

Active Retirees

Fun, Friendship and Fellowship in Retirement



**TELL PEOPLE
ABOUT PROBUS**

Brilliant in every direction

From island getaways to epic railway experiences, travel with confidence on these brilliant holiday packages.



An epic rail trip... with island escapes along the way

Brilliant Travels' **Queensland Island Rail Adventure** allows you to discover a different side to Queensland. Explore picturesque islands, coastline and countryside on a 13-day islands and rail adventure. With stopovers at the beautiful Fraser Island and Magnetic Island, as well as tropical Cairns, you will get to enjoy some of the best Queensland has to offer.

From \$2470pp*

Senior discount (land only). Air travel from Australian capital cities is included in package prices.



Check out why South Australia is brilliant in every direction

Explore the best of **South Australia** on this brilliant 9-day tour. From the unique nature and wildlife of Kangaroo Island to relaxing cruising down the majestic Murray River on the PS Murray Princess. Enjoy three nights in Adelaide and a tour of the city sights and Adelaide Hills, you'll quickly discover why Adelaide is crowned as Australia's most liveable city.

From \$2685pp*

Accommodation, tour costs, and most meals included.





Visiting the land on of the long white cloud, New Zealand

Join Shirley on this escorted tour where you'll visit all the 'must see' icons of **New Zealand on this all-inclusive 17-day tour.**

Enjoy a breathtaking Milford Sound cruise, the world-renowned TranzAlpine scenic rail journey and sail to the famous Hole in the Rock in the beautiful Bay of Islands. Other highlights include a traditional Maori Hangi in Rotorua and a guided tour of the Larnach Castle in Dunedin. Tour departs 17 October 2022.

From \$5424pp*

16 nights' accommodation, return airfares and all attractions included, ex. MEL, SYD or BSB



Always wanted to visit Norfolk Island?

Join Shirley on a **9-night Norfolk Island Discovery Tour.**

The tour includes a pre-night at the Sir Stamford Hotel and get together on-board a Sydney Harbour Dinner Cruise, with return airfares ex. Sydney, all accommodation, lunches, dinners including special themed experiences.

Tour departs 22 May 2022 with packages from \$3990pp*.

From \$3990pp*

Return airfares ex. SYD, all accommodation, lunches and dinners included.



Join our escorted tours where you can simply sit back and enjoy your holiday.

Join Shirley Tamm, a well-known travel identity and Tour Escort with over 36 years' industry experience. You'll feel welcome from the moment you meet her and you can travel with the safety and security of having Shirley with you every step of the way, ensuring your holiday experience is a memorable one.

For more visit www.BrilliantTravels.com.au
or call our friendly team on 1300 765 115.

*Terms and conditions apply. Check website for more information.

Brilliant
TRAVELS

Spend Christmas Eve in the Holy Land and New Year's Eve in Istanbul

Departs December 2023

A unique new festive season cruise package in the Mediterranean in 2023 will see guests spend Christmas in the Holy Land and New Year's in Istanbul, with the Egyptian pyramids and ancient ruins in Greece and Turkey added to the alluring yuletide stocking.

Cruise Traveller's new 21-night, value-filled 'Christmas with a Twist' package in December, 2023, features popular Greek cruise line, Celestyal Cruises.

Celestyal Cruises offers award-winning Eastern Mediterranean cruises aboard two, classic, boutique ships – Celestyal Crystal and Celestyal Olympia. Destinations include Greece and her islands, Turkey, Egypt, Cyprus and Israel. Celestyal is noted for offering affordable Greek Island cruises.

Offering a unique and unforgettable Christmas adventure of a lifetime, with varied festive traditions across five countries, the festive package begins on December 14, 2023, with a two-night stay, pre-cruise, in Athens and a 'Taste of Athens' evening walking tour to whet the appetite, with guests tasting wine and delicious local treats on a guided stroll through the fabled city.

Guest then board the 1200-guest Celestyal Crystal for an immersive, destination and culture-filled 19-night voyage taking in smaller and less visited ports not available to larger ships in Greece and her sun-kissed islands, Turkey, Egypt, Cyprus and Israel.



Among the 13 ports visited is Haifa in Israel where an overnight stay on Christmas Eve enables guests to opt for an excursion into the Holy Land to visit places central to the biblical Christmas story such as the Church of the Nativity in Bethlehem.

The voyage includes four free excursions and two bonus free excursions – six in total. One of these is in Istanbul where Celestyal Crystal will dock overnight on New Year's Eve, allowing guests to celebrate with locals. The free tour includes a private city cruise on the Bosphorus Strait and an aroma-filled visit to a local spice market.

Other free excursions include a bucket-list visit to the pyramids in Cairo, the ruins of the once-great Roman Empire city of Ephesus in Turkey, the remains of

the ancient palace of Knossos on Crete and the age-old monasteries of Meteroa perched spectacularly atop towering pillars of rock in Greece.

“a unique and unforgettable Christmas adventure of a lifetime”

The 21-night 'Christmas with a Twist' package in December, 2023 is available from \$4685 per person, twin-share, in an ocean-view stateroom – a saving of A\$971 per person. Single prices are available upon request. There is limited availability on this amazing voyage, so contact us today. Book by 31 March 2022.

Call Cruise Traveller on 1800 507 777 or visit www.CruiseTraveller.com.au/ChristmasTwist



As a new year begins, we often reflect on what has happened in the past and set ourselves some goals we hope will improve our lives. The past two years have been extraordinary, our optimism has been tested and many plans and goals have been reassessed and adjusted.

It has been two years since the Board of PSPL met in person. Like many Clubs, while we have continued to successfully conduct our scheduled meetings by technological means, we all know there is nothing like connecting with colleagues in person.

All of the Directors of PSPL are volunteers and we have all served on our club's committees, so we understand and appreciate the challenges the pandemic has generated. As a group representing our members in every state and territory in Australia and New Zealand, we are all very conscious of our responsibilities.

At our next meeting in February, we will be welcoming our new Treasurer David Ekert, a Foundation member and past President of the Probus Club of Cornubia. We will be saying a very grateful farewell to Bruce Morley who has been our interim Treasurer following the resignation of Doug Newman due to ill health. Bruce was the former Representative Director for Victoria and Tasmania, that position is now held by Michael Ransom.

We will also be welcoming back to the Board Merv Richens OAM, former PSPL Director (2007 - 2010) a former Rotary District Governor. Merv is an enthusiastic and active member of Probus who will be helping to strengthen our ties with Rotary as well as sharing his extensive experience supporting the growth of existing clubs and the formation of numerous clubs.

At the heart of participating in the various activities in our Clubs is why did we become members of Probus? Like many of you, who have experienced a range of significant changes to your lives and lifestyles, as a retiree, I also appreciate first-hand how much Probus continues to enhance my life and those of my Probus friends.

When we reflect on the challenges we have faced during the past two years, many of us have asked ourselves how we might find ways of contributing to a community we want to live in – a community that is kinder, compassionate, cooperative, respectful, inclusive and more harmonious. Each of us has the ability to bring happiness to another person through our contribution.

For us, as members of Probus and the many hundreds of thousands of active retirees, our message is clear - the key to maintaining a fulfilling lifestyle in retirement is to stay socially connected and to enjoy the company of like-minded people.

There are so many reasons and motivations, and for so many of us, our lives have been unexpectedly enriched. In this edition of Active Retirees, we meet fellow-Probians who have generously shared their reasons for joining Probus. They are people from a wide variety of backgrounds and experiences who are actively contributing to the success of their clubs.

In the next two months, Probus Clubs will be conducting AGMs and welcoming new members of their Club Management Committees and I encourage all members to consider nominating for a role in their Club's Committee.

It is an opportunity to perhaps learn some new skills but importantly make your personal contribution to the enjoyment and camaraderie of your fellow members.

Joining your Club's leadership team is not just about helping your Club and community, it enriches your life too and as Oprah Winfrey once said, "The more you praise and celebrate your life, the more there is in life to celebrate."



Judith Maestracci AM

Judith Maestracci AM
Chairman | Probus South Pacific Ltd



A NEW YEAR OF OPPORTUNITIES

There's always something thrilling about welcoming in a new year and we embrace 2022 with positivity and hope for us all to get out and about travelling again.

As we prepare to dust off our suitcases and put our travelling caps back on, Trade Travel have been busy creating a range of new and exciting touring opportunities to choose from for 2022 and beyond.

With a variety of tour destinations departing all states of Australia, our tour programs make it easy and affordable for Probus members and individuals to travel with like-minded people while creating lasting memories, friendships and a photo album of wonderful places visited.

The Trade Travel Public Departure Brochure offers specially designed tours that give the individual traveller an ideal way to join a fun group of people and see the sights!

TRAVEL AUSTRALIA IN UNIQUE WAYS

Among the many exciting departures and all-inclusive tours we offer, we also present the opportunity for our passengers to experience Australia in more ways than just coach touring.



Passengers can embark on some of Australia's great rail journeys through Australia's Red Centre on-board The Legendary Ghan, cross the great Nullarbor on the Indian Pacific, or cruise the mighty Murray River aboard the largest inland paddlewheeler, the Murray Princess.

All of our tours are created for our passengers to sit back, relax and enjoy the journey with travelling friends.



LET US HELP WITH YOUR NEXT JOURNEY

For 30 years, Trade Travel have been creating memorable and quality touring experiences, making them your trusted partner when choosing your next holiday destination.

If your club is interested in a travel presentation or would like to find out more about the vast array of specially designed touring options, please call our friendly staff, we are here to help.

Free call: 1800 034 439
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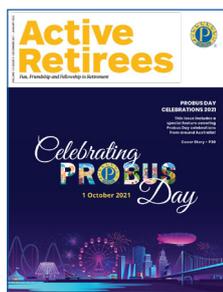
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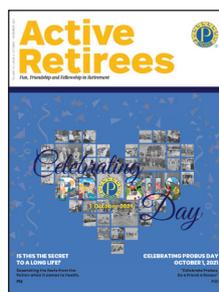
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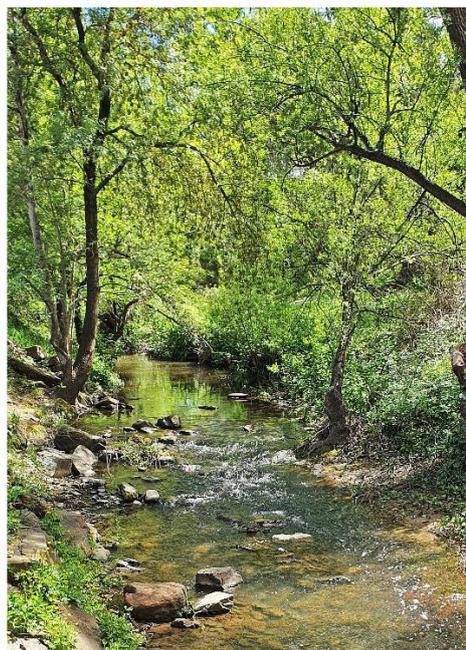
PAST ISSUES



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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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GRAPHIC DESIGN





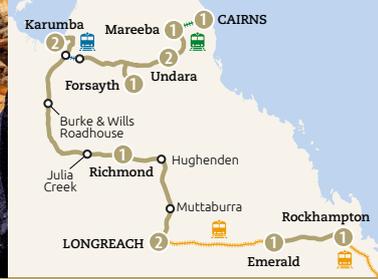
7 DAYS - CHANNEL COUNTRY DISCOVERY

Explore the wide open spaces of the South West and Channel Country backroads on this dedicated small group tour. See the largest cattle selling centre in Australia and travel the Westlander Rail journey to Charleville. Meet the Bilbies and explore the night skies at the fabulous Cosmos Centre. Enjoy Quilpie's outback station hospitality and see dinosaur discoveries at Eromanga Natural History Museum. Travel the backroads of the Barcoo Way to Longreach with its hero attractions.

Includes: Return economy flight^ Brisbane to Roma and Longreach to Brisbane; all touring, meals, entries & accommodation; Westlander Rail Mitchell to Charleville

Departs Brisbane:
28 Jun; 02 Aug; 04 & 18 Oct 2022

FROM **[\$4,399*]** PP Twin Share



13 DAYS - JOURNEY OF THE GULF SAVANNAH

Featuring 5 iconic rail journeys - Kuranda Scenic Railway, Savannahlander, Gulflander, Spirit of the Outback and Tilt Train. Tour the ancient Undara Lava Tubes and cruise the amazing Cobbold Gorge. Cruise to a sand island in the Gulf of Carpentaria. Meet the marine dinosaurs at Kronosaurus Korner and visit top Longreach attractions. Travel the most scenic section of the Spirit of the Outback to Emerald. Tour the gem fields en route to Rockhampton then board the Tilt Train to Brisbane.

Includes: All touring, meals, entries & accommodation; Daylight rail services on the Spirit of the Outback Longreach to Emerald and Tilt Train Rockhampton to Brisbane

Departs Cairns:
08 Jul, 23 Sep & 07 Oct 2022

FROM **[\$8,339*]** PP Twin Share



9 DAYS - BIRDSVILLE DESERT ESCAPE

Discover the Far West Outback where the Channel Country meets the desert. Enjoy a welcome morning tea at Historic Rosebank Station and experience Longreach hero attractions. Visit Winton's Waltzing Matilda Centre then follow an incredibly scenic drive via historic Middleton Hotel to Boulia, home of the Min Min lights. Make a stop in the remote town of Bedourie, see the Carcory Ruins and a rare stand of Waddi Trees. Explore Birdsville and toast the glorious outback sunset from atop Big Red on the eastern edge of the Simpson Desert.

Includes: Return economy flights between Brisbane and Longreach; all meals, entries and accommodation

Departs Brisbane:
17 Apr, 22 May, 24 Jul, 04 Sep, 25 Sep 2022

FROM **[\$5,149*]** PP Twin Share



5 DAYS - LONGREACH OUTBACK GETAWAY

Take in Queensland's heartland towns of Longreach and Winton. Experience a day tour to Winton to see the Waltzing Matilda Centre and Australian Age of Dinosaurs, including Laboratory tour and Collection Room. Stay four nights in Longreach and visit the top Longreach attractions - Australian Stockman's Hall of Fame, Qantas Founders Museum and Airpark Tour, Drover's Sunset Cruise with Smithy's Outback Dinner and Show, Camden Park Station Smoko Tour, Luminescent Longreach Sound and Light Show and more.

Includes: Return economy flights between Brisbane and Longreach; most meals; all entries and accommodation

Departs Cairns:
10 Apr, 24 Apr, 15 May, 12 Jun, 03 Jul, 17 Jul, 31 Jul, 18 Sep, 02 Oct, 16 Oct 2022

FROM **[\$3,029*]** PP Twin Share

FOR BOOKINGS

Call 07 4658 3000

or visit outbackaussietours.com.au



*Terms and conditions apply. Prices are per person, twin share and include GST. Included airfares are subject to fluctuation and carrier booking and carriage conditions.

Born & bred in the bush

Let us take you on a journey to discover our natural and cultural heritage. Settle back and enjoy our warm outback hospitality.

Born and bred in the bush, Outback Aussie Tours owners Alan (Smithy) and Sue Smith love the Outback life and share a passion for its strong sense of community and freedom. Now in their 34th year of operation, they and their team delight in sharing the incredible array of tourism experiences in Outback Queensland. According to Smithy, “we’ve really only just scratched the surface, with so much still to be discovered in Outback Queensland. That’s why we have so many repeat visitors.”

Based in Longreach, Outback Aussie Tours are specialists in all-inclusive guided touring holidays to Outback Queensland. They are a proud Eco Certified Nature Tourism Operator committed to best practice environmental sustainability and supporting their local outback communities. In depth interpretation of the natural and cultural stories is guaranteed when touring with this Savannah Guide Operator. Comfort and safety are assured aboard their fleet of custom-built vehicles, designed for outback conditions.



.....

Touring experiences are carefully selected for their authenticity and local flavour and Sue’s home baked on board smoko’s are legendary. Guests benefit from their close working relationship with outback communities, station owners, accommodation providers and local tour operators.

.....

Tours range from 4 - 14 days to destinations including Longreach and Winton, Birdsville, Quilpie, Corner Country, Gulf Savannah, Cape York and Torres Strait. All tours can be packaged with flight or rail connections for a seamless travel experience – just speak to their enthusiastic reservation team.

Outback Aussie Tours is excited to be a Bronze partner for Probus South Pacific. www.outbackaussietours.com.au



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 - Visit Beechworth's historic courthouse & experience an unforgettable day unique only to our tours.
 - Expert town tour guides in Major Towns.



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 - Enjoy our slice of the Silo Art Trail, Australia's largest outdoor gallery, with visit to 5 country towns.
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 - Indulgence Day includes chicken & champagne cruise.
 - Delicious Lunches provided on all tour days.
 - Expert town tour guides on all tour days.



BRAND NEW TOUR YARRAWONGA'S WINTER WONDERLAND

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Game, Set, Health

Feel like your exercise routine needs a shake-up? Or perhaps it needs a rethink after a health issue or injury? Here are five ways to keep moving that you may not have tried.

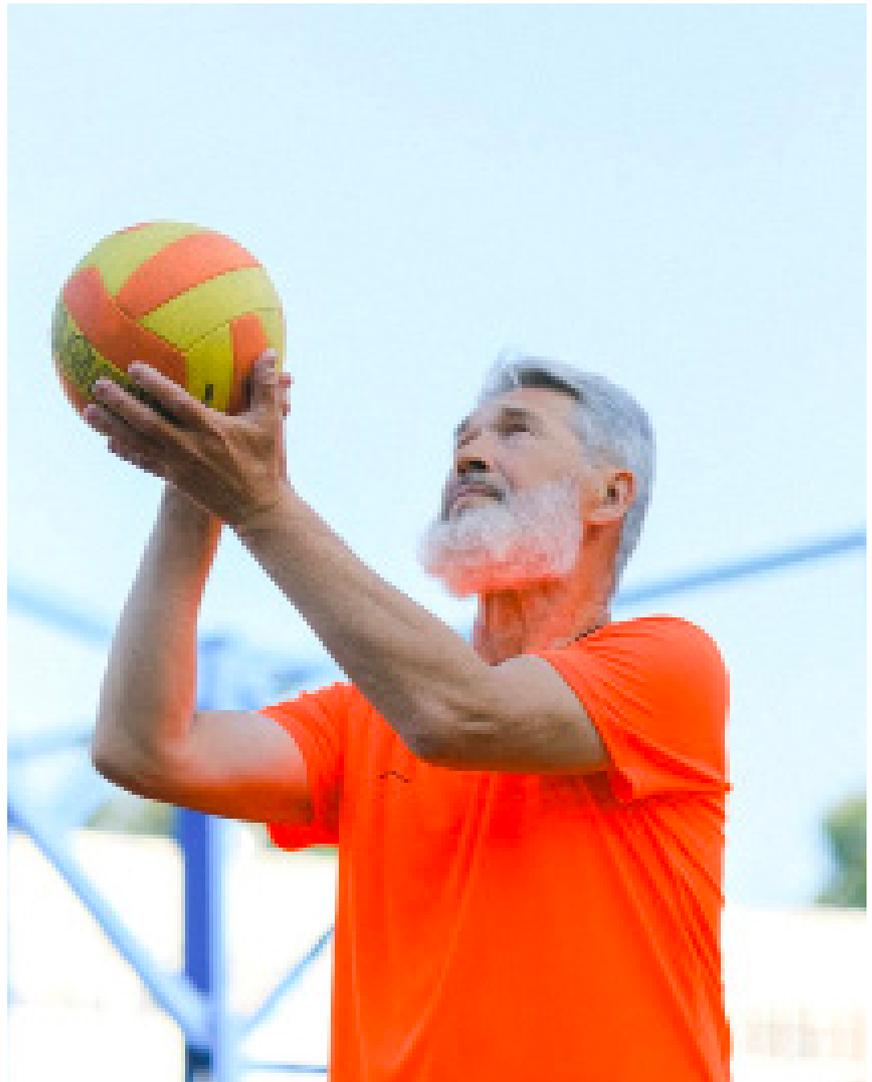
Walking Netball

For those who donned the Wing Attack or Goal Shooter bib in their younger years, this is a chance to revive all the enjoyable aspects of playing netball without it being as physically demanding.

By tweaking a few of the rules, the game moves at a slower pace and lets seniors get out on the netball court and have fun. It reduces the risk of injury, with a “no jumping” rule. Players must keep both feet on the ground. When a player receives the ball, they can take one to two steps before they must pass or shoot, and they can hang on to the ball for up to four seconds. Maybe you’ve never played netball in your life. It’s not too late to give it a shot. The main aim is to have fun, meet people and build strength, balance, flexibility and circulation at the same time.

Chair Yoga

Love the idea of keeping up a yoga practice as you age but worry that you may not be able to downward dog like you used to? Chair yoga could be the answer. Chair yoga is a gentle form of yoga that’s seated. Alternatively, you can stand and use the chair as a form of support. One of the main advantages of chair yoga for seniors is that it provides some extra support and helps you to stay balanced as you move through the exercises. That means you can focus on connecting with your body and breath without worrying that you might fall or stumble – a great way to get the benefits of yoga but avoid any injuries that may put you off.



Pole Walking

What started out to keep Finland’s cross-country skiers in peak condition during the off-season has become another fitness trend. Pole walking or Nordic walking (picture walking with a set of ski poles) as opposed to simply walking can have a number of benefits.

This cross-country discipline increases the cardio element of walking by 20-25 per cent, tones and strengthens the upper body and arms, engages 90 per cent of the body’s muscles and is easier on the body than simply walking.



Aquafit

If you're a water baby, an exercise class in a swimming pool is probably your idea of bliss.

Aquafit or aqua aerobics is a great way to improve muscle tone and cardio fitness. Exercising in water offers equal resistance so you can achieve overall body fitness because multiple muscles are worked simultaneously.

Seniors' Exergaming

This activity combines low-impact exercise and games using modern technology. It's perfect for the person who likes variety. You could try anything from tenpin bowling to golf; tennis to skiing; soccer to basketball.

Some of the physical benefits include improved balance and coordination as well as disease prevention. The combination of the exercise and a mental challenge helps stimulate the brain, and it's a fun thing to do with a group of people.

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 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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www.centralcoastferries.com.au

Lunch Bookings or enquiries

Phone 02 4363 0199

www.davistownrsl.com.au



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Shirley's father, Erle Chandler Gash, passed away in 2010 at the age of 93. Throughout her life, right up until his passing, Erle made her pledge that she would remember Red Cross and leave a gift in her Will if able. He was not in a financial position to leave a bequest himself, so Shirley is carrying out his wishes.

"He would always say to us 'You must remember Red Cross.' He always wanted to support Red Cross in any way that he could."

Erle was recruited as a foot soldier in WWII, but vowed he would only go to war if he was able to save lives rather than hurt people. He was firm that he did not want to carry a gun. He trained with Red Cross and became a stretcher-bearer and medic, assisting for around four years in El Alamein in Egypt and Italy.

When Erle returned from the war, he continued to support Red Cross and was always thinking of ways he could help. He was constantly looking to inspire others to act and donate.

In his 80s, he got himself a busking permit and would while away his days busking in



the main streets of the Auckland CBD. His sign read 'War veteran raising funds for the Red Cross,' and he raised an incredible \$10,000 over the years. For "an old guy" Shirley says he was pretty amazing.

At Erle's memorial service, two young members from Red Cross attended to pay their respects. Shirley and the rest of Erle's family were so appreciative and thought it was wonderful

that their 93-year-old dad had impacted younger and future generations.

"He would say 'You have always got to be doing something for someone else.'"

This is the message that Shirley wants to pass on as her legacy.

She's happy and proud to be able to carry out her father's wishes and has now updated her Will to leave a bequest to Red Cross.

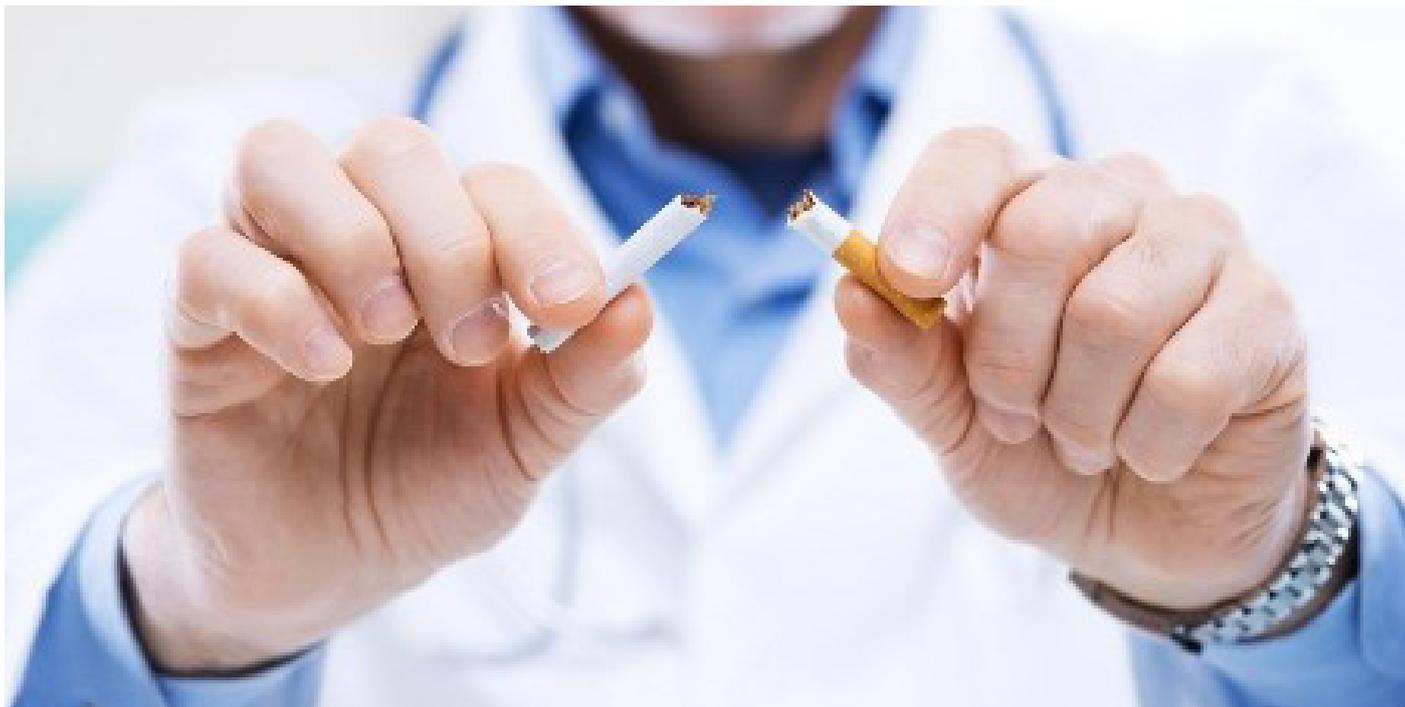
"I think that when I look at the Red Cross it's an organisation that's impartial...It's not looking at who people are. It's just looking at what's happening to them and so it's an organisation that I think that I can trust will go in, feed hungry people, help people who are broken, and get people back into some kind of semblance of normal life."

**Contact us to request your free Wills guide.
Phone 1800 733 276, email
contactus@redcross.org.au or scan the QR Code.**



Kick The Bad Habits

Are you a drinker or smoker and having trouble quitting? We look at how to break bad habits and some other habits that we could drop as we age.



As seniors, we have a fine line to tread between “bugger it, I’ve earned it” and living to a ripe old age. You don’t want to be too pious, but at the same time, we’ve all got some bad habits we could do without.

What Is A Bad Habit?

There are the obvious ones: drinking too much, smoking, and eating poorly. These are all major killers of not just the elderly. But as seniors, there are also some bad habits you may not have considered.

Being too sedentary. As we age, we need to keep moving, even as everything starts to creak and complain as we get out of a chair.

Slacking off on hygiene. Cleaning our teeth, jumping in the shower – we all have days where this feels like a huge effort, but it’s an effort we need to keep up for a healthy and happy retirement.

Eating late. Late-night snacking isn’t usually an apple; it’s usually something bad for us that can lead to indigestion and poor sleep.

How To Kick A Bad Habit

A bad habit often takes hold via repetition and a large part of why we do it is because the pattern is hard to break. Sometimes we can do it without even thinking about it.

Much of our life is routine, and if your routine is to end the day with a cigarette or too many glasses of wine, it’s time to change your ways.

First, define the behaviour you want to stop. It’s no use just saying “I want to be healthier” – that is too broad and easily slips away. Instead, target an unhealthy habit and be aware of it. Next, identify what triggers the behaviour. Is it the end of the day, the inflammation of an old wound, or talking to your relatives that drives you to smoke or drink? Realise what it is that makes you start, and it will be easier to stop. Then, make some new habits by substituting the bad behaviour for something else. In this, we are basically retraining our brain to reach for an apple instead of a glass of red wine.

Get Some Help

With the big stuff, like drinking and smoking, it can be beneficial to get some help. We're not talking AA here, but someone you can talk to when it seems too hard to stick with your new routine.

For the positive stuff, get a walking buddy and you're more likely to take a stroll than take a drag on a cigarette. You can also use your own prompts to help push positive behaviour, like putting fruit in the front of the fridge so it's the first thing you see when you go for that snack.

It can be hard to "teach an old dog new tricks," but if we want to get even older, there are some habits that we just need to kick.



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Phoning It In

Maybe you keep a sharp eye on your utility bills. But have you been turning a blind eye to your mobile bill?

Do you know if your current plan is working for you?

Data roaming overseas and excess usage charges are two areas that often contribute to bill shock.

“The main reason people spend too much on mobile bills is they are not using a plan that fits their usage habits and needs in the first place.”

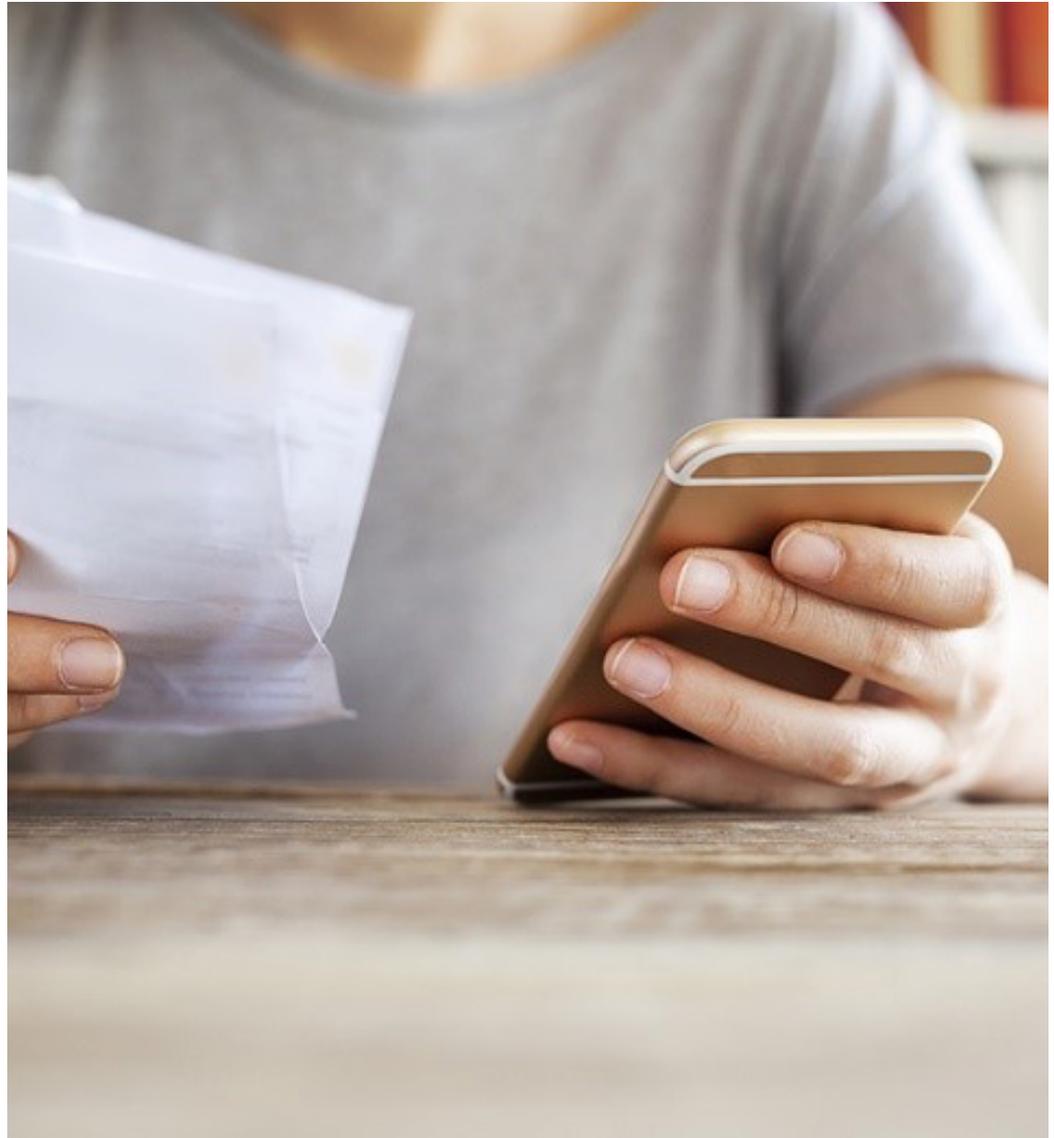
The market changes frequently and people can often benefit by switching plans.

“The same phone plan that someone got a couple of years ago could easily cost 30-50 per cent less today,” he says.

Here are some ways to make sure your plan is serving you well.

How do you use your mobile?

Get to know your mobile usage. How many calls do you make each month; do you mostly call landlines or other mobiles; do you make international calls; do you use a lot of data or download music or videos? If your plan includes some data and you overestimate your usage you won't use it up and if you underestimate you may end up paying for excess data.



Do you have a phone or do you need to buy one with your plan?

A new handset can increase the ongoing cost of your mobile plan and lock you into a contract for 24 to 36 months. Consider buying a new phone outright if you need a new one and check if it is locked to a particular network.

Could a pre-paid plan work for you?

If you don't use your phone much or make lots of calls sporadically, it might be cheaper to go for a pre-paid plan. You can easily keep tabs on your call credit status and some plans will let you roll over any unused call credits for up to 12 months.

Even if you BYO handset it is possible to get a post-paid SIM-only plan. Many offer unlimited calls and texts within Australia as standard and often they have extra data compared to a pre-paid plan.

Are you travelling overseas?

International roaming can be very expensive even if you're only receiving calls. Some providers, such as Vodafone, now offer a roaming deal for compatible post-paid plans where you pay \$5 a day while overseas and use your plan the same way you would at home. If you're taking an extended trip, it may still be cheaper to buy either a dedicated roaming SIM or a local SIM at your destination.

How much data do you use?

Exceeding your data allowance can be a one-way trip to bill shock. It pays to be aware of how much data your favourite apps use. Facebook instant messenger might use 150MB per hour, for instance, whereas Netflix HD video streaming uses about 3GB per hour.

To cut down your data usage, use Wi-Fi access and roam to a personal network or wireless hotspot. Other tips: change settings so videos don't auto-play on social media; turn off auto-updating on apps; install 'light' versions of apps; and if you watch TV or movies via your phone download SD rather than HD versions.



The end of a loved one's life is challenging for a variety of reasons.

An emotionally fraught time is then further complicated by the need to deal with practical concerns. Increasingly, experts have found that the difficulty of these end-of-life practicalities is compounded by the proliferation of online 'DIY wills'.

These wills, which are affordable and can be easily downloaded, offer an alluring cost-cutting measure for elderly Australians, many of whom are being faced with a higher cost of living than ever before. But experts suggest that these documents often fall short of providing a comprehensive end of life plan.

Paul Paxton-Hall, Director of Paxton-Hall Lawyers, spoke to researchers about his experience dealing with Pro-forma 'will kits'. Part of the problem, he says, is that the generic nature of these documents means that language can be ambiguous, and often can't account for more complex family situations.

"These tick-and-flick formulas cannot adequately handle complex financial affairs or situations like self-managed super funds or blended families," he said, "creating an estate plan is not a matter of filling in the blanks and there is no 'one size fits all approach.'"

Financial advisor Damien Fahy agrees that

The Dangers Of A DIY Will



these wills can often fail to account for complex situations, but suggests that in more straightforward circumstances these kinds of wills can be a viable alternative to engaging legal advice.

"Only if your affairs are very straightforward should you consider it," he says. "A good example is a married couple who plan on leaving everything to each other."

But Paxton-Hill suggests that even in more straightforward situations, generic language can be problematic.

"Ill-prepared wills," he said, "can lead to costly litigation if terms are ambiguous or can be misinterpreted. Your will is one of the most important documents you can make in your lifetime," he continued, "and while people may save money by creating a will themselves, it could cost their loved ones a lot more in the long run."

Solicitor Jennifer McMahon agrees, and says, "drawing up a one-time will can be just as costly as not

having one." She suggests that, even when your situation is straightforward at the time you write your will, life can change quickly and unexpectedly.

A recent example of the dangers of online wills was *Rhodes v Rhodes* in Queensland, where a man established a testamentary discretionary trust in one sentence using a pro forma kit.

"The ambiguous will led to a dispute among his family that ended up in the Supreme Court of Queensland and a significant delay in the administration of his estate," recalls Paxton-Hall.

Overall, experts suggest that, while cheaply downloading a will can be tempting, it is impossible to overestimate the importance of a document that secures your final wishes but also impacts the lives of the family members and loved ones you leave behind.

8 Reasons to get an E-Reader

More like paper than you'd think, e-readers are on the rise.

E-readers have become widely popular in the last ten years, with widely accessible and affordable brands being launched in the market such as the Amazon Kindle, Barnes, Noble and Kobo. Although there is nothing quite like the feeling of reading a physical book, folding the corners of pages and turning that last page to finish a book, there are numerous benefits of having an E-reader that may outweigh traditional paperback books.



1 One Device, Many Titles
One E-Reader can house thousands of books, making them accessible anywhere, anytime. This saves a lot of space in your home or your bag, leaving you carefree of any storage limitations. Take your entire library to the beach, to the park or even overseas with an e-reader. This is also especially beneficial for students who need to carry around multiple books throughout their day for different classes.

2 Screen Lighting
What we see on most smart phones, tablets and monitors is what we call “back-lit screens”, which emit a strong light that shines directly into your eyes, causing eye-strain and melatonin disturbance especially if you’re a bedtime reader. With E-Readers, they are equipped with “front-lit screens”, where light is projected evenly from a series of LED lights underneath the bezel, making it a much smoother, matte and glare-less reading experience. These screens don’t reflect and are designed for reading in the sun or in the dark.

3 One-Handed Reading
E-Readers are simple, lightweight and compact devices that are designed for one-handed usage. Perfect for new mums who always have one hand occupied holding the baby for the first few months but want their reading fix. Or a daily commuter who wants to read standing up or sitting down.

4 Tracking And Progress
E-readers give you the option of tracking your progress through a book and also deducing estimated timeframes for completion of the book. These estimations are continuously calibrated according to your reading habits and patterns.

5 **Interactive experience**

Nowadays, e-books are designed to be more digitally interactive, building a more immersive reading experience. Videos, images and audio clips can be embedded into the pages for more depth of information and to build engagement. Also, authors and publishers can include hyperlinks that can link out to other websites and pages when clicked, building an ecosystem of information at the touch of your fingertips.

6 **Read Out Loud**

E-readers are equipped with the functionality of reading out entire audiobooks to you. This lets people immerse themselves in a piece of literature even if they're too busy to read it, e.g. while driving, working or running errands. This feature is also helpful for those with learning disabilities or visual impairments, assisting them in learning the same content as others. Another reason this feature is useful is if someone is looking to understand the way a word or phrase is pronounced.

7 **Environmentally friendly**

This goes without saying that, e-readers eliminate the process of paper printing and distribution, saving printing costs/electricity, waste production and most importantly saving trees. Approximately 2.2 million books are published each year using 3 million trees. Growing concerns of deforestation and carbon footprints are making e-readers a go-to option for everyone around the world.

8 **More affordable**

You'd think that new technology like this will burn a hole in your pocket so it's not an option, however, it's quite the opposite. No covers, no pages, no printing, no packaging, no distribution and no shipping rates cut down huge costs for when you're trying to buy a new book to read. E-readers have entire cover to cover books available to instantly purchase at a fraction of the cost.

E-readers and e-books are a great way to get into reading more or making the switch from paper books to something more sustainable, cost-friendly, better for your eyes and much more immersive. As a starting point, the Amazon Kindle is worth looking at as an entry-level e-reader which is a great way to get started, for \$139.00AUD you can have it delivered to your doorstep.

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Don't share everything online

Social media is a great way to share everything from those tranquil moments in your garden to your greatest adventures, however, some things are better shared in a private message or over a cup of coffee, (or maybe not at all). Here are some things to keep in mind when planning your next post.

Travel Plans

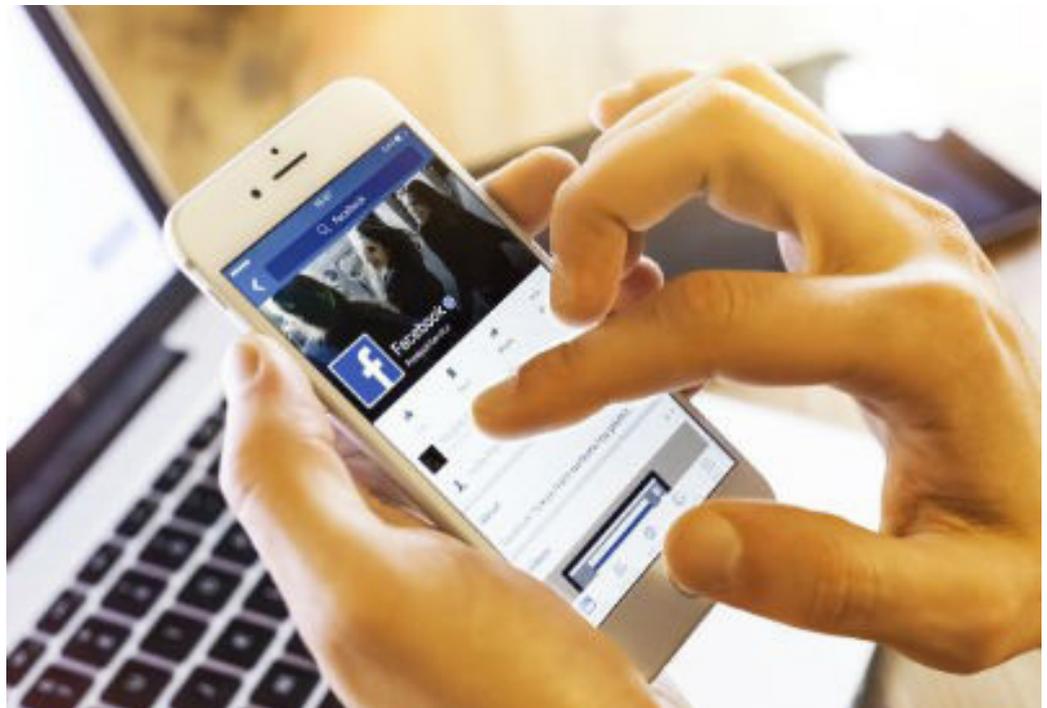
Arranging and embarking on a holiday is exciting, and it's not unusual for social media to be flooded with photos and commentary from other people's travels. It's an easy way for you to show your loved ones what you're up to and let them know that you're ok.

However, it's becoming increasingly common for potential thieves to take advantage of people's social media activity.

To ensure your safety, avoid sharing your itinerary and location on social media.

What's In A Barcode?

If you still want to share your journey in real-time, you may at least want to rethink uploading that photo of your boarding pass. Already, the intimate details of your flight and destination are printed clearly on the ticket, but that's not all you have to be wary of.



The barcode is a treasure trove of information, containing your name and flight details, as well as your frequent flyer number, and can potentially give people access to current and future flights, credit card details, and information about the people who booked the flight. This information can be easily accessed by someone using a barcode reader on the internet.

Personal Details: How much are you really giving away?

Social media is becoming increasingly cunning in the way that it obtains information.

It will excitedly show you around the site and show you exactly where and how to add everything about you. However, all it really needs to function is a name, email address, and password. You don't even have to give it your full or correct name. This may make you a bit more challenging to find, but it also helps you maintain your privacy.

Your activities will also say a lot about you, and things as seemingly harmless as showing your last name or old pictures of your first pet could easily give away passwords or the answers to secret questions protecting your online and bank accounts.

Private Information Or Photos

We've all had a moment where our stomach drops and we realise that a photo or a personal comment we meant to share in private has actually been posted to someone's wall or in someone's newsfeed for the whole world to see.

Unless you know that the people you're posting to or about are ok with having things publicly available, it's best to save that funny story, embarrassing photo, or support for a loved one who is struggling in private.

Medical Misinformation

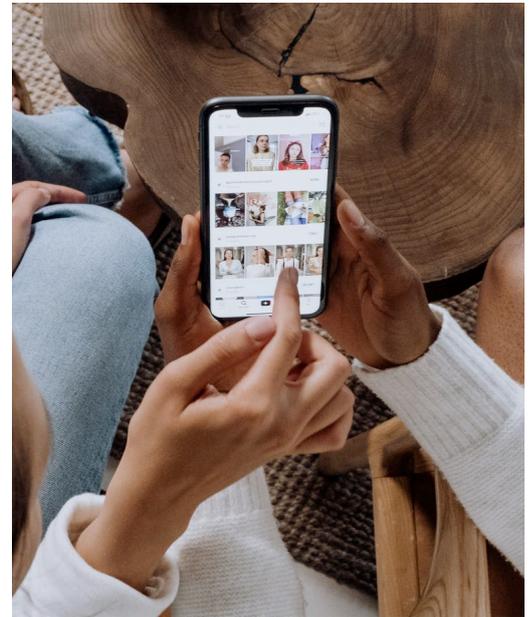
Fake News is a term that's been thrown around a lot over the past couple of years. Many false posts boasting miracle cures for cancer through diet and natural therapies have been circulating Facebook for years, and it can sometimes be tempting to share them.

However, these posts are often misleading and either unsupported, unverified, or refuted by scientific evidence.

Sharing these posts can be harmful to your own health and wellbeing, as well as that of your loved ones and can affect the way you perceive or receive treatments. These kinds of posts may also cause distress to people who are going through or have experienced health problems such as cancer and

know these things to be incorrect.

Before sharing that interesting or 'important' post, it is best to do some extra research to ensure that the information is sound and to keep you and your loved ones safe.



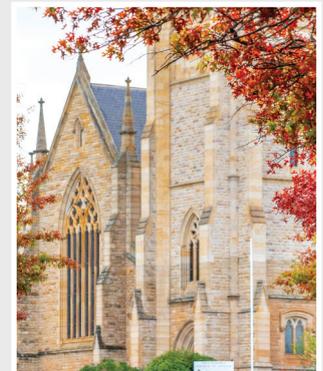
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"DO A FRIEND

A FAVOUR"



Many of this country's retirees start to feel bored and lonely at some point, especially if they've lost a partner or are separated from their families but social groups like Probus can make all the difference.

As retirees, we no longer have the social support that employment can often provide, friends and family gradually move away for their own reasons, or we lose a partner and our lives slow down much more than we'd bargained for. That's where our Probus Club can be a vital life-force for us; something to lift our spirits and create opportunities to make new friends, and re-engage us with the outside world.

Probus has been providing friendship and fun for retirees for over 46 years and those members who discovered us in retirement have never looked back.

Regular meetings with friends can improve our health, both physically and mentally, keep our minds sharp and our demeanour vibrant and enthusiastic! Getting out is definitely good for us, but most of us need a reason to do that and the best reason of all is fun.

Probus is a not-for-profit organisation that has around 110,000 members in clubs all around Australia and New Zealand, which means that each Club has different interests and personalities and therefore suits different types of people.

Our theme for Probus Day in 2021 was – "Do a friend a favour" – we asked current members to do their friends a favour and invite them to join their local Probus Club.

When you suggest to someone that they join Probus, you are asking them to become part of a community of like-minded people who have one thing in common – retirement. However, once they become part of a Club, they will find they have a lot more in common than just retirement. That is the wonderful thing about Probus, meeting new people, discovering new interests with new friends, who will support them and become a valuable part of their life.

Fellow members are going to be a similar age and obviously live in their neighbourhood so they'll immediately have plenty to talk about. Then there are the Interest Groups devised by the members themselves and encompassing everything from Scrabble to hiking, depending on physical ability and desire. Groups take regular day outings and hear from interesting guest speakers, share a meal and generally have a ball doing what retirees do best...making the most out of life!

For those who have children who worry – and let's face it, if they live away

from us they generally do – they can let them know that their Probus friends are keeping an eye on them with regular outings with them are keeping them fit and healthy.

Their new Probus Club will quickly become a valuable part of their life, just as it is, yours.

The legendary friendliness of Probus comes from a desire to live life to the fullest, and an understanding that we've all been in the workforce long enough to deserve some fun with friends.

Your friends can find out more about their local Probus Club by visiting the Probus website www.probusouthpacific.org and selecting a location that's suitable on our Club locator. Once your friend has selected a Club they are interested in, they can make contact with the Club and go along to meet the members. Alternatively, they can contact one of our friendly team members who will find a Club that suits them by calling 1300 630 488.

Imagine your life without Probus and set yourself a goal to tell your friends, family and neighbours about Probus and invite them to attend a meeting and see Probus in action.

Suzanne Murray

Macquarie Probus Club

I have lived in Canberra for most of my life arriving with my parents and siblings at the tender age of 7 years. When I retired about 15 years ago, I was aware of an organisation called Probus and spoke with folk who were members. They were very happy to be members but they were usually couples.

They particularly enjoyed the trips away so I mistakenly thought that being a widow and a single lady would be a disadvantage. I decided to take it no further.

However, about 18 months ago I was speaking with my brother Peter and his partner Jenny and they highly recommended Probus. Jenny had belonged for some time and was the Social Secretary and my brother Peter had joined more recently. They encouraged me to attend a meeting and to consider joining.

When I attended my first meeting everyone was very friendly and welcoming. I was impressed with how the meeting was conducted, very professional and inclusive of all its members.

I enjoyed the Christmas lunch and even won a prize in the raffle! I'm looking forward to enjoying future meetings and activities and the company of other members.



Terry and Lynne Sanders

Macquarie Probus Club

My wife Lynne and I found out about Probus from our neighbour Jenny Burns, who is a committee member of the Macquarie Probus Club. She invited us to a lunch function in between the COVID outbreaks, which we enjoyed but as I was still working 4 days a week it was difficult to attend other events. However, on retiring for the second time recently, Jenny invited Lynne and I to join her at the Probus Christmas lunch, which we again enjoyed.

Besides our neighbour Jenny, I found a member that I had served 2 years with in the Australian Regular Army and Lynne found a lady she had worked with many years ago. So, it was great to catch up with them but also to see that this was a very well run and friendly Club. Also, prior to COVID they had conducted some great away trips which we would have enjoyed. The fact

that we won 2 prizes at the recent Christmas party had no influence on our decision to join!

The Club provides an opportunity to catch up with friends and acquaintances, that have similar interests and to share experiences and knowledge on a wide range of topics. Also, we look forward to the Club trips away, once COVID is over.



Colin Clay

Carlingford Men's Probus Club

It was 1999, six years into my retirement during which my wife, Jean, and I had been caravanning, travelling overseas, enjoying our family, gardening, and golfing. We were busy socially.

One day, Jean mentioned spontaneously that I needed male company. This had not occurred to me at all. However, when I pondered this, I realised that yes, I had missed my work colleagues and other male friends outside my banking world.

This realisation coincided with meeting a couple who walked by our home regularly. He was a member of Carlingford Men's Probus Club to which I was invited, eventually joining in September 2000.

I had no prior knowledge of Probus, its history, formation in Australia, and its activities. I noted regular guest speakers attended the Club's monthly meetings, and our wives/ partners were invited for monthly outings. These were attractive features to Jean and me.

At my first meeting, I was impressed at the warm welcome I received and the friendliness of the members, one of the ideals of Probus which remains important today.

I became familiar with the Club's constitution, its Resolutions, and the role of members of the Management Committee. I became positive about Probus and its ideals and saw an opportunity to contribute to the Club's future and the welfare of its members.

I was elected President in 2004/5 which was a great honour. My appointment as Ambassador and Life Membership in 2016, followed by a second Presidency in 2017/8 reflected my commitment to Probus and the health and welfare of my Club's members.

I feel I have become a better person after 21 years of devotion to the Probus cause, enriched by the friendship and fellowship extended to me during those years. The support I received from members when Jean passed away in 2013 was exceptional. I will never forget their kindness during a difficult time in my life.



Rob and Joy Stocker

Henley Beach Probus Club

Having been embedded in the Albury-Wodonga community for 45 years, we had decided that we should spend our retirement at a beach. After much deliberation returning to our roots in SA seemed to be a logical choice. We had also decided to join a Probus Club to broaden our social circle. The Rotary Club of Albury North (RCAN) had sponsored a Probus Club in Albury. As a member of (RCAN), we were aware of that association. Prior to making the decision to move back to South Australia, we were considering joining that Club. Consequently, we were committed to joining Probus after we settled in SA. We made enquiries about several Rotary Clubs before we joined Kidman Park Rotary. Subsequently, PSPL President David Simpson discussed forming the new Henley Beach Probus Club and he suggested we might like to take on Management Committee roles!

As foundation members and President (Rob) and Publicity/Newsletter (Joy) Officers, we are enjoying the challenge of establishing the new club but primarily we are very happy that we have been able to extend our circle of friends. A dedicated and professional Management Committee continue to attend to their roles with enthusiasm and expertise.

We also love the fellowship and fun of the many outings and activities in which the Club is engaging, and the guest speakers thus far have been excellent.



Lilian McKenzie

Mt Waverley Probus Club

I found out about Probus through a friend and neighbour who, over a protracted period due to COVID restrictions, talked highly and animatedly of the Probus club she had joined several years ago; and the benefits she thought I might be interested in exploring as a recent retiree.

As a guest attendee at a monthly meeting, I was very impressed with the camaraderie, energy, enthusiasm, and collective interests of Probus members. As a recent retiree I was looking for opportunities to be involved with likeminded people to further develop my interests in a supportive and friendly environment.

I was thrilled to accept an invitation to join the Mt Waverley Probus group and sincerely thank my nominee, who first suggested that I come along to meet Probus members.

I love the variety of opportunities to participate in different interest groups, excursions, events, and hear from guest speakers. I am grateful for the welcoming, friendly, inclusive nature of the club and the camaraderie of members. I am honoured to be part of the Probus community.



Member Profile:

Noel Francis Taylor

Engadine Combined Probus Club



Noel Francis Taylor was born in Eastern Ave Kingsford NSW on Christmas Day 1926. The only son of Mary and Cecil Taylor. Noel went to Primary school at Our Lady of the Rosary Kensington then to Marist Brothers at Randwick where he completed his Intermediate Certificate.

He secured an apprenticeship with Qantas in 1942, and started work at Rose Bay Airport on the 27th of July 1942, riding his bike from home to work each day. Noel attended East Sydney Tech to study for his apprenticeship and was eventually transferred to Mascot aerodrome where he worked on a variety of aircraft. As an aircraft engineer, Noel spent time working in Singapore, Nadi, San Francisco, Darwin and Cocos Islands.

He trained at Lockheed at Heathrow and Boeing in Seattle. A son and daughter followed him into Qantas with his son also becoming a Licensed Aircraft Maintenance Engineer just like his father.

After 45 years (to the day) service and seeing the introduction of aircraft such as the Catalina Flying boat, The Shorts Sandringham flying boat, Converted Liberator bombers, Avro Lancastrians, The Lockheed Constellation and Super Constellation (Connie), the Boeing 707, the deHavilland Comet, the DC 3 and 4 and the Boeing 747, and working on many of these aircraft, Noel retired on the 27th of July 1987.

His home life during his working career was spent in many activities, one, in particular, was the building of a "Heron" which caused the family

car to live in the driveway for more than a year while he meticulously brought this lovely sailing boat to life. He enjoyed many weekends sailing the waters of Port Hacking.

He always loved being around aeroplanes as a teenager he built and flew model aeroplanes. After he left Qantas, he went to work at a flying school at Bankstown Airport. He also joined HARS (Historical Aircraft Restoration Society). Whilst with HARS he joined a team of engineers preparing and restoring to flight-ready a Super Constellation which was returned to Australia and is now housed at Albion Park Aerodrome. He was invited to the send-off of the last Qantas 747 before it left for the Mojave desert, and signed his name on the fuselage.

In retirement, he played golf with the Woolooware Vets, joined the Men's Shed and kept in touch with many QF mates and enjoyed many Outback Bus tours, weekends camping.

Noel has five children and four out of five found their way into aviation. He loved travelling and especially overseas, bus tours, and cruises with the family.

Noel and his wife joined Engadine Combined Probus Club in 2004 and he said it was the best move they ever made. They are always active members, volunteering for committees, enjoying the monthly meetings and catching with the wonderful people with which they became good friends. They particularly enjoyed the outings, holidays and the interesting guest speakers.

Noel is now 95, and this has been put together by his wife of 63 years and daughter, it has been a life not wasted, but doing what you love.

Member Profile: Colin Robertson

Coffs City Probus Club

My life starts here, on a small farm at Wallacedale, a small farming area in the South West corner of Victoria. I was the 7th child in a family of eleven, 9 boys and 2 girls. When I was four, I started school. It was a very small school with about 30 children going from the farms in the area. These were the days of buggies, horses and carts and wagons. The roads were all dirt and in this part of Victoria, there were very few cars, a much different time to today. I went to this school until 1931 when we moved to Melbourne.

I went to school at the Kensington State school until I was fourteen and gained my Merit Certificate. Shortly after, I worked for a printing firm that specialised in colour printing and was apprenticed when I turned fifteen. WWII started soon after I started work. When I was sixteen, I joined the Air Force as a student and was trained as a Wireless Air Gunner until I was eighteen. Whilst studying, a couple of my friends joined the Australian Imperial Force (Australian Army) as Infantry Soldiers and thinking that we might be placed together, I put my name down. Unfortunately, this did not happen and we were sent to different training camps. I went to Warwick in Queensland to train at the signals school and became an Army Signaller. After 4 months, I was then sent

to a camp at French Forest in Sydney. Many things happened while I was in this camp. Shortly after we arrived, we were sent out to Narellan west of Sydney, to work as extras in the film *The Rats of Tobruk*. Chips Rafferty, Grant Taylor, and Peter Finch were the stars, and we were in most of the scenes, some in Italian and German uniforms as the enemy. It was fun and games until the night of the fifth of August 1944. About 1100 Japanese prisoners broke out of the prison camp at Cowra shortly after midnight, it was terrible carnage and 342 prisoners died and many hundreds wounded. Very early the next morning we were woken up and were taken to Hornsby station and put on a train to Cowra to help round the prisoners up. When we arrived at the camp it was such a shock to me looking at the scene, it still affects me to this day. After two weeks, we travelled back to Sydney and then straight to Canungra in Queensland to the Jungle Warfare camp where I learnt how to fight in the jungles.

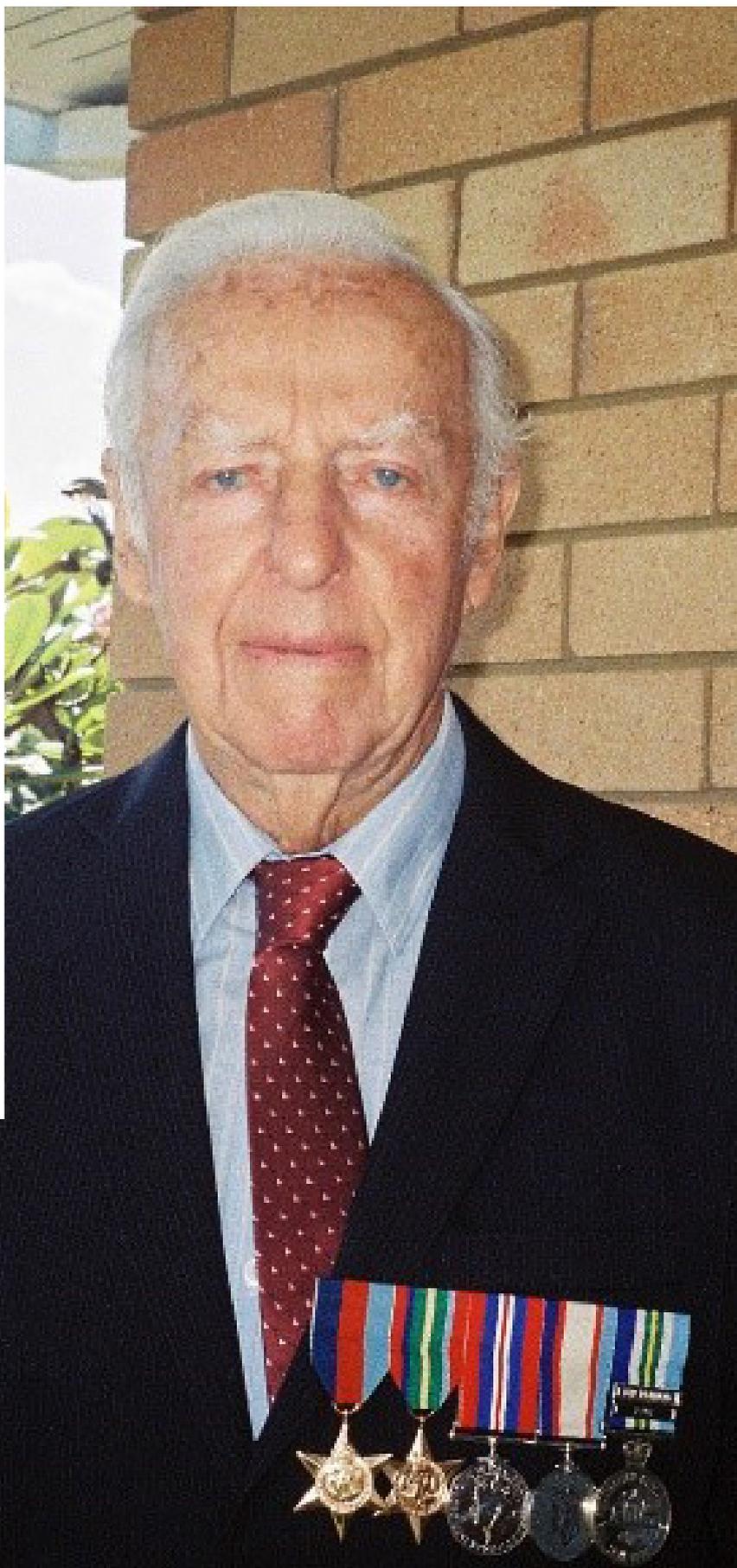
After my training was finished, I was sent to a unit that was ready to go overseas. This was the 31/51 Infantry Battalion, and we embarked on the *Sea Snipe*, an American troopship and were sent to Bougainville in the Solomon Islands. We took over from the Americans, and our unit fought in the North of the Island. There were many battles and many



Colin 19



Colin - ANZAC Day 2021



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casualties, and I caught Dengue fever that put me in the casualty clearing station for a while.

Shortly after the war ended, I was sent to Nauru and Ocean (now named Banaba) Islands to take the surrender and remove the Japanese forces back to Bougainville. I stayed on Narau for five months with the garrison and then flew to Rabaul in New Britain on a Catalina flying boat and back to the rest of our Battalion.

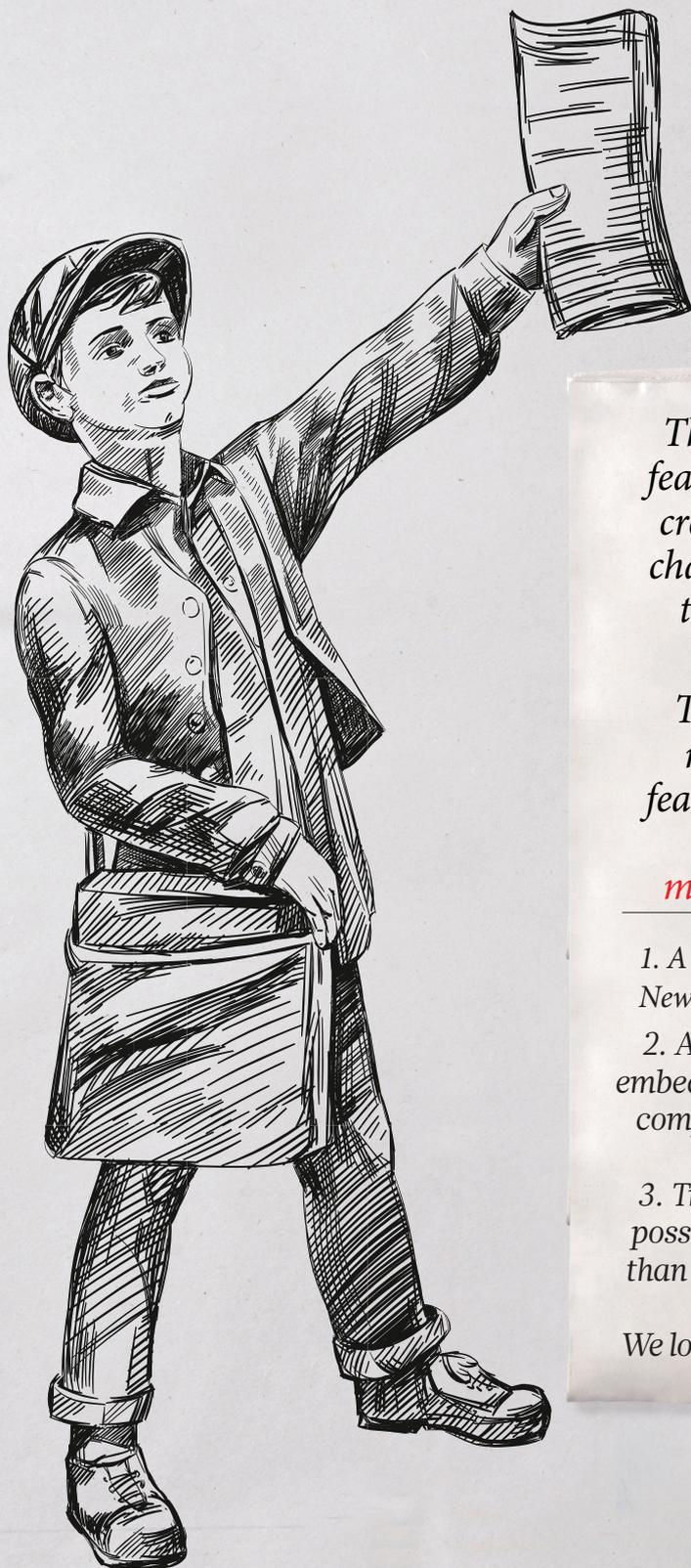
In May 1946 I arrived back in Australia on the *Manoora*, a passenger boat used by the navy. I was sent to the School of Signals at Mt. Martha in Victoria as an instructor until November 1946, then discharged from the army.

After a short time, I joined the army again with the rank of Sergeant and served another six years. After my time in the army, I went back to printing and became the overseer of the Government Printing Office in Tasmania.

I have been very fit all my life, played many sports, mainly football and basketball, but my main interest has been bushwalking and climbing mountains. My wife Pat is also very healthy and fit. We have climbed the highest peak in every state, but now as I have gotten older, have slowed down. Over the years I have written a few books, mainly about family history, as I am a descendent of a First Fleeter, Ellen Wainwrite, who was transported to Australia as a seventeen-year-old girl, but this is another story. My last book was called *An Interesting Life*.

A friend introduced us to Probus a few years ago at Coffs Harbour, and it has been a marvellous experience. It has filled most of our spare time, and we have made many good friends. There are always so many places we go to. Never a week goes by without something on. We have dinners, picnics, etc. It has been a joy to belong to this organisation. And now that I am nearing ninety-seven, I must say I have had a very interesting and fulfilling life.

Extra! Extra! Read all about it!



The following section of Club News features Club activities and members creative writing pieces. Even during challenging times, Probiants 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!



Life Membership for Outstanding Service

A long-standing member, Robin was awarded a Life Membership at the 2nd November meeting of the Hallidays Point Combined Probus Club by Acting President Lynette. The award added some pizzazz to the regular meeting which was held on the morning of the Melbourne Cup.

Robin dedicated a huge 11 years of service to the management committee of the Club, joining the committee just 2 years after first being welcomed into the Club in 2007.

In addition to her committee interests, Robin was an enthusiastic member of the Club's choir which was formed at around the same time she joined the Club. The choir was disbanded in 2019 following 12 very successful years performing for local events, such as Carols by Candlelight, and for members on special occasions.

First Meeting after Lockdown

Wollongong City Ladies Probus Club held its first meeting since June after a hard period in lockdown. The Club as a whole was so excited to welcome 85 members. Everyone had a wonderful time catching up with their Probus friends. The President inducted three new members who have been patiently waiting since June. The guest speaker, also the first since June, was a lady who grew up in South Africa and entertained members with wonderful stories of her country.



Whitsundays Trip

In May 2021, Thornleigh Mixed Probus Club took a 10-day trip to the Whitsundays, including Townsville and Rockhampton. The members enjoyed fun, friendship, fellowship and the local culture. This was a very welcome and lucky break from Sydney, with the Covid-19 border restrictions.



Almost Back to Normal

After so many restricted meetings, the November gathering of the Probus Club of Port Stephens had some resemblance of normality in its format, plus the special emphasis on the 11th of November.

President Phil gave a moving Remembrance Day introduction that everyone will remember.

They were taken back to RAF Bomber Command and the crew of a Lancaster bomber on a night raid over Germany, on their return run they were badly damaged by anti-aircraft fire and had to use emergency procedures on the damaged and restricted fuel supply.

Not having enough fuel to return to England, they crash-landed at Juvincourt aerodrome in France, the aircraft was destroyed but fortunately, the crew were safe, and went on to fly the remainder of the war, and then onto operation Manna, dropping food to a starving Dutch population, one of the many operations supplying food to a destroyed Europe. The Dutch people today still remember the heroic effort by the RAF and USAF.

The young Australian wireless operator in this Lancaster crew was President Phil's Dad Grahame, and this gave a special meaning to this particular Probus meeting on this particular day.

Shortly after, President Phil had the pleasure of inducting new members Jim, Brenda, and Jane into the Club. A round of applause and congratulations rang out from the Club for the new members of Probus.



Out and About

In November, 35 members from the Probus Club of Halekulani had a fabulous day visiting the Port Stephens area. They travelled by luxury coach, with Driver Phil, and visited the Port Stephens Koala Sanctuary at Anna Bay where they were treated to a wonderful morning tea and a guided tour of the facility.





New Skill

During the lockdown, Albury Murray Probus Club member Jennifer not only found photography kept her active outside, but she also learned a lot more about editing the photos – keeping her brain active!

Jennifer shared this photo of the Club's NSW members in the walking group taken down near the river, sitting on a bench, after one of their walks, but she placed them in front of the Southern Alps of NZ!



Arts and Crafts Morning

Gregory Hills Probus Club hosted an arts and crafts morning tea for the members. A full complement of members joined in for the November get-together and an impressive range of arts and crafts were produced from the members.



Mavis Turns 104

Gorokan Probus Club's longest-serving member Mavis turned 104 this year.

Unfortunately, the Club could not celebrate her birthday in October as all members were still under Lockdown. Instead, they enjoyed a small celebration during the November meeting.



Sapphire Beach Retreat

Members from Port City Combined Probus spent a few days at Sapphire Beach Holiday Park, near Coffs Harbour. The members enjoyed travelling around the area seeing and visiting some of the local tourist destinations. Whilst at the park, they celebrated Probus Day by standing below the Club's banner. The camaraderie was excellent with everyone enjoying themselves with BBQs, Putt-Putt Golf including a visit to a local scenic lookout.





Beautiful Weather with Beautiful People

Members from the Probus Club of Charles Darwin decided to take advantage of the beautiful weather and dine together at Saltbush Restaurant located in the Museum and Art Gallery of the Northern Territory. The members all had a wonderful time.



Allan The Great

Member from Darwin Probus Club, Allan recently finished his Bibbulmun Hike. He drove south in September, determined to complete the 1,005km Bibbulmun Track in the Southwest of WA that he had started three years ago in November 2018. He had 450km to go. Allan spent 27 days on the track from 26 September until 9 November, to finish this last section, averaging 16.75km per day. His plan now, and has been since he finished, is to spend some time in the Southwest, then head east across the Nullarbor.



Fun, Friendship and Frivolity in Action

The combined Probus Clubs of Darwin, Charles Darwin, Palmerston and Marrara came together for a wonderful night of fun, friendship and frivolity at St Mary's Football Club. 145 Probus members and friends were entertained by some talented Probians performing in great, at times very funny skits, songs and energetic dances. It was a great night with good food, good company and a number of entertaining performances.





Mother and son membership

Founding member Betty, alongside President Murray from Murray District Probus Club, had the pleasure of inducting new member Trevor. Trevor, recently semi-retired, has been associated with the area for over 50 years. Some of his volunteer commitments have been, Local Fire Brigade, Peel Aquatic Club, Ratepayers Association, Pinjarra Hockey Club, St John Ambulance and Murray Districts Drama Group to name a few. Betty who is Trevor's mother was thrilled that her son had joined the Club.



Bush Yarning with Marissa

Members from the Combined Probus Club of Attadale participated in a Bush Yarning outing and picnic with Marissa from Bindi Bindi Dreaming, whose aim is to showcase the local Aboriginal culture. The group learned about the Six Nyoongar seasons, Totems and the importance of Dyoondalup (Point Walter) in the suburb of Bicton, as a traditional area for Aboriginal women and children.

The local Nyoongar people believed that the sandbar at Point Walter was the hair of the Dreamtime figure Djunda the Charnok woman, who carried the spirit children in her hair. The nearby cliffs at Blackwall Reach were her footprints. Marissa pointed out the important Teatree, Peppermint and Sheoak trees during the stroll through Point Walter Reserve.

The group sat on the boomerang-shaped seat that was commissioned by the City of Melville to acknowledge the Stolen Generation. It was a place for reflection and healing. The tour concluded with a delicious morning tea prepared by Marissa with members sampling food infused with bush tucker herbs and spices.

This was a most interesting and informative morning where members were able to learn about the history and the importance of the area to the Aboriginal people from excellent guide Marissa.



Ocean Centre Breakfast

In the early morning, a jovial group of about 15 Probus members from Geraldton Probus Club gathered for breakfast at the Ocean Centre Hotel. Fine food and pleasant conversations were enjoyed by all. The members thought it was nice to chat with new and old members and learn more about members lives and activities.



Annual Mini Golf Tournament

On a beautiful sunny morning, a group of members and partners from the Probus Club of Kingsley gathered at the Wanneroo Botanic Gardens to play the Clubs annual Mini Golf tournament.

The gardens were looking beautiful, plants alive with spring colour, trees offering plenty of shade made playing conditions very pleasant.

Completion was fierce within each group, with the occasionally 'hole-in-one' greeted with cheers by some and groans by the nearest competitor for the lead. Play continued, blessed with a large amount of good fortune as players tackled the challenging and fun layouts with balls finishing close to the hole by some sort of miracle, although some players claimed personal golfing skills were involved, this claim was often hotly debated.

Kevin's amended rules avoided any major hold-ups at the more challenging obstacles and fairer outcomes for all players. All enjoyed a well-deserved coffee & lunch at the finish where players scores were counted, and recounted, with Joan declared as the lady's winner and John as the men's winner. All agreed it was a very enjoyable outing and a fun way to spend a morning.



Bleeding Disorders Awareness Week

The Combined Probus Club of Murdoch took part in the "Bleeding Disorders Awareness Week" held in October. The Club's photo appeared in the Haemophilia Foundation Newsletter. All members were dressed in red for the meeting. Also, a red velvet cake was served for morning tea.



Meetings and New Members

Members from the Probus Club of South Bunbury enjoyed catching up at their monthly meeting. The meeting was chaired by Vice President Dennis who presented 5-year anniversary certificates to Liz and Pat. Dennis also inducted new member Noelene into the Club. Once the meeting was done, the members retired to China City for lunch.





A Tribute to the Women

The Booragoon Men's Club has been blessed for many years with beautiful morning teas provided by no less beautiful ladies. In 2014, Audrey and Kath were thanked by President Merv. They had been kind enough to provide lunch for a long time until Kath had to retire after the 2015 Annual General Meeting. She was ably replaced by Cleone and Audrey who continued to soldier on. Sadly, for the mere males, Cleone and Audrey had to also call it a day at the November 2021 meeting. These ladies were also presented with floral tributes by President Ron and Secretary Peter. Unfortunately, morning teas will never be the same.



A Trip to Collie

Members from Fremantle Probus Club along with friends recently visited Collie to view the murals. Firstly, they visited Koombana Bay in Bunbury where they went on a boat cruise and were fortunate to see a whale and her calf. A great trip was had by all who attended.



Wide Bay Region Concert

It does not take much to amuse some people. How often have we heard this remark? The truth is, it's close to being correct. And that's how the Wide Bay Region Probus Concert seemed. A great deal of the entertainment was by Probians themselves who were willing to get out front and do their bit for the audience. The concert was hosted by Gympie Combined Probus Club in Hervey Bay.

Over two hundred members from Clubs throughout the region gathered at the Hervey Bay RSL for the function. Official guests from Probus included Judith Maestracci AM, Chairman of the PSPL Board, Rob Neary, President of PAQ and Peter Bishop, Past President PAQ. Also present were state and local government representatives, namely Mr Adrian Tantari MP, State Member for Hervey Bay, Cr George Seymour, Mayor of Fraser Coast Regional Council and Cr Dolly Jensen, representing Gympie Regional Council.

After the official opening, the show began with Heinrich, Conductor of the Salzgitter Philharmonic Orchestra, also known as Gary had to improvise and use the audience as his instruments to hilarious effect. This performance set the tone for the day.

Wide Bay Region Liaison Officer and PSPL Ambassador, Pam Carlson, received Certificates from PSPL and PAQ and letters from Peter Bishop and Bill Bauman, PAQ Past Presidents, in recognition of her work in the region promoting Probus. Pam travels extensively throughout the region to visit Clubs and has initiated many regional functions. Pam was also awarded a memento in the form of a crystal vase on a timber base from the Wide Bay Region Clubs in appreciation for her dedication to Probus within the area. There is no doubt that without Pam's influence, the Clubs of the region would be simply separate Clubs instead of the lovely friendly mixing of people when Wide Bay Clubs gather.

Lunch was served at intermission and again a very social time of mixing. After lunch, the members had some more concerts from Maryborough Combined Probus Club, whose members presented The Story of Australia. This act was directed by Rebecca, and had models in traditional costumes from all over the world parade through the crowd, followed by some patriotic Australian songs. Great entertainment and a little history lesson in one.

The raffle prizes were funded by donations from the five State Government MPs in the region. There were two vouchers for travel within the region on offer as first prizes.

The concert was a wonderful way for Clubs to gather and expand their horizons. Instead of the same faces they see at their normal monthly meetings.



Norma turns 100

Member Norma from Mackay Probus Club celebrated turning 100 years. To commemorate this milestone, members from Mackay Probus Club presented Norma with a letter supplied by the CEO of PSPL, Silvana wishing her a happy birthday. Norma also cut a birthday cake to mark the special occasion.





Talented Ladies

Who knew that members from Broadbeach Ladies Probus Club were so talented? Not quite Pissarro or a Claude Monet, however, some came very close.

Ladies of the Club enjoyed hours of fun, drinking some champers and nibbles whilst getting creative with a paintbrush at the Sweet Fine Artist Studio at Mermaid Beach. The ladies all enjoyed the trip and were very pleased with the masterpieces they created.



Bribie Island Community Arts Centre Visit

A very enjoyable morning was had by members from Bribie Island Probus Club who attended morning tea at the Arts Centre. With spring-like weather, it was pleasant to be seated in the outside garden area under bright umbrellas.

It was certainly an easy and relaxing get-together with a Bribie venue and parking was not a problem. The members enjoyed the outing so much that they mentioned they would like to repeat the visit at some point.



Cedar Creek Estate Vineyard and Glow Worm Cave

Members from the Probus Club of North Brisbane enjoyed a trip to Cedar Creek Vineyard and Glow Worm Cave. In the morning, they enjoyed a quick morning tea at Mt Gravatt lookout before making their way to the Vineyard. The members enjoyed the lovely surroundings and artwork scattered throughout the grounds and rainforest walk. The Glow Worm cave was like Alice falling down the rabbit hole, but safely, as the members progressed into the purposely constructed cave system housing 8,000 glow worms. They enjoyed an informative session followed by a guided walk along a boardwalk with thousands of glow worms within arm's reach on either side and above them. It's the only successful man-made glow worm cave in the world, with joint research projects being conducted to continue learning about glow worms, which are only found in Australia and New Zealand.

Once they were done with exploring the Estate, the members made their way to the restaurant located on the grounds for a lovely two-course lunch.





Out and About in the Bushland

On Monday 20th September, a group of Probus Club members from Caboolture Probus Club drove to the Maroochy Regional Bushland Botanic Gardens. They met at around 10:00 am and acquired an undercover picnic table. It was a beautiful sunny day, the warmest so far this spring, so location and weather coincided for their good fortune. Some Brush Turkeys were visiting and checking them out. Though they were quite innocent until one made off with lunch still in its plastic bag, and made a very rapid retreat! Brush Turkeys can move surprisingly fast. Fortunately, Roy was alerted and gave chase causing the lunch to be dropped and thus rescued. They weren't so innocent after all!



12 members enjoyed socialising and then went for a walk to work up an appetite for lunch. They walked the path around the garden sculptures, easy walk, mostly shaded. The sculptures were excellent and the gardens worth a visit for these alone. The marble used came from Chillagoe and the sandstone from Helidon. The artists were of different nationalities. They also explored the Sculpture Garden Walk and the many sculptures along the paths. Eight artists used 20 tonnes of stone during 2005 to produce the many sculptures.

Lunch followed along with some fruit mince pies from Woolworths and more conversation. Interesting anecdotes were shared until it was time to clean up and depart for home. A relaxing day in a peaceful location.

Whale Watching and Fraser Island

A very early morning start for 31 brave souls, members and friends from Fraser Coast-Hervey Bay Probus Club as they set off for the day on the good ship, the 'Quick CatII' on the waters of Wide Bay, hoping to see lots of humpback whales visiting the region again. Hervey Bay is, after all the Whale Capital of the World.

When the members reached the area where the whales were active, they were not disappointed. Lots of whales insight including a mother and calf.

After viewing whales for a couple of hours, the members headed back to Fraser Island. They were greeted at Fraser Island and were escorted to the Sand Bar of the Resort for lunch. The staff were friendly and courteous and the food was excellent, as was the service. The surroundings were ideal for this lunch and the outdoor heaters were lit for the members as it had turned pretty cool with the weather change. A great day and excellent value.



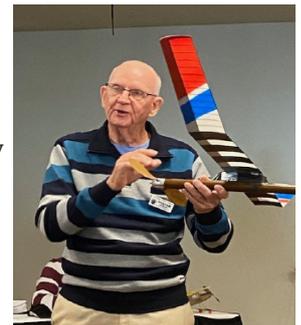
Good Golfing Fun

Members from Robina Parks Probus Club enjoyed a friendly golf session together at the Talai Golf Club. All the members had a wonderful time completing the 9-hole course. The members also enjoyed some delicious food and drinks. A great day for all in attendance.



Show and Tell

Members from Redlands Probus Club were very amused as Probus member Graham, who was a Past President of this Club spoke on his passion for radio-controlled model aeroplanes. He bought a few gliders and other planes to enhance his talk. His talk was well-received by members and visitors.





The History of Canberra

Members from Canberra City Ladies Probus Club visited the St John's Schoolhouse Museum, Church and graveyard. The Church and School were built very early in the history of Canberra and served many of the first pioneers of the district. Many of them were buried in the graveyard. Two of Australia's Governors-General were also buried in the graveyard, Viscount Dunrossil and Major-General Mike Jeffrey. The Ladies also had a very nice morning tea at a low cost.



Christmas in ACT

On Wednesday 1st of December, a number of committee members from Probus Clubs of the ACT answered an invitation to join the team from Trade Travel ACT/ NSW at the Pavilion on Northbourne to celebrate the Christmas Season and the closure of a year that has been a bit different for most. In the usual Probus way, the members met in fellowship to enjoy drinks, nibbles and chat about all things travel. Although the stated time was 4:00 pm - 5:30 pm, most members needed extra time to enjoy each other's company and to connect with friends as well as meet new Probian from other Clubs. The members shared their travel experiences and readily agreed the occasion was informative, friendly and fun.



Cup day in Canberra

Jamison Probus members celebrated Melbourne Cup Day on the lawns of the Canberra Southern Cross Yacht Club, overlooking Lake Burley Griffin. Members wore their fancy Melbourne Cup hats and enjoyed lunch from the Yacht Club's 'Snapper on the Lake' fish-and-chip shop.





Another Year, Another Birthday

October is now called Probus month, for the Westbury Ladies Probus Club, it is known as a birthday month. The members celebrated in style with 54 members and visitors. This was a special day with fun, fellowship and friendship in abundance, all in attendance enjoyed games, quizzes and entertainment by a Ukele Group of talented musicians. This was followed by a delicious morning tea. A great meeting was celebrated with great friends from the Probus family. Two of the ladies including Jessie, longest-serving member, and Janet who was the Club's newest member cut the birthday cake.



Time to celebrate

Members from the Combined Probus Club of Scamander enjoyed a Christmas Lunch at the St Marys Sports Centre. Several guests joined in the fun, including members from the Prospect Probus Club in Launceston. Everyone thoroughly enjoyed catching up with old friends, as well as meeting new people.





The Man with the Great Idea

In 2020, the East Malvern Combined Probus Club celebrated Probus Day by giving each member a “we are thinking of you” pack. This was well-received by all, as the members were in lockdown and not allowed to meet as they normally do. In 2021 once again they were in lockdown and wondering what they could do for Probus Day in October. That’s when ideas man Ernie came up with a perpetual trophy, ‘East Malvern Combined Probus Club Probarian of The Year’. A new winner every year. Ernie said, “The award was an idea that was generated by thinking what could be done every year to recognise a member of the Club for their contribution to the Club.”



The winner of the trophy would be chosen by the Club President with the criteria:

- A financial member of the Club.
- A member who has made a significant contribution to the Club over an extended time.

The person must embrace the Probus ideals of Fun, Friendship and Fellowship. Ernie was chosen as the winner for 2021/2022. Ernie has a very dynamic personality and has been involved in the Club since May 2009. He has been President, Newsletter Editor, Toolbox Manager, Website Manager, Movie Night Coordinator, Dine Out and Outings Coordinator, Dinner Dance Organiser and recently become one of the Digital Mentors for the club. Since joining the Club he has published 135 newsletters.



Ladies Supporting Ladies

Members from the Woodlands Ladies Probus Club of Sunbury, Victoria was asked by the proactive past Secretary, Avril to support an endeavour to make up Dignity Bags for ladies in crisis, whether from flood, fire, drought, family violence or any other reason. Avril’s asked the ladies to donate larger handbags and items such as shampoo, conditioner, soaps, tissues, toothpaste and brushes, hairbrushes and combs, face washers, etc. The response was overwhelming and following the December meeting Avril, Yvonne and President Val put together approximately 55 bags full of necessary items for use when needed most. These were then delivered to the Sunbury Bunning’s Store for distribution where and whenever required. All and all, the project was a huge success.

Coffee and Catch-up at the Supreme Court

Twenty people from Maryborough Probus Club gathered for an enjoyable afternoon, it was great to see the return of many regulars. There were eight happy raffle prize winners. The members had a wonderful time catching up with friends.



20th Birthday Celebrations

Probus Club of Portarlington Bayview celebrated its 20th Birthday with around 60 members gathering at the Indented Heads Hall on the 26th of November. An impressive afternoon tea, which was prepared by the Club's members, and entertainment provided by many of their talented members created a thoroughly relaxing and enjoyable afternoon.

Historical displays, both static and electronic, were on show during the event which prompted many happy memories of Fellowship, Friendship and Fun which are the core values of Probus Clubs.

Past committee members were acknowledged for their support over the years with current members who are Past Presidents brought to the stage.

Eight Foundation Members, still current Club stalwarts, were presented with 20-year pins during the afternoon's proceedings, which included acknowledgement of the organising committee's efforts in putting the afternoon together and recognising the contribution that all previous and current members have made in creating a vibrant, welcoming Probus Club.

Graham, the Club's Inaugural President from 2001-2002 was given the honour, along with current Club President Mary of cutting the birthday cake on behalf of the 107 current members.



A Generous Donation

41 members and 2 visitors from Balwyn Probus Club attended the first face-to-face General Meeting since July. Guest speaker Colin Neave, who was the Australian Commonwealth Ombudsman from 2012 to 2017, delivered a thought-provoking address on a range of topics under the title "Reflections of Careers in the Public and Private Sectors: A Contrast".

Before morning tea, Maggie, Senior Manager to four Bendigo Bank branches including Canterbury, Ashburton, Surrey Hills and Balwyn presented the Club with a cheque for \$720 for the 2022 letterbox drops.



A Change of Plans

Members from Orbost Probus Club had to make different plans and had lunch at Marlo Hotel instead of Cann River. Because of the large number of members, they were seated outside with a couple of gas heaters to keep warm against the cold weather. They all enjoyed the lunch at Marlo and the beautiful view of the Snowy River and good food.





No, Yes, Off we Go for a Mystery Coach Tour

Pandemic restrictions, a cold wet Melbourne morning, early rising, none of these was enough to stop the East Malvern Combined Probus Club from going on a Mystery Coach tour.

Victoria had reached 80% double vaccination and some of the State restrictions were removed, thus allowing the Club to arrange a very impromptu coach tour for the members. This would be just the second time they would be allowed to gather as a group since the Covid-19 pandemic appeared on the world stage.

During the lockdown, the committee Tour Leader John had arranged for a coach to be available as soon as the lockdown was lifted. The Outing organiser Faye, had taken a list of over forty members who were willing and committed to going on a Mystery Coach Tour with very little notice.

The East Malvern Community Bank provided the funds for this adventure. On Friday the 12th of November, the members gathered in the East Malvern RSL car park in the cold and rain to await the arrival of the coach. Huddling under the BBQ shelter, members smiled and chatted despite the rain and cold. The chatter did not stop once the members were on the bus.

Before they knew it, they were in Geelong. It was still raining and the weather forecast for the day was for more of the same. Once again John performed his magic as Tour Director and found a large BBQ shelter in the Botanical gardens for the members to have morning tea. This was followed by a coach tour of Geelong and then a drive to Leopold for lunch at the Sportsman's Club. Lunch was excellent and served very promptly. Shortly after, the members continued to Queenscliff with the coach and boarded the ferry to Portsea. Many members were fearful of a rough crossing but there was no need to worry, the crossing was smooth considering the wind and rain outside.

Once on the other side of Port Phillip Bay, they took a scenic route along the beach road before joining the freeway for the last leg of the tour.

Fellowship and friendships renewed and the members returned home to await the next outing.



Larry's Activities in Lockdown

Covid did not stop member Larry from Ballarat New Generation Probus Club from working on his shed. Larry used this time to his advantage to repurpose a considerable amount of pre-used wood & recycled five bbq's to become movable raised gardens.



Pichi Richi Tour

Many members from Woodcroft Probus Club joined Endeavour Tours for the Pichi Richi Railway & Southern Flinders Bus Tour. Some members had travelled around this area before but were pleasantly surprised to visit a few places that they had not been to before. They were blessed with great weather and some of the places visited were Wirrabara, Port Germein, Quorn, Warren Gorge, Yorkies Crossing, Proby's Grave, Jeff Morgan's Gallery, Kanyaka Station, Hancock's Lookout and more. There was lots of laughter around the dinner table and members enjoyed getting to know each other better.



Bob's Walk

There was a good roll-up of members from the Probus Club of Woodcroft Probus Club joining Bob on his walk at Bridgewater. After the walk, more members joined in for a tasty lunch at the Bridgewater Hotel. The members had a wonderful time.



Monday Morning Bikers

Members from Probus Club of Victor Harbour/Granite Island set out on a bike ride on a very blustery, cold and showery morning. The members took refuge under a large eucalyptus tree before setting off again. Despite the weather, the members did enjoy the ride together.



Lunch and Laughter

Thirty eager Probians from the Combined Probus Club of Barossa went to Riverton last Wednesday. After a lovely drive through the flourishing countryside, the members were treated to a 'lip-smacking delicious meal', not one complaint just delicious food. Jasmin, the part-owner, told the group a little of the history of the Hotel and the chefs were enthusiastically thanked in the usual Probian way. As the group were leaving, one of the waiters said, "come back some time as everyone enjoyed your company." A great compliment to end the day. The members all left in very good spirits.



A visit to Peach Farm

Several Club Members & Partners from the Probus Club of Strathalbyn travelled to Wistow to visit Paech Farm, an 1870's Historical German Property & Home.

On arrival, the members were served morning tea and this was followed by a talk of how Stephen and Bev, owners, started collecting their family's history. The members were then invited to wander around the sheds and the homestead, at their leisure.

Right at lunchtime, the sky's opened up and we had a good downpour with the help of many umbrellas, the members made it back down to Barn for a delicious lunch and some great fellowship with everyone. President Graham thanked Stephen & Bev for a wonderful day, that was enjoyed by all who attended.





Space Discovery Centre Visit

On September 22nd, 46 enthusiastic Probus members from Glenelg Bay Probus Club visited the Australian Space Discovery Centre in the Lot 14 Precinct on North Terrace. The member's introduction was in the centre's theatre, where Science Communicator, Julie, provided members with many fun-filled space facts. Amazingly, cows can now wear a collar with a GPS tracker. This provides farmers with more flexibility to move or confine stock to one area. Cows receive a buzz or low current shock if they wander out of a designated zone. The days of cowbells and fences may be history.

The members also saw Australia's first public viewable 'Responsive Space Operations Centre. People working at monitors in the operations room can keep an eye on traffic in space, the weather in space and solar flares which could all cause a satellite to malfunction. Then it was time for the members to explore and play with monitors at the interactive stations.



Cruise on the Popeye

Despite the unpredictable weather, a large group of members from North Haven Probus Club embarked on a cruise along the Torrens River. The members enjoyed the cruise and the generous Devonshire tea. The commentary was enlightening too, as the Popeye cruised along the lovely river.



30 Years and Still Going Strong

Forty-nine guests, present & past members for Strathalbyn Ladies Probus Club gathered at the Winehouse, Langhorne Creek to celebrate the Clubs the 30th Birthday.

Among the guests was Past District Governor of Rotary, Ken and Past Probus Presidents Yvonne and Cynthia. Inaugural Probus members Jill & Helen spoke of the history of the Ladies Probus Club of Strathalbyn. The Probus Song was sung and inaugural Probus members Jill and Helen were joined by two other inaugural members, Gwenda and Helen to cut the beautifully decorated "We are Thirty" cake.

On behalf of Probus South Pacific, Ken presented the Club's President, Carole with a 30-year certificate, together with a Certificate of Recognition from Rotary. The November birthday ladies were acknowledged by the presentation of a beautiful coat hanger made by member Marlene who was also given a gift in recognition of her efforts. It was a wonderful day for the Club.



Birthday Celebration

Members from the Probus Club of Enfield celebrated the Clubs 38th Birthday. A scrumptious lunch was served followed by a delicious cake to celebrate the special occasion. Guest presenter Martin entertained members royally, with a range of songs from WW1 to the 70s. Toes were tapping all over the hall.





Cacao & Coconut Bliss Balls

Stirling Ladies
Probus Club

Ingredients

- 100 grams dates (pitted)
- 100 grams prunes, pitted
- 100 grams coconut oil
- 200 grams desiccated coconut
- 50 grams chia seeds
- 50 grams cacao powder
- 1 tablespoon of honey

Method

1. Add dates, prunes and coconut oil to a blender and process until smooth paste forms.
2. Add this mixture to a large bowl with half the coconut and the remaining ingredients.
3. Using your hands, mix until well combined and form into walnut-sized balls.
4. Roll in the remaining coconut and enjoy.

Bon Appétit!



Words Into Masterpieces

CARING FRIENDS

by Judy Davis
Colonel Light Gardens Ladies Probus Club

If you feel a little lonely
And sometimes a smidgen flat
Just lift up the phone and
call a Probus friend to chat.
Make yourself a cuppa
Find yourself a book
And you will be surprised
How little effort it all took
Take care, stay safe
And go that extra mile
As friendship, fun and happiness
Always brings a smile.

Words Into Masterpieces

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INCREDIBLE INDIA

*by Lorraine and Dorothea
Stirling Ladies Probus Club*

The following biography discusses the lives of two retirees, Lorraine and Dorothea who crossed paths at Stirling Ladies Probus Club. Knowing very little about each other, they both discovered they had lived in the same country, "Incredible India". They talk about their personal experiences of living in India. Mass media have continuously portrayed India as a country of poverty, filled with dirt, pollution and overcrowded cities, all of which is true, yet there is another side to this unique civilisation that stretches back over millennia. These stories can be found below.

Lorraine's story

My introduction to India occurred when my father was posted to New Delhi as an Ambassador. I felt excited and stimulated from the 1960s-1980s as I travelled extensively to places including the Taj Mahal built by Shah Jahan in memory of his favourite wife Mumtaz Mahal. Srinagar has the wonderful Dal Lake, gardens, luxurious House Boats. Darjeeling fabulous Tea Plantations. Summertime we visited a Palace called Swarg Ashram situated in the foothills of the Himalayas. One evening, we were treated to a very rare sight as a Snow Leopard prowled around the Palace.

By Elephants accompanied by a flute player, we visited the amazing Amba Palace in Jaipur. We were guests at the Udaipur and Jaipur Pink Palace. Varanasi, situated on the Ganges River, is a Holy place for Hindus and also where beautiful silk sarees are made. Up Malabar Hill in Mumbai the beautiful Hanging Gardens overlook the city. My most profound experience was at Aurangabad where the Ajanta and Ellora caves are. Ajanta 2nd Century B.C-480B.C. paintings of Lord Buddha, 30 Rock-cut monuments of Deities. Ellora 7th Century-10th Century is 2 kilometres long made of Basalt, the largest Hindu Temple in India carved from the Basalt as well as 34 monasteries and temples.

Dorothea's story

In early 2000, my husband was posted to Gujarat, northern India bordering Pakistan to supervise infrastructure developments. Our home was a comfortable house in Gandhinagar and we had eight helpers ranging from the cook-bearer who was in charge down to the beautiful toilet-cleaner lady, Mia, an "untouchable". Gujarat is a wealthy state with substantial investment from overseas. The desert landscape is flat and there are many colourful tribes there and in Rajasthan living as they have lived for centuries - herding goats, driving camel caravans and celebrating "melas" (tribal fairs). We visited so many amazing places such as the Sun Temple of Modera, 1,500 years old, richly carved in stone; the remains of an old Portuguese colony in Daman; the Indo-Saracenic Mosque with its turrets in Junagarh. In 2005, we relocated to a very different home in Shimla in Himachal Pradesh "The Land of the Snows", high up in the Himalayas. Shimla was famous as a hill station during "the British time" when the government withdrew to the cool of the hills. Again, there are fabulous palaces and artworks to be discovered and the scenery is breathtaking. This state is home to The Dalai Lama who settled here in Macleod Ganj and consequently, there are many Tibetans who now live here among the local hill-people, the Paharis.

India is an amazing, colourful and dynamic country full of contrasts. The author Salman Rushtie, who was born in India, once remarked "India! Sometimes I love it. Sometimes I hate it and most of the time I do both".

Words Into Masterpieces

- Creative Writing by Probians

SOMETHING SILLY

*by Marilyn Roberts
Palmerston Probus Club*

Seniors Running Amuck

There was an article in the paper the other day about gangs running wild through Palmerston and Darwin. They are calling for an inquiry into why nothing is being done about them.

Witnesses reported 70- and 80-year-olds out as late as 9 o'clock at night, laughing and enjoying themselves. They gather in packs and haunt restaurants and clubs eating whatever they choose and talking loudly and animatedly.

They also travel in gangs throughout the Territory barging around with their walkers and prodding people with their walking sticks. It is rumoured they can clear a path in seconds.

When members of the public remonstrate with them, they fake being unable to hear or to be frail or they start limping pathetically.

Their main redeeming feature is they seem to have a weakness for little children, especially those bearing biscuits. They can spend hours listening to the little ones and have infinite patience although they do tend to drop off to sleep each afternoon.

These gangs are spreading nationally and the community are calling for an end to the fun, friendship and fellowship for mature age people. Why should these people, who call themselves Probus members, be out enjoying themselves when everyone else is hard at work?

Seems to me, they are just jealous that they are not in my Probus gang.

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