

Active Retirees



Fun, Friendship and Fellowship in Retirement

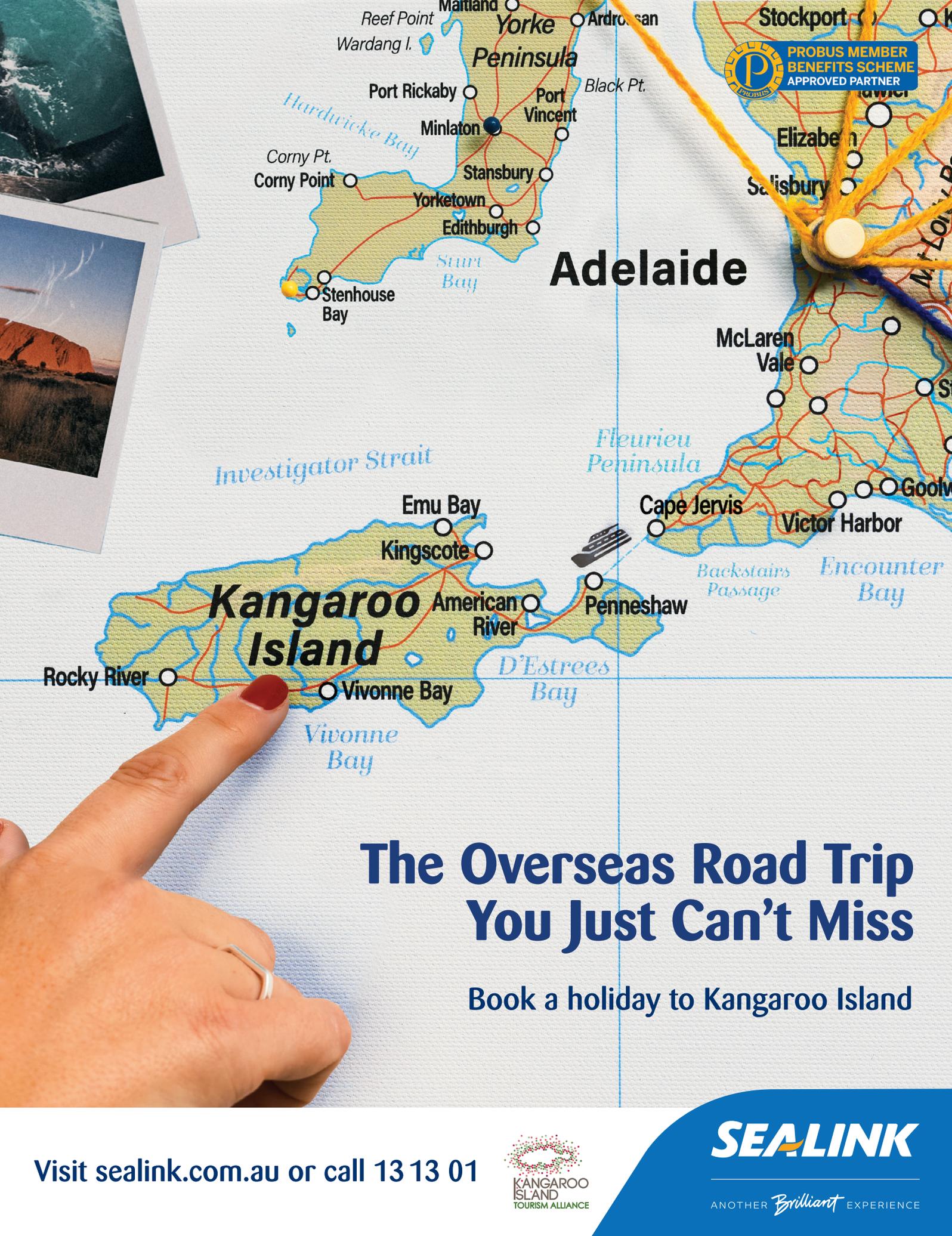
FINDING PURPOSE THROUGH PROBUS

For some people, joining a Probus Club has played a profound role in their lives

Feature Story - P30



Pictured Springwood Combined Probus Club



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I do hope that you, your family and friends are well. News of COVID infections seem to be frequent amongst people I know, but thankfully my family and I have escaped its clutches so far.

So, this is how the “new normal” feels. For many of us, the restrictions imposed due to the pandemic have disappeared and mask wearing is a personal choice. Perhaps you're like me and you are continuing to maintain increased hand washing and awareness of distancing.

Pleasingly, there is an air of positivity amongst the members I meet when visiting Clubs, many of whom are meeting again on a regular basis. It is heartening to hear that clusters of Clubs are planning larger gatherings and events, getting together for a variety of celebrations on Probus Day or throughout the month of October.

Some of the celebrations being planned for Probus Day on the first of October include visits to building and structures with lighting in the Probus colours of blue and gold. There are 19 sites across Australia including bridges with a number of Clubs planning ferry rides and dinner cruises to enjoy the lights. A list of these lightings will be available on the PSPL website shortly.

As you well know, a key objective of Probus Clubs is to bring people together, it promotes the fact that social connection makes us feel better. Our members often share their experience that having good relationships with others increases their general wellbeing.

Currently, there are many Probus Clubs throughout Australia that are thriving and there are also those that are not. Despite the fact that there are new members joining Probus daily, our overall membership is declining due to a number of factors including the Pandemic, affecting many member-based associations like ours. However, the potential for growth, is significant when you consider the number of retirees in our population.

Now that most Clubs have held their Annual

General Meetings, some of you have vacated a position on your Club's Management Committee and may be thinking about future pursuits. If you have enjoyed your Club roles, may I recommend you consider using your knowledge and experience by taking another step forward by exploring a regional position.

There are a variety of opportunities available, including roles as Probus Ambassadors, who are members nominated by their Club to work with PSPL and fellow Membership Representatives to grow Probus membership within their local community.

Our membership growth program centres around Clubs working together locally in a cluster or group of approximately 10 -15 Clubs that join together to specifically focus on member retention and growth as well as joining together for social events.

If you are interested in helping to grow Probus in your local community, I encourage you to contact PSPL on 1300 630 488 or Email: admin@probussouthpacific.org



Judith Maestracci AM

Judith Maestracci AM
Chairman | Probus South Pacific Ltd

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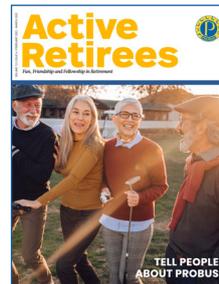
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Apr - May 2022



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Fun, Friendship and Fellowship in Retirement

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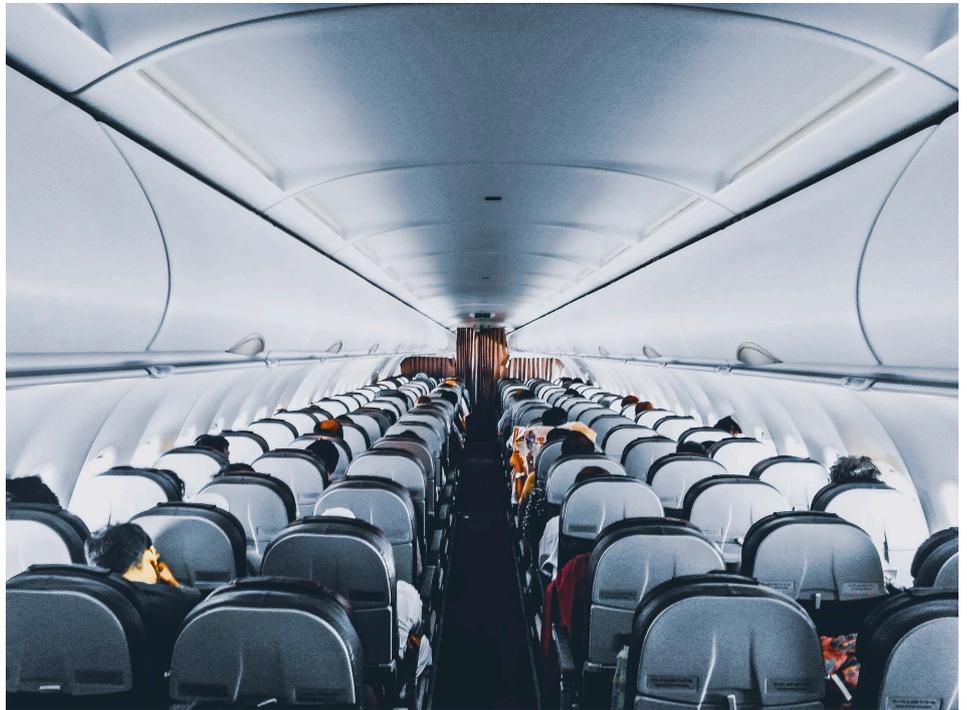


Fear of flying? We're here to help

There are various reasons someone may be fearful of flying. While for some, it's a combination of stress, anxiety or feeling a loss of control, for others aviophobia can be traced back to a traumatic flight experience.

What seems to concern many people is turbulence. But generally speaking, turbulence is nothing to be fearful of. Realistically speaking, turbulence is usually avoided for the comfort of passengers, rather than for safety. Plus, to alleviate one's fear, it has often been compared to potholes when driving or headwinds while sailing – all par for the course. “Turbulence is like ‘waves of air’ that an aircraft passes through, similar to riding a boat on choppy waters” explains Ben Evans, CEO of Flight Experience Sydney. “Aircraft systems are designed to withstand severe turbulence and multiple simultaneous lightning strikes.”

On top of that, pilots today are put through such rigorous testing and then audited every six months, plus they usually have more than 4000 hours of flying experience under their belts. You're pretty much in the safest hands. And the plane itself is incredibly capable of dealing with multiple issues, especially considering all aircraft systems have at least two backup systems. But what happens when all of this information just doesn't cut it? There are some things you can do onboard when anxiety hits.



Just breathe

Simple, yet effective. A common side-effect of anxiety is shallow breathing, so the key here is to concentrate on elongating your breath. There are meditative breathing exercises you can do or simply close your eyes and take a few deep breaths until you feel your heart rate relaxing. If need be, Evans says listening to relaxing music can help. “Focused, deep breathing is an instant stress reliever. To increase focus, listen to white noise or nature sounds to help block out the hassle of passengers around you and the ambient noise of the plane.”

Relax your muscles

It's normal for the body to tense up when the mind thinks it's in a stressful situation. This can lead to muscular aches and pains, yet it can be hard to distinguish exactly which muscles are causing the tension. As you're sitting in your seat, try to relax small groups of muscles at each time. This will help figure out what part of the body is most stressed. Start from your feet and work your way up to your neck and face.

Skip the alcohol and caffeine

While many people associate alcohol with calming the nerves, it's actually the opposite. And when it comes to caffeine, you're only making it worse. "Caffeine increases the heart rate, making it more likely to have a panic attack when faced with a situation that already makes you anxious," Evans explains. "An alternative to alcohol or caffeine is chamomile tea. It relaxes your entire body. You can even bring a few tea bags in carry-on and ask a flight attendant for hot water to make your tea on board."

Focus on the positives

Yes, easier said than done, but reminding yourself about the safe environment that you're in can actually help a lot. Distraction is also a fantastic tool. With modern technologies at the tip of your finger while onboard, losing yourself in a television show or movie is much easier than ever.

But perhaps what's the most important thing to remember when feeling anxious on a plane is that for every accident that happens there are thousands of planes that take off and land safely.

Evans has some final advice: "Remember that every flight provides you with the opportunity to make the next one easier. Your goal is to retrain your brain to become less sensitised to the triggers that set you off."



Your Natter Matters: Ask R U OK?

Your Natter Matters” recognises the breadth of life experience Australians aged over 65 can draw on to support those around them who might be struggling and is backed by the Stockland CARE Foundation.

The development of the campaign takes guidance from senior Australians including Gus, 79 who lost his wife 14 months ago. Gus’ wife had experienced dementia for five years before passing away. The couple were married for 55 years and shared two children, four grandchildren and three great-grandchildren together.

Gus has subsequently experienced grief and loneliness, but has found comfort in connecting with others in his community including a weekly coffee group started by an R U OK? Ambassador.

“Most of the guys are on their own, being in similar situations. We talk about all sorts and even share stories about learning new domestic chores since our wives have passed away. A lot of people don’t like talking about it, I think it’s a male thing. But I find it’s changing a lot, even in the last year and a half,” says Gus.

“The coffee group is very important; we all look forward to it every week. If you can’t go, you feel like you miss out on something and if you don’t turn up, they’ll ring to see if you’re OK.”

Research has found people engaged with the R U OK? campaign are up to six times more likely to reach out to someone who might be troubled¹. However, those aged 65 and older are currently less likely to have engaged with the R U OK? message. “Your Natter Matters” aims to increase their confidence levels and reinforce to them the value of simply asking ‘Are you OK?’ and lending a listening ear.

After the age of 65, some people will experience mental health challenges for the first time and not know how or where to find support. Isolation, grief, changing circumstances and concerns about

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ruok.org.au/yournattermatters

independence are some of the factors that can contribute to the emergence of a mental health challenge for senior Australians.

The signs it’s time for an R U OK? conversation can be subtle. There might be changes in verbal or non-verbal behaviour. Someone might tell you they’re having difficulty filling their days or they might be withdrawing from social situations.

The campaign “Your Natter Matters” taps into the power of connecting through conversation. Printed and digital tools and tips have been developed with the support and guidance of seniors, advocates, researchers, and those working with senior Australians.

“Seniors might be

reluctant to reach out so it’s important their peers know when and how to start a conversation that could change a life.”
Kirrily Lord - General Manager, Retirement Living Operations.

The free “Your Natter Matters” tools and tips include a conversation guide, a connection card and a conversation bingo activity which will empower senior Australians with the confidence to reach out to peers and have an R U OK? conversation.

A simple chat can mean everything to a friend or loved one who might be struggling. Download the free tools and tips from ruok.org.au because your natter matters.

[1] Ross and Bassilios Int J Ment Health Syst (2019) 13:61
<https://doi.org/10.1186/s13033-019-0317-4>

SEALINK South Australia

Bronze Probus Partner

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S **EALINK South Australia** is a well-recognised brand, particularly in South Australia where their roots are. They are best known for their passenger and vehicle ferry services across the Backstairs Passage to Kangaroo Island between Cape Jervis and Penneshaw, and for the integral role they play in tourism to and on Kangaroo Island.

In addition to the KI ferry, SeaLink run a range of tours on Kangaroo Island with one day, multi-day, personalised 4WD experiences and escorted tour options, as well as great holiday packages staying at properties around the island.

SeaLink also own and operate the Murray Princess, a gracious 60 cabin paddlewheeler

departing Mannum on the Murray River, and Adelaide Sightseeing, which offers day tours around Adelaide's regions such as the Barossa, McLaren Vale, Victor Harbor, the Adelaide Hills and the Murray River.

SeaLink are providing an exclusive offer to Probus members and their family, with 10% off ferry travel, KI tours and holiday packages, plus savings on 3, 4 and 7 night Murray Princess cruises and selected tours with Adelaide Sightseeing. To take advantage of this offer, simply use the promotional code PROBIAN10 to save 10%.

For bookings and further information visit www.sealink.com.au or call 13 13 01.

Take an Overseas Holiday to Kangaroo Island

Kangaroo Island is the overseas holiday you can take without needing a passport or having to worry about pre-travel COVID checks!

Situated just 13 kilometres, or a 45-minute SeaLink ferry ride off the South Australian mainland, you'll feel like you are a million miles away!

Kangaroo Island is the third largest island off the coast of Australia (after Tassie and Melville Islands), with over 4,500 square kilometres of land and over 450 kilometres of coastline.

It's known as Australia's Galapagos, and is the best place to see native animals, like koalas, kangaroos, sea lions and seals.

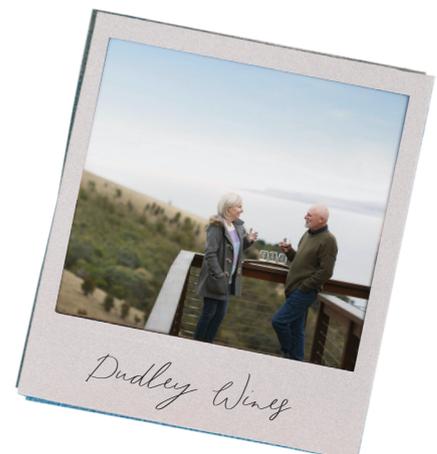
Throw in some incredible geology and an easily accessible local food and beverage scene, and Kangaroo Island is a magnificent place for a road trip, an overseas road trip!

It's easy too, just book yourselves and your car on the ferry with SeaLink and if you want accommodation, they can help you with that too! From hotels, motels, cabins, apartments, self-contained accommodation, even glamping and family eco-tents. From April to September there are some great bonus offers available for accommodation such as free nights and free breakfasts.

If road tripping with your caravan is your thing, then SeaLink's ferries can certainly take your caravan or camper trailer and there are special offers available during May to September.

For those who are not self-driving, there's a great array of tour options combining Kangaroo Island with other great SA regions such as Barossa, McLaren Vale and even cruises with Murray Princess on the mighty Murray River.

Probians can save 10% on all SeaLink Kangaroo Island holidays and ferry travel. Just give SeaLink a call on 13 13 01, or visit sealink.com.au





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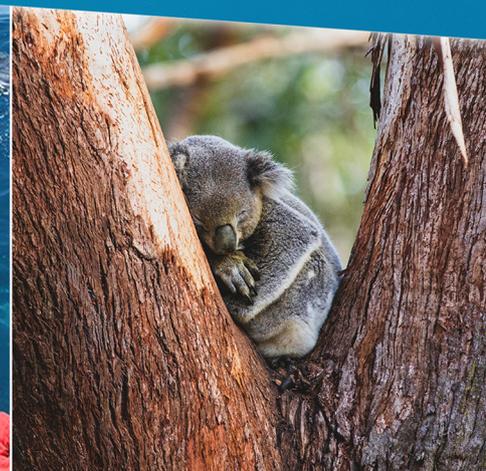
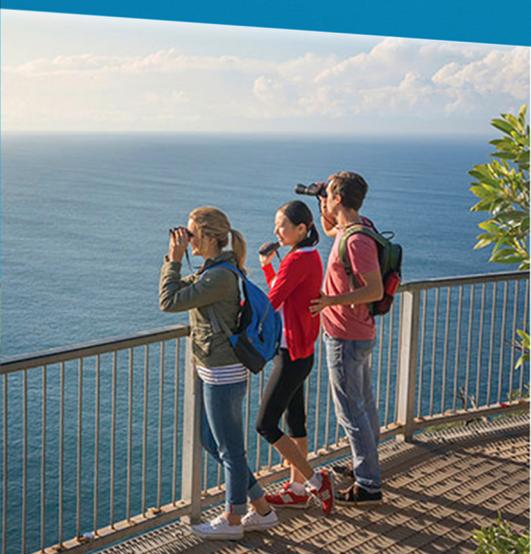


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Apps to improve your memory

There are many ways to increase mental stimulation at home. To help strengthen your memory, here are a few apps to consider.

Brain School Training

Brain School Training offers over 100 levels of puzzles and 20 different brain games. The app covers verbal, spatial, numerical and musical puzzles so all sides of your brain are tested. Available on iPhone and Android.

Luminosity

Luminosity aims to enhance the brain by training core cognitive abilities such as memory and attention. Luminosity has more than 40 games based on the latest discoveries in neuroscience. The games even let you follow your performance over time with a scorecard. Available on iPhone and Android.



Words With Friends

Words with Friends is a multiplayer word game that allows players to take turns making words. Similar to Scrabble, there are tiles that can increase the points gained from making words. The player with the highest score wins. Available on iPhone and Android.

Sudoku

Thinking about numbers has a proven effect on the ability to remember things. You probably haven't thought about it before, but when you didn't have a mobile phone to remember all of your contacts for you, how many numbers could you recall in your mind? Sudoku has gained a huge following for its ability to improve people's memory and problem solving.

There are several versions available on iPhone and Android.



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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.

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Sending large files

Sometimes it can be difficult to send large files over email due to download and send limits. But there are plenty of websites and programs that can help.

Hightail

If you've heard of YouSendIt, [Hightail](#) is its new name.

Once you've set up an account, sharing large files and storing them is a whole lot easier. You can send up to 250MB at once, share the file with someone else and even give them virtual permissions to edit and update the file.

Simply upload the file to the secure server and a link will be emailed to the email address that you input. The recipient can then download the file.

You also have access to 2GB worth of storage space with the free version.

Hightail allows you to save files to your computer's hard drive so you can access them when offline.

Hightail also has a smartphone and tablet app. Plus, if you use Outlook and you're on a PC, Hightail automatically syncs with the email software so you can send attachments larger than your exchange server limit.

If you're only looking to send files smaller than 250MB, then there's no need to upgrade to the professional account, which comes at a pretty significant cost.



WeTransfer

[WeTransfer](#) is another web-based file transfer service, only with this service, you don't need to register. Plus, you can send files as large as 2GB and there is no limit to the number of files you transfer.

All you have to do is head to the website, upload the file, input your email address and

the email address of the recipient and then hit transfer. You can also write them a message.

Files are available for seven days so best to let the person know that you're sending it to them so they don't miss it. The good thing about this however, is that files are automatically deleted after the seven days lapse.

If you're looking to send your files to a number of people at once, WeTransfer is perfect as it allows for 20 recipients with one send.

Dropbox

[Dropbox](#) is a free service that allows you to save files in one location and access them anywhere. You can also share folders with other people, making it a safe, secure and easy way of sharing your larger files.

Once you've set up an account, all you have to do is upload your file onto the website with the buttons in the top-right corner of the window.

Once the file is uploaded, right-click on

the file you'd like to share and select 'Share link'. All you need to do then is input the email addresses of the person or people you'd like to share the file with. Then hit send. They'll receive an email with the link to download it.

If it's a folder that you'd like to share, you'll have to set up the new folder on the Dropbox website using the same buttons in the top-right corner of the window. Click on the folder and upload the files. To share the whole folder, again use the buttons in the top-right corner of the window. This means whoever

you're sharing the folder with can access all the files that are in there and upload their own files so you can see them too.

The beauty of Dropbox as well is that you can access it from your computer without logging into the website. The program automatically downloads a folder onto your computer so you can access shared files at all times. Once the file is downloaded, you don't even have to be connected to the internet to see it.

The program also has an app so you can access files from your phone or tablet.

If you want more storage options, there is the option to pay to upgrade your account.



Let the ‘Queen of the Rivers’ take you to the home of the “King of Rock ‘n’ Roll”

Special new 2022 packages combine Mississippi cruise with Memphis stay

On the eve of the release of the big new Elvis movie, special new packages linking an authentic paddlewheeler voyage on the Mississippi River – including one for Thanksgiving this November - with a two-night stay in Elvis Presley’s home town, Memphis, have been released by American Queen Voyages and its Australian representative, Cruise Traveller.

Filmed and produced in Australia and directed by Australia’s Baz Luhrmann, the new film, ‘Elvis’, is a musical biopic tipped to be one of the biggest movies of 2022. It stars Austin Butler as Elvis and Tom Hanks as the King’s manager.

The new two-night pre or post cruise holiday extension in Memphis showcases the iconic river city’s fame as the birthplace of rock’n’roll and the blues and the home of ‘the King’, Elvis Presley.

The Memphis experience includes two nights at the famous Peabody Hotel, a walking tour of Memphis including the live music of Beale St, a two-day streetcar trolley bus pass for self-exploration, a meal voucher at the lively Blues City Café and entry to the home of Elvis, Graceland, as well as legendary Sun Studio, the Rock ‘n’ Soul Museum and the National Civil Rights Museum.

This cruise & stay package includes a special 10-night Thanksgiving Day package starting on November 19, 2022, with a night in toe-tapping New Orleans, a seven-night sailing aboard American Duchess on the Mississippi to Memphis



including a traditional Thanksgiving turkey feast onboard with all the trimmings and a two-night Memphis extension sightseeing package. Fares start at US\$2184 per person, twin-share, in an interior stateroom.

Fares include guided, hop-on-hop-off shore excursions in every port, onboard meals, unlimited onboard beverages, onboard gratuities and unlimited Wi-Fi. When booking, mention ‘the King sent me’ to receive an exclusive, mystery bonus.

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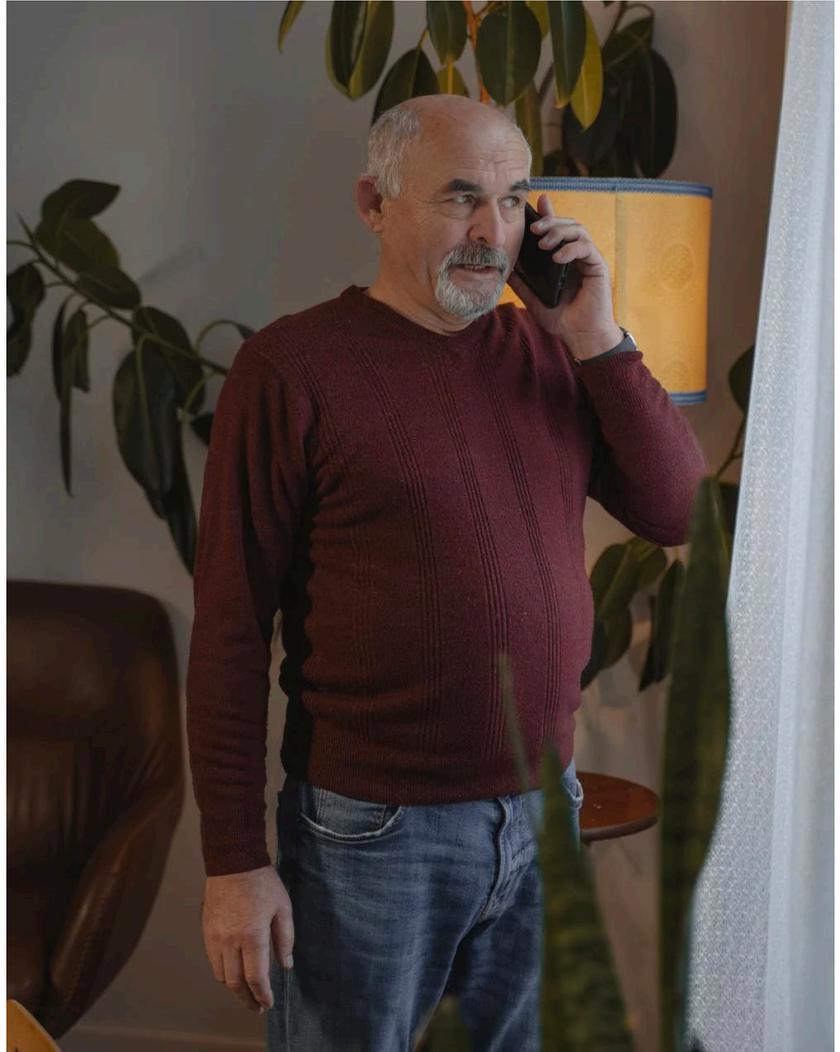
8 Financial scams to beware of as a retiree

Around the world, elderly adults lose over \$3 billion each year to financial scams.

Financial crimes are often not reported or can be extremely challenging to prosecute, so for fraudster's they're thought of as "low-risk, high-reward" offences which can be committed with not a lot of set-up required. Scammers naturally target older adults as they are most technologically deficient, at a vulnerable stage in their life and have the most money saved up in their bank accounts. This can be a devastating and traumatic experience for anyone, so we've identified 8 common financial scams that older adults fall victim to:

1 *The Government Agent Scam*

These scammers call you saying they're from a government agency like the ATO, ASIC or even Medicare and then threaten you with Jail time and deportation if you don't pay them "unpaid taxes". Or they may threaten to close down your Medicare/government benefits if you don't give them your personal information. Sometimes these scammers call from phone numbers and postcodes similar to that of the government agency, just to add another layer of authenticity.



2 *The "Grandchild" Scam*

Someone will call you saying "Hi Grandpa, do you know who this is?" When the grandparent guesses the name of a grandchild, the scammer is in. From this point on, they build rapport and quickly ask for some money for some urgent issues like "car servicing, rent, or even food) – they say not to tell anyone in the family. Once they've got the money transfer, that money is never to be seen again.

3 *The Computer Support Scam*

These type of scams exploit elderly people's lack of knowledge about computers and their lack of understanding of cybersecurity. A simple pop-up window or blank screen notification pops up on your phone or computer saying your

computer needs a clean, or a fix, or an update. A phone number provided for customer support connects directly to the scammer who then would either request remote access to your device or charge a bogus fee for not having done anything.

4 *The Lottery Scam*

You've just been called and told you've won the lottery, however, to claim your prize you need to pay a token amount as an access fee. To convince the victim that they have won, the scammer sends a fake check to the victim which shows up instantly in your account when deposited, but a few days later, it bounces and you've lost the so called "prize money" as well as thousands of dollars spent to "unlock it".

5 *The Robot-Call Scam*

This kind of scam is quite efficient as it can cover a large number of households in a very small time. A robot calls your phone claiming all sorts of things from expiring car registration to outstanding taxes, pushing you to pay up. Some also ask "can you hear me" and once you've said yes, they record and use your voice signature to authorize unwarranted purchases and credit card frauds.

6 *The Romantic Affair Scam*

Many people use the internet and online dating as a way to exploit the vulnerability of lonely seniors who are looking for human intimacy. The scammer, often overseas, would lure and seduce the victim and then request money for visas, travel and accommodation. Because these can drag on for a long time, a senior can lose a lot of money unless they are weary of what's happening.



7 *The Internet and Email Scams*

Simple and straight forward pop up windows, phishing emails, clickbait and pop up ads – are all gateways to untrustworthy and unverified websites which can access all sorts of information from your computer or even dump an unwanted virus in your system.

8 *The Charity Scam*

These often capitalise on current and recent events like natural disasters, wars or civil unrest. New charitable and crowdsourcing website platforms make their scam look like a legitimate charity and compels you to "donate".

So now that you know what kind of scams are currently happening out there, you can be informed and careful with who you share your details and your finances with.

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How Can Losing Money Be a Good Thing?

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.

Negative gearing is one of those financial buzzwords that we've all heard before, but might not understand. Gearing is when you borrow money to make an investment. If you are paying more in repayments than you are earning from the investment, then the investment is negatively geared. When it comes to properties, this means that if your monthly loan repayments are more than the rental income the property generates then it's negatively geared.

How to use it to your advantage

Negative gearing is essentially losing money, so how can people use it to their advantage? Bianca Patterson, Director at Calculated Lending Perth, says that it comes down to the tax deduction that can be gained.

"People generally use negative gearing as an advantage because the tax deduction that they get from the property makes it easier to pay for and hold on to the property," she said.

But Patterson doesn't see it as a reason to buy



a house. "It's not a reason to buy a property," she added. "I wouldn't suggest it as a strategy just for the tax deductions. I would say you would go down that path because there was a really good quality property that you wanted to buy, but just at this point in time it is costing you money to hold onto."

But if you find a good property and you have the income to support the purchase, negatively gearing can be a good solution for reducing the overall spending.

How can negative gearing impact your plans for retirement?

Like any form of investment, there are risks involved in negative gearing. Negative gearing is great for people with a high income, but if you're retired, then it can be a fairly risky option.

If you don't want to keep working, you probably won't

have the income required to make the tax benefits gained from negative gearing worth it.

If you don't have the income to sustain the repayments, you may find that you are losing more money than you can afford. Negative gearing relies heavily on the property's value increasing over time. If this doesn't happen, things can get very messy.

Get a strategy

"You need to have an end game in mind – you really need to know how long you're going to be holding on to the property and what the purpose of the property is."

You need to consider what you want to do with your property. You might want to renovate it and increase its value that way, or maybe you're considering redeveloping the land. Whatever the case, it's necessary to have this in mind when buying the property and match it to your long-term life and financial goals.

"As you progress on in age, you need to be sure that the decisions you are making are in line with what you want to achieve and when you want to retire," said Patterson. "Is that property right for your stage of life and the types of income that you're trying to achieve?" If you fail to plan, you plan to fail.



What are the alternatives?

If you're in or considering heading into retirement, negative gearing may not be the best option for you. But what are the other places to look for generating a source of income?

"In the long-term, they could get a positively geared

property that maintains itself. There are properties that provide a strong rental return, so you could positively gear them," said Patterson.

The big lesson to learn is to know what you want and speak to the right people to help you get there. Negative gearing might be right for you, but it isn't right for everyone, so don't just get caught up in the buzz.

All articles are general in nature. Individuals should seek expert advice before acting on any information contained in Active Retirees



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Port Augusta - Arkaroola -
Clare - Wagga

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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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Finding purpose through Probus

There is more to Probus members than meets the eye.

Everyone has a story to tell. For some people, joining a Probus Club has played a profound role in their lives, benefiting them in extraordinary ways including bringing purpose and that spark of inspiration back into their life.

Probus provides retired and semi-retired people with the opportunity to make friends and revive social connections. Probus offers unlimited possibilities in retirement including new friendships, hobbies and travel.

We share some stories of fellow Probus members, why they joined and how Probus has enriched their retirement.

Perhaps at your next meeting, you may want to ask your fellow Probus members about their Probus journey. If you know someone who isn't a member, why not invite them to your next meeting and open them to the unlimited possibilities that Probus has to offer?

Member *Moorleigh Probus Club (VIC)* **Clyde Woods**

I cared for my wife until she died around three years ago. I was devastated and was at a total loss as to what I would do with the rest of my life.

A friend suggested I visit the Moorleigh Probus Club, which is very close to where I live.

I went as a visitor with no real expectations. I was amazed. The minute I walked in the door, I was greeted by a visitors mentor and shown to a seat. I listened almost open-mouthed as I heard about the forthcoming bus outings and lunches being planned for the members.

That same day, I had the opportunity to listen to the most interesting guest speaker talk about his bicycle trip around most of the world — I even won the meat tray!

However, what impressed me the most was that during cuppa time, my mentor introduced me to many of the members and I had a great time and I thought to myself: this is for me.

Now that I am President, I have a new purpose in life. During the COVID-19 pandemic I was never lonely, as I always had friends on the other end of the phone or computer.



Member *Campbelltown Probus Club (NSW)*

Beryl Berthon

My name is Beryl Berthon and I am a fifth generation Australian who has raised six wonderful children. This article is sincerely written by me to indicate to the reader the enormous benefits I have received by becoming a member of the Campbelltown Probus Club in NSW Australia.

My first impression of Probus came about because my dear Aunt had asked me if I would be so kind as to accompany her to the Club as she had recently lost her husband who regularly drove her to the weekly meetings. She had needed assistance getting on the bus, up the stairs and a helping hand which I was more than happy to offer. The first thing that struck me when entering the Club was the friendliness of the members who immediately accepted me as one of their own and that in itself made me feel so wanted and comfortable. Sadly, my aunt passed away but accompanying her on her trips made me realise that Probus was a wonderful organisation that I wanted to be a part of.

At the time, Campbelltown Probus Club was still a men's Club and I had offered to become the tea lady. When the Club had lost a substantial number of members, the Club decided to become a combined Club. This was when I was voted as Vice President of the Club and holding this position changed my life for the better. I can tell you that



it wasn't easy for me to openly accept that responsibility as I had not had the opportunity to finish my schooling early on. I was brought up in a sheep shearing shed with my father operating in the Riverina District of NSW, my education was extremely limited. Becoming part of the committee allowed me to excel in my communication skills, writing and reading skills. I really felt like I was a part of something important and gave me the opportunity to build my confidence. I have just finished

my term as Club President and encourage other members to put their hand up and join the committee.

In closing, I must say I have met some wonderful and interesting people since becoming a member of Probus so as I stated earlier, if you want a life changing experience do yourself a favour and come and join us and let your future years be a time of friendliness and fellowship.

Member Woodbridge and Channel District Probus Club (TAS)

Lyn Reid

I've been a carer for my partner who has Alzheimer's and qualified for a home care package. This enabled me to attend local U3A classes where a friend invited me to attend the Probus foundation meeting. I didn't expect to become the inaugural secretary. This was challenging as it coincided with the PSPL Constitution changes.

Initially the Club was a diversion from the caring role but when my partner, Sue, went into permanent residential care, Probus became a welcome pathway to recovery, and I particularly looked forward to the outings. At a time when I lacked confidence for city driving, I really appreciated our bus trips and guided tours and gradually learned to relax.

I'm less introvert due to my past role as secretary and during the past two months as acting committee member. Although teacher trained, I always baulked at speaking to a group of adults.

The friendships I've made through our Probus Club have extended to Saturday morning teas at the Woodbridge Emporium. Probus members who were once only faces around the village are now identities.

Sadly, we have lost some of our members over the decade, but their passing has encouraged me to appreciate the moment. Gratitude is especially important with our depressing global situation.

Currently the best part of being in Probus is involvement as a pre-performance confidante of the Probus meeting entertainment group. One of our members, Jen organised the entertainment trio to highlight the fun aspect of Probus. We already have the camaraderie. Since the AGM the trio have amused members with Easter Bunny frolicking and Maypole dancing. Can't wait for next month!



Member *Woodbridge and Channel District Probus Club (TAS)*

Jenny Jones

During my working life, I held a managerial role in a demanding job, studied part-time, raised five children, and was heavily involved in their sport and my own, not only as a player and coach but I also had roles on various committees.

So, retirement came as a shock, along with the realisation that I had been simply so busy there had been no time to develop real friendships. News of a Probus group being formed in our area seemed like a good way to meet people in a social environment without the demands previously encountered. I was appointed interim Club President, supported by new Secretary Lyn as we developed our Club structure and constitution, located a meeting venue and sought members to get the Club off the ground. That was ten years ago, and was a great project to focus on. I met many local people I hadn't previously known as we stumbled through those early meetings together.

My recent stint as secretary came to a sudden end after a diagnosis of Parkinson's disease, which saw me lose the ability to hand write, and therefore unable to take the minutes. That isn't a problem in my new role as Guest Speakers' officer. The value of these Probus friendships really came into their own over this last year as I have been hit by several diverse medical conditions.



Members of this Club kept me sane with their visits, cards, phone calls, flowers and edible goodies. Now I am attempting to repay their friendships by bringing some laugh-out-loud fun to our meetings by getting a few friends together and forming PETS, or Probus Entertainment Troupe. We interrupt the

meetings with silly costumes and even sillier skits to keep everyone laughing. Probus plays a huge part in keeping my mind off the degenerative, incurable brain disease and focused on inventing fun things to entertain other members.

Member Profile:

Robyn Blake & Kerrie Matthee

It is true, once you become part of a Probus Club, you meet extraordinary individuals and form amazing friendships that sometimes last forever. Melbourne Bearbrass Probus members Robyn and Kerrie have found just that in one another. These two individuals have worked together, motivating each other in wonderful ways. Their stories are below.

Melbourne Bearbrass Probus stalwart Robyn Blake at 63 thinks nothing of rowing five kilometres down the Yarra from her Club in Hawthorn before her races even start. Then she and her female Four – the eldest 66 – do the 3.5km race and afterwards they row home upstream for another 8km. She rows 12 hours a week, or about 30km.

She's been rowing for 14 years and hopes to keep it up for another 20. "Some people are still rowers at 90," she says. "They might seem creaky in the rowing shed but once in the boat they're fine."

She and her quad in their last two years were Masters' gold medal winners at Rutherglen, Vic. in January, gold medallists at Barwon Heads mid-2021 and best of all, State gold medallists in the Melbourne Head Race last November.

"Sometimes we find ourselves competing against 18-year-olds," she laughs. "We've really improved through togetherness. We're more controlled and less frantic when the race starts. Our coach has drummed into us, 'It doesn't matter how well the other crews row. All that matters is how well you row today.'"

She took up rowing when she was watching her daughter Florian on the river in Year 9 for MLC school. Florian went on to be Vice Captain of the boats. "We mums envied our daughters' fitness," Robyn says. "It's a mind-body thing. It's made me unimaginably healthier, starting with my legs, and I have to be mentally fit too – if your head is not in the right place your every stroke can be off. Good

Picture of Robyn Blake



strokes come when you're calm and in control. It's a therapy really."

She and Andrew, her husband of 37 years, have two daughters and one son aged from 22 to 28 and all are working or studying in England or California.

How does Andrew view it all? – "He's driving me to the river in the car right now, he's giving a thumbs up," she says. "He prefers jogging around the Botanic Gardens."

Robyn, who is also an historical novelist, loves the knowledge-sharing and socialising in Bearbrass Probus. “We can all learn so much from each other,” she says.

Kerrie finds river pics a challenge.

For Kerrie Matthee, getting these splendid pics of veteran rower Robyn Blake was no light matter. She’s culled the best from more than 400 she took in a torrid early-morning shoot on a narrow stretch of the Yarra.

To get the right angles and lighting, Kerrie took to a coach’s tinnie with outboard and shot from mid-river.

“Lucky, I didn’t fall out,” she said. “I had to leave behind my 12kg bag of telephoto lenses, because they’d get wet. Lucky, I had my ‘Sherpa’ husband Pierre there to haul me up and out afterwards.”

She had planned to shoot down on Robyn from a bridge but the angles were

too extreme. “With a portrait you can control where to place your subject, ‘Just stand here by the garden bed,’ you say. With rowers they’re moving all over the place, and there’s safety issues for everyone on the water.”

“The Yarra stretch was so busy with other boats that people and athletes were interrupting my sight-lines. I was shooting in bright sunlight but the river banks were in deep shadow and heavily tree’d. I needed to use a shutter speed of 1/1600th and 1/2000th of a second because of the movement of the rowers and the tinnie. That made it hard to balance the light and

avoid graininess.”

She needed to make the four women in Robyn’s boat all presentable. “They’re exuding energy on the oars, not posing with nice smiles. I’d get a good shot but one of them might be grimacing. I shot them in bursts of 10-15 pics to get just one that’s OK.”

Kerrie got the photography bug doing folk culture pics in Korea when Pierre was stationed there a decade ago. She’s done lion and elephant studies on safari in her native South Africa – “But this experience with Robyn was one of my biggest challenges.”



Picture of Kerrie Matthee

Member Profile:

Ron Washington

30 years in the Victoria Police Force
I was born in a small country town of approx. 750 people, 28 miles north of Bendigo. My father was a successful owner of a motor repair business and a Dodge and later a Peugeot dealership. During the war dad joined the RAAF where he was dispatched to the Northern Territory.

After he came home, we settled into what could best be described as an idyllic life for a young country kid. Time spent between playing tennis after school and in a team at the weekends travelling to nearby districts. From 1951 until 1953, I attended Bendigo Technical School.

I soon realised that city kids were different to country kids. They were doing grammar which I hadn't done since 6th grade, and the other subjects were foreign to me. I soon realised I was going to fail form 4 so I left and got a motor mechanics' apprenticeship at a large city dealership. I completed my apprenticeship and did National Service and resigned in September 1960 and joined the Victoria Police Force.

During my general duties at Moonee Ponds, I soon came to realise that there were many different types of people in our city. Generally speaking, you never knew what was around the corner. A call to a bike accident turns out to be a man

riding down a steep hill towards a railway line and not being able to stop, hits the barrier and goes under the train to be decapitated. Not a pretty sight! Finding a car wrapped around a tree and the driver dead was common. Going through his possessions for identification purposes and finding lots of pornographic-type pictures of the one woman. Are they known to the wife or not? Hold onto them until you see the wife to tell her of her husband's death, and as they are not pictures of her, destroy them. Value judgements?!

Every offender had to be treated differently. One girl was stealing from her fellow nurses at a large hospital and no matter what was said she just denied it. There was no doubt she had done the stealing. As I was walking away, I put my arm around her shoulder and said, "Everybody needs a friend." With that she burst into tears and confessed to her stealing. A lonely country girl stuck in a big city with no friends and very depressed.

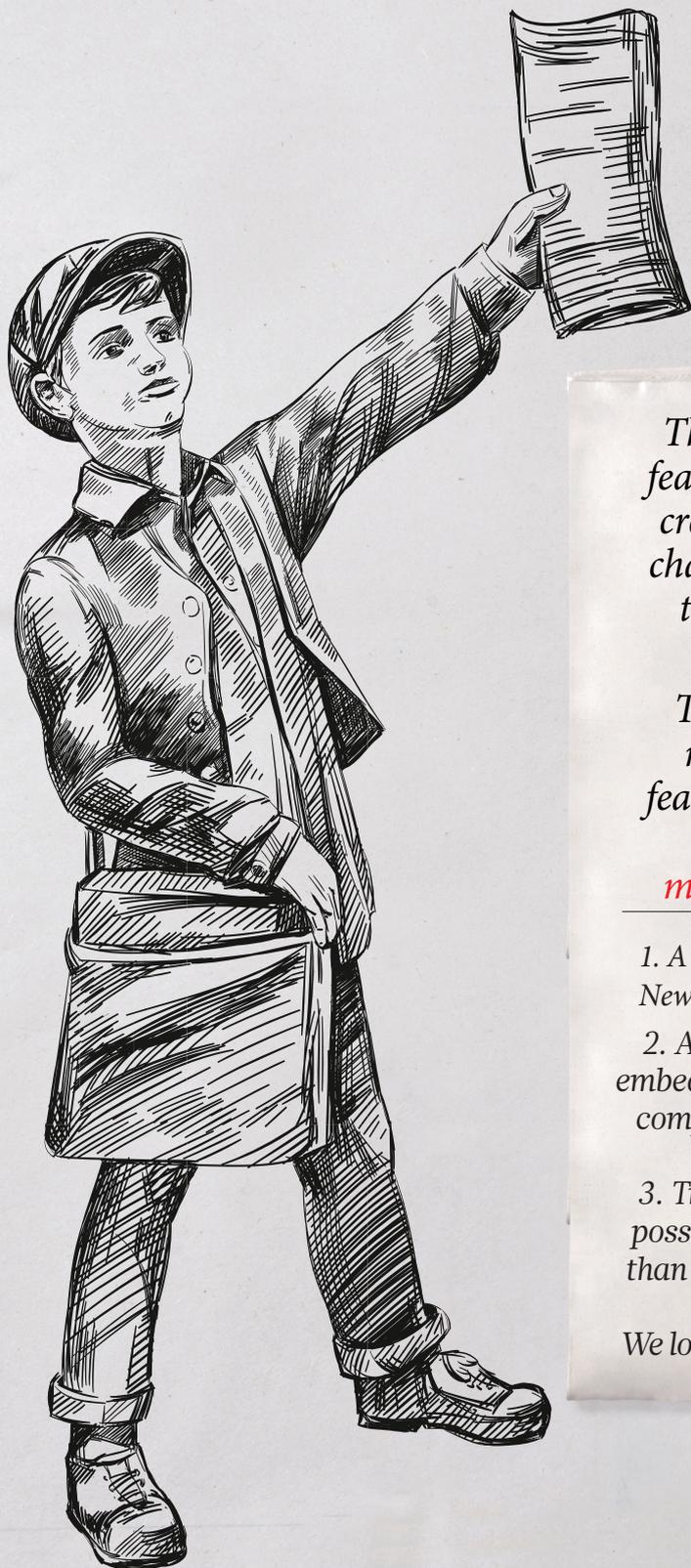
During my time at the CIB, I realised my temperament was not suited to be a gung-ho copper so I looked elsewhere within the department and, I went to basically non-traditional policing areas. I soon found myself working in the police workshops in Collingwood. I got promoted to Senior Sergeant and was responsible again on a state-wide basis for all the garages

that maintained police vehicles. I was also responsible for the design of and specifications for having special vehicles built for the special needs of policing. This was a most challenging but rewarding experience. I resigned and retired in February 1990 as I had run my race and had nothing more to achieve.

My wife June and I struck up a friendship with a couple and they were both in Probus so we joined with them and have enjoyed their company and that of our Probians. We attend the monthly meeting and also some of the innumerable other activities. Weekly long trips away are a main feature when they are held to many various and interesting parts of the state. We enjoy the crazy nights and other outings. It is also good to meet other people from different backgrounds and exchange stories. Some may be true but who knows, it's all good fun. I would recommend Probus to everybody.



Extra! Extra! Read all about it!



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

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

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

We look forward to receiving your submissions!

Margaret River getaway

Mandurah Island Probus Club's caravan group and wine appreciation group combined to take 45 members away for four nights to Margaret River, one of the state's premium wine areas. The group stayed at a caravan park with terrific chalets. The five days away included visiting and lunching at a leading winery, a brewery, and a bird sanctuary – plus three evening sundowners, a fun night, and healthy morning forest and riverbank walks. A visit to the township museum site was sobering. The town was originally promoted 100 years ago as an idyllic farming adventure for England's WWI returning servicemen and city dwellers. However, harsh conditions, a lack of support, and limited farming knowledge meant only 300 out of 6,000 settlers were able to put a meal on the table and stay. Thankfully, Club members were able to reap the rewards of their efforts.



The Annual Fish and Chips Day

There were 32 members from the Probus Club of Fremantle who enjoyed an outstanding day out at the Seaview Golf Club restaurant in Cottesloe. For only \$20, they enjoyed a magnificent meal, very good service and sweeping views across Gage Roads to Rottnest including the 5 ships at anchor. It was an enjoyable event with a great opportunity to socialize. Vice President Peter thanked all who attended and in particular, Berkeley for organising the event.



Ride on the Jetty

Sixteen members from South Bunbury Probus Club enjoyed another satisfying Club trip to the Busselton jetty, a train ride on the jetty, and a tour under the ocean water. The weather was a little windy but the rain held off and the day turned out to be a cool and a very enjoyable day for all. Following the jetty experience, the members enjoyed lunch at the Equinox restaurant.





Fremantle maritime museum trip

Members from South Bunbury Probus Club enjoyed a bus trip to the Fremantle maritime museum. It was a nice cool day and everyone had a great time checking out all kinds of boats and taking in the fascinating history of this great country. The museum even had the Australian yacht (Australia II) that won the America's cup on display with its revolutionary, winged keel. The tour guide was very good at explaining all the various exhibits. Following the tour, the members all enjoyed lunch at the Gage Roads Brewery, before heading back home.

Coach trip

The Men's Club of Booragoon combined with the Rossmoyne Ladies Club for a most pleasant coach trip provided by Club 55. The tour included a delicious 2-course lunch at the Cut Tavern at the Dawesville channel and a mystery tour around the beautiful local sites. The Dawesville Channel is an artificial channel between the Peel-Harvey Estuary and the Indian Ocean at Dawesville, about 80 km south of Perth in Western Australia. It is south of the regional city of Mandurah. Outings Officers Ivy (Rossmoyne Ladies Club) and Terry (Booragoon Men's Club) and guide and driver Chris were congratulated on an excellent outing.



Treasured treasurer

The Probus Club of Karrinyup & North Beach celebrated 25 years of service by its longest-serving member, Syd. The Club welcomed Syd a quarter of a century ago on 14 April 1997. Everyone at the Club is delighted that Syd still wishes to be part of the action at Probus, enjoying the company of fellow members, listening to speakers and attending outings now with one of his daughters. Syd was elected Treasurer in 1998 and must have enjoyed counting money because he continued in this position until 2018. His dedication to this role over 20 years has been much appreciated by all members. Although Syd's wife Margaret was never officially a member, the Club fondly remembers her attending functions with him. Syd was presented with a Certificate of Recognition, together with a Probus Cap and 25-year pin, before cutting his 25-year Celebration Cake at a morning tea for members and guests to help him celebrate this special occasion.



Relax IN THE HEART OF THE SUNSHINE COAST

ARE YOU ORGANISING YOUR NEXT GROUP GETAWAY?

Trying to find a holiday destination that everyone will enjoy can be exhausting!

You want somewhere that is central to everything but not overcrowded; do people want to eat out or eat in; do they want to go site seeing or just relax where they're staying?

Well at Alex Beach Cabins and Tourist Park it is possible to please everyone!

Alex Beach Cabins is a tranquil tourist park set back 180m from Alexandra Headland Beach on the Sunshine Coast in-between Maroochydore and the iconic Mooloolaba.

They have a wide range of

accommodation styles from studio style cabins through to 2-bedroom Holiday Homes!

All cabins are self-contained so you can cook a homely meal or if you don't feel like cooking, cafes and restaurants are just a short stroll away.

Every cabin also has its own balcony where you can sit and relax, reading a book with a cuppa.

If you feel like a refreshing swim, there is a pool onsite that's heated all year round so you can enjoy a dip even in the winter and you can also relax poolside in the warm Queensland sun on the comfy bean bags or sun loungers.

And right next door is the undercover BBQ area with plenty of cooking facilities and great for groups wanting to get together and catch up, seating up to 40 people.

With so much to see and do on the Sunshine Coast, your group will be spoilt for choice if tours and attractions are your thing.

From sailing on a sunset boat cruise to exploring through the hinterland on a food & wine tour, there is something for everyone and Alex Beach Cabins is centre to it all, so you will never have far to travel.

Contact them today for this exclusive deal advertised, available only to Active Retiree readers!

AVOID THE WEEKEND CROWDS TAKE ADVANTAGE OF THIS MIDWEEK STAY DEAL

Use the discount code **Probian25** to get 25% off your next stay



www.alexbeach.com.au



Birthday brew

As it does each month, Lindisfarne Ladies Probus Club celebrated the ladies who had birthdays in April with a social coffee morning.



Food, fellowship and frivolous fun

During the fourth week of each month, the Probus Club of Lauderdale Combined dining out group meet at various restaurants around Hobart for fine food, fellowship and frivolous fun. The group met up for some delicious food at She's Cooked restaurant in Lauderdale. A great time was had by all.





Lovely lunch

Members of the Probus Club of Charles Darwin got together for an enjoyable lunch at a favourite old restaurant, Flynn's Palmerston.



In the mood for good food

Members from Charles Darwin Probus Club gathered together for lunch at the Casuarina Club. The members all had a wonderful time.



DISCOVER NORTHERN TERRITORY

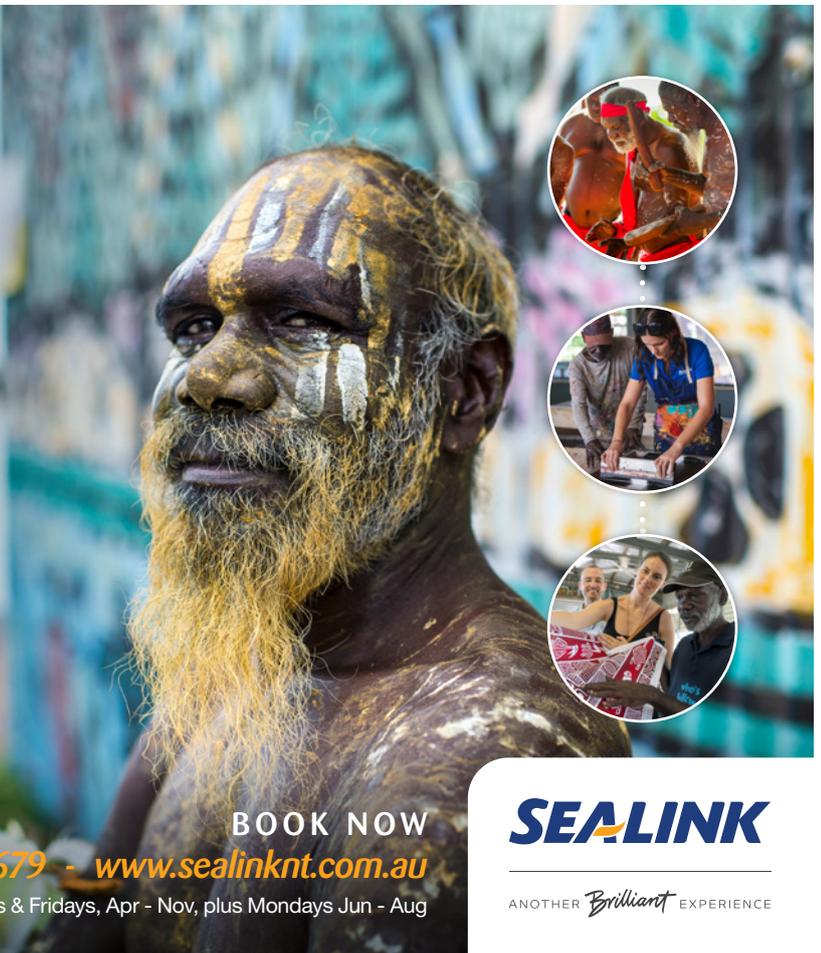
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SEALINK

ANOTHER *Brilliant* EXPERIENCE

Club News / VIC

To read about more about other members' activities, visit the Club News Section of the Probus website, probussouthpacific.org



Made it to the Government house

After several cancellations, the Frankston Combined Probus Club finally made it to Government House and had an excellent day out. The members were able to explore the house in detail which everyone enjoyed. Without Marilyn's tenacity in the face of Covid adversity, the Club might never have got there!



Trip to the Murray River

A coach load of members from the Combined Probus Club of Whittlesea set out on an adventure to visit a selection of the decorated grain silos in the Wheatlands below the Murray River. On the journey, the members crossed many rivers and learnt things that staying at home would never deliver. A great time was had by all the members.



30-year celebration

The Probus Club of Wangaratta celebrated their 30th anniversary. To mark the special occasion, a special Probus cake was made. The members all thoroughly enjoyed the day.



Finding Your Passion After Retirement

It is true what they say, you're never too old to find a new passion and make it a reality. That is exactly what Walter Glaser of the Kew Probus Club has done. Over the past couple of months, Walter turned his idea into reality as he designed the LightWalker stick. The LightWalker has a flashlight built into the handle and is designed in Australia, for Australian conditions. To view these LightWalker sticks online, click the following link, lightwalker.net.au/probian



Out and about at last

In the beautiful setting of the local bowling greens and Botanic Gardens, the Buninyong Probus Club held their first-ever activity day on February 21. Club members enjoyed outdoor games such as croquet, bocce, finska, quoits and duck racing, with cards and board games available inside. 84 members and guests welcomed catching up after such a disruptive year and everyone thoroughly enjoyed learning new skills. The day, including the games and lunch, was sponsored by a grant of \$2400 from the City of Ballarat Community Impact Grant programme and was facilitated through the Buninyong Bowls Club. After all the restrictions placed on the Club during the last two years, the aim was to get everyone back together for a day of 'fun, friendship and fellowship' and this was fulfilled in abundance. The day was deemed a great success with lots of laughter and fierce competition!



Tram boat trip to Herron Island

Thirty-eight excited members of the Glen Waverley Combined Probus Club climbed onto the Move coach at the Burvale Hotel car park for the long-anticipated and once postponed Tram Boat trip to Herring Island. It was a very comfortable trip on the coach to Victoria Harbour at Docklands where the members boarded the Tram Boat. A great outing thoroughly enjoyed by all the members and Herring Island was a place all of the members had seen but none had visited so it was an interesting and worthwhile experience.





International Women's Day Breakfast

Four Probus Clubs representing Croydon Park, Ringwood Clocktower, Maroondah Combined & Ringwood Lake enjoyed sharing an early breakfast for International Women's Day. The speaker was Lauren Oliver, the Founder and CEO of a national organisation focused on encouraging and creating a space for mums to invest in their mental health and self-care. Before launching her business, Lauren practised for 10 years as an Insurance Litigation Lawyer, specialising in Psychiatric Injury Workcover claims.

Lauren created "MUMS WHO WINE" following a genuine personal need to find mum friends in the community whilst juggling a busy corporate career and a 'mum life'.

Since launching in 2017 she has hosted over 200 events across the country, raising over \$40,000 for PANDA (perinatal Anxiety and Depression Australia) and built and connected a powerful community of Mums globally.



A great time to celebrate

Greensborough Probus Club recently celebrated their 25th Anniversary with a three-course luncheon and entertainment by Don as he recited well known Banjo Patterson poetry. Twelve foundation members received framed certificates from Foundation President Frank and newly elected President Yvonne to mark the occasion. Members reflected on memories and past presidents were also asked to come forward for a photo.



Garden Club Excursion

The Combined Club of Berwick Central Garden Club had a wonderful day at the Cranbourne Botanical Gardens this month, boarding the Explorer open-air bus to be taken on a tour of the gardens with a very entertaining guide explaining some of the 17,000 species of plants. The bushland includes over 10km of walking tracks. After the tour, the members enjoyed a delicious lunch at the Gardens Boon Wurrung Cafe.



Beautiful Barossa Valley

The Probus Club of St Agnes enjoyed a pleasant coach tour of the Barossa Valley. South Australia's premier wine region, without visiting a winery. The tour commenced at the car park of the Tea Tree Gully swimming centre and took a circuitous route to the Barossa Valley. The members travelled through Tea Tree Gully and picturesque Adelaide Hills towns of Gumeracha, Birdwood, Mount Pleasant, Springton and Eden Valley before arriving at the first stop in Angaston. Here they visited the Barossa Cheese Company to sample and purchase some of their delightful cheese products and, of course, the first cup of coffee for the day.

They then travelled to Nuriootpa where they visited Steiny's Metwurst shop for a taste of their products, before proceeding to the Vine Inn for an enjoyable lunch. Here, the members had an opportunity to imbibe in the local winery products.

The final stop for the day was at the Barossa Chocolate Company at Tanunda where a relaxing time was had among their many treats, including ice cream, chocolate and of course more coffee. From here, they travelled home via the Sturt Highway after a very enjoyable day on the road.



Devoted Patricia

Campbelltown Combined Probus Club recognised Probus member Patricia's 35 years of service and leadership within Probus, firstly as a foundation member of Glenelg Ladies Probus Club (1987-2006) followed by Payneham Ladies Probus Club (2006-2015). During this time, Pat served as President four times and held many other Committee positions. After the closing of Payneham Ladies Probus Club, Pat joined Campbelltown Combined Probus Club and was a member until September 2021. Following the citation by Bronwyn, President Geoff presented Pat with a Certificate of Service and a bunch of native flowers in recognition of her service and leadership.



Full Committee formed

The Men's Probus Club of Marion held their AGM with a membership of over 90 men and with just under 70 in attendance. With no election of office bearers needed, a full committee was formed along with other members to coordinate the activities, such as general outings, tour groups, walking groups, music groups, tenpin bowling, IT communication group and the general meeting morning tea coordinator.





Walking Group

Members from Glenelg Bay Probus Club enjoyed an excellent walk in good autumn weather. The walk was from Glenelg North along the Esplanade to West Beach. The Club also enjoyed a second walk and beat the forecast heat and then predicted wet weather when they walked along the Mike Turtur Bikeway from Glandore to the Black Forest. All members felt refreshed and energised after both walks.



Mawson Lakes Project

Members of Adelaide North Probus Club visited the Wetlands at Mawson Lakes, a project of the Salisbury Council. A most exciting day in a serene atmosphere which was followed by lunch at the Watershed restaurant. A wonderful day was had by all the members in attendance.



38 years of bringing fun and entertainment

Payneham Probus celebrated their 38 years of bringing fun and entertainment to Probus members. They were entertained by the fabulous "That's Showbiz" troupe of musicians, singers and dancers and enjoyed their 38th birthday cake which was ceremoniously cut by the longest-serving members. Dudley Hocking (33 years of membership) was the auditor for many years and represented the males. Pauline Solomon (23 years of membership) represented the female members. Payneham Probus became a combined Club in 1999 and Pauline was one of the first females to join. She has since held various positions on the committee, including President and Vice President. It was a fabulous day topped off with a meal at the O.G. Hotel!





Probus Balloonatics

The Probus Club of Victor Harbor/Granite Island Probus Club recently visited the Barossa Valley for their annual caravan and cabin Odyssey. 50 members attended and had a lot of fun and enjoyed making new friendships. Eight members floated over the caravan park early in the morning while others peacefully slept in their warm beds. Activities included a pipe organ recital in Tanunda. One of the members built and installed this pipe organ from the Adelaide Town Hall. The annual Petanque competition was as competitive as usual. The Barossa and Districts Club joined the Club for a Happy Hour and tea on Sunday night. The Ice-cream lady arrived on her bike with a special treat.



Patriti Wine Night

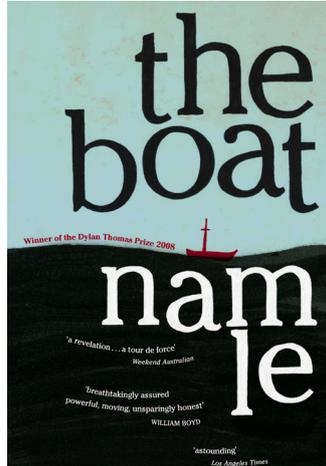
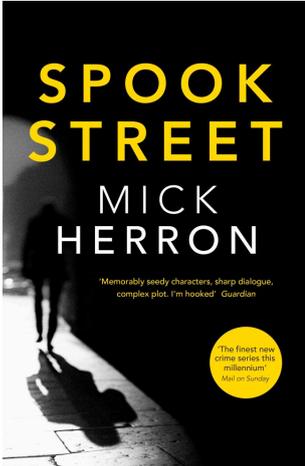
Sue, a member of Woodcroft Probus Club sent an email with details of Friday night drinks, food trucks and entertainment to the members of her Club. Several members gathered for the evening. It seems as if some members had too much fun!





Book Club at Weston

Members from Weston Probus Club showcased some of their books to read which were brought in by members from Book Club.



May Trip to Mogo

Many members of the Probus Club of Tuggeranong enjoyed a day coach trip to sunny Mogo. The shops of Mogo welcomed our visit and the eateries were superb. The Club visited the Bateman's Bay Historical Museum and reminisced over many of the displays.



Game Day

Alexandra Headland Probus Club enjoyed lots of fun, friendship and fellowship at their Indoor Games Day. The members participated in various games which they thoroughly enjoyed. After the fun was over, the members retired for a lovely lunch at Mooloolaba Bowls Club.



Special Morning Tea

Another lovely morning tea at BIRV was enjoyed by 41 members and partners from the Probus Club of Bribie Island. A huge thank you must go to Ursula, Lyn and Tess for providing many of the very tempting treats. Also, to Ian and Ron for the exemplary job they did setting up and with their tea and coffee trolley service as they made sure the members' cups were never empty.

Pam organised the raffle prizes which included orchids and wine with the lucky winners being Keith Pam, Pat and Barbara. A great time was had by all the members in attendance.



Burleigh Heads Office Bearers

Members from Burleigh Heads Ladies Probus Club held their AGM. The Club welcomed the new Office Bearers who were excited for the year ahead.





40 years of Redcliffe Probus

The Probus Club of Redcliffe celebrated their 40th anniversary. At the Celebration, Chairman of Probussouthpacific, Judith Maestracci AM joined a conversation with one of the Past Presidents about a Contingency Fund for trips and outings. She also presented the Club with the 40th Anniversary Certificate. A great time was had by all.



Toowoomba City Probussouthpacific welcomes new members

The Probus Club of Toowoomba City held their AGM and changeover lunch. There was a total of 67 members in attendance. During the meeting, newly elected President Murray inducted two new members Ian and Di to the Club.



Romeo and Juliette lunches

As well as monthly post-meeting lunches, guest speakers, excursions, theatre trips, craft days and gallery visits, Probussouthpacific Hope Island in Queensland recently started hosting their Romeo and Juliette lunches. The Romeos (Retired Old Men Eating Out) and Juliettes (Just Us Ladies Interacting and Eating Together) enjoy monthly lunch at Thai, Middle Eastern, and bistro cafes in the Hope Island/Sanctuary Cove area. The Romeos and Juliettes swap cafes so that menus and venues can be discussed and compared and future lunches can be planned.





Barefoot Bowls Day

On a beautiful sunny day, forty-seven members from Rochedale Probus Club members made their way to the Mt Gravatt Bowls Club for 'Barefoot Bowls'.

They were greeted by the Club Manager, Julie, who introduced the members to Club volunteers Ian and Henry. They organised the members into groups of six, showed them where to collect the boxes of bowls and directed them to the indoor rinks.

Luckily, some of the members knew the rules of the game and along with Ian and Henry, the fun began. At first, bowls were crossing into other teams' games but eventually, the members managed to understand the sport in which the objective is to roll the biased balls so that they stop close to a smaller white ball called a 'jack' or 'kitty'. There was lots of laughter and cheering. After two hours of bowling, it was time for a well-earned drink and lunch. All enjoyed the day.



Flinders Island and King Island Experience with Trade Travel

Springwood Combined Probus had a wonderful holiday. The members enjoyed a 10-day trip, visiting both islands was well worth the experience. The scenery, accommodation, food, and tour guides were all excellent.



30 years and counting

Members from the Probus Club of Chermside celebrated their 30th Anniversary. Some of the guests included the Chairman of Probus South Pacific, Judith Maestracci AM and five Foundation members. Chairman Judith presented Noela, President of the Club with a certificate. The foundation members were also presented with certificates and badges. A special cake was also cut to mark the special occasion.





Mission to Seafarers

The Wollongong City Ladies Probus Club enjoyed an extraordinary meeting with an interesting guest speaker in attendance. John from Mission to Seafarers, Port Kembla, gave the ladies an insight into the Mission. John discussed how the organisation caters for sailors who dock at Port Kembla. The Club's knitters answered John's call for beanies and donated toiletries and other goodies to add to the sailor's care packages, who mostly aren't allowed ashore.



100 years young

Members from Berkeley Vale Probus gathered together recently and celebrated one of their Club's members. Marjorie, who is the founding member of the Club was recognised for all her dedication. She consistently attends outings and is an inspiration to all of the Club. May, Ambassador for the Club presented Marjorie with some flowers.



A Day at the Powerhouse Museum

Members from the Probus Club of North Sydney had a very interesting day at the Powerhouse Museum. The exhibition began with paintings of the Garden Palace built at the Domain in 1879, showcasing industrial and applied arts. This Palace burnt down in 1882 and it was eventually decided to have a permanent exhibition in the powerhouse building at Ultimo. Unfortunately, many didn't have time to visit the Display by HSC students: Design and Technology, Industrial Technology and Textiles and Design but some vowed to come back at a later date and spend more time there. The members finished at 'Experimentation', exercising before lunch.



40 years and counting

After the AGM, the Combined Probus Club of Mosman celebrated its 40th Anniversary with a small party with over 70 members and special guests. Mosman Probus was founded in 1982 and has been an active Club ever since. The members all had a wonderful time.



Ladies at High Tea

Members from Nelson Bay Ladies Probus Club enjoyed a High Tea at Birubi Sands over 55s Lifestyle Village. Some of the ladies dressed up for the occasion in their fancy dresses and headpieces. The members had such a great time that they all stayed till the very end.



18th Anniversary Celebration

Kensington Combined Probus Club celebrated the Club's 40th Anniversary. To commemorate the special occasion, the President cut a celebratory cake with 40 members present. A great time was had by all who attended.





Winners are Grinners

After having to cancel the proposed coach trip to the Alpaca Farm at Jilliby, due to the dire weather forecast, the members of the Probus Club of Port Stephens were at last able to get out in the sunshine and try their hand at Putt-Putt at David Grahams, Anna Bay. Alas, the golf course was still too wet from all the rain to swing a club but surely putt putt is practising your golf! John and Carol arranged a fun day with morning tea then the usual sausage sizzle and homemade goodies after play. Many prizes were handed out with Best Lady Penny on a countback from Brenda and Best Man score was Ray. The best Team was Ian, Jim, Paul and Sylvia. All and all, the members had a wonderful time.



The 20th Anniversary AGM and Change Over Lunch

Members from Forster Shores Combined Probus Club held their 20th AGM and Luncheon at the Forster Golf Club. The event was attended by 60 patrons both past and present members. Once the formalities of the General Meeting and the induction of 3 new members to the Club were done, the Annual General Meeting was held, and the members then continued with the 20th Anniversary Luncheon. Foundation members who are still in the Club to date were recognised and awarded a Certificate and Pin. The Committee had a special cake made for the occasion and with the help of past and present Presidents of the Club, the cake was cut and promptly eaten as a dessert by the patrons. All had a wonderful time and the day was deemed a huge success.



35 years in the making

Woolgoolga Probus Club recently celebrated their 35th Birthday. The current Club grew out of the Woolgoolga Men's Club which began in 1987. In 2009, a decision was taken to invite women to join the Club, including members of the then Woolgoolga Ladies Probus. The first combined meeting was held in August 2009. Coffs Harbour City Councillor Tegan Swan presented the Club with their commemorative birthday certificate at the celebration. Past Presidents John and Des were members of the original Club and were present at the celebrations. Following the cutting of the cake, members shared a great lunch and lots of laughter.



Seedy Apple Yoghurt Loaf



Ingredients

- 1 ½ cups wholemeal flour
- ½ cup almond meal
- ½ cup coconut sugar
- 2 tsp baking powder
- 2 tsp ground cinnamon
- 2 large eggs
- 1 cup Greek full fat yoghurt
- ½ cup extra virgin olive oil
- 2 apples, grated
- 10 fresh medjool dates, chopped

SEED TOPPING

- 1 tbs sunflower seeds
- 1 tbs sesame seeds
- 1 tbs pepita seeds, chopped
- 1/3 cup whole almonds. Chopped

Method

1. Pre heat oven to 170 degrees. Grease and line a loaf tin with baking paper, ensuring it overhangs to make it easy to lift the loaf out.
2. Place all the dry ingredients into a large mixing bowl with a pinch of salt. Stir to combine and make a well in the centre.
3. Add in the eggs, yoghurt, extra virgin olive oil, apples and dates. Mix until everything has come together then pour into the loaf tin.
4. Scatter the seed topping all over the top of the cake, pressing down gently so it sticks, Bake for 50 minutes – 1 hour or until a wooden skewer comes out clean when inserted into the middle of the loaf. Allow to cool for 15 minutes in the tin before removing to slice and serve

Bon Appétit!



Words Into Masterpieces

- Creative Writing by Probians

UNMASKED!

by Sandra Frank
Coonara-Cherrybrook Probus Club

It really finally happened, it's here at last –
After such a long time, we can go “unmasked”!
For those with glasses, no more vision blurred,
And from now on, our voices can clearly be heard.

Maybe some type of Covid's here to stay,
Should we now accept it, who is to say?
Perhaps we should treat it like colds or the flu -
Whatever you decide, that's up to you.

We've stayed close to home for almost two years –
To tell you the truth, I'm just bored to tears!
So, I'm off and away - on tours, not alone
If you want to contact me, there's always the phone!

I won't let Covid stop me, that is for sure
Not keen on a sedentary life, I want more
The country's open – except for the west –
So, get out, explore this country we love best.

When I can no longer travel, countries to roam
Put away my passport, and stay safely at home
I shall have great memories to ponder and treasure
Then I'll give in to “old age”, and spend time at leisure!

But for now, travel calls me, many places to see
I'm getting out, having fun, making whoopee!
I have had to accept that Covid's out there,
But do you know what – I really don't care!

Words Into Masterpieces

- Creative Writing by Probians

BREAKING THROUGH

*by Judy Dungey
Probus Club of Bunyip Garfield Inc.*

And you plunged your head,
complete with its protuberant mask,
over the side of the dinghy
into another world
where seals displayed themselves
wantonly
before your hungry eyes.
You held your breath for longer than I've
ever seen you do -
your poor asthmatic lungs forgot
themselves
in your excitement
as your head dangled in the sea
where all those seals had been doing
unmentionable things -
and you loved it.
You loved the seals
with eyes like liquid souls
who kissed you?
and you loved the sea-weed forests
dancing in slow motion wind storms
with graceful, beckoning gestures

that called you from your precarious
perch
above.
You loved the careless boulders
scattering the sea floor
with their ancient, violent birthing:
waiting impassively till they could see
the sun
once more.
You loved the crackling coldness of the
water,
the feel of the oxygenated sea about your
skin -
until the ozone made you laugh out loud
with the pureness of it all:

for you had,
for just an instant,
crossed the species barrier
and touched the other-worldly magic
of the sea.



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WHAT IS PROBUS

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

Make new friends, learn a new skill, explore new interests and hobbies - there is so much to choose from when you become a member of your local Probus Club.

Membership is open to anyone who is retired or semi-retired, so why not join the tens of thousands of Probus members across Australia and New Zealand and find your local Probus Club today.

WHY JOIN PROBUS?

- Friendship with other retirees in your community
- Local monthly meetings
- Interesting guest speakers
- Wide range of activities with fellow members to suit your lifestyle; active or not-so-active
- Trips and Outings
- Exclusive discounts
- Active Retirees publications



Contact us:

To find your local Probus Club, please visit our Club Locator at www.probusouthpacific.org or contact us on:

Australia 1300 630 488 **New Zealand** 0800 1477 6287

Email: admin@probusouthpacific.org **Website:** www.probusouthpacific.org