

# Active Retirees

Fun, Friendship and Fellowship in Retirement



**PROBUS DAY THEME 2022**  
**Probus provides unlimited possibilities in Retirement**  
Feature Story - P29



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**W**e are living in challenging times, but together we are strong and resilient.

Throughout the past two years, many Probus members have been telling us how much they value their connections with their Clubs and fellow members, more than ever. We applaud Club committees who have found creative, safe ways of gathering.

On behalf of the Board and Team in Parramatta, I would like to extend my sincere appreciation to all those members that have taken on the very important responsibility of leading their Club this year. To those that are no longer in office, I thank you for the contribution you have made to your Club's success.

In this issue we meet our brave and hardworking team in PSPL's Sydney office, who have answered hundreds of calls and emails for help, assisting many Clubs to thrive during sometimes testing times.

My home is in Brisbane which has been greatly impacted by the recent devastating and tragic storms and floods in Queensland and New South Wales. A catastrophic event like this affects all of us. Thank you to all of you who have reached out to enquire about the health and safety of our team and fellow Probians.

Our hearts go out to our Probus members and their families who have suffered from this wide-spread calamity.

Life is full of ups and downs. One day, you may feel like you have it all figured out. Then, in a moment's notice, you've been thrown a massive and unexpected test of courage.

"Why me?" You would not be alone in asking that question. Learning how to overcome challenges help you remain calm under pressure and enable you to share your knowledge with others facing adversity.

We have all experienced some low points over the last couple of years. Some of us may handle or even hide it better than others. But the truth is, whatever you are going through, there are others who have been through it too. In Probus, our members are never alone because our Probus community is such a wonderful source of support and friendship.

I recently read an article that provided me with yet another good reason to join my Probus friends for morning tea and some uplifting and happy conversations. The story said that coffee and tea may reduce the risk of stroke or dementia... The other preventative medicine I personally recommend is laughter.

Laughter boosts the production of serotonin, a natural anti-depressant. Laughter also works as an effective distraction from things that cause anxiety and anger.

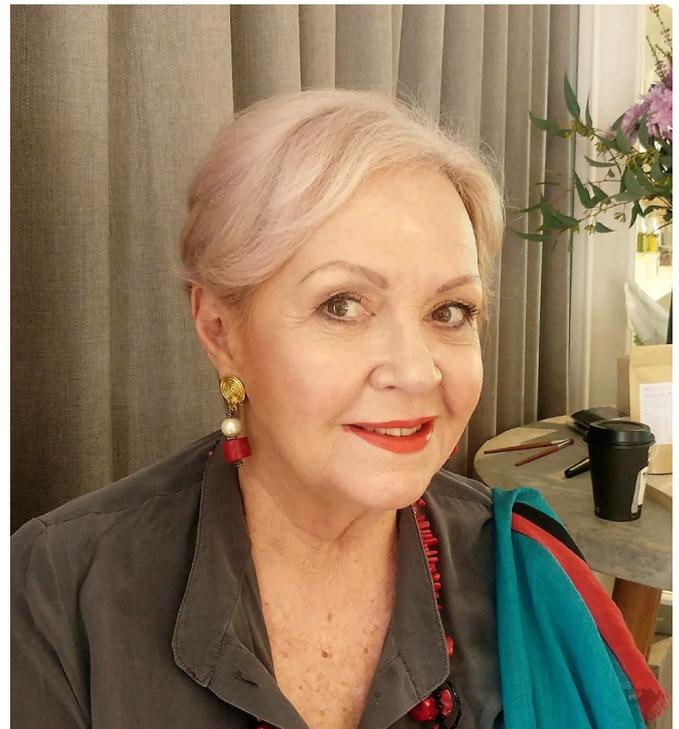
The ability to laugh, or at least smile, when

times get tough, is the best way to reduce stress and anxiety. While a little stress actually helps to motivate us into action and to focus on the problem, laughter helps us to focus on the solution and achieve more productive outcomes.

So, when times get tough - laughter is a powerful antidote to stress, pain, and conflict. This is why being a member of Probus helps us in every aspect of our lives. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hopes, connects you to others, and keeps you grounded, focused, and alert. I encourage all incoming Management Committee members, and in fact, all members to focus on why we joined Probus. We all need Probus fun and friendship to make the most of our retirement.

Recently we announced the theme for Probus Day 2022 which is ***'Probus provides unlimited possibilities in Retirement'***.

Enjoying each other's company will be on the agenda with planning well underway for Probus Day celebrations which will start on Saturday 1st October and continue throughout the month. We will be celebrating all that Probus offers with so many opportunities for members to stay active, engaged and connected.



*Judith Maestracci AM*

Judith Maestracci AM  
Chairman | Probus South Pacific Ltd

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Bunyeroo Valley.

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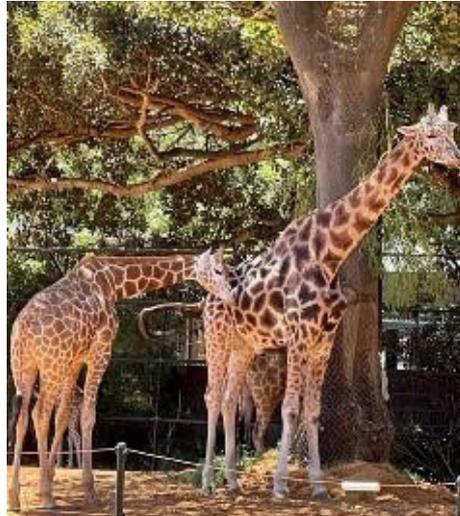
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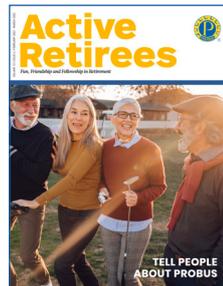
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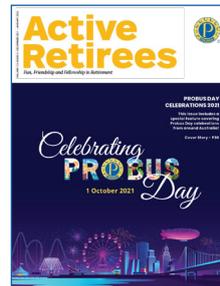
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# Active Retirees

Fun, Friendship and Fellowship in Retirement

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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

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#### Lunch Bookings or enquiries

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# A lasting legacy

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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."*

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# Five simple ways to make every dollar count

*No need to turn the couch upside-down to find some extra change. Rather than counting every dollar, make every dollar count.*

## 1 *Pay Bills In Full*

Paying bills in fortnightly or monthly instalments can be a good way to cope with financial stress without having to break the bank. However, most companies will offer a cheaper rate if you pay your bills in a lump sum.

Squirrelling away smaller chunks of money into high-interest, low-fee savings account throughout the year is a great way to prepare you for those large bills so that you'll be able to pay them in full without having to lose out on anything.

## 2 *Consider Using Direct Debits*

Setting up a direct debit takes the stress out of managing recurring bills by automating payments to a designated service provider.

By paying either fixed or flexible amounts, your bills will always be paid on time, saving you from potential late fees.

Businesses will also offer discounts or incentives to encourage you to set up a direct debit account, potentially giving you another avenue for saving money.

However, you must check your bills before a withdrawal is made to make sure that they are correct and you have enough to cover them. Otherwise, you risk facing overdraft fees from the service provider and possibly your bank.

Before you set up a direct debit, make sure you trust the business and know how to cancel it in case the need arises.



## 3 *Take Regular Stock Of Your Fridge And Pantry*

Whether it's in the brand, excess items, impulse buys, or routine purchases, you're sure to find your grocery bill riddled with hidden savings.

Doing your best to use up everything you already have (particularly perishables) before shopping again is a great way to reduce your grocery bill. If there are still things you need, write down a list before you go out and stick to it.

A good way to cut down on buying too much food is to do a meal plan at the beginning of the week so you have a clear idea of what you need and how much.

Preparing meals or perishables after a shop and freezing them is another great way to ensure your food lasts longer. And if nothing else, you can always freeze good old leftovers.

Better still, there are usually coupons at the end of your receipt which can add to your savings in your next shop.

## 4 *Take Advantage Of Coupons And Senior Discounts*

You can find discounts for older adults almost anywhere – from public transport to recreational activities, hotels and restaurants – often advertised as a ‘concession’ or ‘senior discount’. And even where one isn’t visibly available, there’s no harm in asking for a cheeky 10 per cent off.

Applying coupons can also help you recoup anywhere from 10-50 per cent off your purchase.

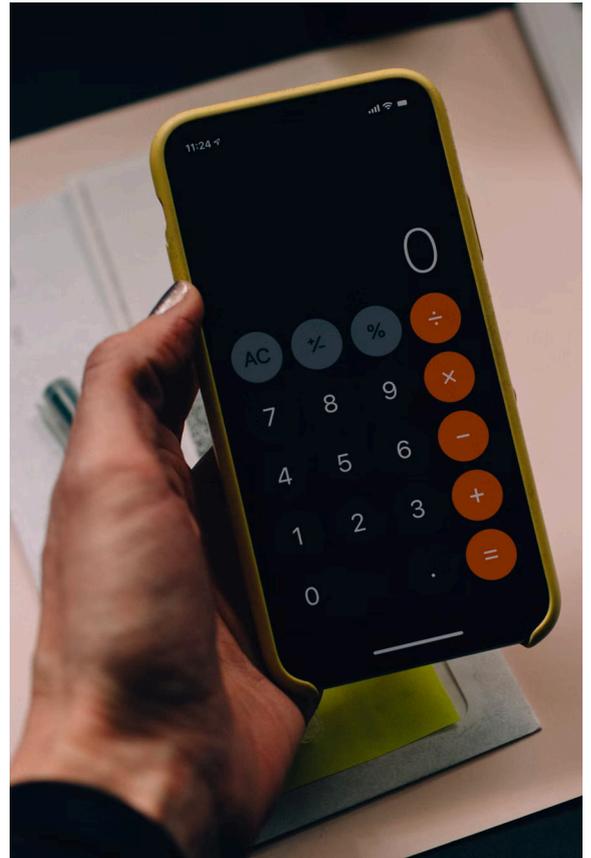
While they might only be small savings in the short term, regular use will soon lead to much more meaningful sums which you could potentially put towards bills or treating yourself.

## 5 *Decluttering Your Life (And Your Finances)*

There’s nothing like the feeling of sitting in the sun with a cup of coffee and a magazine or newspaper in hand. And their arrival can be something to look forward to. But often we get that same material and put it aside, telling ourselves we’ll come back to it later.

Cancelling your subscriptions could help you save around \$50 or more a year, and with so much content available on the internet, you won’t have to miss a thing.

Keep an eye on your television subscriptions and insurance coverage as well to make sure you’re not paying for unnecessary extras.



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ANOTHER *Brilliant* EXPERIENCE

# Sell that stuff

*The contents of your junk drawer, or that box you're scared to look in that lives in the back of the closet, could fetch hundreds, and sometimes thousands, of dollars online.*

**F**or retirees, a slight decrease in income coincides with a dramatic increase in time.

Days previously spent in the office, rushing around after children, or a combination of the two, are suddenly and gloriously your own. You can take a spontaneous trip, enjoy a long, midweek lunch, redesign your home, go to the theatre; the options are truly endless.

And yet, this often requires extra cash. Those items you've never had the heart to throw away can be worth a lot of money. Pieces of Lego, old VHS tapes, retro jumpers and dusty books are all in demand, meaning that you can declutter and start planning your next holiday.

## **How To Declutter**

There are a wealth of available opinions on the best way to declutter your home. In her bestselling

book, *The Life Changing Magic of Tidying Up*, Japanese lifestyle guru Marie Kondo advises throwing away anything that does not "spark joy", a tactic that has attracted



hordes of devoted followers who praise it for simplifying the decluttering process.

Meanwhile, Oprah suggests that clothes hoarders try the 'Closet Hanger Experiment'. This requires you to hang your clothes backwards on their hangers. After you wear an item of clothing, return it to your wardrobe facing the correct direction. She recommends discarding anything that is still facing the wrong direction after six months, but more ruthless declutterers might want to give themselves a shorter period of time.

Whichever decluttering technique you use, the end result should be the same: a pile of items to throw away, a pile to donate and a pile to sell.

## **Where To Sell**

Where you chose to sell your pre-loved items depends, to some degree, on the item in question.

For most items, eBay, Gumtree and Facebook Marketplace are good places to start.

eBay is the more sophisticated of the three. When you register as a seller they will send you postage labels, which entitle you to discounted shipping rates.

They also have a 'Valet' service available for certain items, meaning a courier will

collect the items from your home and a third party will manage the sale. However, it is worth noting that eBay takes a 10 percent commission and, if you chose to use the valet service, they will take an additional 20 percent.

It is free to list your items on Gumtree or Facebook Marketplace and these platforms do not take a commission. However, unlike eBay they don't have payment functions built into them, meaning that you either have to meet up with the buyer and exchange cash or arrange for a bank transfer.

There are also digital marketplaces for specific items. For



example, Amazon.com.au and Book Depository are the most suitable places to sell second hand books, while the parents of particularly enthusiastic Lego players might also want to look at Bricklink.com, where pieces of lego can sell for hundreds of dollars.

Brick and mortar consignment, antique and thrift stores still exist and are not to be entirely ignored. They are certainly an efficient way of selling your pre-loved items as

they merely require you to go into the store, where the buyer will either purchase the items, they believe will sell directly off you, and sell it at a markup, or they will take around 50 per cent of the profits when the item sells.

Whichever direction you choose to go, spend some time online to get an idea of what items are selling, and how much the market is willing to pay for them.



## NSW ART SILO'S TOUR

6th June - 10th June 2022

\$1,400 per person Twin Share | \$1,700 Single

**Attractions:** Williams Hill Water Tank, Murrumburra Water Tower, Lockhart Water Towers, Big Tennis Racquet, Weethalle Silo Art, Big Football, War Murals, Gulargambone Water Tower, Just to Name a Few

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# Do you need a geriatrician?

*Helping older people navigate the ageing process, geriatricians fill a vital role in the community. But are they right for you?*

**W**hether you're looking after elderly parents or concerned about your health and wellbeing as you age, becoming familiar with the valuable contribution geriatricians can make to older people's lives is a good idea.

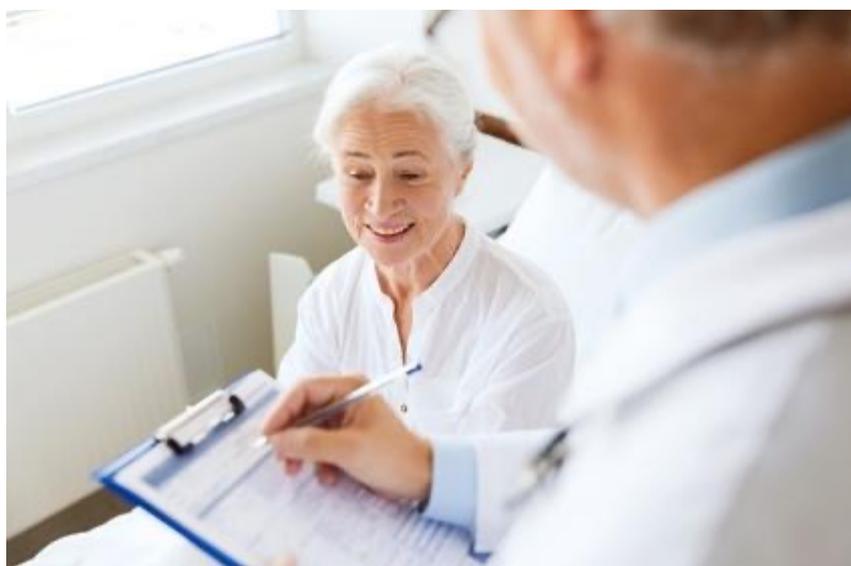
But what does a geriatrician do and where do they work?

Seeking optimal medical outcomes for older patients, geriatricians are experts in the assessment, diagnosis and management of health issues that commonly affect older people.

Working in hospitals, outpatient clinics, residential homes and both public and private practices, geriatricians complete extensive advanced training after finishing a Bachelor of Medicine/Bachelor of Surgery (MBBS).

Older people who take many medications, live with multiple medical conditions or have been diagnosed with neurodegenerative disorders such as dementia would benefit from the specialist advice.

"Geriatricians are trained to identify and assess decline in an older person and put in place strategies to minimise or reverse the impact on function. This is often undertaken by multidisciplinary teams including nurses, physiotherapists, occupational therapists, social workers and pharmacists," says professor Eddy Strivens, geriatrician and past president of the Australian and New Zealand Society for Geriatric Medicine.



## *Generational Change*

Dr Strivens notes that with baby boomers living longer (and with more complex health conditions) than previous generations, geriatricians provide an essential service that a growing number of Australian people will need in the coming years.

"Geriatricians encourage sustained independence by supporting rehabilitation from an acute illness, minimising any potential decline in health and wellbeing caused by chronic health issues, and reducing the impact of multiple medications," Dr Strivens says.

In the same way that paediatricians are experts in the care of children, geriatricians are experts trained in the care of older people. Just as children are more likely to be impacted by particular illnesses, older people are also more susceptible to certain conditions. "Some of the main issues that geriatricians are seeing as a priority at the moment are dementia, falls and fractures, frailty, and other medical conditions that become more common as you age," Dr Strivens says.

## Planning Ahead

Wishing to remain healthy and independent as we age is a common hope, but it's also wise to be aware of the potential challenges that lie ahead.

Communicating your wishes to your family and friends is important. If a medical emergency or unexpected illness occurs, your caregivers will be in the best position to advocate for you on your behalf if you've communicated your wishes beforehand.

Dr Strivens believes that older people should also speak to their GP about advance care planning so that healthcare workers are aware of their wishes



before they become too unwell to make decisions for themselves.

Admittance to a residential aged care facility is often fraught with fear, yet Dr Strivens notes that a comprehensive health assessment carried out by a geriatrician before being admitted can help to identify any reversible, treatable issues that could allow a patient to remain independent for longer.

"We successfully treat many conditions common to older people, and through professional

assessment and tailored intervention, help many older people maintain their independence and remain at home," Dr Strivens says. "We see ageing in a positive light and recognise the importance of health for every individual irrespective of age. We know older people have a lot to contribute to our society and know professional care by geriatricians can be vital to support ageing well."

## ZERO DEATHS FROM BREAST CANCER

**Support the National Breast Cancer Foundation to achieve this goal and save thousands of lives.**

1 in 7 Australian women will be diagnosed with breast cancer in their lifetime.

Together we can stop breast cancer taking the lives of those we love.

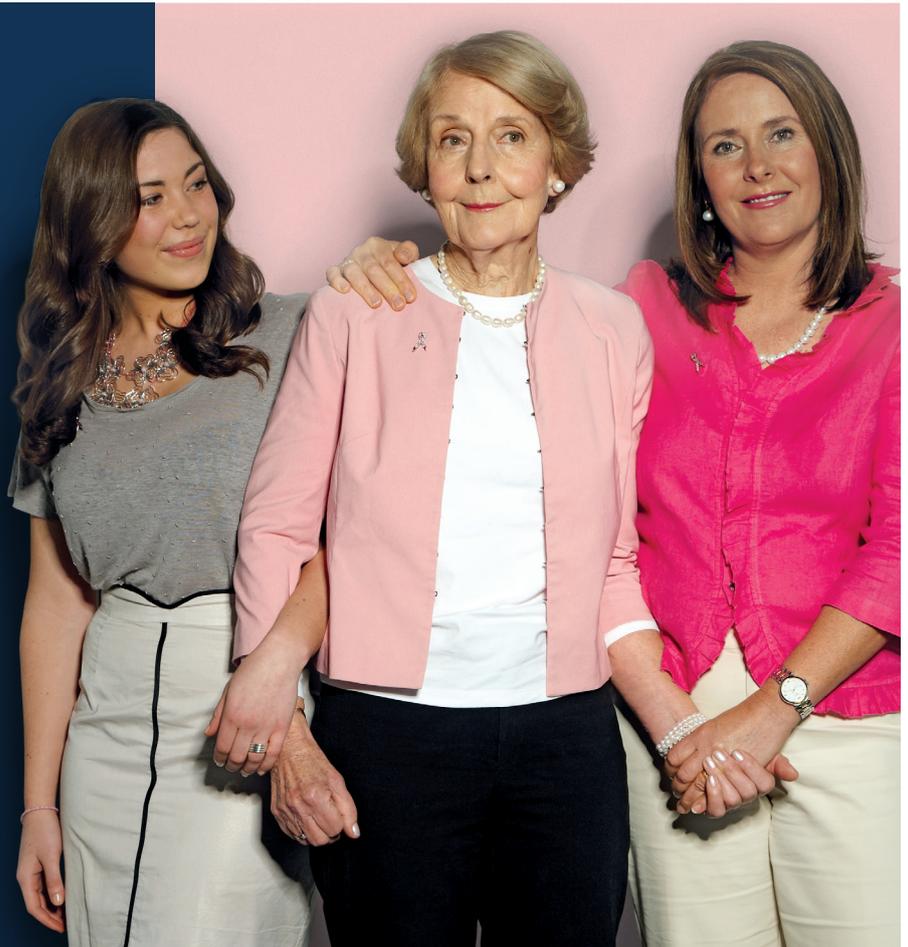
A charitable gift in your Will to fund innovative research can improve survival rates, transform detection, treatment and care.

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# Top of mind

*Far from being an inevitable part of ageing, changes to your brain can be combated with simple lifestyle changes.*

**A**ge-related changes to the body are an unavoidable part of life. One of the biggest changes that most people notice is memory decline caused by loss of brain mass. You might not be able to recall the name of a song or forget appointments if you don't write them down – loss of brain mass is responsible for those frustrating instances where your memory fails you.

Thankfully, there are many things you can do to keep your brain in good shape as you age. Incurable, age-related conditions of the brain such as Alzheimer's disease and dementia are often influenced by genetic factors, yet lifestyle changes can reduce the loss of brain mass that occurs with ageing.

Here are some tips for keeping your mind in tip-top shape as you age:

## **Develop A Mastermind**

Brain training games that can be accessed on a laptop, desktop or iPad are growing in popularity, yet there are many other simple ways to boost your brainpower.

Learning a language, reading widely, writing stories, playing chess, memorising poems, painting landscapes, doing jigsaw puzzles, taking a woodwork course and mastering a new



cooking skill are all great ways to keep your mind active as you age.

But turning to your favourite activities repeatedly isn't as beneficial as pushing yourself to learn something new. Aiming to make your mind work hard by challenging it with new tasks will deliver more brain benefits than sticking to your comfort zone.

If you're a fan of reading crime novels then perhaps swap your Patricia Cornwell page-turner for a meaty history tome? If you're fluent in French then try wrapping your tongue around Japanese. Love crosswords? Try a numbers-based game like Sudoku to make your brain work in a new way.

## **Stay Physically Active**

Engaging in regular physical activity has many benefits beyond keeping your waistline trim. Harvard Medical School reports that exercise increases the birth of new nerve cells in the brain and increases the connections between

synapses. With new nerve cells and healthy synapses linked to improved brain function and performance, going for that daily walk or swim is doing your brain a world of good.

## **Stop Smoking**

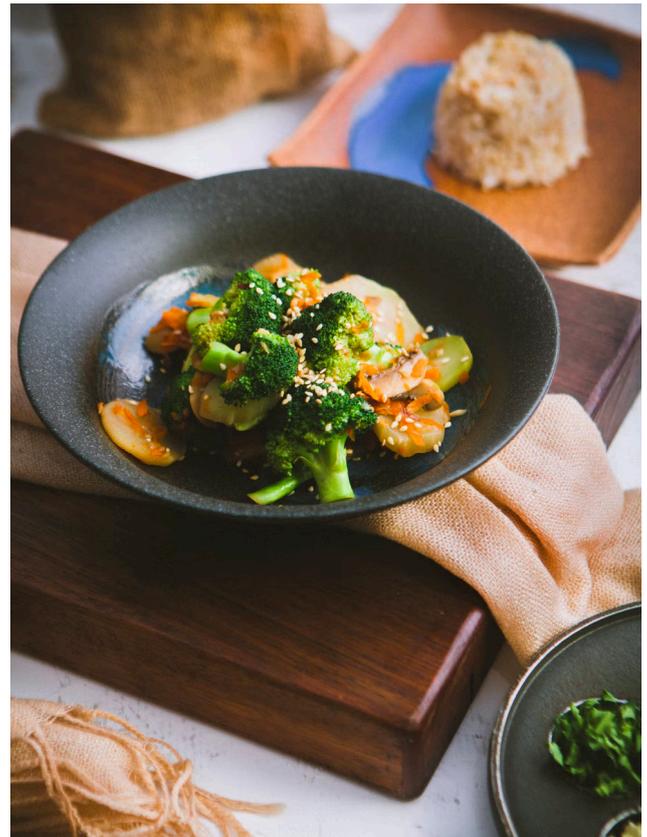
Kicking a smoking habit can be tough, but the health benefits on offer are well worth the challenge. Many people know about the negative impact that smoking has on the health of the lungs, heart, teeth and skin (not to mention your wallet) but smoking can also impair brain function. Reducing blood supply to brain cells, every cigarette does damage to your brain. Quitting smoking is one of the best ways to lower your risk of having a stroke or experiencing a neurological condition.

## Stress Less

Whether it's worrying about your finances or having sleepless nights due to family issues, your brain is negatively impacted by stress. Cortisol levels rise when you're stressed, and with high levels of cortisol responsible for damaging brain cells and lessening your ability to recall information, chronic stress can have a serious impact on your brain health. Try reducing and alleviating stress by taking up yoga, joining a meditation class or speaking to a counsellor about unresolved issues.

## Clean Up Your Diet

Frequent consumption of processed foods and sugary drinks is linked to a raft of health issues including diabetes, heart disease, obesity and dental decay, but a poor diet also impacts brain function. Several studies have shown that eating a Mediterranean-style diet high in fresh fruit and vegetables, nuts, olive oil, eggs, legumes and fish correlates with a lower rate of dementia and other cognitive issues. So do your brain a favour and include fresher, whole foods in your diet.



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



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# At home on the Ranges

**M**elbourne's Yarra Ranges, just over an hour's drive from the city, is the perfect weekend getaway. You can tell by the traffic jam on a Friday afternoon as thousands of Melburnians head for the hills.

But if you can steal a few days off during the week – and what is retirement if you can't do that! – you will be rewarded with a quieter, more enjoyable break.

It's not too quiet, places are buzzy, and service is warm and friendly, but it feels like a VIP tour of this popular region.

My first stop is for a caffeine hit at the popular Nancy's of the Valley, a retro-styled cafe with a locals-first produce policy that sees your sustainable Silva coffee teamed with Tyrone's raw milk – and the coffee grinds will end up distributed to local gardens.

Next, I make my way to Four Pillars Gin, the



Yarra Valley's award-winning distillery whose cellar door is a bun fight on weekends. Today I stroll straight in, and the manager pulls up a seat to show me the recently released barrel-aged gins: the Chardonnay Barrel Gin and the Sherry Cask gin. Mellow sipping gins. Midweek, visitors to Four Pillars definitely get more attention with staff able to spend more time explaining the various tastings, I am then sent away with a Modern Australian Gin and tonic, a collab with Qantas and Rockpool featuring Indigenous ingredients like quandong with an Asian twist of Szechuan peppers adding bite.



Yarra Valley Dairy is another heaving weekend spot that is quieter, but far from empty, on my visit. It's a quick stop as I'm almost late for dinner, but I grab the signature Persian Feta.

## *Farmhouse Retreat*

My stay for the night is The Farmhouse at Meletos, a 23-room boutique guesthouse, where I'm welcomed by a huge slate fireplace decorated with baskets full of Granny Smith apples – a nod to the accompanying orchard and cider-making business. My room has an orchard view and rustic country flourishes, where I change and head down for dinner and then sleep like a baby.

After breakfast, I drive to Cloudehill Gardens in Olinda, 10 acres of English-style garden with a Diggers Club run by Paul Mottershead. Mottershead takes me on a tour of the grounds, which we have to ourselves, and says midweek is a great time to head up for a class or some in-depth advice for your garden.

My last stop is the Proserpina Bakehouse down the hill in Sassafras. Inside a former nursery, this bakery and community garden is run by Gary Cooper and Carolyn Deutscher, partners who have previously worked in fine diners in the region.

This is a destination cafe with lines of cyclists outside before it even opens, and its heart is the onsite milling and breadmaking. This is the one place I visit that still has a queue out the door even on my midweek trip. Join the queue though, it's worth it.



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Canberra

# Do you need a new computer?

*The tech world changes so fast, but do you have to change with it? We look at the reasons and timings for upgrading your home computer.*

**F**or those who are not that computer savvy, the idea of getting a new computer can be very daunting. Your computer can be like a comfy pair of slippers: they may have had their day, but you know them intimately and you really cannot be bothered wearing in a new pair. But the computer world changes fast, and if you don't change with it you can find that certain applications and websites stop being compatible with your PC – particularly if it is from a different generation.

So, what are the tell-tale signs that it is time to upgrade?

## 1 *It's Time*

Most people suggest you replace your computer around every four years, but that is only to stay current. For seniors who are not putting the computer through its paces too often, you can get away with something more like six years. If you wait any longer than that, however, software updates will likely slow your computer to a crawl or crash it. And it is better to replace the computer on your terms than end up with a dead piece of equipment.



## 2 *Too Hot To Handle*

One sign a computer is struggling is if your PC regularly overheats. A computer may get too hot if it is overworked or you have covered the cooling fans, but if it overheats for no reason, it could be time for a new PC.

## 3 *Slow Start*

One of the key signs it is time for a computer upgrade is if your PC takes a long time to get going. A new PC will start within a few seconds, or a minute at most, but if you regularly have to walk away while your computer grinds its way to begin the day, something is wrong. It may be that you are running too many programs on your PC, but it may also be that your computer has a bad case of too-old-itis.

## 4 *Failed Upgrades*

A key signal you need to go PC shopping is if the latest version of the operating system (OS) does not install, or it slows down your computer. New operating systems appear every 12 months or so for both Mac and PC, and if you cannot run them then you need a new machine. Failure to upgrade your OS can mean apps and programs do not run well or may cease to work at all. You need to run the latest version of an OS to get the most out of your PC.

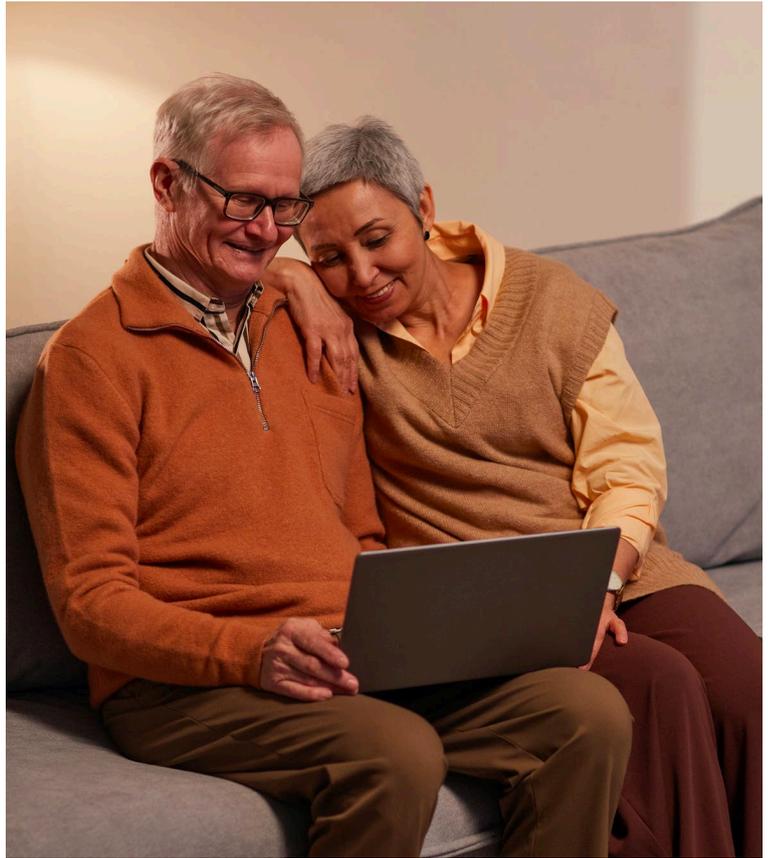
## 5 *Space Invaders*

If you do not have enough space, or memory, to do all you need with your computer then you might require a new one. You have reached the limits of what your current machine can do, and while you can get a new hard drive put into the existing machine, if you have the money for a new computer, it is better to upgrade the whole thing, not just Frankenstein it with new parts. If you do not know a lot about computers, it is best to keep it simple.

## 6 *Listen Up*

Is your computer making more noise than usual? Whirring or grinding noises usually mean your computer is trying too hard and might need to be replaced.

Getting a new computer can be a great opportunity to get back online and enjoy using your machine again. Don't be scared of upgrading; see it as a way to stay in touch with the online world and get more out of your computer.



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# 8 Reasons to get a home security system

**A** home security system may seem like something which is optional to have, and perhaps it was in the years prior to this. However, today's era is becoming more and more about staying connected 24/7, and part of that means having a watchful eye over your property and its contents, anytime and anywhere. Purchasing, installing, turning on/off, monthly fees, maintenance and electricity consumption maybe some of the reasons you may disregard monitored security systems, but the real value of having it can be seen when we look at how it can benefit you, your loved ones, your belongings and your property.

## 1 *Protects Valuable Belongings*

Of course, this is the first and foremost reason which comes into mind when you think of home security. We all know someone who had their electronics, jewellery or other high-value pieces stolen from their house during a home invasion. Even worse is when the item stolen is an irreplaceable and inherited family heirloom. Whilst a simple home safe can help you protect these items, a home security system goes beyond and adds a layer of security which scares off burglars as well as notify the authorities if something seems out of the ordinary.



## 2 *Deters Crime*

The idea of a home security system which will blast a punishing alarm in all directions across your area, is enough to keep burglars at bay. There have been studies to show that when more and more houses in a neighbourhood installed security systems, the rate of crime decreased, even for those houses without a system installed.

## 3 *Control Your Home On The Go*

Today's security systems give you the option to control your smart home from anywhere in the world. Not only do they show you real-time live streams of all your installed cameras, some also let you control smart lighting, smart locks, smart appliances, and smart thermostats.

## **4** *Lowers Homeowners Insurance*

Having a home security system can lower your monthly premium by up to a whopping 20% in some cases. This, plus immediate contact to police and other emergency responders alone are enough of a reason to invest in a home security system.

## **5** *Helping Out The Family*

Having instant access to all your doorbells and cameras, means you can keep an eye on who is entering and leaving the house while you're away. This could be particularly useful when dealing with teens or children who need a watchful eye upon them. If you have smart locks, you can even remotely unlock the home to avoid the hassle of carrying (and potentially losing) keys.

## **6** *Notifies You Of Any Issues*

Some systems have the feature to notify you in the case of a fire or a gas leak by being linked to your smoke detectors or carbon monoxide detectors. Some have the feature to instantly contact emergency services if this is triggered. Helping you to get the situation in control before it becomes worse.

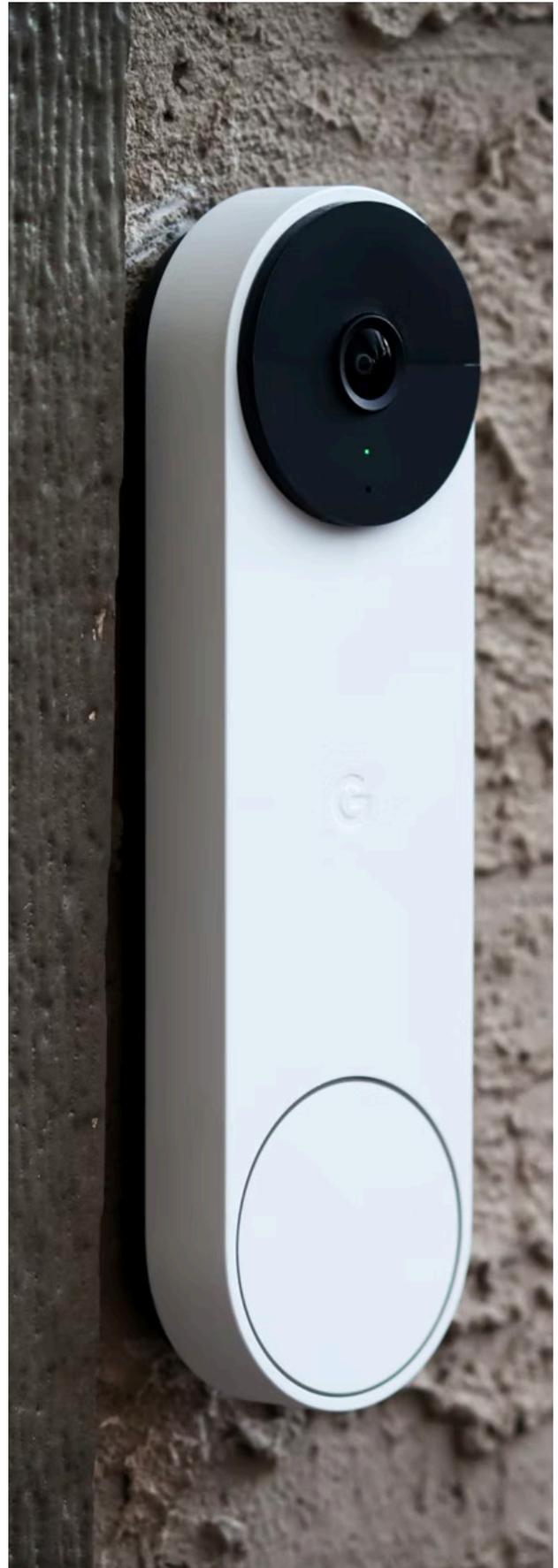
## **7** *Energy Efficiency*

Not only is the home security system energy efficient itself, but it also gives you the opportunity to turn off your smart home appliances on the go. This is also useful when you are away on vacation and need to turn your home lights on and off to maintain the appearance of a presence in the home.

## **8** *Peace Of Mind*

The mere fact of knowing that there is a robust home security system looking out for your home, your family and your belongings when you're out and about is enough to create room for peace of mind and a stress-free lifestyle.

If you're interested in purchasing a reputable home security system then you can head to <https://ring.com/au/en>. Ring makes the next generation of home security systems and has a huge variety for everyone's needs. From video doorbells, smart security cameras, accessories and protection plans at an affordable price point, this is a great place to start doing your research. Ring products can be purchased on their website [here](#) or also on Amazon.



# Rehabilitation, Ageing and Independent Living (RAIL) Research Centre



## The Rehabilitation Ageing and Independent Living (RAIL) Research Centre at Monash University

is bringing together leading research capability and people to tackle the challenges of ageing, acute and chronic health conditions, and disability. The work of the RAIL Research Centre will help ensure people in our community

successfully manage their health, independence and wellbeing, and age well irrespective of age or health status. Our research also aims to improve health, care and support services, models of care and staff training to achieve better outcomes.

### FRIENDS of RAIL – Volunteers needed

At RAIL, we are committed to conducting research that occurs with the community rather than to or for the community. For this purpose, RAIL has recently established the Friends of RAIL network which people can join for free and be involved with RAIL Research and activities. *Friends of RAIL are people interested in supporting RAIL's research agenda, activities and outcomes*, including those with personal experience of rehabilitation, ageing or disability, care givers and family members; and people who represent or speak on behalf of patients and carers. Friends of RAIL will receive regular updates of RAIL research, activities, events, and opportunities to support RAIL.

## ENROL IN A 6-WEEK TRAINING PROGRAM AT YOUR HOME TO LEARN SAFE USE OF A WALKING AID TO IMPROVE YOUR WALKING CONFIDENCE NOW!

What are the eligibility criteria?

- Aged 65 years or more
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- Fell in the past 12 months, or you are unsteady in walking or turning.
- Not currently using a walking aid, or using a walking stick but would like to learn using a wheeled walker
- Have a carer who can support practice of walking aid use
- Live in Melbourne or Perth.

What will I receive?

- Free home visits and training by an experienced physiotherapist.
- Free walking aid if using one is safe for you.



### FURTHER INFORMATION AND ENROLMENT:

Please contact **Dr Angel Lee** on 0421 136 625 or at [angel.lee@monash.edu](mailto:angel.lee@monash.edu) (for Victoria) or **Dr Elissa Burton** on (08) 9266 4926 or at [E.Burton@curtin.edu.au](mailto:E.Burton@curtin.edu.au) (for WA). We are enrolling participants until 31st May 2022.

**FOR FURTHER INFORMATION ON THE RAIL RESEARCH CENTRE AND FRIENDS OF RAIL NETWORK** please visit <https://www.monash.edu/medicine/spahc/rail> or contact us at [spahc.rail@monash.edu](mailto:spahc.rail@monash.edu) (03 9904 4557).

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Make your next group tour a memorable one in Goulburn Australia. A range of tours are available within the region.

### Guided Tours\* include:

- Guided City Tour – A guide will board your coach and show you the sights of Goulburn, revealing the history and local tales behind many of the landmarks throughout the city.
- Hosted Day Tour – Make your way to Goulburn and enjoy a day out with your host. Including a Guided City Tour, morning tea, visits to some of our main attractions, lunch, afternoon tea, and a Goulburn Australia welcome bag.
- Miles Franklin Discovery Tour – Local researcher, Jennifer Lamb, will set the scene by starting your day with an illustrated talk outlining close connections between Goulburn, Miles Franklin and My Brilliant Career.

### Self-Guided Tours include:

- Arts & Culture – Immerse yourself in one of our captivating galleries and performance venues and let your imagination wander.
- History & Heritage – Discover fascinating stories of our eclectic history through the abundance of museums, homesteads and stunning heritage architecture.

Or speak with our Groups Liaison Officer, Jacki, on: (02) 4823 4531 for a specialised itinerary for your group including suggested attractions and time frames to suit your needs and interests.



\*Costs are applicable for Guided Tours, please speak with our Groups Liaison Officer for up to date prices.

# The Probus Community is made up of thousands of volunteers who keep Probus alive and well.

**A**t a Club level, Management Committees are the backbone, providing opportunities for members to enjoy fun and friendship through the various activities, outings and guest speakers.

The Management Committee also lead their Club's growth strategy by conducting membership drives and ensure their Clubs longevity through succession planning. There are also so many members behind the scenes supporting Management Committees and we are grateful to each and every member who voluntarily contribute their time and effort to serve their Club.

Working alongside the PSPL Board of Directors, who are also volunteers, the PSPL

Team and Club Management Committees are also very fortunate to have a dedicated volunteer network supporting Clubs in delivering Probus Fun and Friendship. We take this opportunity to thank the Association Representatives, Probus District Chairmen (PDC), Rotary District Probus Chairmen (RDPC), District Committees and Ambassadors who all play such an important role.

Based out of the Parramatta office, the PSPL Team is made up of seven staff committed to providing service and support to the Probus Community across Australia and New Zealand. We have taken the opportunity in this issue to put faces behind the voices and emails and share with you a little about them and their role at PSPL.

## **Silvana Martignago** *Chief Executive Officer*

Silvana has been with Probus for more than 14 years, during which time Silvana has fulfilled several roles within the team. As CEO, Silvana oversees the management of the PSPL Team in the delivery of service and support to our wide-ranging community. Silvana enjoys cooking and spending time with her family and is involved as a volunteer in her local community sporting Club.



## **Monika Prasad** *Community Engagement Manager*

Monika has also been with Probus for over 14 years. In her current role, Monika provides support to Membership Representatives, conducts information sessions, manages the Probus publications as well as looking after the membership and marketing team. Monika enjoys reading, cooking and spending time exploring with her young children and husband on weekends.



## **Stephanie Gonzalez** *Accounts Manager*

Stephanie has been with Probus for 8 years. In her current role, Stephanie manages the financial accounts, high level administration enquiries as well as the administration team. Stephanie enjoys cycling, walking her dog and spending time with family.



## **Gemma Borg**

### **Administration Service & Support**

Gemma has been with Probus for over 4 years and manages administration and constitutional enquiries, Club website updates and Club communications. Gemma loves playing soccer with her local Club where she has been playing for over 25 years. Gemma also enjoys spending time with her many nieces and nephews.



## **Rosina Falvo**

### **Administration Service & Support**

Rosina has been with Probus for just over 1 year assisting Probus Clubs with telephone enquiries, promotional material and management of membership amendments and cards. Rosina also enjoys playing soccer, baking, and learning how to make new recipes, especially cooking Italian food with her Nonna.



## **Abigail Walker**

### **Membership Service & Support**

Abigail has been with Probus for over 2 years providing Clubs, Club members and Membership Representatives support with membership growth, retention and personalised promotional material. Abigail enjoys watching sport, including soccer and AFL as well as surfing and spending time with her dog.



## **Emily Abou-Erar**

### **Marketing**

Emily has been with Probus for 1 year and assists with all Probus publications, Probus Day initiatives and content for PSPL's social media pages. Emily's favourite hobbies include hiking, working out at the gym and cooking with her family on weekends.



*We hope that you enjoyed reading a little about the team. Management Committees and Club members are encouraged to reach out if we can be of any assistance.*

The  Probus Community





## **PROBUS DAY 2022 Theme announced**

# **‘Probus provides unlimited possibilities in Retirement’**

**O**ne of the key initiatives introduced by PSPL in 2020 is Probus Day. Our Community celebrated the inaugural **Probus Day** on 1 October 2020 – in line with the United Nations Day of Older Persons which is recognised across the world. International days are used to raise awareness for our Community

in Australia and New Zealand, and 1 October is now known as Probus Day.

In both 2020 and 2021, Probus Day celebrations throughout the month of October have been a resounding success thanks to the many Clubs and members all over Australia and New Zealand holding a wide range of events.

Each Probus Day has its own theme. As each Probus Club provides its own unique range of activities and opportunities for their members, this years’ Probus Day theme is ‘Probus provides unlimited possibilities in Retirement’



**We are giving away \$100 vouchers to twenty-five Clubs that can best showcase the fun and friendship that Probus has to offer.**

**T**his Probus Day, we invite all Clubs to showcase how they provide unlimited possibilities in retirement to their members. We also share some ways you can get involved as part of the Probus Day celebrations.

*Probus Day* is an opportunity to remind our members and the wider community of the importance of the social connections and support Probus provides.

Each Club is unique in what it offers its members through monthly meetings, interesting guest speakers and a range of activities, interest groups, trips and tours.

This is your opportunity to show everyone what makes your Club special. Is it the variety of activities, the trips, the meetings or the friendships? We invite your Club to submit photos, stories or even a video showcasing your Probus Club in action.

**Winners will be announced  
on Probus Day - 1 October 2022**

**Submissions can be sent by email to  
[marketing@probussouthpacific.org](mailto:marketing@probussouthpacific.org)**



**T**hroughout the month of October, Probus Clubs will be celebrating Probus Day with lunches, picnics, BBQs and themed events. Many Clubs also invite members of the local community to their Probus Day celebrations to see what Probus is all about. With 6 months to go, there is plenty of time to start planning your Club's special event. Remember that the Management Committee does not have to do all the work, Clubs may choose to form a working group to co-ordinate and organise celebrations for Probus Day, either on their own or within their region or cluster for a larger gathering.

Over the next few weeks and months, PSPL will provide a range of collateral and promotional material to assist Clubs. In the meantime, we encourage your Club to start planning its Probus Day celebration.

**O**ur Probus Day celebrations in 2022 will showcase Amazing Probians. There are so many members in our community that have been recognised for their outstanding contribution or service either at a national or local level. We invite Clubs to share stories about the Amazing Probians in your Club.

This could include those members that have been recognised officially or those that have not. If they are amazing to your Club, they are important to us.

Please write to us and share their story.

Email: [marketing@probussouthpacific.org](mailto:marketing@probussouthpacific.org)



# Member Profile:

# Tony Thomas

**A**fter 62 years of journalism, Tony Thomas at age 81 is still publishing essays at the rate of 6000 words a month, along with a book a year. He grew up in Perth where from the 1930s his mother and father were journalists and writers. His daughter Ros in Perth is a TV and print journalist and novelist. Tony studied literature part-time for ten years at UWA but switched to ANU economics when The Age hired him to the Canberra Press Gallery in the old Parliament for the 1970s. "I studied economics while pretending to be The Age's economics expert," he recalls. From Canberra he spent 20 years in Melbourne with BRW magazine, retiring in 2001.

Tony amazed his medicos in 2016 with a full recovery from multiple myeloma. This inspired him to create books for posterity – "Online essays don't last," he says. His titles from 2016 are *That's Debatable* – 60 years in print; *The West* – an insider's tales; *Come to think of it* – essays to tickle the brain; and in 2021, *Foot Soldier in the Culture Wars*. Since 1974 he's authored nine books on history, Aboriginal and current affairs, climate, finance/accounting, travel and humour.

One of his favourite topics to write about are his stuff-ups. His latest essay's about how at age 25 his three-week reporting assignment to Portuguese Timor collapsed in six days - the

Portuguese Governor ordered him out on the next morning's plane for his safety. "I was too young and naïve for the Timor hotspot," Tony admits. His funniest essay: how Soviet Embassy spies tried to recruit him in 1977 with a slap-up lunch. Likes: Lunching with blokes. Dislikes: Mask elastic that flicked his \$2500 hearing aid into the traffic.

Since 2010 he's also set up inner Melbourne's two Probus Clubs – Melbourne Sunrise (about 120 members) and Melbourne Bearbrass (70). He's a Life Member of both. Tony says, "By 2010 Melbourne's Probus Clubs had decamped to the suburbs. But retirees were pouring into the mushrooming towers and many had lost their social networks. So, I spent \$400 Rotary money on 4000 flyers. I mail-dropped by bike and tail-gated myself into CBD, Docklands and Southbank towers to stuff their letterboxes. Sixty people poured into the Interest Meeting for Sunrise and we got 30 members straight-off."

By 2020 he figured Melbourne's growth since 2011 would support another club – the City Council's database ratios suggested enough retirees for even five clubs. But spreadsheet exercises don't create clubs and it was hard to get the message out because towers' security had tightened up. The Interest Meeting got 17 sign-on and Tony held the fort until President-elect Mel Gray,

holidaying in Italy, could beat the Covid-19 obstacles and fly home.

Victoria locked down but the infant Bearbrass mastered Zoom in a hurry and ran speaker meetings every two weeks in 2020, ranging from China expert Rowan Callick to Air Vice-Marshal Alan Reed and Olympics historian and physiotherapist Peter Duras. During a break in lockdown members quickly put on a three-day autumn trip to Bright. "As soon as the Phase 1 lockdown permitted having outdoor groups of ten, members got together with three picnics in eight days," Tony says.



# Member Profile:

# Robbie Freia



**R**obbie Freia spent her formative years in Victoria and her early adulthood living and working overseas and in different parts of Australia. This included twenty years in Western Australia, where she specialised in counselling and community services. After finally returning home to Flinders, Victoria, Robbie discovered Probus which was the catalyst in completing her novel 'The Willow'. The novel reflects an evolving Australian society from 1950s to 2000s and the amazing strength of human beings as they rise above adversity. Her biography is below.

## *Life, Changes and Community*

Isn't life strange? Who would have thought that after spending so much time away exploring life's options, I would find an active and stimulating hub right in the centre of the village in which my mother and grandparents had lived? In 2018 I found Probus!

The warmth and cohesion of the Flinders Probus Club drew me into their fold. It wasn't just the wonderful activities the club offered... it was the way they embraced this new person in their midst: a smile here...a little chat there... an invitation to lunch. This was a community in action! Now a part of their vibrant committee I'm happily able to give something back.

When I was much younger

change would just happen. Like an enormous wave, it took me with it: changing where we lived, changing schools, change because of illness in the family, subtle change toward a less than a satisfying job. Of course, there were also wonderful 'growing up' memories: the frightening magic of riding my horse in a storm, being the 'attack' person in basketball and being constantly surrounded by music in a house full of musicians. All shaping me without thought.

Then adulthood intervened and like many others of my generation, travel beckoned. In 1969 I spent six weeks aboard the Fairstar to visit the UK. In my case, though it became more than simply a brief taste of the 'Mother country'; it was life-changing. I married a Briton, had a son born in Winchester and lived in England for several years.

We returned to Australia, moving to wherever my husband's work needed him across several states with a daughter born in Adelaide. Judy Small's lyrics resonate: Mothers, daughters, wives... Circumstances and caring for small children meant I was not really able to connect with the communities in which I lived. As my life changed further, I pursued education and learnt self-reliance as a woman in a quickly changing world.

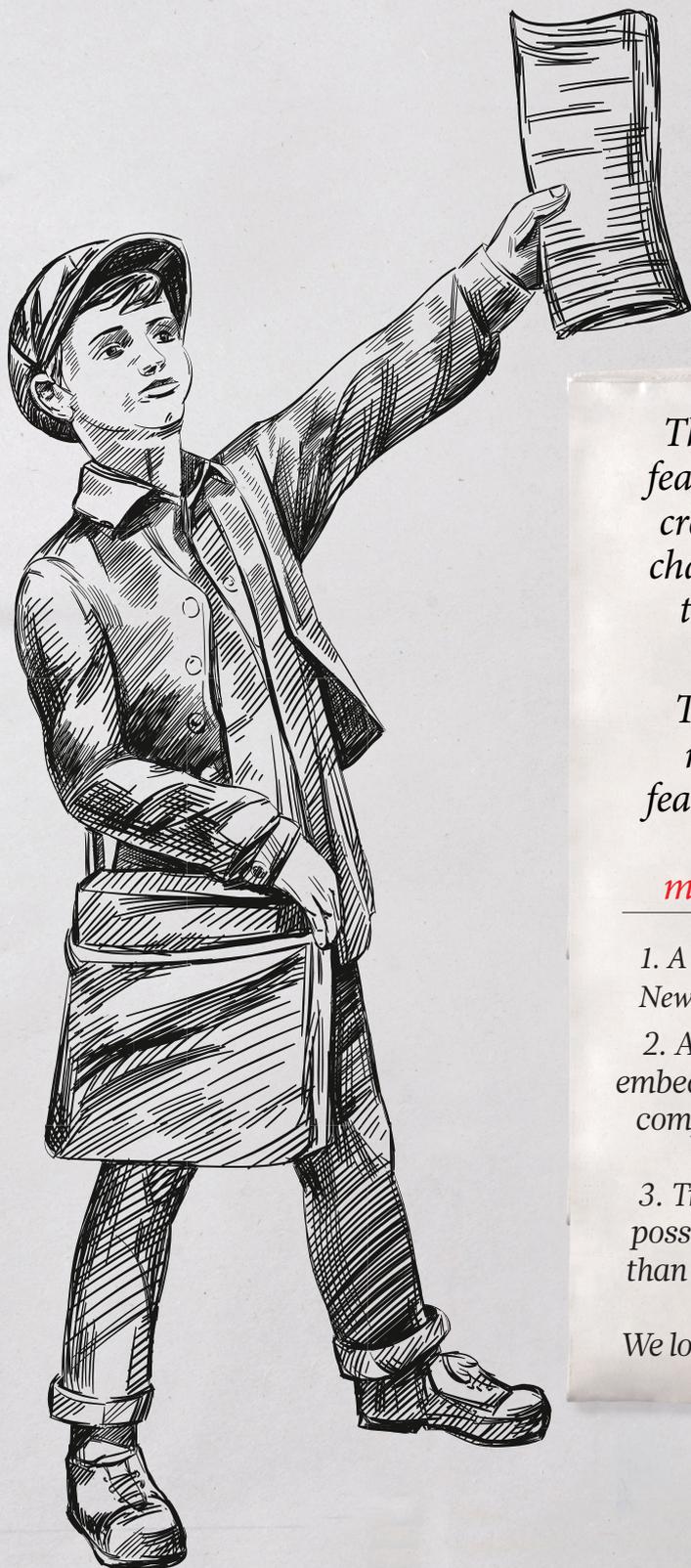
This led me to yet another change in direction as increasingly I had realized how

the earlier 'shaping' of expected behaviours for both men and women had narrowed their life options and that, for many, the social system didn't provide tools to deal with resultant issues. I began to explore natural therapies, and then chose a counselling career and work in community services.

After twenty years in Western Australia and regional Queensland, the illness of my sister and the need to care for my niece brought me back to my birth state, Victoria, and to Flinders. It was the essence of local community and the support of my fellow Probusians in this beautiful place that enabled me to return to my writing – and to finally complete - my novel, *The Willow*.

A work of fiction, *The Willow* is set in the decades of the 1950s to 2000s against an evolving Australian society and reflects the amazing ability of human beings to rise above adversity. It highlights the importance of being aware of the impact of change on individuals and families; and fittingly the story encapsulates the need of communities to support each other.

# Extra! Extra! Read all about it!



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

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

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

*We look forward to receiving your submissions!*



## Coleman's New Motto, Flexibility and Fun!

The motto for Probus is Friendship, Fellowship and Fun, quite often accompanied by a fourth "F" word "Food". Last year at the Probus Association of Canberra and District's Orientation Day for new Committee Members, PSPL Representative Member/Director Bill Killinger introduced the Club to a fifth "F" word, "Flexibility".

In 2021, the Combined Probus Club of Cooleman were unable to hold some member meetings in person, some were missed altogether, and the Club held two via Zoom. The committee wanted to start 2022 with positivity, which meant holding in-person meetings. As the meeting venue was off-limits for February, the decision was made to move the meeting to the great outdoors.

With that, the Combined Probus Club of Cooleman gathered at Weston Park in beautiful South Canberra and conducted the first Club Meeting for 2022. To make it a real celebration of "food and flexibility", they also held a free sausage sizzle. With perfect weather and convivial company, a good time was had by all.



## Music at Midday

Members from the Weston Probus Club decided to mix meetings up with music as they visited the Canberra theatre to listen to some music at midday. The members thoroughly enjoyed catching up and listening to the beautiful symphonies. A wonderful time was had by all those in attendance.





## Garden Club

Members from Darwin Probus Club enjoyed a great day at the Tiwi Community Hall. 46 Probus members from the garden club went along to hear Ted and his interesting insights on growing desert roses. The members loved getting their hands dirty as they were taught the perfect technique to grow roses. After the demonstration, the members headed off to the Cas Club for lunch. A great day was had by all.



## Australia Day Lunch at the Buff Club

Members from the Probus Club of Charles Darwin got together and enjoyed an Australia Day lunch at the Buff Club. To get in the Australia Day spirit, the tables were dressed in green and yellow linens. Some of the members also came dressed in Aussie colours. By all accounts, the lunch went well and the menu was certainly an Aussie theme.





## Virginia Nursery

Members from Woodcroft Probuss Club took a trip to Virginia Nursery. The members enjoyed a cuppa and then did some shopping in the homewares and extensive garden centre before having lunch. They did have a bit of rain but it didn't seem to dampen anyone's enthusiasm. Just really lucky they didn't go the next day as the Northern Suburbs were hit with extreme weather including massive hailstones!



## Port Pirie Probuss Clubs Family Day

Members from Port Pirie attended a Family Day event that was held in Port Pirie. A total of 18 members attended the event. A great day was had by all.



## Walking Group

Members from Glenelg Bay Probuss Club enjoyed their usual walk. Luckily for the members, they missed the rain in the morning along the Esplanade and enjoyed a coffee whilst chatting at the end. The members all found the walk to be a refreshing way to start the day.



## Parliament Recognition

Members from Charles Sturt Probus Club visited the South Australia State Parliament house with the hopes of promoting Probus Day and in general the social benefits that Probus offers active retirees in parliament. They were hosted by Stephen Mullighan, Member for Lee. Members were not disappointed as they received a mention of their Club at Parliament House in front of other government representatives.



## Lunch Group

On a very warm 39-degree day, 30 members from Combined Probus Club of Barossa enjoyed a lunch at The Company Kitchen with great food, plenty of fellowship and friendship. On arrival, members were asked if they would like some background music? The reply was “the Club are a noisy bunch”. Everyone had a wonderful time, enjoying a laugh and some much-needed chatting.



## Ukulele Group

Members from North Haven Probus Club enjoyed learning how to play the Ukulele. The class was run by Probus member Alan who taught the members how to play. Everyone thoroughly appreciated learning how to play the beautiful instrument.





## Mystery Tour

Recently, 36 members from West Lakes Shore Probus Club ventured on a Mystery tour. Aust Wide Tours and Driver Brett surprised the members with an entertaining tour to Lyndoch. On the way, they passed a supposed "haunted house/mansion" in Gawler, Dead Man's Pass, and stopped for coffee and tea break at the Whispering Wall and Barossa Reservoir. Many had not visited this area for many years - 110 years old and erected over three years between 1900 and 1903, the wall soars nine storeys high and continues to draw many visitors every year. Onwards to the Lavender Farm in Lyndoch - the largest in South Australia. The members browsed the hillside to view and smell the plants, then some members sampled their lavender ice cream and purchased some beautiful gifts. The members had a scrumptious lunch at Lyndoch Hotel and then returned home. Everyone who came along had



## Australia Day Award Nomination

At the recent Australia Day Awards ceremony held by the City of Tea Tree Gully on 26 January 2022, the Combined Probus Club of Golden Grove was recognised in the Council's awards for service to the local community. Five representatives from the Club attended the ceremony. It was through the Club's successful Membership Recruitment Drive in 2021, which attracted 20 new members, that the Council supported the nomination. The ceremony was attended by the Premier, the Leader of the Opposition, a number of State and Federal Members of Parliament together with Council representatives and local community groups. The Club was joined by six other very worthwhile community groups and whilst it was not successful in the final choice of a winner, the nomination succeeded in spreading the word of Probus.



## Change of venue for the better

Payneham Probus, like so many Probus Clubs around Australia, were forced by the Covid Pandemic to look at venue options to maintain the Social Distancing required by the Government Health authorities. This meant that, as most of the meetings have attendances of around 65 members, the original 'home' at Payneham Community Centre could no longer accommodate the Club. They were offered the use of 'The Sicilia Social and Sports Club' facilities at Payneham RSL clubrooms and the committee agreed to accept this kind offer. They held the first meeting there in their luxurious hall. Guest speaker, Professor Neville Assad-Sala, artist and potter, was very impressed by the excellent facilities provided there.



## Supporting Regional New South Wales

The 20 members of the Combined Probus Club of Cherrybrook who travelled to Mudgee NSW certainly felt proud to be doing their bit to support many of the local businesses in the Mudgee area after the effects of the NSW lockdown.

Some of the highlights was a visit to the Robert Stein Vineyard and Winery with its beautiful panoramic views of the Mudgee district, the Colonial Inn Museum, Burnbrae Winery and the Mudgee Honey Haven.

Apart from Mudgee, members travelled to Gulgong. The Gulgong Pioneer's Museum certainly didn't disappoint with its thousands of exhibits and an extremely interesting visit to Goree Park properties between Gulgong and Mudgee.

The trip included a visit to Rylstone and Portland. Portland is known as the "Town that built Sydney" as it was home to the first cement works in Australia, Portland cement works operated from 1902 until the works closed in 1991.

It was an extremely worthwhile and exciting trip especially as the locals were very happy to see visitors supporting their businesses once again.



## Maritime Muesuem Visit

Members from Greystanes Probus Club enjoyed lunch on a tag-along tour to Huskisson for a 3-night stay. The trip included a Dolphin cruise on Jervis Bay and a visit to the Maritime Museum and a visit to the Booderee Botanical Gardens and a walk through the Rainforest with lunch at a popular picnic spot. Hyams beach was also visited with a walk along the fabulous white sands. All had a good time.



## Hard work pays off

Members from Moss Vale Probus Club celebrated some of their members as two were appointed as life members. President Malcolm presented a life membership to Gordon for his dedication in his work on the Management Committee over many years. Gordon joined the Club in January 2009. Another life membership was presented to Francis for his tireless work on the Management Committee as well. Francis joined the Club in January 2008.





## 40 years and still going strong

Members from East Gosford Probus Club celebrated fun, friendship and fellowship. The members got together to celebrate the Club's 40-year milestone with a luncheon at The Breakers Country Club, Wamberal. The members all enjoyed each other's company. All and all, everyone had a wonderful time.



## Lovely ladies' lunch

The lovely ladies of Ryde City Combined Probus Club finally got together for some laughs, good food, wonderful company and a long-awaited catch-up after months of lockdown. They enjoyed the beautiful garden surrounds at Eden Gardens and even caught the attention of one of the many 'resident' water dragons.



## Lunch by the River

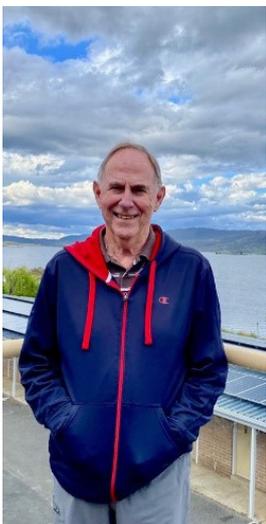
It took most members from Probus Club of Gregory Hills about an hour or less to drive to Como on the banks of the Georges River in Sutherland, except for member Fred who mistakenly inserted the wrong address in the GPS and found himself heading to the Harbour Bridge. It took him two hours. The members all enjoyed a morning tea under some colourful umbrellas. After some time, the rain had stopped and as the weather turned pleasant, the members were finally able to sit down and enjoy some delicious lunch.





## NSW 6-Day coach trip to the Snowy Mountains

A group of 40 Covid safe, and masked up happy members from Gerroa Combined Probus Club enjoyed themselves on a coach trip to the Snowy Mountains in November. Accompanying them were also members from Gerringong Probus Club. The accommodation was overlooking the beautiful Lake Jindabyne. A fun time was had by all.



## Wonderful Wetlands

Members from New Lambton Honeysuckle Probus Club held their monthly coffee and chat mornings at the Spoonbill Café, Shortland Wetlands Centre. The wetlands centre, up until the 1980s, was nothing like it is today. It has been converted from a dump, in every sense of the word, to a vibrant wetland ecosystem bursting with life. It is regarded as a wetland of national and international importance. It has a café extending out on a balcony area with views across the top lake out to the main wetland area. Where better than to enjoy a coffee and chat with fellow members - and enjoy magnificent scenery and wildlife at the same time as evidenced by the smiles on the members' faces.



## Big Probus BBQ

Mortdale Combined Probus Club members gathered together in the park and enjoyed a delicious BBQ lunch. The members thoroughly enjoyed catching up with their fellow Probus friends. A great day was had by all.





## Silly Hats

Woodbridge and Channel Districts Combined Probus Club celebrated Probus Day in October by holding a morning tea with a "silly hats" competition using the Probus traditional colours of blue and yellow. The photo shows President Roseann congratulating the winner, Secretary Jenny.



## Knitty gritty

Members from Claremont Combined Probus Club decided to give back to the local community by knitting beanies and blankets which they donated to the Royal Hobart Children's Hospital. Well done to Margaret who organised this wonderful initiative.



## Golf legend

Claremont Combined Probus Club member Isabel Sutherland was recognised in the local newspaper for her service to the community. Isabel attended a 'Get into Golf' session for new golfers and was able to recount her many experiences and enjoyment of the sport.



Local golf legend Isabel Sutherland.

## Love is in the Air at Probus

Rory and Christine are both members of the Combined Probus Club of Murray Districts which meets in Pinjarra. Christine is the Past President and presently the Programs Officer. They have also been guest speakers at Probus over the years. Before retirement, Rory was involved in environmental and town planning, and Christine had a long nursing career specialising in Midwifery. They currently both enjoy living in the Lakeside by Teman Lifestyle Village in Ravenswood, WA. Their wedding in July was the first in the Village since its opening in 1999. Their celebration was attended by 20 guests including two of Rory's sons and their partners. Two Probus friends Abe and Fran were invaluable help on the day. Friends from as many as 50 years ago helped the bride and groom have a very enjoyable day. The newlyweds had a wonderful holiday on Cocos and Christmas Islands.



## Lunch with the Men

The Men's Probus Club of Booragoon celebrated their annual Christmas lunch which was attended by 74 members and partners. As the RAAF Association in Bullcreek had completed the rebuilding of their Club rooms, they returned to that venue where all enjoyed a sumptuous traditional Christmas meal. The food, the service and the decor were incredible.





## Reunion of Childhood Friends

Members from Como Combined Probus Club took a private visit to Philippa Nikulinsky's studio at Dalkeith. The members had a delightful morning. Philippa gave the Club an insight into her life and shared her work with the members. They also witnessed the meeting of Philippa and Jan who had both been born in Kalgoorlie, almost eighty years ago! This was a remarkable meeting of childhood friends. Afterwards, most of the group retired to Little Way Restaurant, Broadway for a most enjoyable lunch.



## Lunch at the Sailing Club

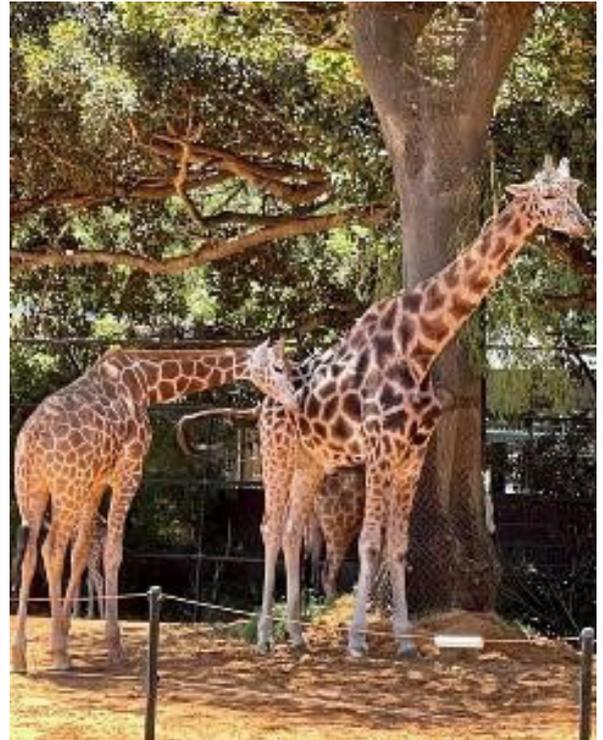
There were 75 members and friends from the Fremantle Probus Club at the 40th Christmas Lunch. Once more it was held at the magnificent Fremantle Sailing Club in the Bridge which overlooks the water. Traditionally the Vice President is responsible for organising the day. Peter worked closely with the new FSC Function Manager Libby and her assistant Alex to produce an outstanding day. The traditional three-course meal was welcomed by all who were certainly well fed with generous servings. Vice President Peter with his wife Ann gave out the Lucky Draw prizes and Immediate Past President Eric with his wife Megan presented the Table Prizes. The members who attended had a wonderful time.





## A Trip to the Zoo

Members from the Probus Club of South Bunbury enjoyed a bus trip to the Perth Zoo. It was a beautiful day but a little on the hot side! There was a very low amount of people at the zoo so the members were able to hire a couple of buggies to take most of the members around the park for an hour to check out the various animals. The trees and various plants were noticeably big so kept the temperature down somewhat. The members had lunch from a kiosk and were kept amused by the various birds trying to steal their lunch.





## Oktoberfest

There was no shortage of revellers ready and willing to join in the fun to celebrate Oktoberfest as members of Fraser Coast Hervey Bay Combined Probus Club gathered at the home of Susan and Horst.

Lederhosen and dirndls were the outfits of choice, and the best-dressed prizes were awarded to Jim and Gay.

Five beer halls kindly donated by Ingenia provided just the right amount of shade and a gentle breeze that kept conditions pleasant.

Authentic German food was served for lunch followed by a most delicious dessert of black forest cake made by Karen, plus apple strudel.

MC Susan had everyone up and raising their glasses to toast good times, good mates and good beer – the only trouble was they had to sing it in German!

The Club was so lucky to have its very own musician, Audrey, play her accordion to accompany everyone who did the Chicken Dance.

Audrey also played a few other well-known tunes, which added to the atmosphere.

Big thanks to Susan and Karen for organising a celebration of all things German.



## Tricky Triva Challenge

The Tricky Trivia Challenge is always a great way start to the year for members from Kenmore Village Probus Club. It was a guest speaker and author who enthralled the members with “The Rise and Fall of Australian Comics”. This was presented with an illustrated presentation on the ‘golden age’ of writers, illustrators and publishers of comic strips to annuals, 1924-1965. All the members thoroughly enjoyed this activity.



## Australia Day

Members from Noosa 2010 Combined Probus Club enjoyed a very curtailed Australia Day BBQ on the banks of the Noosa River.



## Toy Drive

Once again, the ladies from the Broadbeach Ladies Probus Club, along with the Kurrawa Surf Clubs have outdone themselves with their donations to this year's toy drive which will be donated to the Friends with Dignity charity.

Friends with Dignity is a volunteer-based not-for-profit registered charity that provides practical programs to assist survivors of domestic violence in collaboration with refuge and crisis centres. They rely solely on an amazing team of volunteers to assist in meeting their mission to assist survivors of domestic violence to rebuild their lives with dignity, purpose and hope.

Well done, Ladies!



## Memorable Moments

The Combined Probus Club of Noosa recently celebrated the Club's 25th Anniversary. To mark the occasion and commemorate the founding of the Club, 110 members attended a celebratory day at the Noosa Golf Club. The celebrations commenced with a group of the Club members known as "The Probus Players" performing a musical spectacular that revisited the music of the 1960s with a show titled "60 Since 60" (60 years since the 1960s).

The performance was followed by a luncheon where Gerald the President of the Noosa Rotary Club presented the Probus Club president, Alan with a 25th Anniversary commemorative certificate on behalf of Probus South Pacific. The Club was very fortunate to have a number of its founding members still active within the Club who during the lunch were invited to reflect on their years of membership and what that membership has meant to them. The day was one of Fun, Friendship and Fellowship.





## Walks, Talks and a Lot of Coffee

Members from Alexandra Headland Mixed Probus Club enjoyed a stroll in the local area. The members enjoyed being outdoors with good company. After the walk, they retired for a coffee which allowed the members to get to know each other better. Lots of fun, friendship and fellowship.



## Finally, Together Again!

The Burleigh Heads Ladies Probus Club bolstered their level of happiness by celebrating the first get-together this year. The Club meets on the 3rd Wednesday of the month at Burleigh Heads Surf Lifesaving Club. Morning tea is enjoyed at 10 am, which includes an interesting speaker. Lunch can be ordered. A coach trip or social activity is held on the 4th Wednesday.



## Friday Nighters or Friday Dinners

Members from Springwood Probus Club were finally able to enjoy their Friday night dinners once again. Members met at Chatsworth Tavern which was attended by 16 members, then again at the Gateway to India which was attended by 19 members. The food was incredible on both occasions.



## Two Years and Going Strong

The Kingston Probus Club celebrated the Club's 2nd birthday. Despite covid, the Club has thrived with 20 members in attendance. To mark the special occasion, a cake was specially decorated and was cut by Nancy who is the Club's eldest member. As part of the celebrations, 4 newly inducted members were presented with Probus certificates.





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

A luncheon was held to celebrate the 35th Anniversary of the Ocean Grove Probus Club. The event was held at the Surf Life Saving Club of Ocean Grove. Two guest speakers were invited to the function, Heather, Club Secretary of Rotary 9780 and Margaret Robinson OAM, Past Chairman of PSPL. Margaret also presented the Club with a PSPL 35-year Celebration Certificate. A great time was had by all those who attended.

## 25 Years

Members from North Balwyn Heights Probus Club gathered together to celebrate the Club's 25th Anniversary celebration. After 3 cancellations due to Covid, the Club were finally able to celebrate with a High Tea. The luncheon was attended by 53 members. Six of the eight Foundation members were present and proudly cut the cake. Special guest speakers from the Boroondara Council and the President of Rotary Club of North Balwyn attended and both gave a short speech.

The members enjoyed themselves and appreciated the efforts of the organisers of the event.



## A Tram Boat Ride on the Yarra

Members from Berwick Combined Central Probus Club enjoyed a wonderful night on the Tram Boat, taking in the wonderful sites as they slowly headed down the Yarra to Williamstown. The boat stopped in Williamstown and dinner was brought on board. The members enjoyed the most delicious fish and chips they had ever tasted.

On the way back, they were given a wonderful commentary by the captain of the history surrounding the Yarra while the members enjoyed cake and coffee, wine and soft drink.

The surrounding city buildings were all lit up and everyone enjoyed the night.





## 100 Years in the Making

Members from Beaumaris Probus Club gathered together to celebrate one of their member's milestones. Probus member Aub recently turned 100 and to mark the special occasion, the Club organised a cake for Aub and member Lloyd delivered a poetic eulogy to Aub. A great time was had by all in attendance.



## Induction Day

It was smiles all around at White Hills Probus Club as Des and Lyn & Allan were welcomed into the Club at the monthly meeting by President Glenys.



## Cruise on the Murray River

Strathfieldsaye Probus Club enjoyed a trip in November to Echuca. It was lovely to be out and about again following lockdown. The members had a number of organised trips cancelled due to Covid regulations which also prevented members from travelling by bus. The happy group travelled by car, the first stop Elmore Bakery for morning tea. Then onto the wharf at Echuca to do a lunchtime cruise on MV Mary Anne. All members had an enjoyable lunch cruising on the Murray River.



## New Year, New Members!

Members from Ballarat New Generation Probus Club had a wonderfully exciting Lunch. The highlight of the event was the induction of two new life members, Jenny and Brian. They are Foundation members and their devotion, commitment and support of others throughout the years has been outstanding. In addition, the Club welcomed six new members to the Club. A great time was had by all.





## Picnic in the Park

To celebrate freedom, members from Glen Waverley Combined Probus Club gathered with friends for a delicious picnic. 84 members arrived at Jells Park with a coffee in hand. President Terry informed all the Club members of all the future outings that had been decided. He also inducted new members who had joined the Club when meetings were taking place via zoom. They were all presented with their certificates, badges and Probus cards. As Probus Day happened during the lockdown in Victoria, the Club was unable to properly celebrate. As part of the celebrations, the Management Committee had unanimously decided to award a Club Membership Service Award to Margaret who, as Welfare Officer had organised her committee to make weekly phone calls to the members during lockdowns which were greatly appreciated by the members and helped the Club to grow and feel connected during that time. Terry presented the award and Margaret accepted her award with two of her committee members Judy and Rosemary and was thanked with a round of applause.



## Jan's Quilt of Many Colours

Jan of Melbourne's Bearbrass Probus has been quilting for 45 years, since her training days as a Home Economics teacher.

"I get excited about a new pattern and start trying it out but a lot of my experiments become smaller versions of their intended result," she says.

But her latest is a beauty, a 165cm 'Log Cabin' style, involving 'logs' around an internal square.

She made it for her granddaughter Lucy, aged 6, who'd inquired why a quilt hadn't been made for her.

It took Jan about 18 months on and off, collecting, trimming and machine sewing 1100 patches while locked down at her Southbank

apartment. Most of the pieces (about 3cm wide) were offcuts and leftovers in her cupboard from previous quilts:

"I've accumulated every colour of the rainbow in every sort of pattern, but I also bought a few squares from patchwork shops. I like my quilts to have a 'scrappy' look. These show that a lot of love and thought goes into the blending of colours, textures and tessellations, rather than a quick machine-made look."

Her friendly helper is her Brother VQ2400 sewing machine which she's been using for five years. But she's also got a quilt almost finished that's entirely sewn by hand.

She's also a dab hand at blackwork, bobbin lace, tatting, crocheting, knitting, macrame, weaving – all of the "gentle arts". Her other great past-time is cooking – when Probus caught up with her she was busy putting trays of individual lemon meringue pies in the oven at her son's home in Torquay.

Annette

Glenelg Bay  
Probus Club



## Scrumptious Fruit Cake

### Ingredients

- 500 grams mixed fruit
- Zest of 1 orange and 1 lemon
- 1 pkt glacé cherries chopped up.
- 1 tin of crushed pineapple not drained.
- 125grms butter
- 1 cup brown sugar

### Method

1. Put these ingredients in a pot; bring to a slow boil for 5 min
2. Remove from heat.
3. Add a heaped teaspoon of bi-carb Soda,
4. 100 grams of chopped walnuts or almonds and 1/2 cup of brandy, rum or fruit juice.
5. Let cool.
6. Add 3 eggs
7. Add one and a 1/2 cups of plain flour and add one and 1/2 cups of self-raising flour
8. Mix well and turn into a 9"x 9" tin lined with baking paper
9. Cook in preheated oven at 160 for 50 minutes
10. Cover with foil and cook another 40-50 min

Bon Appétit!



# Words Into Masterpieces

- Creative Writing by Probians

## VIEW FROM A WINDOW

*by Glenys Yaffe  
Melbourne Bearbrass Probus*

Sometimes we wonder  
if others  
looking through their windows  
from high  
can create the same  
crazy  
fiction  
of the world as seen  
through our eyes  
where we count the cars  
nine white in a row and then  
"Paddy"  
in his green car  
becomes real  
rather than just  
a person in his car  
passing at 9.15 each morning  
unaware  
of the four eyes  
that have created  
his made-up world  
from the twenty first floor

or the Asian lady in her pink top  
who becomes "Su Yin"  
as we see her feed the birds  
and the people in their orange tops  
sitting in the park shelter  
alternate between  
our vision  
of people  
or orange chairs  
and even rubbish bins  
become human  
with orange and red hats  
...we know  
they are having an argument  
then we see a person approach  
who we think is  
a counsellor  
or  
a councillor

Life is such fun  
from our window to the world.

# Words Into Masterpieces

- Creative Writing by Probians

## WHAT IS PROBUS?

*by Sandra Frank  
Coonara-Cherrybrook Probus Club*

What should I do when I retire?  
Slowly sink into an idle mire?  
But wait – I’ve heard of something new  
A Probus Club offers lots to do.  
Does it matter that I know no one?  
Their “motto” promises lots of fun –  
There are Probus Clubs, both old and new,  
To find a good “fit”, check out a few.  
While all will extend the warmest of greetings  
You really need to attend a few meetings  
It’s really the only way to know  
To which Probus Club you want to go  
Most clubs grow over the years  
Welcome new members, embrace new ideas  
And that’s how it always should be  
For a club needs to grow, open and free  
Then friendship, fellowship and fun  
Can continue to apply equally to everyone!

# PROBUS LINKS



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Probus provides retirees with the opportunity to connect socially, which is so important in today's world.

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### **Contact us:**

To find your local Probus Club, please visit our Club Locator at [www.probusouthpacific.org](http://www.probusouthpacific.org) or contact us on:

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**Email:** [admin@probusouthpacific.org](mailto:admin@probusouthpacific.org) **Website:** [www.probusouthpacific.org](http://www.probusouthpacific.org)