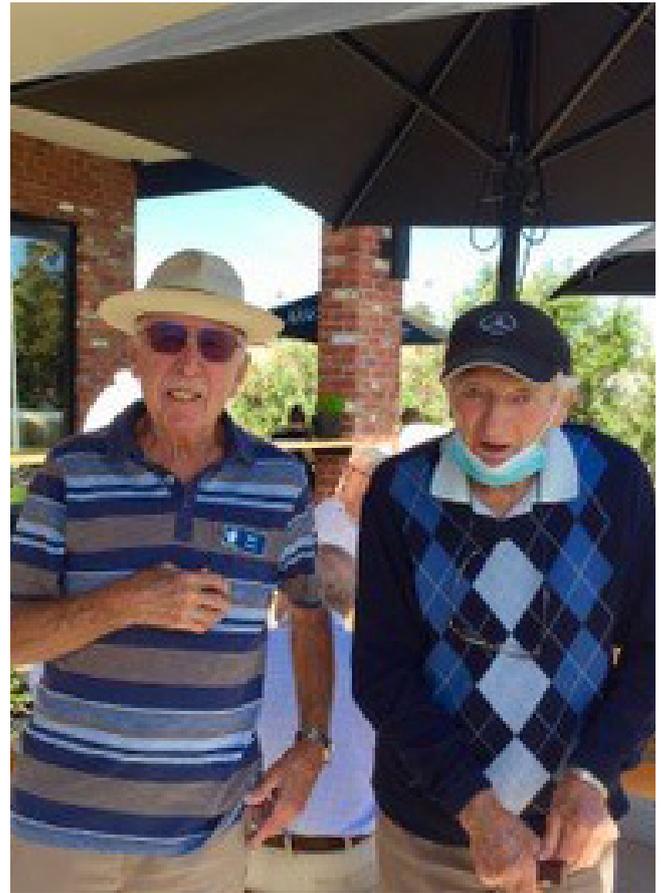
New Year, New Members! Mansfield Mens Probus Club were inducting 9 new members for 2021. The Club welcomes Stuart, Phil, Geoff, Grant, Harry, Tony, Neil, Phillip and Graham.





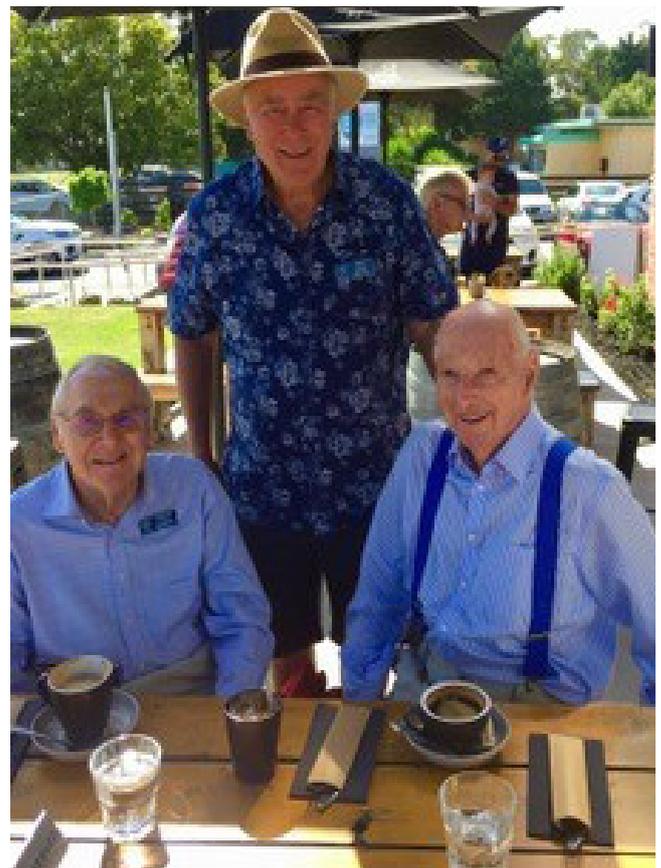
Celebrations with the Warragul – Baw Baw Probus Club

There was much celebrations to bring attention to at the Warragul – Baw Baw Probus Club. Mavis (right), a member of the Club, celebrated her 100th birthday while President Helen and their inaugural President Artie were cutting the cake to celebrating the Club's 25th Anniversary. They are a long-running club within the area and is a small but very friendly group and are always looking for new members to join.



Mount Martha Probus Outing at Donatos

Some of the members of the Mount Martha "Elder Statesmen" enjoyed a get together at Donatos. It is a program designed to provide social interaction for older members who find it not so easy to get out and about and connect with other members. It's a great way to be out enjoying coffee and cakes with the company and chat of other members. Fun and fellowship in the sun. The faces say it all!





Lunch at the Royal Brighton Yacht Club with Probus Club of Beaumaris

On December 1st, The Robinvale Ladies Probus Club celebrated their 30 Year Anniversary.



Milestones at the Probus Club of White Hills

Congratulations to Marlene, Max, Merle and Gordon, who are the members of the Probus Club of White Hills, for reaching 10-year membership milestone. Members were awarded with the 10-year membership certificate.





January Breakfast Gathering at Rodneys

Members of the Majura Ladies Probus Club attended the January breakfast gathering at Kitchen Garden at Rodney's. While taking extra precaution due to the pandemic, it was quite an amazing reunion as 60 members showed up having a good time. The ladies in the Club really show the true value of fun, friendship and fellowship.



Club Walk in the Centre of Canberra

The members of Jamison Combined Probus Club went on a journey as they walked through the Canberra Nara Peace Park, Canberra Beijing Garden and then along the 'Australian of the Year Walk' along the southern edge of Lake Burley Griffin. To end the journey, the members had fish and chips on the lawns of the Yacht Club.



Morning Coffee with The Combined Probus Club of Cooleman

The Combined Probus Club of Cooleman enjoyed their morning coffee together at the Yarralumla Gallery and The Oaks Brasserie.



Memorable Getaway with the Combined Probus Club of Northbridge

Members of the Combined Probus Club of Northbridge went on a memorable trip together to the Lincoln Downs Resort at Bateman Bay. The members started their journey to Batemans Bay via Mittagong, Goulburn and Braidwood then finally down the Clyde Mountain to the resort. Day 1 started with the Merinda River Cruise to view the oyster farm. The Mogo Zoo was next on the agenda for Day 2 and members were greeted with animals like meerkats and baby giraffe. The members then went to view the Eurobodalla Regional Botanic Garden. Day 3 was then greeted with the visit to Tilba Tilba where the members indulged in fresh cheese from the ABC Cheese Factory. Members finally then flected to Jervis Bay for the dolphin boat trip to look for dolphins. Though the trip was quite eventful, members had a great time building friendship while having fun together.



Manly Probus goes Ballistic

8 groups consisting of 4 women and 4 men embarked on a trip to the International Shooting Centre at Cecil Park.

The Centre was purpose built for the 2000 Olympics and all the Olympic 2000 shooting competitions were held there.

Member Kathie won a Gold Medal for her ability to shoot with both a pistol and rifle, having no prior experience, she responded well to the coaching. Kathie also embraced the thrill of having her Gold Medal presented on the same podium as the Olympic winner.



Life Membership Presentation at the Sutherland Ladies Probus Club

President Kaye from the Sutherland Ladies Probus Club presented a certificate and medal for Life Membership to Club member Barbara. This medal was deservedly presented to Barbara who had since the Club's incorporation served on the Committee as Secretary, Treasurer, Newspaper Editor and Social Secretary covering a period of 23 years. Her dedication and loyalty to the Club and Probus was second to none and in each of the various roles she performed with patience, confidence and knowledge to help promote the spirit of Probus which is fun, fellowship and especially friendship.



Out and About

Club members from the Combined Probus Club of Northbridge made the most of their time despite strict covid-19 restrictions.

Some members enjoyed a game of croquet, Peter led an enjoyable walk-through Northbridge, a series of Christmas lunches proved a successful alternative to the usual and 17 members joined with Forest Probus Club for a happy few days at the Young Cherry Festival.



Adventurous Outing with the Probus Club of Menangle

It was a lovely day and perfect weather for the Probus Club of Menangle to explore the Cataract Dam, one of the biggest engineering projects in Australia. The day then served the members with a BBQ. As this was the Club's first outing of the year, everyone had an enjoyable and relaxing day filled with fun.



Ryde City Combined Probus Club

The male members of the Ryde City Combined Probus Club has their "Men's Lunch". This "Table of Knowledge" get together happens once a month to discuss all things, big and small.





Picnic Park with the Probus Club of Gregory Hills

The members of the Probus Club of Gregory Hills enthusiastically gathered together at the Mt Annan Botanical Garden to celebrate the Melbourne Cup. Members wore designer hats and fascinators and conversations started flowing with stories of previous winners of the Cup, the drawing of the sweep and a diverse range of trivia questions.



Friendship Day with Merewether Seaside Probus Club

Members of the Merewether Seaside Probus Club celebrated Friendship Day at the Richley Reserve in Newcastle. The weather was great and the day was mainly filled with enthusiasm fun and friendship with 3 potential new members in attendance. Vice President Linda arranged a special cake for the occasion.

Snowy Mountains Trip

Recently 29 members of Gledswood Hills Probus ventured to Tumut to knock the cobwebs out after being cooped up by Covid. Members spent 2 nights in the town with visits to Yarrangobilly Caves, an African Violet nursery and the only factory still making brooms the old-fashioned way using Millett. Apple picking in Batlow as well as a visit to the old Adelong Gold Mines and waterfalls were also part of the trip. With plenty of food, some drinking and good company (the most important part of the trip) a good time was had by all.



Corowa 2021 Meeting

Corowa Probus Club recently unveiled their new banner and Club President Alan awarded member Barry with a 20 year Membership Certificate.

About 30 members and 1 visitor attended the Club's January meeting.





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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

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

Hobart Macquarie Experience Bruny Island

On a perfect autumnal day members of Hobart Macquarie travelled to and experienced the delights of Bruny Island, a prominent tourist/agricultural island nestling on the Southern Tasmanian Coast.

Coach pick up points were arranged for members on the Eastern Shore, Hobart and Kingston.

This experience included smooth ferry rides across the D'Entrecasteaux Channel, along the road to the "sweetest spot" on the Island, "The Honey Pot" selling pure Tasmanian Honey and an active bee hive displayed in the wall of the centre. Travelling further south there was a stop at the narrow isthmus between the North & South Islands where members were able to climb many, many, many steps (pewh !) up to Truganini Lookout and indulge in magnificent 360 degree views.

It was then back in the coach to Two Tree Point and Adventure Bay. At this location Captains Cook and Bligh and many other explorers landed and took on fresh water before continuing on their voyages of exploration.

It is noteworthy that Adventure Bay was the last Australian Site/soil that Capt Cook "stood" on before he set sail for the Pacific and his unfortunate death in Hawaii.

A delightful lunch was enjoyed at Bruny Island Cruise Seafood Restaurant on the beautiful sandy beach of Adventure bay with great views out to the Southern Ocean and the surrounding shore line/cliffs.

To the delight of members "sweet teeth", the after lunch stop was another "island sweet spot" the Bruny Island Chocolate Company that specialises in fine fudges and chocolate. A good opportunity to purchase Easter delights.

The provided photos shows a group on the beach at Adventure Bay and the other group at The Honey Pot".





20 Year Celebration at the Combined Probus Club of Scottsdale

16 Foundation members were presented with their 20 year certificate by Elizabeth Anderson, the Rotary District Probus Chair for Tasmania. A certificate from PPSL was presented to the President, Diane, by Rotarian Bob who was President of Scottsdale Rotary Club when our Probus Club was formed.



Governor of Tasmania visits Hobart Macquarie General Meeting

Members of Hobart Macquarie Probus were honoured to welcome The Governor of Tasmania, Her Excellency Professor the Honourable Kate Warner AC as the Club's Special Guest Speaker at their February 2021 Monthly General Meeting. Her Excellency was accompanied by her husband Mr Richard Warner AM. Professor Warner, a Tasmanian, presented a very interesting session covering her life story from a toddler to Governor and concluded the presentation with question and answer session.



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*Not available Saturday nights or peak periods
Minimum 20 guests, set menu only.
Should group numbers drop below 20 payment is required for a minimum of 20 meals

Albany Seniors Expo

The Combined Probus Club of Albany attended the Seniors Expo in late November. The Club had their own stall and were very happy to meet and welcome many interested guests to a Probus meeting.



Embarking on a trip with the Probus Club of Denmark

Members of the Probus Club of Denmark embarked on a trip to the Denmark River that stretches out onto the Wilson Inlet. The members had a wonderful time enjoying the view while enjoying everyone's company filled with fun and laughter. The members ended their great day with a great meal at the Reminisce Café at the River Mouth Caravan Park.





Fun Times with the Probus Club of Canning Vale

Members of the Probus Club of Canning Vale are always finding ways to have a good time. The Club started with a movie session, watching THE DRY at Village Cinema in Southland. Following that, their next outing was at Kent St Weir where members got to enjoy a great BBQ feast and played Boules. Lastly, their next outing was a bus trip to the Mandurah Dolphin Cruise. It's all about the 3F's that this Club follows.



Barefoot Bowls Morning and Lunch with the Probus Club of Mt. Gravatt

Thirty members of the Probus Club of Mt. Gravatt had an enjoyable time at the Mt. Gravatt Bowls Club. The Club members showed their hand at bowling with many novices showing incredible skills. The bowling was followed by lunch at the club bistro with twenty extra members joining the bowlers.



Luncheon with the Probus Club of Kenmore

The Probus Club of Kenmore enjoyed their time at the luncheon organised by Lydia. Members gave her and Elio a heartfelt farewell as they take "post retirement".



Bargara and District Mixed Probus Club

62 members gathered at Club Bargara to elect the management committee for 2021.

Outgoing President, Val, thanked the committee for their dedication during last year, keeping members informed and the Clubs profile active. She wished the new committee well and asked members to remember that all those who serve the Club are volunteers.

Incoming President, John, thanked the outgoing committee for their service, highlighting the unusual challenges faced during the past year.

Welcoming his new team he assured members of a busy year ahead which will include all of the usual monthly activities together with several long tours.

An excellent meal was enjoyed together with the company of good friends.





Beenleigh Probus Club visit to the Beenleigh Historical Village and Museum

The members of Beenleigh Probus Club eagerly visited Beenleigh Historical Village and Museum. Though the rain and hot weather wasn't ideal, that didn't stop the members from learning and exploring the site. Learning about the history of this place is very enlightening yet insightful too.



Probus Club of Toowoomba City Outing to DownsSteam Tourist Railway Museum

Members and guests were welcomed to visit the DownsSteam Tourist Railway and Museum. The attendees were served Devonshire style morning tea in the dining carriage followed by a guided tour to the amazing Dreamtime carriage and looked at 'the shed' which houses the pride of the museum. Members were also able to purchase ticket in a raffle for a prize of two tickets on the first excursion. Overall, it's safe to say that the members had an amazing time learning and experiencing new things while creating new memories with other Probus members along the way.



Group Luncheon at the Tanunda Hotel

The Combined Probus Club of Barossa went to Tanunda Hotel to order some excellent food and a day full of fun and friendship. The next day, one member quote “great choice yesterday, good food and excellent venue with plenty of room to mingle.”



Touring with the Probus Club of Victor Harbor/Granite Island

Members of the Probus Club of Victor Harbor/Granite Island went on an unforgettable tour to the Dunluce Castle in Brighton. After exploring the historical tour, members were then presented with very special old-fashioned morning tea and coffee served in fine China cups with delicacies to remember.



A Day Among the Vines with the Glenelg Bay Probus Club

Members of the Glenelg Bay Probus Club went on a journey to the Golding Winery at Lobethal. Member were stunned by the beauty of nature that surrounds the area. While enjoying the view of the hills and vineyards, members were treated with a glass of sparkling white wine then served with a platter of cheese and meat. Wine tasting was exceptional and few of the members bought bottles of wine to take home. The trip ended with lunch at the Olive Branch Café in Blahannah.





A Trip into A Grim History with the Probus Club of Tea Tree Gully

26 members assembled outside the huge gates built within the high wall that surrounds the long-abandoned Z Ward facility. Here the members had a chance to view the outside of this beautiful Victorian building with its red and cream bricks forming decorative patterns, its towering chimneys and a roof topped with a splendid tower and finial. The day finished with a lovely lunch at the Rex Hotel in Marlestone with much chatter and conversation. A big thank you goes to Joan for organising a very interesting journey.



Travelling to Norfolk Island

Members of the West Lakes Shore Probus Club visited Norfolk Island for a week. A great way to spend time making new memories and strengthening friendship while having fun.



A Delightful Lunch with The Probus Club of Stirling

Members of the Probus Club of Stirling enjoyed a delightful lunch at the Stanley Bridge Tavern followed by a trip to Australian Lions Hearing Dogs in Verdun. The speakers were both articulate and passionate about being committed to their goal and training their dogs.





Probus Club of Marrara visit to the Darwin Chinese Museum

The Probus Club of Marrara visited the Darwin Chinese Museum and had an enjoyable yet interesting outing. The exhibit not only displays historical artefacts, but it also showcases how Darwin became the central gateway for many nationalities who sought the ever-elusive nuggets of gold in the Top End. The visit was most interesting and enjoyed by all the members who eagerly attended. A huge thanks to Ray and Ken who organised this unforgettable experience.



Touring Port of Darwin

42 members of the Probus Club of Darwin visited the Port of Darwin on East Arm. The members learned about the administration and operations of the Port and were treated to morning tea. Along with that, members enjoyed the bus tour of the port and ended with lunch at the Coolalinga Tavern.



Words Into Masterpieces

- Creative Writing by Probians

MT. MARTHA PROBUS CLUB

*Typography by Frank Davin
Mt. Martha Probus Club*

Creative writing is not just about a story or a poem – as you can see from this amazing typography created by Frank from Mt. Martha Probus Club. Franks' goal was to remind his members what Probus means to him and his Club, after such a long break in Victoria. We encourage all members to submit creative writing pieces to share with fellow Probians.



Words Into Masterpieces

ODE TO CORONAVIRUS

*Poem by Pam Ayres OAM
Probus Club of Springwood Inc.*

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates
You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died
They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told
We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!
There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts
Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?
We didn't mind the change of pace
Because our lives were full

But to bury us before we're dead
Is like a red rag to a bull!
So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!
It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!
Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer
At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!
So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth
We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

Words Into Masterpieces

- Creative Writing by Probians

MARKET DAY

*Poem by Helen Paatsch
Lake Colac Probus Club*

It's market day in Colac and the cockies are all in,
For Thursday is their special day for meeting with their kin;
They gather in the cafes for pies and cups of tea;
They congregate on footpaths and gossip happily.
For Mary's got her baby and spuds are growing well;
If today's an indication, Spring'll be as hot as hell.
But there's trouble out at Eurack for it's setting in too dry,
And the folks from out at Ondit are looking at the sky.
But such are not the worries of the crowd round at the Mart-
They're waiting for twelve-thirty which is when the auctions start;
For there's beds and bikes and bookshelves, and ferrets, lambs and chooks
Budgies, stoves and paintings, plus sundry tatty books;
Sometimes there's a bargain if you're quick in with your call,
But there's more fun in just watching to see the hammer fall.
With that performance over, it's time to load the ute,
Or gather up the groceries and pile them in the boot,
For farmers cannot linger and shop for hours and hours;
When townies are still shopping, they're rounding up the cows;
And when they start the milking they'll then review the day,
Exchanging bits of gossip collected on the way;
They'll swap the news of ailments which 'everybody's got'
And curse the cattle prices which today were down a lot;
And when the last cow's finished, give the yard a final spray;
It's Home! And eat some tucker before calling it a day.

Mental health in retirement: what you can do to stay healthy

Retirement can be exciting – coming to the end of your working career with a calendar now open for relaxation and enjoyment is a time many people look forward to.

But the prospect of retirement can also be daunting. Some new retirees worry that their days will have less purpose now that they're not at work, that they'll be bored, or that they'll miss the social connection they had with their co-workers or clients. These concerns are just as legitimate as the excitement of winding up work.

Judith Maestracci is Vice Chairman and Queensland Director on the Board of Probus South Pacific Limited, an organisation with over 115,000 members across Australia and New Zealand, who belong to a network of clubs that meet on a regular basis. She said "As I have discovered, joining Probus can provide you with an opportunity to access new friends and ideas with people who enjoy the same things as you do." She offered some pointers for avoiding loneliness and maintaining mental wellness during retirement and why it's important to proactively look after yourself during this time.

1 *Focus On Your Physical Health*

During retirement, you might find there is more time to improve taking care of your body. This is good news because your physical health and your mental wellbeing are connected. Exercise, a balanced diet, enough sleep and even drinking enough water can all affect our mood and energy levels.

Has it been a while since you tried a new sport or type of physical activity? How often do you attempt a new recipe? Just because you're getting on in decades doesn't mean you can't try new things.

2 *Explore What Gives You Purpose*

Having purpose is really important for mental wellbeing. It gives you a reason to get up in the morning and makes your days feel meaningful. There are a lot of ways to feel you have purpose. Just because you're not going to your day job any more does not mean you can't have purpose in your life. You may feel like you have purpose when you're engaging in 'purposeful activities'. Purposeful activities help you feel like you're contributing something to the world, whether that contribution is just for you, your family, friends, community or the broader population. What counts as a purposeful activity will be different for everyone.

Finding your purpose can be fun! If you're not sure how to do this now that you're not at work, try a variety of new activities and see how these experiences make you feel. If you're a member of a social group like Probus, you'll discover new ideas and activities within your Club to help inspire you to find a new purpose and enjoy life.

3 *Connect With The Outside World*

Connection with others, including your family and friends, a Probus Club, with pets, or with nature, is a vital part of the human experience. Developing healthy relationships with others can decrease levels of anxiety and depression and improve self-esteem. When you retire from work, you might feel like you've lost a lot of connection all at once. Finding ways to connect with others beyond work can be an effective way to promote your mental wellbeing.

4 *Consider Your Sense Of Safety*

Feeling safe, stable and secure is important for your mental wellbeing. This can include feeling safe at home, in your neighbourhood, being financially secure and feeling supported within your close relationships and your community. When you feel safe, it is easier to relax and feel free to live your life as you want. Learn from others, talk to other retirees about what they've done to make their lives safe and secure.

5 *Seek Support*

Mental health conditions such as anxiety or depression can affect anyone at any time. These issues are health conditions, like catching a cold, it is not a weakness or character flaw. The good news is they can be managed and treated by health professionals. If you've been feeling sad, worried, stressed, angry, numb or just 'not yourself' for two weeks or more, and need support managing your mental wellbeing, speak to your GP about how you're feeling. Often just talking about how you're feeling is the first step towards recovery.

For more information, please contact Probus South Pacific (Australia) 1300 630 488 (New Zealand) 0800 1477 6287.

Visit www.probusouthpacific.org to find your nearest Probus Club.



FUN, FRIENDSHIP AND FELLOWSHIP IN RETIREMENT

**What are you waiting for?
Come and join PROBUS!**

What is PROBUS?

Probus provides you with the opportunity to meet with fellow retirees on a regular basis, listen to interesting speakers and join together in activities, all in the company of new friends.

There are over 1,700 Probus Clubs with more than 125,000 Probus Club members all over Australia and New Zealand. You can join a mixed Probus Club or Clubs for Ladies or Men – the choice is yours.

Membership is open to any member of the community who is retired or semi-retired and is looking for fun, friendship and fellowship.

Great reasons to join PROBUS

- Enjoy new friendships with retirees in your community
- Listen to interesting guest speakers
- Attend monthly meetings in your local area

- Participate in a wide range of activities with fellow Club members
- Stay in the loop with *Active Retirees* publications
- Develop new interests and stay active

How do I join PROBUS?

Find your local Probus Club by visiting the Probus website at 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!

There are over **1,700 Probus Clubs** with more than **125,000 Probus Club members** across Australia and New Zealand. You can join a mixed Probus Club or Clubs for Ladies or Men – the choice is yours.

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